

**Palarong Pambansa 2018**  
**Quirino Sports Complex**  
**Bantay, Ilocos Sur**  
**April 16-22, 2018**

**Guidelines and Ground Rule in Athletics**

1. IAAF rules will be applied.
2. An athlete is allowed to compete 3 individual events and 2 relays.
3. A team may enter 2 athletes per events.
4. Entry form should be prepared by rank, according to fastest to slowest/farthest to nearest indicating no.1 and no.2 respectively. Prepared in 4 copies and be submitted during the solidarity meeting to the Tournament secretary.
5. Athletes must wear their delegation uniform and athletes number when reporting to the roll call area and during the competition.
6. No coaches or any party identified with an athlete's is allowed within the vicinity of the playing area. They should stay outside the control fence or at the grandstand.
7. Using of starting block is a "MUST" in sprint and hurdles events.
8. Law of succession will be observed.
9. In relays, qualifiers can change runners a maximum of 2.
10. In case of inclement weather in an event cannot be safely competed, coaches will be consulted to the postponement or cancellation to the schedule by the technical management based on the rule of the majority
11. In case of unfinished finals, due to typhoon, ranking will be based on the result of time trials or semi final.
12. No points for unplayed events.
13. Start of the game is 6:00 in the morning and 3:00 in the afternoon.
14. Awarding of medals will be done the next day after the competition has been concluded. All awardees must be in decent delegation uniform with shoes.
15. Overlapped rule will be applied for 3,000 m run and above until 16 runners will be left in the track.
16. The suggested starting height of the bar in high jump and Pole vault will be as follow

High Jump

Elem Girls - 1.15 m	Sec. Girls - 1.30 m
Elem Boys - 1.25 m	Sec. Boys - 1.40 m

Pole Vault 2.0 m

Succeeding three raising of bar - 20 cm  
 Thereafter - 10 cm

17. Take off board placement in triple jumps.

Elem Girl	}	7,8,9
Elem Boys		
Sec Girl		
Sec Boys	}	9,10,11

18. Weight of throwing implements

Implements	Elementary		Secondary	
	Girls	Boys	Girls	Boys
Shot	3 kg	5kg	4kg	6kg
Discus	.75kg	1.5kg	1kg	1.75kg
Javelin	300grms.	400grms	600grms.	700grms.

19. Height of Hurdles

	Elementary		Secondary	
	Girls	Boys	Girls	Boys
100 MHH	.762m		.840m	
110 MHH		.914m		.991m
400 MHH	.762M	.840M	.762m	.914m

20. Walkathon is a regular event in athletics for Secondary Boys and Girls with 2000 meters distance of the walk.

21. The number of athletes in athletics in Secondary boys and girl is 15.

22. The medal count to be awarded is 90 gold 90 silver and 90 bronze for Elementary and Secondary Boys and Girls.

23. The medal count to be contested is as follows

Elem Boys	-	15 golds	15 silver	15 bronze
Elem Girls	-	15 golds	15 silver	15 bronze
Sec. Boys	-	19 golds	19 silver	15 bronze
Sec. Girls	-	17golds	17 silver	17 bronze
TOTAL	=	66 Golds	66 Silvers	66 Bronze

24. Other ground rules will be discussed during the solidarity base on the situation of the venues, equipments and other concerns.

  
**VIRGILIO P. PADILLA**

Tournament Manager

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