

PESTA SUKAN 2025
COMPETITION RULES & REGULATION
 Athletics & Para-Athletics

1. Rules and Regulations

The competition will be held in accordance with the Pesta Sukan 2025 General Rules and Regulations.

- 1.1 For technical questions on Athletics, they will be resolved in accordance with competition rules established by Singapore Athletic Association which follow closely to WA 2024 Competition Rules.
- 1.2 For technical questions on Para-Athletics, WPA 2020-21 rules will only apply to the U20 and Open category only.

2. Eligibility & Registration

- 2.1 Singaporeans and Residents of Singapore holding Employment Pass or S Pass can take part in this competition.

S/No	Category	Clarification
1	U6	• 4 – 5 years old, calculate by birth year only.
2	U9	• 6 – 8 years old, calculate by birth year only.
3	U11	• 9 – 10 years old, calculate by birth year only.
4	U13	• 11 – 12 years old, calculate by birth year only
5	U15	• 13 – 14 years old, calculate by birth year only
6	U18	• 15 – 17 years old, calculate by birth year only
7	U20	• 18 – 19 years old, calculate by birth year only
8	Open	• 16 years old and above, calculate by birth year only
9	Corporate	• 18 years old and above, calculate by birth year only • The athlete has to be an employee of a corporate to be eligible for this category
10	Masters	• 35 – 39 years old, 40 – 44 years old, 45 – 49 years old, 50 – 54 years old, 55 – 59 years old, 60 - 64 years old, 65 – 69 years old, 70 - 74 years old, 75 – 79 years old, 80 years old and above calculate by birth year only

S/No	Category	Clarification
1	Para U11	• 7 – 10 years old, calculate by birth year only.
2	Para U13	• 11 – 12 years old, calculate by birth year only.
3	Para U15	• 13 – 14 years old, calculate by birth year only.
4	Para U18	• 15 – 17 years old, calculate by birth year only
5	Para U20	• 18 – 19 years old, calculate by birth year only
6	Para Open	• 13 years old and above, calculate by birth year only

2.2 Para Categories:

There will be **NO** further categorisation or classification of the various impairments (Intellectual, Visual, Physical and Deaf) for this competition. Participants **MUST** submit a copy of their certified report by a medical practitioner with the entry.

- 2.2.1 **II - Intellectual Impairment** - Defined as having significant limitations in cognitive and adaptive functioning, as expressed in conceptual, social and practical adaptive skills. Therefore, cognitive, and adaptive functioning are both important components for a diagnosis of Intellectual Disability.

Eligibility for this category:

- A person certified by a medical practitioner to have an IQ of 75 or below,
- Significant Limitations in adaptive behaviour
- The impairment must have been present before the age of 18.

- 2.2.2 **VI - Visual Impairment** - Refers to significant visual loss that cannot be corrected by means of the use of optical lenses, medication, or operation.

Eligibility for this category:

- A person certified by a medical practitioner to have damage to one or more of the components of the vision system, which can include:
 - o Impairment of the eye structure/receptors
 - o Impairment of the optic nerve/optic pathways
 - o Impairment of the visual cortex

Participants can compete **with** or **without** a guide. The use of **tether is mandatory** but **not blindfold**.

- 2.2.3 **PI - Physical Impairment** - Refers to either a total or partial loss of bodily functions, such as the ability to walk or fine motor skills, or a total or partial loss of a part of the body.

Eligibility for this category:

- Participants who compete standing without any assistance. Participants in wheelchairs.

- 2.2.4 **D - Deaf** – Refer to a partial or total inability to hear, little to no hearing, may occur in one or both ears.

Eligibility for this category:

- A person certified to have at least 55 dB per tone average in the better ear.

3. Event Venue & Schedule

All competitions will be held at the Home of Athletics, 52 Stadium Road, on 26 -27 July, 2-3 August 2025.

