I. Rule Book
   A. **I.A.A.F. - International Association of Athletics Federations** (latest edition) with APAC exceptions.
   B. Exception: False Start. The first false start goes to the field, with the second false start resulting in a DQ. *(APRIL 2015)*

II. Meet Rules
   A. Reporting for an Event:
      Competitors must report to the marshals at least 15 minutes before the start of an event. If there is a time conflict between a running event and a field event, the track event will take precedence. Athletes are reminded that they must check in with both events on time. When moving from a field event to a running event, the athlete must report back to the field event within 10 minutes of the conclusion of the race.
   B. Throwing Implements:
      The host school will provide all approved throwing implements to be used in competition.
   C. Lane Assignments:
      1. A double waterfall start shall be used for the boys/girls 800 m and boys/girls 3,000 m. The first group of runners will line up in lane 5-8 (8-lane track), 1-3 (6-lane track) and the next group of runners will line up in lanes 1-4 (8-lane track), 4-6 (6-lane track) at the first turn stagger mark. A runner in the waterfall lanes 1-4 (8-lane track) 1-3 (6-lane track) cannot start in Lane 5. A line of cones will be set up along the inside of lane 5, all the way around until the point where the outside group of runners may cut in. *(OCTOBER 2013)*
      2. Eight (8) -lane tracks, fastest to slowest: 4, 5, 3, 6, 2, 7, 1, and 8. *(APRIL 2013)*
      3. Six (6) -lane tracks, fastest to slowest: 3, 4, 2, 5, 1, and 6. *(APRIL 2013)*
   D. Field Events:
      Equally divided flights will be used for field events, to include a maximum of 10 athletes per flight—with warm-up time of at least five minutes between flights and between prelims and finals. All flights go through complete rotation as events are being conducted. *(APRIL 2014)*
      In the preliminaries, each competitor will receive three jumps or throws (exception - High jump). The top eight will proceed to the finals.
      In the finals, the highest qualifier throws or jumps last. The first to jump or throw is the lowest qualifier.
      Finals in the applicable field events will not start until all preliminary attempts are finished.
      Warm-ups
      - 10 min. warm-up prior to the event for all competitors
      - An athlete returning from a track event may have up to 2 warm-up jumps or throws if required before competing. This should be done with the permission of the Chief Marshall for that event and under the control of the Marshall.
High Jump

Jumpers may have to leave in the middle of the competition to compete in another event. The bar remains at the same height as competitors leave for track events and will remain at that same height until all competitors have finished the height in question. There will be no allowance for warm-up jumps for returning jumpers. (March 2011)

<table>
<thead>
<tr>
<th>BOYS</th>
<th>GIRLS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starting Height</td>
<td>1.40 m.</td>
</tr>
<tr>
<td>Increase by</td>
<td>5 cms.</td>
</tr>
<tr>
<td>When there are 3 competitors remaining:</td>
<td></td>
</tr>
<tr>
<td>Increase by</td>
<td>3 cms.</td>
</tr>
</tbody>
</table>

Placings (IAAF Rule 181.8)

If two or more athletes clear the same final height the procedure to decide the places will be the following:

a) The athlete with the lowest number of jumps at the height last cleared shall be awarded the higher place.

b) If the athletes are equal following the application of Rule (a), the athlete with the lowest total of failures throughout the competition up to and including the height last cleared, shall be awarded the higher place.

c) If the athletes are still equal following the application of Rule (b), the athletes concerned shall be awarded the same place unless it concerns the first place. (April 2013)

4. Javelin Throw

IAAF Rule 193.1.b:
A throw shall be valid only if the tip of the metal head strikes the ground before any other part of the javelin. (APAC clarification to include rubber tips for artificial turf infields). (April 2013)

E. Uniform
All athletes will compete in their school track uniform and receive their medals in their school attire. (April 2012)

F. Lane Marshals will be assigned for events that do not have a lane one border. (April 2015)

G. That scheduled games may be moved forward at the discretion of the host tournament director (shotgun format)–for the overall good of the tournament. (October 2014)

III. APAC Travelling Squad

15 boys and 15 girls (March 2011)

IV. Tournament Format

The meet will be a 3-day event.
There will be heats and finals in all track events up to and including the 400 meters.

