

PALAKKAD DISTRICT SAHODAYA SCHOOL COMPLEX
ATHLETIC MEET 2019

VENUE:VYASA VIDYA PEETHOM, KALLEKKAD

Date(s): 6,7 December 2019

GUIDELINES REGARDING EVENTS

Details regarding Registration of school teams will be available soon

Last Date for Submission :22-11-2019

EVENTS

Under 19 Category (Born on or between 01/01/2001 and 31/12/2003)

Sl No	Boys	Girls
1.	100 m Running	100 m Running
2.	200 m Running	200 m Running
3.	400 m Running	400 m Running
4.	800 m Running	Long Jump
5.	1500 m Running	High Jump
6.	Long Jump	Shot Put (4 kg)
7.	High Jump	Discuss Throw (1 kg)
8.	Shot Put (6 kg)	4 x 100 m Relay
9.	Discuss Throw (1.5 kg)	
10.	Javelin Throw (800 g)	
11.	4 x 100 m Relay	

Under 16 Category (Born on or between 01-01-2004 and 31-12-2005)

Sl No	Boys	Girls
1.	100 m Running	100 m Running
2.	200 m Running	200 m Running
3.	400 m Running	400 m Running
4.	800 m Running	Long Jump
5.	Long Jump	High Jump
6.	High Jump	Shot Put (4 kg)
7.	Shot Put (5 kg)	Discuss Throw (1 kg)
8.	Discuss Throw (1kg)	4 x 100 m Relay
9.	Javelin Throw (600 g)	
10.	4 x 100 m Relay	

Under 14 Category (Born on or between 01-01-2006 and 31-12-2007)

Sl No	Boys	Girls
1.	100 m Running	100 m Running
2.	200 m Running	200 m Running
3.	400 m Running	400 m Running
4.	Long Jump	Long Jump
5.	High Jump	High Jump
6.	Shot Put (4 kg)	Shot Put (4 kg)
7.	4 x 100 m Relay	4 x 100 m Relay

Under 12 Category (Born on or after 01-01-2008)

Sl No	Boys	Girls
	1. 100 m Running	100 m Running
	2. 200 m Running	200 m Running
	3. 400 m Running	Long Jump
	4. Long Jump	Shot Put (3 kg)
	5. Shot Put (3 kg)	4 x 100 m Relay
	6. 4 x 100 m Relay	

COMPETITION RULES

1. Every school will be entitled to enter **only one competitor in each individual item and one team for relay.**
2. One participant can participate in **any three individual events and in one relay.**
3. Competitor can compete either in their category or in higher category.
4. For Relay events ONLY FOUR names should be given in each category.
5. For throws and jumping events three chances will be given.
6. For jumping events, bed will be provided.
7. Time Trial will be conducted for semi – final
8. In track events, first foul, irrespective of the fact that who makes it, will be pardoned and the athlete making the second foul will be disqualified from taking part in that event. For relay, with the second foul the relay team will be disqualified.

9. An athlete can overtake another, (from the left or right) provided he/she does not make any hindrance to the other participants.
10. Athletes must compulsorily wear two chest numbers – one in front and other on the back in a manner the number is clearly visible.
11. There will be three calls and if the school fails to report, their participation will be cancelled. All the schools are strictly instructed to follow this and complaints regarding this will not be entertained at all.
12. An event will be conducted only if there are **minimum three** entries for the same.
13. Merit certificate will be awarded only to first three positions
14. Trophies:-Separate trophies for each category under both boys and girls sections will be awarded aggregating the points of the respective categories, for the first three positions.

Point 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

15. Individual championship will be awarded to boys and girls separately, in each category
16. The decision of the jury of appeal is final and binding on all concerned and it shall not be questioned.

GENERAL RULES & GUIDELINES

1. The Competition will be conducted under the PDSSC Rules and guidelines.
2. Team Manager will be responsible for the conduct of team on the field and in the school premises. Indiscipline by an athlete/member will lead to disqualification and the athlete/member may be asked to leave the premises immediately. Appeal if any can be given only through Team Manager / Principal of the respective school.
3. During the process of compiling if any defective or incomplete entry forms are found, the concerned PET/Team Manager will be called in person to rectify the mistake by the hosting school.
4. Events will be arranged in such a manner that two category events will be in first day and the other two categories will be in the next day.
5. One School should send ONLY ONE ENTRY FORM for all categories irrespective of boys & girls.
6. The Sahodaya sports committee has the right to reject late/ incomplete/ wrong entries in part or in full, depending on the case.

7. Substitution

Substitution will be allowed only in emergency and on reasonable grounds, subject to a maximum of two participants from a school, provided he/she doesn't participate in any other event. The Substitutions must be brought to the notice of the convener of the meet, in writing, with a copy of ID card & attested copy of birth certificate, not less than 48 hours before the registration time on the day of the meet.

8. Birth Certificate

Copy of the Birth Certificates (Originals – for verification) should be submitted at the time of kit distribution along with the hard copy of the registration form that will be available after closing the registration.

9. Change in the date of birth, use of abusive language, indiscipline of any sort hindering the smooth conduct of the meet, use of intoxicating materials and smoking, violation of the meet rules etc (Any one or any combination) are sufficient reasons for the disqualification of the team from meet.

10. Lunch & Refreshments

Lunch & Refreshments (Morning & Evening Tea & snacks) will be provided to all participants, escorting staff and bus staff. The requirement of lunch should be sent to the Convener in the prescribed format given later along with the hard copy of entry forms. Breakfast will not be available at the venue; however schools can order their breakfast as per their requirement by prior written request and payment at the time of kit distribution.

11. Schools' contribution to Sahodaya

Only schools who have made all the payments due to Sahodaya will be allowed to participate in the Sahodaya Athletic Meet 2019-20. All schools are requested to make the payment if any to the treasurer, PDSSC before sending the entry for the meet.

12. Any grievances should be brought to the notice of the convener **ONLY BY THE TEAM MANAGER / PRINCIPAL** of the school concerned. No PET or Teacher of member school or parent of member school has the right to question the host school. If done, it will be treated seriously.

13. Escorting staff

Each member school can send one escorting staff for ten students (10: 1) excluding Principal. Non-participants are not allowed to accompany the team.

14. Participation Fee

A participation fee of Rs.200 (Rupees One hundred and fifty only) will be charged from each participant to meet the expense incurred for the conduct of the meet.

An Amount of Rs.100 per participant will be charged for food and refreshments.

15. Jury of Appeal & protest

Dispute if any will be decided by the jury of appeal consisting of any three members from the panel of President, Vice President, Secretary, Joint Secretary, and treasurer of the complex and the Convener of the meet along with the chief judge of the event concerned. Complaints if any should be given, in writing, within half an hour of the announcement of the result, to the jury of appeal, through Principal/duly authorized person in writing, of the concerned school along with a fee of Rs.2000/- (Two Thousand only). If the complaint is valid and the decision is in favor of the complaint, the fee paid will be refunded. Otherwise the fee will have to be forfeited.

NB : If a school wishes to withdraw its Team after submitting the participation list will be liable to pay the participation fee of Rs. 200/- participant.