

ATHLETICS -ZEAL 2016

**There will be a direct registration for all athletic events

Events are:

- 1) Marathon for boys
- 2) Marathon for girls
- 3) Shotput for boys
- 4) Shotput for girls
- 5) Discuss throw for boys

RULES & REGULATIONS:

1) MARATHON

*For boys -it is **four complete rounds** around the campus

*for girls -it will be **two complete rounds** around the campus

* If anyone is found taking shortcut through the campus, the participant will be disqualified.

* One round is approximately 800 mts.

2) SHOTPUT

*There will be a qualifying round & final round

*3 throw chances will be given in the qualifying round.

Those who can cross the minimum qualifying distance will be qualified to the final round.

*Three chances will be given in the final round also. The best of the three throws will be taken for deciding the winner.

For boys- shotput weight: 7.3 kg & minimum qualifying distance: **7.50 meters

For girls-shotput weight: 2.5 kg & minimum qualifying distance: **7.50 meters

** There will be a circle of radius around 1 metre,

While throwing, the participant is not supposed to go beyond that circle or touch the circle border.

**After the throw, the participant is required to exit through the backside of the circle.

**There will be a sector ahead of the circle, the participant has to throw within those lines only.

**If anyone defies these above rules, it will be considered a foul and the throw will not be considered.

3) DISCUS THROW

*The rules are same as that of shotput.

For boys- discus weight:2 kg & minimum qualifying distance:22 metres.**