



Athletics

1. Rules and Regulations for Sangram.

The Sangram Sports Fest is the annual sports fest of IIT Roorkee and is held every year. Attempts have been made to make this rule book comprehensive. However, for any further clarifications or support, the Rule book of Sangram should be referred to.

2. Aim and Objectives.

- (i) The primary objective of the Sangram Sports Fest shall be to organize sports competitions in a recognized event to encourage sportsmanship, promote and create better harmony, understanding, and friendly interaction among the staff and faculty of the participating institutes and to foster a close association among them.
- (ii) To raise awareness about making the importance of sports and games in the modern era.
- (iii) To help them learn to move skilfully and effectively not only in sports, games, and exercises but also in all active life situations.
- (iv) To raise the standard of sports in country and to work for the development of character through sports among the staff and faculty of the various institutes
- (v) To discuss matters related to the organization of the sports and such other activities as may be conducive to the aims and objectives of the Sangram Sports Fest, as mentioned above.



3. Athletics.

(i) The competition shall be conducted under the World Athletics and Athletics Federation of India (AFI) Rules, as adopted from time to time by World Athletics unless otherwise modified.

(ii) Except for relay races, each institute will be allowed to enter not more than two competitors plus one reserve, per event. For relay races, not more than one entry of four with one reserve per event shall be accepted.

(iii) Whenever possible, changes, if any, should be intimated fifteen minutes before the start of the athletic event. Lots and lanes will be drawn as soon as the first call is given.

(iv) 100m Hurdles for Women and the Medley Relay (4×400m) have been added. These events were also conducted in the previous edition.

(v) In the Medley Relay (4×400m), the running sequence will be: Men – Women – Men – Women.

(vi) In the Medley Relay, the points earned will be equally divided between the men's and women's team. All other rules of relay events apply similarly.

(vii) Lane distribution in heats will be done through the draw of lots. For semi-finals and finals, lane allocation will be as per World Athletics rules.

(viii) If an event has exactly 8 participants, no heats will be conducted. The event will be held directly at the scheduled final time.

(ix) Athletes must report at least 30 minutes before the start of their event. Failure to report on time will result in the athlete being marked absent.



- (x) Relay event entries must be submitted at least 1 hour before the scheduled start of the respective event.
- (xi) If an athlete qualifies for the next round (heats → semi-final or semi-final → final) but fails to participate without a valid reason
- (xii) The athlete shall be disqualified from the entire athletics competition.
- (xiii) All previously earned points, including those from relay events, will be forfeited.
- (xiv) The athlete will be barred from participating in any further events in the athletics competition.
- (xv) Only a valid medical certificate from IIT's official doctor or a valid reason approved by the organizing committee will be accepted as justification.
- (xvi) Protests must be submitted by the team coach or manager only, along with a protest fee of ₹1000 and valid institute ID. If an athlete is acting as a coach or manager, they must submit a written authorization from their institute.
- (xvii) In a standard track with eight lanes, the 8 best-performing runners-up will be chosen for the finals.
- (xviii) The competitions for in the events listed in Table 1 will be held. The corresponding points for the athletics championship are also indicated in the table.
- (xix) In case of a tie for an individual event, points will be shared by both athletes and institutes as listed in Table-4. In the case of relay events, the points will be doubled as the relay event has double weightage.



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(xx) The overall points secured in all events in athletics by an Institute will determine the first, second, and third positions in athletics.

(xxi) If an athlete after qualifying, does not participate in the finals, he/ she may be debarred from the competition and will not be considered for the best athlete, until or unless he/ she has a valid reason as per AFI rules.

(xxii) An athlete can participate in a maximum of three individual events and two team excluding Relay.

(xxiii) The Best Athlete award will be given to the athlete with the highest number of gold medals.

If there is a tie, the World Athletics Scoring Table will be used to determine the best overall performance.

(xxiv) The decision of the Chief Referee and the Referee Panel will be final and binding in all matters.

(xxv) Certificates shall be awarded for the top three places in all athletic events



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For Individual Positions				
Events (Men)	I	II	III	IV
100M	5	3	2	1
200M	5	3	2	1
400M	5	3	2	1
800M	5	3	2	1
1500M	5	3	2	1
5000M	5	3	2	1
110M Hurdle	5	3	2	1
4x100M Relay	10	6	4	2
4x400M Relay	10	6	4	2

High Jump	5	3	2	1
Long Jump	5	3	2	1

Triple Jump	5	3	2	1
Hammer	5	3	2	1
Shot put	5	3	2	1
Discus Throw	5	3	2	1
Javelin	5	3	2	1
Pole vault	5	3	2	1



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Events (Women)	I	II	III	IV
100M	5	3	2	1
200M	5	3	2	1
400M	5	3	2	1
800M	5	3	2	1
1500M	5	3	2	1
4x100M Relay	10	6	4	2
4x400M Relay	10	6	4	2
Shot put	5	3	2	1
Javelin	5	3	2	1
High Jump	5	3	2	1
Long Jump	5	3	2	1
Discus Throw	5	3	2	1
Hammer Throw	5	3	2	1

Bring Your Own Take-Off Boards and Starting Blocks