

**GAMES & SPORTS DEPARTMENT**  
**JAMIA MILLIA ISLAMIA**  
**NEW DELHI-110025**

**INTER-FACULTY TOURNAMENT 2024-25**

**Schedule for Athletics Events**

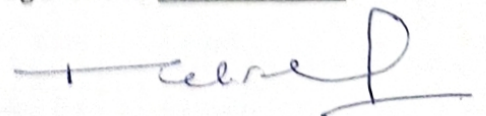
S.No.	Name of the Event	Event Date	Time
1.	Running/Sprint Races (100 M, 200 M & 4x100M Relay)	<b>3<sup>rd</sup> February, 2025</b>	10:00 a.m.
2.	Javelin Throw		11:30 a.m.
3.	Shot Put		12:30 p.m.
4.	Discus Throw		2:00 p.m.
5.	Long Jump		2:00 p.m.
<b>Registration: 3<sup>rd</sup> February, 2025 at 9:30 a.m. in the Football Ground, N.M.A.K. Pataudi Sports Complex, JMI.</b>			

**General Rules & Regulations**

1. Any player can participate in maximum **TWO** Athletic events.
2. All measurements shall be read and taken by the Organizing Committee.
3. The absence of any participant at the time of event will lead to their **DISQUALIFICATION**.
4. Participants must not wear any ornaments such as rings, metal bands, chains etc. during their events.
5. Participants must disclose any kind of **MEDICAL CONDITIONS** beforehand to the Organizing Committee.

**Rules for Running/Sprints races**

1. Sprint races commence with the bellowing of the **WHISTLE**. The starting commands are "**ON YOUR MARK & SET**".
2. If a sprint commences his/her starting motion form the set position before bellowing the Whistle, it is deemed **A FALSE START**. Runners are permitted only **ONE FALSE START** and are disqualified after a **SECOND FALSE START**.
3. For all sprints events, runners must remain within their pre-assigned lanes from **START to FINISH**.
4. Any athlete who runs outside the assigned lane is subjected to disqualification.
5. The first athlete whose tour shoe (as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plain of the closest edge of the **FINISH LINE**, is the "**WINNER**".





## Rules for Shot Put

1. The **SHOT** shall be put from the shoulder with one hand only.
2. At the time of athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of the putting.
3. The shot shall not be taken behind the line of the shoulders.
4. **LINE-CUT** of any type or entering the circle from the **180-degree** line will be conserved a **FOUL**.

## Rules for Javelin Throw

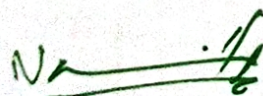
1. The Javelin must be held at its grip and thrown **ONE HAND** using **ONE ARM**.
2. The athlete may begin his/her run from their desired chose but within the **THROWING AREA (RUNWAY)** provided to them.
3. The athlete is not allowed to leave the throwing area (runway) until the Javelin lands in the landing area.

## Rules for Discus Throw

1. While throwing the discus, the athletes should ensure that they are **NOT** touching the **RIM** of the **THROWING AREA** or beyond the **CIRCLE**.
2. If the athlete leaves the **THROWING CIRCLE** before the landing of the discus, it is considered as a **FOUL**.
3. If the discus lands out the **LANDING AREA**, it is considered as a **FOUL**.
4. The athlete with the **FARTHEST** distance (covered by the discus) is declared as the **"WINNER"**.

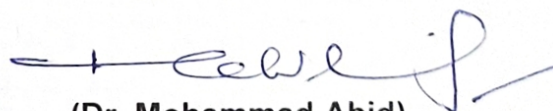
## Rules for Long Jump

1. The athlete can jump from the **TAKE OFF** point or behind it but **CANNOT** jump beyond it.
2. The jump of an athlete is a foul if he/she touches the ground beyond the take off point.
3. If an athlete walks back throw the landing area, it is considered as a **FOUL**.



(Prof. Nafis Ahmad)

Hony. Director, Games & Sports &  
**Organizing Secretary**  
Inter Faculty Tournament 2024-25



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