

GYMNASIADE
ATHLETICS
TECHNICAL RULES AND
REGULATIONS





ATHLETICS

TECHNICAL RULES AND REGULATIONS

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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 athletic competition is individual event.
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 individuals that each ISF Athletics event is accepting will be defined for each event accordingly.
- The competition is held over minimum two (2) days or a maximum of four (4) 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.



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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 number shall be defined in the event bulletins.

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- 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.



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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), 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)
- 4x100m Relay, Medley Relays (100 x 200 x 300 x 400m)

GIRLS

- 100 m, 200 m, 400 m, 800 m, 1500 m, 3000 m
- 100 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)

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



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ENTRIES PER EVENT

- * Each country may enter 2 competitors in each event and 1 team in each relay.
- * Each athlete may compete in 2 events plus 1 relay, or 1 event plus 2 relays.

4. TECHNICAL RULES

SYSTEM OF PLAY

100m, 200m, 100m Hurdles: 1st Round – Semi Final – Final

300m Hurdles, 400m, Relays: 1st Round – Final

Track events over 400m: Straight Final (in heats when necessary)

Field events: Qualification Round – Final (Straight Final if less than 16 competitors)

SPECIFIC RULES

- **U18**, No false starts shall be allowed and any athlete who false starts shall be disqualified.
- **U15**, If in any race an athlete has a false start all the runners in that race shall be warned that any further false start will result in disqualification for the athlete concerned.
- Four (4) attempts will be allowed for the throws, the long jump and the triple-jump.

IDENTIFICATION OF COMPETITORS

- Starting numbers shall be prepared by Local organizing committee. 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).

5. DRAW

- The draw for heats and field qualifying competitions will be the responsibility of the ISF Technical Commission and Organizing Committee with due reference being made first to the country and secondly to the times and distances indicated on the entry form.

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.



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