Date	Timing	Competition Stage
Sat, 26 Jul	8.30 am to 9 pm	Home of Athletics
Sun, 27 Jul	8.30 am to 9 pm	Home of Athletics
Sat, 2 Aug	8.30 am to 9 pm	Home of Athletics
Sun, 3 Aug	8.30 am to 9 pm	Home of Athletics

Note: All above may change when the entries are finalised

4. Categories and Events

4.1 The list of events per category as follow:

U6, & U9

S/No	Event
1	60m
2	Overhand Throw [Turbo Javelin]
3	5m Run up Long Jump
4	2 x 50m Parent and Child Mixed Relay

U11 & U13

S/No	Event
1	10m Run Up Long Jump
2	Overhand Throw [Turbo Javelin]
3	80m
4	800m
5	2 x 50m Parent and Child Mixed Relay

U15, U18, U20

S/No	Event
1	100m
2	200m
3	400m
4	800m
5	1500m
6	1500m race walk
7	80m Hurdles (Women U15)
8	100m Hurdles (Women U18, U20, Men U15)
9	110m Hurdles (Men U18, U20)
10	200m Hurdles (Men & Women U15)
11	400m Hurdles (Men & Women U18, U20)
12	Triple Jump
13	Long Jump
14	High Jump
15	Pole Vault
16	Javelin
17	Shot Put
18	Discus
19	4x100m Relay

Open

S/No	Event
1	100m
2	200m
3	400m
4	800m
5	1500m
6	Shot Put
7	Discus
8	Javelin
9	High jump
10	Pole Vault
11	Long Jump
12	Triple Jump
13	110m Hurdles (Men)
14	100m Hurdles (Women)
15	400m Hurdles
16	4x100m Relay
17	4x400m Relay
18	1500m race walk

Corporate Open

S/No	Event
1	100m
2	4 x 100m Mixed Relay

Masters

S/No	Event
1	100m
2	400m
3	1500m
4	1500m Race Walk
5	Long Jump
6	Javelin
7	4x100m Relay
8	4x400m Mixed Relay

- 4.2 For the Para group, the **minimum** entry age is 7 years old. Age is calculated by birth year only. A participant can enter a maximum of **two(2)** events.

U11

Age	Intellectual Impairment (I.I) & Deaf (D)	Vision Impairment (V.I.)	Physical Impairment (P.I.)
7 - 10 years old	50m, Long Jump		

U13

Age	Intellectual Impairment (I.I) & Deaf (D)	Vision Impairment (V.I.)	Physical Impairment (P.I.)
11 & 12 years old	50m, Long Jump		

U15

Age	Intellectual Impairment (I.I) & Deaf (D)	Vision Impairment (V.I.)	Physical Impairment (P.I.)
13 & 14 years old	80m, Long Jump		

U18

Age	Intellectual Impairment (I.I) & Deaf (D)	Vision Impairment (V.I.)	Physical Impairment (P.I.)
15 - 17 years old	100m, Long Jump		

U20

Age	Intellectual Impairment (I.I) & Deaf (D)	Vision Impairment (V.I.)	Physical Impairment (P.I.)
18 to 19 years old	100m, 400m, Long Jump		

Open

Age	Intellectual Impairment (I.I) & Deaf (D)	Vision Impairment (V.I.)	Physical Impairment (P.I.)
13 years old & Above	100m, 400m, Long Jump		

5. Competition Format - Field Events

The order of attempts is by start list unless otherwise decided by the Referee. For the horizontal field event, **2 trials** will be awarded. The best 8 performances after the first **2 trials** will be awarded additional **2 more trials**.

Except for the **Open** category, **3 trials** will be given, best 8 performances after the first **3 trials** will be awarded additional **3 more trials**

For the **Youth Multi Event**, **2 trials** will be awarded.

For **ALL** field events in Para-Athletics, competitors will be given **3 trials only**. All performance will be measured.

