
TRACK (M/W)
Rules & Regulations

1. Laws of the Meet

The competition shall be conducted in accordance with the International Association of Athletics Federations (IAAF) as well as the General Rules and Regulations of the NUS Inter-Faculty Games (IFG).

In the event of any dispute, the NUS IFG General Rules and Regulations approved by the IFG Council shall supersede any relevant international sports laws.

2. Player Eligibility

Refer to Rule 5 for player eligibility in the NUS IFG General Rules and Regulations.

3. Registration of Runners

3.1. Respective Faculty Sports Directors must confirm participation by submitting the General Participation Form to the NUS Students' Sports Club before the stipulated deadline found on the form.

3.2. **Participation** shall be confirmed with the hosting faculty at least **14 days** before the commencement of the competition.

3.3. Respective Faculty Sports Directors must submit the **Team Registration Form** to the hosting faculty and the NUS Students' Sports Club at least **7 days** before the commencement of the competition.

3.4. Each team may register a maximum of 4 runners and 2 reserves for each relay event.

3.5. In total, each team may register a minimum of 12 runners and a maximum of 18 runners for each of the men and women's events.

3.6. Registration must be finalised before the commencement of the competition. No substitutions or additions will be permitted after the commencement of the competition.

4. Prizes

4.1. Medals will be awarded to the runners of the top 3 teams. In addition, the champion team shall be awarded a champion trophy and banner.

4.2. Only those who have participated (i.e. ran) are entitled to a medal if the team is within the top 3 positions. Those who did not participate in the event will not be entitled to a medal.

5. Competition Rules

5.1. Submission of Line-Up

- 5.1.1. The team must submit the complete official line up of up to a maximum of 6 runners per relay event to the hosting faculty convenor at least 20 minutes before the scheduled start time of the meet. No changes will be accepted once the team line-up has been submitted.
- 5.1.2. Each faculty can only send 1 team for each relay event, and all participating faculties must send a minimum of 1 team for the Track Meet to qualify for participation points as stated in the NUS IFG General Rules and Regulations.
- 5.1.3. Each team is allowed a maximum of **2** Varsity Athletes. Teams are allowed to field only **1** Varsity Athlete **in each relay event**.

5.2. Definitions

- 5.2.1. Relay events refer to the 3 different relays in this Track Meet (Refer to 5.3.5).

5.3. Competition Format

- 5.3.1. There shall be 6 different relay events.
- 5.3.2. Each runner (including reserves) is permitted to participate in **1 relay** in their respective gender's relay events.
- 5.3.3. All relay events will be timed finals.
- 5.3.4. For each relay event, if there are more than 8 teams for the relay, the relay shall be split into 2 rounds. The top 3 positions will be determined by the fastest 3 timings in each event after 2 rounds (if applicable).
- 5.3.5. The Track Meet shall flow in the following order:
Event 1: 4 X 100M (Men)
Event 2: 4 X 100M (Women)
Event 3: 4 X 200M (Men)
Event 4: 4 X 200M (Women)
Event 5: 4 X 400M (Men)
Event 6: 4 X 400M (Women)
- 5.3.6. The order of the Track Meet shall not be changed.

5.4. League Points

Points shall be awarded to teams in each relay event in the following positions:

Position	1st	2nd	3rd	4th	5th	6th
Points	10	8	7	6	5	4
Position	7th	8th	9th	10th		
Points	3	2	1	1		

5.5. League Ties

Should there be a tie in league points between two or more teams after all relay events have been completed, the team with a higher position average shall be awarded the higher placing. The position average can be calculated by summing the positions obtained for the 3 relay events, then dividing it by 3.

5.6. Cancellation of Relay Events

Relay events with less than 4 participating faculties will be cancelled.

- 5.7. Pacing
No pacing of competitors is allowed.
- 5.8. Walkovers and Disqualification
- 5.8.1. The team shall be disqualified in the event they fail to exchange the baton in the relay zone (passing zone/starting point). The relay zone will be 20m.
- 5.8.2. In all races (or any part of races),
- 5.8.2.1. an athlete shall not cut in lanes at any point of time;
- 5.8.2.2. an athlete running on a bend, on the outer half of the track, shall not step or run on or inside the kerb or line marking the applicable border (the inside of the track, the outer half of the track).
- 5.8.2.3. If the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that an athlete has infringed any of the above, he (and his team) shall be disqualified.
- 5.8.3. An athlete (and his team) shall **not** be disqualified if he:
- 5.8.3.1. is pushed or forced by another person to step or run outside his lane or on or inside the kerb or line marking the applicable border;
- 5.8.3.2. steps or runs outside his lane or outside the outer line of lane on the bend with no material advantage thereby being gained and no other athlete being jostled or obstructed so as to impede its progress. If material advantage is gained, the athlete (and his team) shall be disqualified.
- 5.8.4. Scratching of event(s) will be considered as a no-show. This includes runner(s) who fail to show up by the start of each event.
- 5.8.5. In the event that a team has been found to partake in or committed, including but not limited to, dishonest behaviour such as cheating, fielding ineligible players, and/or similar breaches of integrity, the IFG council reserves the right to disqualify the team from the competition and/or impose the relevant penalties on the team.
- 5.8.6. Refer to Rule 7 for penalties for disqualification, and Rules 8 and 9 for no-show and walkover rules in the NUS IFG General Rules and Regulation.

6. Attire

Refer to Rule 11 for attire in the NUS IFG General Rules and Regulations.

7. Official Calls

7.1. In all matches, all faculties shall abide by the decisions of the Match Officials.

7.2. The IFG Council will be the rightful and final adjudicators of all protests and disputes.

8. Alterations and Amendments

The IFG Council reserves the right to change or alter these Rules and Regulations given any unusual or extraordinary circumstances at its discretion and will inform all teams of any amendments accordingly.

END

Approved by:



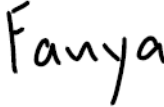
Office of Student Affairs
27 July 2022

IAAF R&R (Book C, TRACK EVENTS, Page 16, 2022):
<https://www.worldathletics.org/download/download?filename=7b3c982f-811a-497e-802f-1fbfcd1dde3.pdf&urlslug=C2.1%20Technical%20Rules>

IAAF: <https://www.worldathletics.org/about-iaaf/documents/book-of-rules>

Acknowledgement

The above Rules & Regulations for IFG 22 has been read and checked by:

 	
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