

1. The competition is held in accordance with the Rules of the International Association of Athletics Federations (IAAF).
2. 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 1	PROCEED TO STARTING AREA
TRACK EVENTS	40 minutes before the start of the event	10 minutes before the start of the event
FIELD EVENTS EXCEPT POLE VAULT	55 minutes before the start of the event	25 minutes before the start of the event
POLE VAULT	90 minutes before the start of the event	60minutes before the start of the event

3. **Track Events:** Competitors shall take their stations (lanes) in the order indicated in the programme.
4. **Field Events:** Competitors shall take their trials in the order printed in the programme, unless otherwise decided by the Referee.
 - * The practice and starting heights and the incremental height after each round (for High Jump / Pole Vault shall be confirmed at the Technical Meeting).
 - * Advancement to subsequent rounds of each event shall be confirmed at the Technical Meeting.
5. **Implements:** Starting blocks and implements will be provided. Personal throwing implements may be used, provided they are handed over to the Organisers for verification one day earlier and shared by, other competitors, if they desire, during competition.
6. **Prizes:** Medals shall be awarded to the first (1st), second (2nd) and third (3rd) place winners of each event.
7. **Timing:** Electronic time-keeping system will be used, backed up by hand-operated stop-watches.
8. Only officials on duty and competitors involved are permitted within the competition area. They should retire to their respective enclosures immediately after their events.

9. The Organising Committee shall not accept responsibility for property lost in the dressing rooms, warming up area or competition area.

10. While every care is taken to prevent accidents, the Organising Committee shall not be responsible for any injuries.

11. Protests

11.1 In accordance with the International Amateur Athletics Federation (IAAF) Rule 111, the Jury of Appeal shall be appointed from the members of the participating countries.

11.2 Protests may be made by a team official (e.g. Team Manager or Coach) on behalf of the athlete. During the course of the event, an athlete may make a verbal protest to the referee. A protest may also be made on the Protests Form, which can be obtained at the Technical Information Centre in the stadium. The written protest is the official document, which will be used throughout the entire protest procedure.

11.3 When a protest is lodged, the following rules shall be applied. The claim has to be:

- Put in writing on the Official Form;
- Signed by the Team Manager of the team;
- Submitted within thirty (30) minutes after the first result announcement;
- Handed over to the official of the Technical Information Centre at the competition venue.

11.4 A copy of the signed protest with the endorsement of the official time of lodging the protest will be given to the individual who lodged the protest. The Jury of Appeal will provide a written response to the protest as soon as possible.

12 Attire

12.1 Participants must wear their team colors. Numbers must be worn on the front and back of the attire. For high jump, it is permissible to wear on number either on the front or back. Every competitor shall be provided with two number bibs, during the competition shall be worn visibly on the chest and back, except jumping events where one number bib may be worn on the chest or back only.

HEIGHT PROGRESSION FOR HIGH JUMP & POLE VAULT

HIGH JUMP (Men)

Competition heights :1.85 – 1.90 – 1.95 – 2.00 – 2.04 – 2.07 – 2.10 – 2.13 + 0.02...

HIGH JUMP (Women)

Competition heights :1.50 – 1.55 – 1.60 – 1.65 – 1.70 – 1.75 – 1.78 – 1.81 – 1.83 + 0.02...

POLE VAULT (Men)

Competition heights :4.00 - 4.20 – 4.40 – 4.60 – 4.70 – 4.80 – 4.90 – 5.00 – 5.05 +0.05....

POLE VAULT (Women)

Competition heights :3.00 – 3.20 – 3.40 – 3.60 – 3.70 – 3.80 –3.90 – 4.00 + 0.05.....

SHOT PUT, DISCUS & JAVELIN

Competition formats :3 + 3 Trials (athletes will have 3 trials. Top 8 results shall be allowed additional 3 trials)

LONG JUMP & TRIPLE JUMP

Competition formats :3 + 3 Trials (athletes will have 3 trials. Top 8 results shall be allowed additional 3 trials)

ROUND ADVANCEMENT FOR TRACK EVENTS

Entries	Heats	Final B	Final A
9 – 16	2 heats	Next 9 best times	3 + (3)
17 – 24	3 heats	Next 9 best times	2 + (3)
25 – 32	4 heats	Next 9 best times	1 + (5)
33 – 40	5 heats	Next 9 best times	1 + (4)

*This only applies to 100m, 200m, 400m race only

**Next 9 best times are from 10 – 18 positions on heats results