COMMUNITY GAMES & SINGAPORE NATIONAL GAMES 2012

ATHLETICS

TECHNICAL RULES & REGULATIONS

(as at 24 November 2011)

1. **Rules**

   1.1 The tournament shall be administered in accordance with the rules and regulations of the Community Games & Singapore National Games 2012.

   1.2 The tournament shall be conducted in accordance with the rules and regulations of the International Association of Athletics Federations (IAAF, http://www.iaaf.org) and Singapore Athletics Association (SAA, http://www.singaporeathletics.org.sg).

2. **Eligibility**

   2.1 All participants shall be Singapore Citizens, Singapore Permanent Residents (PRs) with Singapore Blue Identity Card, or non-Singapore Citizens residing in Singapore with the following passes:

      a)   Student's Pass;
      b)   Long Term Pass;
      c)   Dependant's Pass;
      d)   Work Permit;
      e)   S Pass; and
      f)   Employment Pass.

   2.2 Participants are allowed to represent only one Cluster and they must reside in that Cluster. The validity of the participant's residential eligibility is at the point of registration. Please refer to Annex of the General Rules and Regulations for the listing of Clusters.

   2.3 If a participant were to register for more than one sport, the first confirmed address shall be used throughout the games.

   2.4 The checking for Cluster boundaries is available on the web at http://pa-online.pa.gov.sg/NASApp/sim/AdvancedSearch.jsp

3. **Team Composition**

   3.1 Each Cluster can send as many participants to compete in the list of events. Among these participants, there must be representation from at least two

ethnic groups per Cluster; and at least one participant who stays in HDB estate and one in non-HDB estate.

3.2   Each participant is allowed to participate up to a maximum of 2 events, excluding relay events.

3.3   The list of events are as follows:

List of Events (Open Categories)	Team Size	
	Min	Max
100m		
100m hurdles		
110m hurdles		
200m		
400m		
400m hurdles		
800m		
2000m steeplechase		
3000m steeplechase		
1500m		
5000m		
10,000m		
5000m walk		
10,000m walk		
4X100m	4	6
4X400m	4	6
Shot Put		
Triple Jump		
High Jump		
Long Jump		
Pole Vault		
Discus		
Javelin		
List of Events (Masters Categories)		
100m		
200m		
400m		
800m		
1500m		
3000m Run		
3000m Walk		

4X100m	4	6
4X400m	4	6
High Jump		
Long Jump		
Discus		
Shot Put		

3.4 The age eligibility are as follows:

3.5

List of Events	Age	Races	Estates
a) Men's Open	a) & c) Open	At least 2 ethnic group per team	1 HDB and 1 non-HDB
	b) & d) 35 to 39 yrs old		
b) Men's Master	40 to 44 yrs old 45 to 49 yrs old 50 to 54 yrs old		
c) Women's Open	55 to 59 yrs old 60 to 64 yrs old		
d) Women's Master	65 to 69 yrs old 70+		

3.6 The age of participant shall be taken as at 1 January 2012.

4. Format of Play

4.1 Height Progression

4.1.1 High Jump

<u>Men</u>
Practice heights: 1.7m & 1.9m

Competition heights: 1.7 – 1.75 – 1.8- 1.85 – 1.9 – 1.95 -2 – 2.03 – 2.06 – 2.09 +0.02...

<u>Women</u>
Practice heights: 1.4m & 1.65m

Competition heights: 1.45 – 1.5 – 1.55 – 1.6 – 1.65 – 1.7 – 1.73 – 1.76 – 1.79 – 1.82 – 1.85 – 1.88 – 1.91 + 0.02...

4.1.2   Pole Vault

Men
Practice heights: 4.00m, 4.50m & 5.00m

Competition heights: 4.20 – 4.30 – 4.40 – 4.50 – 4.55 + 0.05…

Women
Practice heights: 2.80m, 3.20m, 3.60m & 4.00m

Competition heights: 3.00 – 3.10 – 3.20 – 3.15 – 3.20 + 0.05…

4.2   Events with less than three (3) confirmed entries will be cancelled.

4.3   **Track Events**: Competitors shall take their stations (lanes) in the order indicated in the programme.

