



2019 D.V.G.
**DALARONG
AMBANSA**
APRIL 28 - MAY 04, 2019

ATHLETICS *Technical Guidelines & Ground Rules*

GUIDELINES AND GROUND RULES

1. IAAF rules will be applied.
2. An athlete is allowed to compete 3 individual events and 2 relays.
3. A team may enter 2 athletes per event.
4. Entry form should be prepared by rank, according to fastest to slowest/farthest to nearest indicating no.1 and no.2 respectively. Prepared in 4 copies and be submitted during the solidarity meeting to the Tournament secretary.
5. Athletes must wear their delegation uniform and athletes number when reporting to the roll call area and during the competition.
6. No coaches or any party identified with an athlete is allowed within the vicinity of the playing area. They should stay outside the control fence or at the grandstand.
7. Using of starting block is a "MUST" in sprint and hurdles events.
8. Law of succession will be observed.
9. In relays, qualifiers can change runners a maximum of 2.
10. In case of inclement weather in an event cannot be safely competed, coaches will be consulted to the postponement or cancellation to the schedule by the technical management based on the rule of the majority.
11. In case of unfinished finals, due to typhoon, ranking will be based on the result of time trials or semi-final.
12. No points for unplayed events.
13. Game starts at 6:00 am and ends at 10:00 am and resumes at 3:00 pm and ends at 6:00 pm.
14. Awarding of medals will be done the next day after the competition has been concluded. All awardees must be in decent delegation uniform with shoes.
15. Overlapped rule will be applied for 3,000 m run and above until 16 runners will be left in the track.
16. The starting height of the bar in high jump and pole vault will be as follows:

High Jump
 Elem Girls - 1.15m Sec. Girls - 1.30m
 Elem Boys - 1.25m Sec. Boys - 1.40m

Pole Vault 2.0 m
 Succeeding three raising of bar - 20cm
 Thereafter - 10cm

17. High Jump and Pole Vault

	High Jump	Pole Vault
More than 3 athletes	30 seconds	1 minute
2 or 3 athletes	90 seconds	2 minutes
1 athlete	3 minutes	5 minutes
Consecutive Trials	2 minutes	3 minutes

18. Weight of throwing implements:

Implements	Elementary		Secondary	
	Girls	Boys	Girls	Boys
Shots	3kg	5kg	4kg	6kg
Discus	.75kg	1.5kg	1kg	1.75kg
Javelin	300grms	400grms	600grms	700grms

19. Height of Hurdles

	Elementary		Secondary	
	Girls	Boys	Girls	Boys
100MHH	0.762m		0.840m	
110MHH		0.914m		0.991m
400MHH	0.762m	0.840m	0.762m	0.914m

20. Walkathon is regular event in athletics for Secondary Boys and Girls with 2000 meters' distance of the walk.

21. The number of athletes in athletics in Secondary Boys and Girls is 15

22. The medal counts to be awarded is 90 gold, 90 silver and 90 bronze for Elementary and Secondary Boys and Girls

23. The medal counts to be contested is as follows

Elem Boys	-	15 golds	15 silver	15 bronze
Elem Girls	-	15 golds	15 silver	15 bronze
Sec. Boys	-	19 golds	19 silver	15 bronze
Sec. Girls	-	17 golds	17 silver	17 bronze
TOTAL	=	66 Golds	66 Silvers	66 Bronzes

24. 30 meters receiving zone in 4x100 meter relay will apply.

25. Other ground rules will be discussed during the solidarity based on the situation of the venues, equipment, and other concerns.