

Sreenarayanaguru Open University Athletic Meet 2024-25

Empowering Minds, Energizing Bodies

Rules and Guidelines

It is with great pleasure that Sreenarayanaguru Open University, established by the Government of Kerala, announces the Athletic meet 2024-25 to be held at Kerala University Stadium on 31st January and 01st February, 2025. This grand event aims at enriching learners' experience by inculcating the values of physical fitness, teamwork, promote physical fitness, sportsmanship and social bonding.

Inspired by the visionary ideals of Sree Narayana Guru, our university is committed to fostering a culture of inclusivity, excellence, and social responsibility. The Athletic Meet 2024-25 embodies this spirit, providing a platform for learners of our University to assemble, showcase their talents, challenge themselves and celebrate the joy of sports.

The events will feature a range of track and field competitions, including sprints, walking, distance runs, jumps, and throws. Our state-of-the-art facilities and experienced officials ensure a safe and enjoyable experience for all participants.

Event Details:

Date	: 31 st January 2025 and 01 st February 2025
Venue	: Kerala University Stadium, PMG, Thiruvananthapuram.
Eligibility	: Open to all learners of the Sreenarayanaguru Open University

Here's a detailed guide and rules for the events.

1. Eligibility

- The competition is open to all active learners of Sreenarayanaguru Open University.
- Participants are required to provide medical certificate and age certificate, along with ID card.

2. Events

The competition will feature the following events:

- Track Events: 100m, 200m, 400m, 800m, 1500m, 5000m, 4x100m Relay, 4x400m Relay, 4x400m Mixed Relay.
- Field Events: High Jump, Long Jump, Triple Jump, Shot Put, Discus Throw, Javelin Throw
- Race Walking Events: 3km Walk (women), 5km Walk (men)

The University reserves the right to modify or cancel any event based on weather conditions or any other unforeseen circumstances.

3. Age and Gender Categories

Participants will be divided into the following age and Gender categories:

- Below the age of 25 - male and female (born on or after 01.07.1999)
- 25-35 -male and female (born on or after 01.07.1989)
- 35-50 -male and female (born on or after 01.07.1974)
- above 50 -male and female (born on or before 30.06.1974)

4. Competition Format

- Competition will be conducted for an event only if there are minimum three participants.
- The competition will be held over two days.
- Race walk event will be held on the second day early morning @ 6 am.

5. Scoring and Medal Distribution

Points will be awarded to the top six finishers in each event: Individual events and relay events.

Place	points
1 st	7 points
2 nd	5 points
3 rd	4 points
4 th	3 points
5 th	2 points
6 th	1 points

Medals will be awarded to the top three finishers only in each event.

Grace mark will also awarded as per University rules in force.

6. Equipment and Safety

- Necessary equipments for the competition, including track and field implements, will be provided at the venue.
- Participants are required to wear suitable athletic clothing and shoes.
- The competition will have a first-aid station with medical personnel.

7. Conduct and Sportsmanship

- Participants are expected to conduct themselves in a sporting manner.
- Unsportsmanlike behaviour, including doping, will result in disqualification and potential further action.

8. Protests and Appeals

- Protests and appeals must be submitted in writing to the competition director within 30 minutes of the event.
- The Appeal committee will review the protest and make a decision.

9. Miscellaneous

The competition will be conducted according to the rules and regulations of the International Association of Athletics Federations (IAAF) and Sreenarayanaguru Open University Athletic Meet 2024-25. The competition director reserves the right to modify or cancel events due to unforeseen circumstances.

10. Event-Specific Rules

Track Events

- The competition will be conducted as per the scheduled order of events.
- Participants must report to the call booth at least 30 minutes before the scheduled start time.

Field Events

- Participants must report to the call booth at least 30 minutes before the scheduled start time.

Race Walk

- Participants must walk throughout the event.
- Participants must report to the call booth at least 30 minutes before the scheduled start me.

The table below contains the details of athletics competitions and further rules.

LIST OF EVENTS FOR EACH CATEGORY

	Below 25		25-35		36-50		51 & above	
	Men	Women	Men	Women	Men	Women	Men	Women
100 m	✓	✓	✓	✓	✓	✓	✓	✓
200 m	✓	✓	✓	✓	✓	✓	✓	✓
400 m	✓	✓	✓	✓	✓	✓	✓	✓
800 m	✓	✓	✓	✓	✓	✓	✓	✓
1500 m	✓	✓	✓	✓	✓	✓	✓	✓
5000 m	✓	✓	✓	✓	✓	✓	-	-
5 km race walk (Men)	✓	-	✓	-	✓	-	✓	-
3 km race walk (Women)	-	✓	-	✓	-	✓	-	✓
Long jump	✓	✓	✓	✓	✓	✓	✓	✓
High jump	✓	✓	✓	✓	✓	✓	✓	✓
Triple jump	✓	✓	✓	✓	-	-	-	-
Shot put								
Men	✓		✓	-	✓	-	✓	-
Women	-	✓	-	✓	-	✓	-	✓
Discus throw								
Men	✓	-	✓	-	✓	-	✓	-
Women	-	✓	-	✓	-	✓	-	✓
Javelin throw								
Men	✓	-	✓	-	✓	-	✓	-
Women	-	✓	-	✓	-	✓	-	✓
4 x 100 m relay	✓	✓	✓	✓	✓	✓	✓	✓
4 x 400 m relay	✓	✓	✓	✓	-	-	-	-
4 x 400 m mixed relay (respective age category)	Any two men athletes and two women athletes (respective age category) from the 4 different categories are eligible to compete (considered only for the overall championship). The points gained by winners will be divided equally to men and women category for championship purpose.							
* 6 level point system will be used for awarding the championship in individual and relay events.								
	Place	Points						
	1 st	7 points						
	2 nd	5 points						
	3 rd	4 points						
	4 th	3 points						
	5 th	2 points						
	6 th	1 points						
* Gender-wise (men, women, others) team championship in each category will be awarded.								

* Overall team championship will be awarded based on the total points secured in all the categories along with the score obtained in the mixed relay.

* Entry for an athlete from an institution has been restricted to two events and one of the relays from 4 x 100 m and 4 x 400 m. In addition, any athlete can participate in 4 x 400m mixed relay.

* The competition will be conducted in accordance with the rules and regulations of IAAF and Sreenarayanaguru Open University Athletic Meet Rules and Guidelines 2024-25.

Note: These rules are general guidelines may be modified or supplemented by the tournament organizers or umpires as needed.

By following these rules and guidelines, we aim to provide a safe and enjoyable competition experience for all participants.

Please acknowledge that you have read and understood these rules and guidelines.

REGISTRAR