4.4   **Field Events**: Competitors shall take their trials in the order printed in the programme, unless otherwise decided by the Referee.

5. Walkover

5.1   All competitors shall report to the Call Room Judges **30** minutes before the Start of each event.

5.2   The competitor **will not** be allowed to compete if he/she reports to the Starter directly without first reporting to the Call Room Judges.

5.3   Should an athlete fail to report/show up on race day without any medical certificate, he/she will not be allowed to take part in subsequent events.

6. Disqualification

6.1   Individual or team may be disqualified in the event of either fielding ineligible participant or unruly conduct of participant.

6.2   The Organisers reserve the right to disqualify team/participant at their discretion and take further disciplinary action that could be in the form of a fine and/or term ban in Community Games.

7. Equipment and Attire

7.1 Starting blocks and implements will be provided. Personal throwing implements may be used, provided they are handed over to the Organisers for verification one day earlier and shared by, other competitors, if they desire, during competition.

8. Reporting

8.1 No competitor will be accepted at the starting or competition area without first reporting to the Call Room Judges. All competitors, both field and track events, shall report to the Call Room before the commencement of their events as follows:

	REPORT TO CALL ROOM	**PROCEED TO STARTING AREA**
TRACK EVENTS	30 minutes before the start of the event	10 minutes before the start of the event
FIELD EVENTS EXCEPT POLE VAULT	45 minutes before the start of the event	25 minutes before the start of the event
POLE VAULT	80 minutes before the start of the event	60 minutes before the start of the event

8.2 For any event, each participant MUST bring along his/her valid Singapore pink identity card, valid passport, student pass with NRIC number or valid driving license for verification at every event. Failing which he/she will not be allowed to compete in the match.

9. Tournament Jurisdiction

9.1 The Organisers reserve the right to interpret or amend the rules and regulations of the tournament at any time. Notifications of such changes will be posted on the tournament website. All participants are advised to visit the tournament website for any notices or updates to draws or fixtures.

9.2 In the event of any dispute arising over any participant, the match shall be played under protest and the Organisers shall determine the matter on receipt of the protest.

9.3 While reasonable precautions will be taken, the Organisers, their servants and agents will not be responsible or in any way liable for any death, disability, personal injury, loss of property or any other loss howsoever arising from any cause whatsoever at any time during the course of this tournament.

COMMUNITY GAMES & SINGAPORE NATIONAL GAMES 2012

ROAD RUN

TECHNICAL RULES & REGULATIONS

(as at 24 November 2011)

1. Rules

1.1 The tournament shall be administered in accordance with the rules and regulations of the Community Games & Singapore National Games 2012.

1.2 The tournament shall be conducted in accordance with the rules and regulations of the International Association of Athletics Federations (IAAF, http://www.iaaf.org) and Singapore Athletics Association (SAA, http://www.singaporeathletics.org.sg).

2. Eligibility

2.1 All participants shall be Singapore Citizens, Singapore Permanent Residents (PRs) with Singapore Blue Identity Card, or non-Singapore Citizens residing in Singapore with the following passes:

g) Student's Pass;
h) Long Term Pass;
i) Dependant's Pass;
j) Work Permit;
k) S Pass; and
l) Employment Pass.

2.2 Participants are allowed to represent only one Cluster and they must reside in that Cluster. The validity of the participant's residential eligibility is at the point of registration. Please refer to Annex of the General Rules and Regulations for the listing of Clusters.

2.3 If a participant were to register for more than one sport, the first confirmed address shall be used throughout the games.

2.5 The checking for Cluster boundaries is available on the web at http://pa-online.pa.gov.sg/NASApp/sim/AdvancedSearch.jsp

National Athletes

2.4 One National athlete is allowed to participate.

Non-Singapore

2.5   One non-Singaporean is allowed to participate.

3. Team Composition

1.1   The road run team shall consist of a minimum of six participants and up to a maximum of fourteen participants. Among these participants in a team, there must be representation from at least two ethnic groups per team; and at least one participant who stays in HDB estate and one in non-HDB estate.

