🏛️ GENERAL RULES & REGULATIONS (Applicable to All Events)

1. Age Eligibility
   - Participants must compete only in their respective age categories.
   - Age will be calculated as on the date of the event.
   - Age proof may be verified if required.

2. Registration
   - Prior registration is mandatory.
   - No spot entries once the event has started.
   - Each participant may take part in maximum 2 individual track events + 1 team event (organizers may modify).

3. Reporting Time
   - Participants must report 30 minutes before their scheduled event.
   - Late arrival may result in disqualification.

4. Dress Code
   - Comfortable sportswear and running shoes recommended.
   - Barefoot participation allowed only for kids' fun events, if safe.

5. Safety
   - Warm-up before events is advised.
   - Any participant found medically unfit may be stopped for safety reasons.
   - Organizers are not responsible for injuries caused by negligence.

6. Judging & Decisions
   - Decisions of judges and organizing committee are final and binding.
   - No appeals will be entertained.

7. Disqualification
   - False start (after one warning)
   - Lane violation
   - Unsportsmanlike behaviour
   - External assistance during events

8. A player can only participate representing one college Alumni group

🧒 KIDS – TRACK & FUN EVENTS RULES

Running Events (30 m / 50 m / 60 m / 100 m / 120 m / 150 m / 200 m /400 m)
- One false start warning allowed.
- Participants must stay in their lanes.
- Winners decided by first body part crossing the finish line.

Relay Races

- Baton exchange must happen within the exchange zone.
- Dropped baton must be picked up by the same runner.
- Team disqualified for lane obstruction or improper exchange.

Sack Race

- Sack must remain above knees throughout the race.
- No pushing or jumping outside the sack.

Lemon & Spoon Race

- Lemon must be placed on the spoon held in mouth.
- If lemon falls, participant must stop and reposition before continuing.
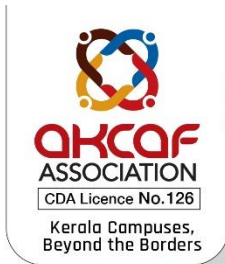- Touching lemon with hands is not allowed.

Frog Jump

- Only frog-style jumps allowed.
- No running or walking between jumps.
- Longest valid jump wins.

Balloon Race

- Balloon must be held properly as instructed.
- Bursting the balloon leads to disqualification.

Three-Legged Race

- Partners' inner legs will be tied securely.
- Both participants must coordinate and finish together.

🏃 ADULT EVENTS RULES

Track Events (100 m / 200 m / 400 m)

- Standard track rules apply.
- Lane discipline compulsory.
- One false start allowed.

Sack Race / Lemon & Spoon (Adults & Seniors)

- Same rules as kids' category.
- Safety takes priority over speed.

Senior Citizens Walk

- Running or jogging is strictly prohibited.
- One foot must remain in contact with ground at all times.
- Judges may issue warnings before disqualification.

Musical Walk

- Participants must walk when music plays.
- Must stop immediately when music stops.
- Last person to stop is eliminated.

Arm Wrestling

- Elbow must remain on table.
- No lifting elbow or shoulder movement.
- Best of three rounds.
- Rough or unsafe movement leads to immediate disqualification.

👪 FAMILY EVENS RULES

RELAY RACE

- Maximum 3 members per family (child + parents).
- Each member must complete an equal distance.
- Baton exchange compulsory.
- All members must finish for the team to qualify.
- Any age mismatch or external runner leads to disqualification.

THREE-LEGGED RACE

- Partners' inner legs will be tied securely.
- Both participants must coordinate and finish together.

🏅 AWARDS & CERTIFICATES

- 1ˢᵗ, 2ⁿᵈ & 3ʳᵈ place prizes for each event.

Minimum of 5 participants per event is compulsory in order to make a judgement

🏆 WINNING POINTS

INDIVIDUAL WINNERS

3 points for the winner, 2 points for second position & 1 point for third position

GROUP WINNERS

10 points for the winner, 5 points for second position & 3 points for third position