

ATHLETICS

TECHNICAL RULES AND
REGULATIONS





ATHLETICS

TECHNICAL RULES AND REGULATIONS

GENERAL	3
1. GENERAL CONDITIONS.....	3
2. DELEGATION COMPOSITION.....	4
3. SPORT PROGRAM.....	5
4. TECHNICAL RULES	6
5. DRAW	8
6. PROTESTS AND APPEALS.....	8



ATHLETICS

TECHNICAL RULES AND REGULATIONS

GENERAL

The purpose of the “ISF Athletics Technical Rules and Regulations” is to provide standardised rules and regulations for all Athletics competitions. This document is set up in accordance with the ISF Statutes, the ISF Sport Policy and the ISF General Competition Regulations.

This document is intended to ensure that all matters related to competitions are conducted in a fair and orderly manner. The specific objectives of this document are to:

1. Define and specify the **general conditions** under which participants can take part in the ISF Athletics events;
2. Determine the **delegation composition**;
3. Determine the **sport program**;
4. Determine the **technical rules**;
5. Set the **draw** procedure;
6. Set **protests and appeals** procedure.

Please note that the technical rules and regulations are applicable to all ISF events. In case of variation of rules and regulations in relation to the type of event, the variation will be specified in the text.

1. GENERAL CONDITIONS

The competition will be run according to the ISF rules and regulations and World Athletics technical rules under the direction of the ISF Technical Commission of athletics. Any decisions over matters not mentioned in the present document will be taken by the ISF Technical Commission.

- The ISF athletics events are open to school teams and/or selected teams and/or individuals. Specific sports formats shall be described in the event bulletins.
- The competition is categorised as: boy categories, and girl categories.
- The composition of each delegation and number of teams/individuals that each ISF Athletics event is accepting will be defined for each event accordingly.
- The competition is held over minimum two (2) days for any event type.

AGE CATEGORY

- For the **U15 category**, students aged 13, 14 and 15 on 31 December of the year of the competition concerned can participate.
- For the **U18 category**, students aged 16, 17, and 18 on 31 December of the year of the competition concerned can participate.



ATHLETICS

TECHNICAL RULES AND REGULATIONS

2. DELEGATION COMPOSITION

Each delegation will consist of:

- Head of delegation
- Deputy Head of delegation (where applicable)
- Additional adults
- Athletes
- Team officials
 - Coaches
 - Other team officials

HEAD OF DELEGATION (HOD)

- HOD shall be the sole intermediary between the delegation and the Local Organising Committee, the ISF Technical Commission and the ISF Delegate.
- They may not combine their role of HoD with that of a coach or any other official role.
- Each delegation is entitled to enter one (1) HoD.

DEPUTY HEAD OF DELEGATION (Deputy HoD)

- The role of Deputy HoD is to assist the Head of Delegation.
- The presence of the Deputy HoD is not mandatory.
- Number of Deputy HoD depends on the size of the delegation. Specific numbers shall be defined in the event bulletins.

ADDITIONAL ADULTS

- The function of additional adults can be: interpreter, security personnel, ministry representative, media, etc.
- The presence of additional adults is not mandatory.
- The function of each additional adult must be specified during the registration process.
- Any other additional persons not specified during registration or exceeding the limit specified in this document will not be considered part of the official delegation and will not be accredited by the LOC.
- Number of additional adults depends on the size of the delegation. Specific numbers shall be defined in the event bulletins.

ATHLETES

- Athletes must be students attending schools that provide general education.
- Athletes must be enrolled as full-time students at a school in the country which they represent.

TEAM OFFICIALS

Coaches

- The presence of a coach is mandatory.
- Teams or individuals cannot participate in the competition without the presence of a coach.
- The maximum number of coaches is determined by the number of athletes.
- Each delegation shall enter a minimum of one (1) coach per team.



ATHLETICS

TECHNICAL RULES AND REGULATIONS

Other Team officials

- The function of other team officials can be: doctor, trainer, physiotherapist, statistician, team manager etc.
- The presence of the other team officials is not mandatory.
- The function of the other team officials must be specified during the registration process.
- Any person not specified during registration or exceeding the limit will not be considered part of the team.
- Each delegation shall enter up to one (1) other team official each per team.

3. SPORT PROGRAM

EVENTS

U15 Category

BOYS

- 100m, 200m, 400m, 800m, 1500m
- 100m Hurdles (84cm), 300m Hurdles (76cm)
- High Jump, Long Jump, Triple Jump
Shot Put (4kg), Discus (1kg), Javelin (600g)
- 4x100m Relay, Medley Relay (100 x 200 x 300 x 400m)

GIRLS

- 100m, 200m, 400m, 800m, 1500m
- 100m Hurdles (76cm), 300m Hurdles (76cm)
- High Jump, Long Jump, Triple Jump
- Shot Put (3kg), Discus (750g), Javelin (400g)
- 4x100m Relay, Medley Relay (100 x 200 x 300 x 400m)
-

U18 Category

BOYS

- 100 m, 200 m, 400 m, 800 m, 1500 m, 3000 m
- 110 m Hurdles (91,4 cm), 300 m Hurdles, (84,0 cm cm) (400 m Hurdles (84cm), 2000 m Steeplechase (84cm)
- High Jump, Long Jump, Triple Jump, Pole Vault
- Shot Put (5kg), Discus (1.5 kg), Javelin (700g), Hammer (5kg)
- 4x100 Relay, Medley Relays (100/200/300/400m) and (200/400/600/800m)

GIRLS

- 100 m, 200 m, 400 m, 800 m, 1500 m, 3000 m
- 100 m Hurdles (76,2 cm), 300 m Hurdles (76,2 cm), 400 m Hurdles (76,2 cm), 2000 m Steeplechase (76,2 cm),
- High Jump, Long Jump, Triple Jump, Pole Vault
- Shot Put (3kg), Discus (1kg), Javelin (500g), Hammer (3kg)
- 4x100 Relay, Medley Relays (100/200/300/400m) and (200/400/600/800m)

The exact sport program will be set according to the event type.