5.1 Height Progression

5.1.1 High Jump

Category	Men Start Height	Women Start Height	Men Practice Height	Women Practice Height	Height Progression
U15	1.40m	1.20m	1.40m, 1.60m, 1.90m	1.20m, 1.45m	5cm until left with 3 athletes remaining, progress 3 cm until 2 athletes remaining. Jump off for tied break will be apply for 1 st position only.
U18	1.40m	1.20m	1.40m, 1.60m, 1.90m	1.20m, 1.45m	
U20	1.60m	1.30m	1.60m, 1.80m, 2.05m	1.30m, 1.55m, 1.70m	
Open	1.60m	1.30m	1.60m, 1.80m, 2.05m	1.30m, 1.55m, 1.70m	

5.1.2 Pole Vault

Category	Men Start Height	Women Start Height	Men Practice Height	Women Practice Height	Height Progression
U15	2.08m	2.08m	2.08m, 3.08m, 4.08m	2.08m, 3.08m	20cm until left with 3 athletes remaining, progress 10 cm until 2 athletes remaining. Jump off for tied break will be apply for 1 st position only.
U18	2.08m	2.08m	2.08m, 3.08m, 4.08m	2.08m, 3.08m	
U20	2.08m	2.08m	2.08m, 3.08m, 4.08m	2.08m, 3.08m	
Open	2.08m	2.08m	2.08m, 3.08m, 4.08m	2.08m, 3.08m	

5.2 Technical Specification for Throws

Category	Men Shot Put	Women Shot Put	Men Discus	Women Discus	Men Javelin	Women Javelin
U15	4.0kg	3.0kg	1.0kg	1.0kg	600g	500g
U18	5.0kg	3.0kg	1.5kg	1.0kg	700g	500g
U20	6.0kg	4.0kg	1.75kg	1.0kg	800g	600g
Open	7.26kg	4.0kg	2.0kg	1.0kg	800g	600g

5.3 Triple Jump

Category	Men Take off board	Women Take off board
U15	7m, 8m & 9m	6m, 7m, 8m
U18	9m, 10m & 11m	7m, 8m & 9m
U20	9m, 10m & 11m	7m, 8m & 9m
Open	9m, 11m & 13m	9m, 10m & 11m

5.4 Events with less than **three**(3) confirmed entries will be cancelled except for the **Masters** and **Para** categories.

6. Competition Format - Track Events

- 6.1 Competitors shall take their lanes in the order indicated in the start list. For the **Para-group**, the crouch-start and start block are **mandatory** for U18, U20 and Open. Starting blocks usage will be optional for U6, U9, U11, U13 and Masters categories.
- 6.2 Mixed relay is to be conducted in a fixed order of athletes with different gender using the following order (Man, Women, Man and Woman) to avoid gender imbalance.
- 6.3 Parent and child mixed relay is to be conducted in a fixed order of parent to start the race, and child to finish the race

7. Reporting

- 7.1 All competitors shall report to the Call Room Judges before the commencement of any event.

	Report to Call Room	Depart to competition site
Track	35 mins before the start of the event	10 mins before the start of the event
Field	45 mins before the start of the event	35 mins before the start of the event
High Jump	60 mins before the start of the event	50 mins before the start of the event
Pole Vault	90 mins before the start of the event	80 mins before the start of the event

- 7.2 Competitors **will not** be allowed to compete if he/she reports to the start line or competition field of play directly without first reporting to the Call Room Judges.
- 7.3 Competitors **MUST** present some form of identification (NRIC, Driving Licence, Employment pass etc.) for verification when necessary. Failing this, he/she will not be allowed to compete in the competition, or the result will not be valid. **Corporate** competitors will need to further produce proof of employment via a picture of employment letter or an employee pass when request.

8. Disqualification

- 8.1 Individual or team may be disqualified in the event of either fielding ineligible participant or unruly conduct of participant.
- 8.2 The Organisers reserve the right to disqualify the team/ participant at their discretion and take further disciplinary action that could be in the form of the ban in Games.

