

# Reminders for Athletes

1. In addition to the race in particular stated, all other rules adopt the World Athletics Competition & Technical Rules – 2024 Edition (English version).
2. All events are straight finals. Official positions will be judged by time, distance and height of each event competed.
3. Only registered participants and event officials are allowed to enter competition venue.
4. Participants must report to the Roll Call Station within the reporting time. Roll Call Station is located at Spectator Stand.
5. Reporting time arrangement:

Roll Call Time	Start time for Roll Call	End Time for Roll Call
a. Track and Relay Events:	20 minutes before the event	10 minutes before the event
b. Field Events:	35 minutes before the event	25 minutes before the event
c. Pole Vault:	45 minutes before the event	35 minutes before the event

6. Participants who fail reporting to the Roll Call Station within the reporting time shall be disqualified from the event. Participants must present their student or staff identity card when reporting to the Roll Call Station.
  - a. Athletes taking part in a FIELD event who required leaving in the middle of that event to take part in a TRACK event, must ask for permission from the judge of the FIELD event first.
  - b. Athletes taking part in two events (one track, one field) which happen to be carried out at the same time should report first to the track event. Athletes are requested to note that the field event will still in progress during their absence. Immediately after the Track event is finished, athletes should report at once to their field event judge.
  - c. If the field event has already been finished and placing of athletes is fixed, athletes who left the event will forfeit their chance of competing.
7. If there is only one athlete reported to the Roll Call Station for an event, the event will be cancelled. If there are two athletes reported to the Roll Call Station, the event will be held as scheduled, but new record set in that event will not be recognized as a record.
8. No prize presentation ceremony is arranged for all individual events. Medals and certificate of Children 60M will be collected at the reception table. Prize presentation for all relay events will be arranged in the closing ceremony and compulsory for all awarded relay team members.

## Implement

1. Information on the specification of implements:

Events	Shot Put	Discus	Javelin	100 Hurdles	110 Hurdles	400 Hurdles
Men	7.260kg	2.000kg	800gm	-	1.067m	0.914m
Women	4.000kg	1.000kg	600gm	0.840m	-	-

2. Use of starting block is not compulsory for sprinting events, including 100M, 200M, 400M 100M Hurdles, 110M Hurdles, 400M Hurdles, and all relays.
3. Triple jump athletes can use either 9M or 11M take off board.
4. The starting height and increment for the Men's High Jump (M) are: 1.25, with 0.03 increment afterwards; with 0.02 increment after 1.90.

5. The starting height and increment for the Women's High Jump (M) are: 0.90, with 0.03 increment afterwards; with 0.02 increment after 1.55.
6. The starting height for the Men's Pole Vault (M) is 1.70 with increment of 0.10. till to 3.00, and 0.05 afterwards.
7. All athletes agree to abide by all rules and conditions of the Orgnaiser and the Organising Committee reserves the right of interpreting and amending the regulations with immediate effect.

## Prizes

1. Top three positions of individual and relay events.
2. Men's and Women's Individual Champion of student categories.

## Scoring

(Applicable for Students Only)

1. Points of top eight positions of individual events is scored in the decending order: 9, 7, 6, 5, 4, 3, 2, 1.
2. Athlete(s) scored the highest points in individual events are the Individual Champion. If scores are the same, the prize concerned shall be determined by the following order of priority: a. the number of gold medals, followed by number of silver medals and then bronze medals, obtained in individual events; b. the number of new records set.

## Appeal

1. Neither individual nor relay events shall be subjected to appeal. For query of competition matters, organizer and official judges for either written regulations or the rules in particular stated shall be final and no objection accepted.

## Regulations of Using Joint Sports Centre

1. Designated field event areas are for the athletes and judges only.
2. Except the gummed paper provided by the organizer, athletes are not permitted to make check-marks or place ojbects on the lane or facilities.
3. All participants are not allowed to stay on the track or in the field during break.
4. Only spiked track shoes with 7mm spikes and plastic sports shoes are allowed.
5. No food and drinks in competition area.
6. Smoking is strictly prohibited in Joint Sports Centre.