ATHLETICS

TECHNICAL RULES AND REGULATIONS

ENTRIES PER EVENT

- Each athlete is allowed to compete in two events plus the relay as follows. 1 race and 1 jump, 1 race and 1 throw, 1 jump and 1 throw (not allowed are 2 races, 2 jumps or 2 throws)
- A team is not allowed to enter more than 3 athletes in one event.
- A competitor can only take part in one competition, either as a member of school team or as a member of a selected team.
- The members of each team must be declared before the competitions starts. Once the competition is started, it is not possible to change between the different events

4. TECHNICAL RULES

SYSTEM OF PLAY

Heats - Qualification –Semi Final – Final

Scoring tables

- The scoring tables are separate for girls and boys and are on a scale from 1 – 100 points
- Any performance, which is between two table scores, will receive the lower score.

TEAM CLASIFICATION

- There will be 4 separate categories.
- The classifications of teams will be made through 10 scores as follows;
 - The highest scores of each of the groups 1-5
 - Plus the four highest complementary scores of the five groups,
 - Plus the scores of the relay
 - In order to be classified a team must obtain at least 1 point in each of the 5 groups of events (G1-G5 Plus relay)

Score1 Score2 Score3 Score4 Score5 Scores 6, 7, 8 and 9 Score 10 Best G1 Best G2 Best G3 Best G4 Best G5 4 highest complementary scores of all groups Medley Relay

Note : In the case of a tie, the 11th score will be taken into consideration and 12th etc. If the teams are still tied the result of the relay will be the deciding factor.

SPECIFIC RULES

- Each athlete is allowed to have 1 false start in track events (also the first leg in medley relay). A second false start by the same competitor will result in disqualification.
- Four (4) attempts will be allowed for the throws, the long jump and the triple-jump.
- In the case of an athlete is not finishing a track event he/she will receive 1 point. But if he/she is not finishing because of being interfered with by an athlete, the jury may allow him/her another attempt.
- **Rules for the Medley Relay:**
 - 10 penalty points for an out of bounds baton pass,
 - 20 penalty points for 2 out of bounds baton passes,
 - 1 point allowed for a team finishing with 3 out of bound passes or not completing the event.



ATHLETICS

TECHNICAL RULES AND REGULATIONS

- The participation in any one event is evaluated by a minimum of 1 point (e.g. in the case of not finishing a track event or in case of a no valid attempt being recorded in a field event).

IDENTIFICATION OF COMPETITORS AND TEAMS

- Starting numbers shall be prepared separately for each category (four series). They can be given to coaches at the Technical Meeting (preferably) or distributed in the Call-Room (on production of an ID card of each athlete).
- Arrangement of results of performances shall be prepared as follows :

Individuals in School Teams

Place – Start Nr - Family and First Name – Year of Birth - School – Town - Country – Performance - Points

School Teams

Place – Town – School – Country - Points

Individuals in Selected Teams

Place – Start Nr - Family and First Name – Year of Birth - Country – Performance - Points

Selected Teams

Place – Country - Points

-Names of schools can be abbreviated to a certain number of letters (8 – 12), names of countries can be as in Olympic abbreviations (3 letters).

C-Final official team results shall be prepared as follows :

In School Teams : *Place –Town – Full name of a school – Country – Total Points Score*

In Selected Teams : *Place – Country – Total Points Score*

FRIENDSHIP RELAY

- This is a relay in which teams are formed of mixed sex and mixed nationality. The teams take part in a relay event with legs of about 300 - 500 metres .It should be held in a public place (known as a historical, cultural, touristic, geographic or other place of particular importance) so that the local population can recognize the friendship among pupils of different nations.
- All competitors are expected to take part. In addition teams of coaches, organisers and officials are welcome to participate.
- Special starting cards are needed for the Friendship Relay (e.g. letters from A to Z and numbers from 1 to 20).
- As a relay baton something special can be used (e.g. typical for an area).
- No medals and no prizes will be given as this event is for friendship and for enjoyment.
- With security in mind – containers (boxes or plastic bags) should be provided at the start for each country to enable coaches to collect warm up kit, etc. from the competitors and have it available at the finish.



ATHLETICS

TECHNICAL RULES AND REGULATIONS

- The presence of police is advisable, especially if road traffic is adjacent to the course, but, also for security purposes.

5. DRAW

- The ISF is responsible for establishing, criteria's and fixing timing of the draw.
- The ISF Technical Commission is responsible of the draw.

6. PROTESTS AND APPEALS

Appeals involving results or any matter not concerning discipline will be heard by the Jury Appeal. The appeal must be lodged within 30 minutes of the incident and be submitted in English. The payment of amount 50€ must accompany the appeal and is to be paid to LOC in cash. This payment will be refunded only if the appeal is upheld or at the discretion of the Jury Appeal. In the case of an unsuccessful appeal, the payment will be retained by the ISF.



WE ARE SCHOOL SPORT

www.isfsports.org



@ISFsports

March 2021, ISF SG