

SINGAPORE NATIONAL GAMES 2018
ATHLETICS
RULES AND REGULATIONS

1. Rules

- 1.1 According to the Rules established by the latest rules and regulations of Singapore Athletic Association
- 1.2 Governed by the SNG 2018 General Rules and Regulations.

2. Eligibility & Registration

S/No	Category	Clarification
1	U8	<ul style="list-style-type: none"> 5 – 8 years old, calculate by birth year only.
2	U10	<ul style="list-style-type: none"> 9 – 10 years old, calculate by birth year only 1 Parent & 1 Child to be eligible for Parent/Child Shuttle Relay Parent/Child Relay team allocation will be assigned by Zone in charge
3	U12	<ul style="list-style-type: none"> 10 – 12 years old, calculate by birth year only 1 Parent & 1 Child to be eligible for Parent/Child Shuttle Relay Parent/Child Relay team allocation will be assigned by Zone in charge
4	U19	<ul style="list-style-type: none"> 13 – 19 years old, calculate by birth year only Age 18 years old and below may compete in any event on this category except Shot Put Athlete has to represent his/her corporate to score for corporate points
5	Open	<ul style="list-style-type: none"> 20 – 34 years old, calculate by birth year only Athlete has to represent his/her corporate to score for corporate points Age 20 years old and below may compete in any event on this category except Shot Put Para - Intellectual Impairment ,Visual Impairment, Physical Impairment (standing), Physical Impairment (wheelchair)
6	Corporate	<ul style="list-style-type: none"> 18 years old and above, calculate by birth year only Athlete has to be employee of a corporate to be eligible for this category Athlete has to represent his/her corporate to score for corporate points Corporate points will be calculated for Athlete representing corporate from U20, Open, Corporate and Masters' category.
7	Masters	<ul style="list-style-type: none"> 35 – 39 years old, 40 – 44 years old, 45 – 49 years old, 50 – 55 years old, 55 – 59 years old, 60 - 64

		<p>years old, 65 – 69 years old years old and 70 and above calculate by birth year only</p> <ul style="list-style-type: none"> • Corporate athlete that belongs to this age group is eligible to participate • Athlete has to represent his/her corporate to score for corporate points • Corporate athlete points will be score for Overall Corporate Score
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2.1 Foreigner located at Singapore with Employment pass, S pass and permanent resident is allowed to participate in this competition.

2.2 Parent/Child Shuttle Relay will be form in a team of 4 pairs of parent and child, should any team consist of less than 4 pairs parent and child, 1 pair of parent and child will need to run the additional leg to fulfil the distance.

2.3 **Para Categories:**

II - Intellectual Impairment - Defined as having significant limitations in cognitive and adaptive functioning, as expressed in conceptual, social and practical adaptive skills. Therefore, cognitive and adaptive functioning are both important components for a diagnosis of Intellectual Disability.

Eligibility for this category:

- Singaporean or Foreigner located at Singapore with Employment pass, S pass and permanent resident
- A person certified by a medical practitioner to have Intellectual Impairment. (please submit a copy together with entry form)
- An IQ of 75 or below,
- Significant Limitations in adaptive behaviour
- Impairment must have been present before the age of 18.

VI - Visual Impairment - Refers to significant visual loss that cannot be corrected by means of the use of optical lenses, medication or operation.

Eligibility for this category:

- Singaporean or Foreigner located at Singapore with Employment pass, S pass and permanent resident
- A person certified by a medical practitioner to have Visual Impairment. (please submit a copy together with entry form)
- Damage to one or more of the components of the vision system, which can include:
 - o Impairment of the eye structure/receptors
 - o Impairment of the optic nerve/optic pathways
 - o Impairment of the visual cortex

There **will not** be any further categorisation or classification of Visual Impairment. Participants can compete **with or without a guide, tether is required and blind fold is not needed.**

PI - Physical Impairment - Refers to either with a total or partial loss of bodily functions, such as the ability to walk or fine motor skills, or a total or partial loss of a part of the body.

Eligibility for this category:

- Singaporean or Foreigner located at Singapore with Employment pass, S pass and permanent resident
- A person certified by a medical practitioner to have Physical Impairment. (please submit a copy together with entry form)

There **will not** be any further categorisation or classification of Physical Impairment.

Standing – defined as the participants will compete standing and without any assistance.

Wheelchair – defined as the participants will compete in a wheelchair.

3. Event Venue & Schedule

All competitions will be held at the Home of Athletics on 29 & 30 July, 5 & 6 August 2018.

