

RULES AND REGULATIONS

Game : Athletics (Boys & Girls)

1. The meet shall be conducted according to the rules of Amateur Athletic Federation of India, with required modifications if necessary.
2. The championship will be held in U-14, U-17 & U-19 years age category for boys & girls.
3. Every school will be entitled to enter only one athlete in each event, except in relay races where a team of maximum five athletes can be entered.
4. The various age categories and list of events in which competition will be held:-

| Under 14 years | | Under 17 years | | Under 19 years | |
|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| Boys | Girls | Boys | Girls | Boys | Girls |
| 100 M | 100 M | 100 M | 100 M | 100 M | 100 M |
| 200 M | 200 M | 200 M | 200 M | 200 M | 200 M |
| 400 M | 400 M | 400 M | 400 M | 400 M | 400 M |
| 800 M | 800 M | 800 M | 800 M | 800 M | 800 M |
| 1500 M | 1500 M | 1500 M | 1500 M | 1500 M | 1500 M |
| 4 x 100 M Relay | 4 x 100 M Relay | 4 x 100 M Relay | 4 x 100 M Relay | 4 x 100 M Relay | 4 x 100 M Relay |
| 4 x 400 M Relay | 4 x 400 M Relay | 4 x 400 M Relay | 4 x 400 M Relay | 4 x 400 M Relay | 4 x 400 M Relay |
| Long Jump | Long Jump | Long Jump | Long Jump | Long Jump | Long Jump |
| Triple Jump | Triple Jump | Triple Jump | Triple Jump | Triple Jump | Triple Jump |
| High Jump | High Jump | High Jump | High Jump | High Jump | High Jump |
| Shot Put 4 Kgs | Shot Put 3 Kgs | Shot Put 5 Kgs | Shot Put 3 Kgs | Shot Put 6 Kgs | Shot Put 4 Kgs |
| Discus Throw 1 Kg | Discus Throw 1 Kg | Discus Throw 1.5 Kgs | Discus Throw 1 Kg | Discus Throw 1.75 Kgs | Discus Throw 1 Kg |
| Javelin Throw 600 gms | Javelin Throw 500 gms | Javelin Throw 700 gms | Javelin Throw 500 gms | Javelin Throw 800 gms | Javelin Throw 600 gms |

NOTE: Weight of all the equipments shall be carefully checked before hand and signed by the Organizing secretary.

1. An athlete can participate in maximum two individual events and in relay.
2. On the spot entry/changes will not be permitted.
3. The athletes winning first & second position at Cluster/Zonal level shall qualify to take part in Zonal / National level Athletic Meet. However, in relays, only the first position winning team from each Cluster will be allowed to participate in Zonal / Nationals.
4. Immediately after the Cluster level meets, the Organizing School shall send the list of athletes qualified, with their school name and complete postal address to the Zonal / National Meet Organizing School.
5. In relays, only a single school team will be allowed to participate.
6. The Overall Championship separately in boys and girls sections in all the age groups may be decided. The points shall be awarded according to the following system:-

| Position | Individual Events | Team Events (Relays) |
|-----------------------|-------------------|----------------------|
| 1 st Place | 07 | 14 |
| 2 nd Place | 05 | 10 |
| 3 rd Place | 04 | 08 |
| 4 th Place | 03 | 06 |
| 5 th Place | 02 | 04 |

7. The Merit Certificates shall be awarded only up to 3rd position. However, participation Certificates will be awarded to all those who actually take part in Cluster/National level as the case may be.
8. A prize may be given to the school scoring total maximum points (total points in all the age groups in Boys" & Girls" categories) and may be declared as over-all Champion.
9. The schools Organizing Cluster/Zonal level meet shall take a Group Photo of the teams that have qualified to participate in Zonal / National level meet. The photo shall be signed by the host school Principal and forwarded to the school organizing next level of competition along with the original entry Performa.