1.2   There must be at least one female participant in each team.

1.3   The age eligibility are as follows:

List of Event	Team Size		Age	Races	Estates
	Min	Max			
Road Run (Men's Open, Ladies'Open & Men's Veteran)	6	14	**≤ 20 yrs old:** 1 to 2 pax	at least 2 ethnic group per team	1 HDB and 1 non-HDB
			21 to 30 yrs old: 1 to 2 pax		
			31 to 40 yrs old: 1 to 2 pax		
			41 to 50 yrs old: 1 to 2 pax		
			≥50 yrs old: 1 to 2 pax		
			any age from 14 yrs onwards: 1 to 4 pax		

1.4   The age of participant shall be taken as at 1 January 2012.

4. Format of Play

4.1   The tentative race distance for all the categories is 4.3km.

4.2   A runner can only register for one category.

4.3   To be eligible for the overall team championship, participating teams have to participate in all the categories mentioned above.

4.4   The results of the six best runners of each team comprising four runners from the Men's Open category, one runner from the Ladies' Open category and one runner from the Men's Veteran category will be used for the overall team championship.

4.5 All runners will be awarded points that will be the same as his/her returned position. For example, if a runner finishes the race in first position, one point will be awarded; and for a runner who finishes in second position, two points will be awarded. The accumulation of these points from the best four runners in the Men's Open category, best runner in the Ladies' Open category and best runner in the Men's Veteran category for each team shall decide the winning team. The team with the least accumulated points shall be declared the champion.

4.6 In the event of a tie between two or more teams, the position returned by their fastest runner in the Men's Open category will be used to decide the winner. However, if a tie still persists, then the results of the Ladies' Open category followed by the Men's Veteran category will be used.

4.7 Runners who have registered in the Men's Veteran category are allowed to participate in the Men's Open category provided that there are insufficient runners upon submission of the team line-up form on the event day. This replacement is only allowed if the runners in the Men's Open category fail to turn up for the championship. The team manager needs to inform the Organisers of the changes at least 45 minutes before the commencement of the Men's Open race.

5. Disqualification

5.1 Registration form must be completed with a minimum of six runners inclusive of one female runner, one veteran male runner and four male runners, together with a team manager, an assistant team manager and a coach. The form shall be submitted to the Organisers by the registration closing date.

5.2 Team with incomplete registration form will be disqualified and not be allowed to compete for the overall team championship. However, individually registered runners will be allowed to compete for the top five best runner awards of each category in the spirit of the games.

6. Equipment and Attire

6.1 All runners will be given a bib number which they must display clearly on the front of their vests.

7. Reporting

7.1 The team manager, assistant team manager, coach of the team shall undertake to submit their runners' identity cards and team line-up form to the presiding Official at least 45 minutes before the commencement of the Men's Open race. Failure to do so may render the team disqualified from the championship. Tentatively, the Men's Open runners will race first, followed by Ladies' Open runners together with Men's Veteran runners.

7.2 All runners must bring along his/her valid Singapore pink or blue identity cards, valid driving license (with photo) or valid passport for verification, failing which he/she will not be allowed to compete in the championship.

7.3 Team managers, assistant managers or coaches shall undertake to submit their runners' identity cards and/or student cards and team sheets to the presiding tournament official at least 45 minutes before the commencement of the Men's Open race.

8. Jurisdiction

8.1 The Organisers reserve the right to interpret or amend the rules and regulations of this Road Run at any time. Notifications of such changes will be posted on the games website. All participants are advised to visit the games website for any notices or updates.

8.2 In the event of any dispute arising over any participant, the run shall be played under protest and the Organisers shall determine the matter on receipt of the protest.

8.3 While reasonable precautions will be taken, the Organisers, their servants and agents will not be responsible or in any way liable for any death, disability, personal injury, loss of property or any other loss howsoever arising from any cause whatsoever at any time during the course of this tournament.

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