9. Equipment and Attire

- 9.1 Participants **must** wear attire bearing the logo and/ or name if registered under an organization or school. For independent athletes, wear proper running attire and footwear.
- 9.2 Starting blocks and implements will be provided. Personal throwing implements may be used, provided it is handed over to the organisers for verification one session earlier and shared by other competitors, if they desire to use them during competition.

10. Games Jurisdiction

- 10.1 The Organisers reserve the right to interpret or amend the rules and regulations at any time. Notifications of such changes will be posted on the event's website. All participants are advised to visit the website for any notices or updates to draws or fixtures.

11. Protests and Appeals

- 11.1 Protests concerning the results or conduct of an event shall be made during the competition and within **30 minutes** of the official announcement and must be made verbally to the Referee.
- 11.2 In a Track event, if an athlete makes an immediate oral protest having been charged with a false start, a track Referee may, if he is in any doubt, allow the athlete to compete "under protest" to preserve the rights of all concerned.
- 11.3 In a Field event, if an athlete makes an immediate oral protest having a trial judged as a failure, the Referee of the event may, **at his discretion**, order that the trial be measured and the result recorded or award a replacement trial almost immediately, to preserve the rights of all concerned.
- 11.4 While reasonable precautions will be taken, the Organisers and third-party vendors will not be responsible or in any way liable for any death, disability, personal injury, loss of property or any other loss howsoever arising from any cause whatsoever at any time during this competition.
- 11.5 Appeal concerning the results or conduct of the event shall be made **30 minutes** within the official announcement/published of the result
- 11.6 A written appeal, signed by both the athlete and the team manager or responsible party, must be submitted along with a deposit of **\$150.00 SGD** or its equivalent. This deposit will be forfeited if the appeal is unsuccessful. However, if the appeal is successful, the deposit will be fully refunded.
- 11.7 Any protest or appeal after **30 minutes** of the official announcement/published of the result will not be consider valid

12. Points Scoring, Prizes & Cash Prizes

12.1 Points scoring for the the events:

<i>Final Position</i>	<i>Points</i>	<i>Relay Points</i>
1st	9	12
2nd	7	10
3rd	6	8
4th	5	6
5th	4	5
6th	3	4
7th	2	3
8th	1	2

- 12.2 Medals will be given to the top **three** individual and team positions.
- 12.3 Corporate athlete will need to produce proof of employment via picture of employment letter or employee pass when require for protest propose
- 12.4 Cash Prizes will be given to the top **three** positions for team events (**U18, U20, Open and Master**) provided there are **8 or more** teams in their respective age group relay event including.
- 12.5 Cash Prizes for the **top three best performance athlete (U15, U18, U20, Open and Masters)** will be calculated by total number of points attain from **all individual**

events only, an athlete on his category (e.g. 1st position for 3 events will be 27 points in total), provided there are **8 or more** competitors in their category the cash prize will be given. If there are **less than 8** competitors for the age group best performance or relay teams, the cash prize will not be given.

- 12.6 **No cash prizes** will be given for **U6, U9, U11, U13, Para U11, Para U13, Para U15 and Para U18** categories to the top **three** positions for individual, team events and best performance. They will be award with medal based on position.
- 12.7 In the event that **two or more** athletes gained the **same number of points and same number of placing** in the competition, prize money for two or all three positions will be **shared and divide equally** to two or more athletes.
- 12.8 In the event that **two or more** athletes gained the **same number of points** in the competition, the tie shall be decided in favour of the athlete with the **greater number of first placing attain** and if necessary, to **subsequent placing** until the tie break.
- 12.9 In **para event**, best performance will be awarded based on the total number of participants in the event. The **athlete won in event classification with more participants** will be rank as best performance. (e.g. 1 out of 1 participant v 1 out of 4 participants, the 1st place out of 4 participants among all classification is the best performer.

13. Competition Schedule and Registration Guide

- 13.1 Please refer to the online competition schedule link for any changes and updates
- 13.2 Competition Schedule: Insert link
- 13.3 Registration Guide: Insert link