



**Arul Anandar College (Autonomous)**  
Reaccredited with 'A' Grade by NAAC with a CGPA of 3.15  
DST-FIST Awarded College, Karumathur – 625 514, Tamil Nadu

**56<sup>th</sup> ANNUAL SPORTS DAY 2025 - 26.**

8.08.25.

**RULES & REGULATIONS- TRACK & FIELD EVENTS**

**Sprint Event (100 mts, 200 mts, 400 mts, 100 mts H & 110 mts H)**

1. Foul start is not allowed
2. The final list will be based on the best timings of the heats
3. Athlete has to keep up his lane or else will be disqualified
4. Crouch start will be followed
5. The commands of the starter will be "ON YOUR MARKS; SET; THE GUN SHALL BE FIRED/WHISTLE"
6. Heats and Final will be followed

**Middle & Long Distances (800 mts, 1500 mts, 5000 mts)**

1. Foul start is not allowed
2. Direct final will be followed
3. Standing start will be followed
4. The commands of the starter will be "ON YOUR MARKS; THE GUN SHALL BE FIRED/WHISTLE"

**Field Events (Long Jump, Triple Jump, High Jump, Pole Vault Shot Put, Discus Throw, Hammer Throw and Javelin Throw)**

1. For each athlete, three trial jumps will be given for selection and three final jumps will be given in the finals.
2. The performance in the finals will be counted for positions
3. If there is tie break the below will be followed

**Horizontal Jump & Throw events:**

(Long Jump, Triple Jump, Shot Put, Discus Throw, Hammer Throw And Javelin Throw)

- The second performance of the athletes tying shall resolve the tie, then if necessary third best will be considered

**Vertical Jump: (High Jump & Pole Vault)**

*Prathyusha*  
24-07-2024

- The athlete with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.
- If the tie still remains, the athletes tying shall have one more jump at the lowest total of failures throughout the competition up to and including the height last cleared, shall be awarded the higher place.
- If still remains:

If it concerns the first place, the athletes tying shall have one more jump at the lowest height at which any of those involved in the tie have lost their right to continue jumping, and if no decision is reached, the bar shall be raised if the tying athletes were successful, or lowered if not, 2 cm for the high jump and 5 cm for the pole vault. They shall then attempt one jump at each height until the tie is resolved.

#### **4 x 100 Relay:**

1. Athlete has to keep up his own lane or else will be disqualified
2. Baton has to be exchanged within the zone or else will be disqualified
3. Athlete dropping the baton has to only pick not others or else will be disqualified

#### **4x400mts Relay:**

1. First runners has to keep up his own lane
2. Second runners can change their lane once they reached the break line (before the break line if the second runners change his lane, the team will be disqualified)
3. The following third and fourth athletes can continue the relay even in the first lane



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**MARCH-PAST RULES AND REGULATIONS:**

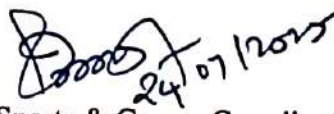
- ❖ Prize money will be awarded for the I, II and III Places only (First place Rs.3000, Second Place Rs.2500 and Third Place Rs 2000/-)
- ❖ Maximum of **33 students** can participate from each department.
- ❖ The teams should fall – in accordingly to their **lot numbers**.
- ❖ Lot Number will be selected by the team leaders on Aug, 07<sup>th</sup> at **11.00 a.m.**
- ❖ All the team members and the staff in charge should be present for the rehearsal on August, 7<sup>th</sup> 2.00 p.m.
- ❖ The Coordination of the March Past team has to be maintained from the **starting point till the end point**.
- ❖ The teams are allowed to march only in **Track no 1, 2 & 3. lanes**
- ❖ There should not be March past practice by any team on August 08<sup>th</sup> morning in the track.
- ❖ **Dress Code:**
  - a) **White Shirt** (Full hand or half hand) and **Black Formal Pants** is allowed. (Girls can wear white chudithar or same white shirt & black pants)
  - b) Only white or black coloured **hand gloves** are allowed.
- ❖ **Criteria for marks:**
  1. Co-ordination
  2. Command
  3. Participation in the Rehearsal
  4. Easy March (Till the Halt)


❖ **O.D. for Practice:**

06<sup>th</sup> August – IV & V hours

7<sup>th</sup> August – Full day

  
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