Date	Timing	Competition Stage
Sat, 28 Jul	8.30am to 8pm	Home of Athletics
Sun, 29 Jul	8.30am to 8pm	Home of Athletics
Sat, 4 Aug	8.30am to 8pm	Home of Athletics
Sun, 5 Aug	8.30am to 8pm	Home of Athletics

Note: all above may change once the entries are finalised

4. Format of play

4.1 The list of events per category as follow:

U8

S/No	Event
1	Youth Pentathlon (55m, Standing Long Jump, 55m Hurdles [6"], Overhand Throw [1 bean bag], 300m)

U10

S/No	Event
1	Youth Pentathlon (60m, 5m Run Up Long Jump, 60m Hurdles [12"], Overhand Weight Throw [2 bean bags], 400m)
2	Parent/Child 8x30m Shuttle Relay

U12

S/No	Event
1	Youth Pentathlon (80m, 10m Run Up Long Jump, 80m Hurdles [12"], Overhand Weight Throw [3 bean bags], 800m)
2	Parent/Child 8x30m Shuttle Relay
3	10x80m Shuttle Relay

U19

S/No	Event
1	4x100m
2	4x400m
3	100m
4	200m
5	400m
6	800m
7	1500m
8	1500m race walk
9	Shot Put
10	Long Jump

Open

S/No	Event
1	4x100m
2	4x400m
3	100m
4	200m
5	400m
6	800m
7	1500m
8	3000m race walk
9	Shot Put
10	Discus
11	Javelin
12	High jump
13	Pole Vault
14	Long Jump
15	Triple Jump

Corporate Open

S/No	Event
1	4x100m
2	4x400m
3	100m
4	1500m

Masters

S/No	Event
1	4x100m
2	100m
3	400m
4	1500m
5	3000m Race Walk
6	Shot Put

5. Competition Format

5.1 Height Progression

5.1.1 High Jump

Men

Competition heights: 1.30 progress 5cm until left with 3 athletes remaining, progress 3 cm until 2 athletes remaining and 2cm for 1 athlete remaining

Women

Competition heights: 1.20 progress 5cm until left with 3 athletes remaining, progress 3 cm until 2 athletes remaining and 2cm for 1 athlete remaining

5.1.2 Pole Vault

Men

Competition heights: 3.20 progress 20cm until left with 3 athletes remaining, progress 10cm until 2 athletes remaining and 5cm for 1 athlete remaining

Women

Competition heights: 2.40 progress 20cm until left with 3 athletes remaining, progress 3 cm until 2 athletes remaining and 2cm for 1 athlete remaining

5.2 Technical Specification for Throws

Age Group	Men Shot Put	Women Shot Put	Men Discus	Women Discus	Men Javelin	Women Javelin
U19	6kg	3.0kg	-	-	-	-
Open	7.26kg	4.0kg	2.0kg	1.0kg	800g	600g
35 – 45	7.26kg	4.0kg	-	-	-	-
50 – 55	6.0kg	3.0kg	-	-	-	-
60 – 65 & Above	5.0kg	3.0kg	-	-	-	-

5.3 Events with less than **three (3)** confirmed entries will be cancelled, except for **Masters** category

6. Track Events

Competitors shall take their (lanes) in the order indicated in the programme.

7. Field Events

Competitors shall take their trials in the order printed in the programme, unless otherwise decided by the Referee

8. Walkover

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

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

8.3 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.

9. Disqualification

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

9.2 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 Games.

10. Equipment and Attire

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

11. Reporting

11.1 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	45 minutes before the start of the event	30 minutes before the start of the event

11.2 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 when necessary. Failing which he/she will not be allowed to compete in the competition or result will not be valid.

12. Games Jurisdiction

12.1 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 games website. All participants are advised to visit the games website for any notices or updates to draws or fixtures.

12.2 Protests concerning the result or conduct of an event shall be made within 30 minutes of the official announcement of the result of that event.

12.3 In a track event, if an athlete makes an immediate oral protest against having been charged with a false start, a track Referee may, if he is in any doubt, allow the athlete to compete "under protest" in order to preserve the rights of all concerned.

12.4 In a Field event, if an athlete makes an immediate oral protest against having a trial judged as a failure, the Referee of the event may, at his discretion, order that the trial be measured and the result recorded, in order to preserve

the rights of all concerned.

- 12.5 While reasonable precautions will be taken, the Organisers and third party vendor 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 competition.

13. Points Scoring, Prizes & Cash Prizes

13.1

<i>Final Position</i>	<i>Points</i>	<i>Relay Points</i>
<i>1st</i>	<i>9</i>	<i>18</i>
<i>2nd</i>	<i>7</i>	<i>14</i>
<i>3rd</i>	<i>6</i>	<i>12</i>
<i>4th</i>	<i>5</i>	<i>10</i>
<i>5th</i>	<i>4</i>	<i>8</i>
<i>6th</i>	<i>3</i>	<i>6</i>
<i>7th</i>	<i>2</i>	<i>4</i>
<i>8th</i>	<i>1</i>	<i>2</i>

- 13.2 Medals will be given to the top **three** individual and team positions, Overall Corporate Champion Trophy will be given to the corporate obtain the most points for all categories.
- 13.3 Cash Prizes will be given to the top **three** positions for team events, provided there are **4 or more** competitors in the event.
- 13.4 Cash Prizes for the top **three** best performance athlete will be calculated by total number of points attain from **all individual events** for an athlete (e.g. 1st position for 3 events will be 27 points in total). Provided there are **4 or more** competitors in the category, except for Masters' category.
- 13.5 In the event that **two or more** athletes gained the **same number of points** in the competition, the tie shall be decided in favour of the athlete with the **greater number of first placing** and if necessary, to **subsequent placing** until the tie is reduced.
- 13.6 In the event that **two or more** athletes gained the **same number of points and same number of placing** in the competition, prize money for two or all three positions will be **shared and divide equally** to two or more athletes.