V. Entries

A. Deadline for Submission:
Initial submission: three weeks before the scheduled meet or when requested by the host school. Roster deadlines for the purpose of homestay accommodations and program printing remain at the discretion of the host school. (April 2012)
B. Final confirmation of entries:
   Monday of the week of the scheduled tournament. *(April 2012)* The host school will email each school with their entries for final confirmation.

C. Each school should reply within two days with corrections and changes.

D. Final changes, due only to illness, injury or non-availability of an athlete will be permitted at the coaches meeting on the Wednesday night.

E. Supporting documents on a registered athlete’s absence should be presented by the coach concerned at this meeting (e.g. physician’s certification/lack of required travel documents).

F. Any athlete who scratches from an event shall be removed from any other subsequent events on that same day, and not removed from the entire meet. *(October 2010)*

G. Replacements should not have exceeded the 6 events that an athlete is allowed to participate in.

H. All entries are required to be submitted through Team Manager, and must include either time, distance, or height. Entries submitted without this information will not be accepted. *(April 2012)*

I. Individual Event
   A school may enter a maximum of four (4) entries per event. *(March 2011)*

J. Relay Event.
   A school may enter only one relay team per relay event.
   If more than four athletes are named to a relay team, then that entry will count as one of the athletes’ six events, i.e. **even if they did not run.**
   A maximum of six athletes may be named to each relay team.
   Relay alternate usage is treated as a free substitute and not as a scratch for an athlete.
   The relay entry card with the final runners listed on the relay card must be submitted to the marshal prior to the start of the race. *(April 2012)*

VI. Relays

A. Sprint Medley Relay (100, 100, 200, 400)
   - Start on white stagger marks (as with 4x100m relay)
   - 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> runners run in lanes
   - 4<sup>th</sup> runners can cut in immediately after legally receiving the baton. *(April 2013)*

B. Distance Medley (1200, 400, 800, 1600) *(April 2013)*
   - Single Waterfall Start with immediate break.
   - Exchange zone is the standard 4x400 meter
   - Runners are stacked in the order of coming off the bend. *(April 2012)*

VII. Maximum Entry

   Athletes may enter a maximum of any six (6) events.

VIII. Insufficient Event Entries

   If there are insufficient entries for more than one heat in a running event, then the heats will be abandoned, and the event will be run as a final in the finals slot.
IX. Medical Protocol

Based on accepted Return to Play Protocols, each host school’s head medical personnel (assigned for the tournament) will determine return to play for suspected concussions. This assessment will be binding. *(October 2014)*

X. Sample Schedule (As a Guideline)

Warm-Up Schedule: Teams must be given a minimum of thirty (30) minutes to warm up before the start of the fifteen (15) minute registration period. *(April 2013)*

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Track Events</th>
<th>Field Events</th>
</tr>
</thead>
<tbody>
<tr>
<td>Day 1, Thursday</td>
<td>Morning Sessions 9:15 – 12:00</td>
<td>Sprint Medley Relays</td>
<td>Girls’ Discus</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3000m – Finals</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>400m Hurdles – Heats</td>
<td>Boys’ Long Jump</td>
</tr>
<tr>
<td></td>
<td></td>
<td>100m – Heats</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>BREAK</strong></td>
<td><strong>BREAK</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Afternoon Sessions 13:00 – 15:00</td>
<td>Girls’ 100m Hurdles – Heats</td>
<td>Girls’ Long Jump</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Boys’ 110m Hurdles – Heats</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>400m – Heats</td>
<td>Boys’ Discus</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Distance Medley Relays</td>
<td></td>
</tr>
<tr>
<td>Day 2, Friday</td>
<td>Morning Sessions 9:00 – 12:00</td>
<td>Girls’ 100m Hurdles – Finals</td>
<td>Girls’ Shot Put</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Boys’ 110m Hurdles – Finals</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>400m – Finals</td>
<td>Boys’ High Jump</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1500m – Finals</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>200m – Heat</td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>BREAK</strong></td>
<td><strong>BREAK</strong></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Afternoon Sessions 13:00 – 15:00</td>
<td>4x100m Relays</td>
<td>Boys’ Shot Put</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Girls’ High Jump</td>
</tr>
<tr>
<td>Day 3, Saturday</td>
<td>Morning Sessions 9:00 – 12:00</td>
<td>100m – Finals</td>
<td>Boys’ Triple Jump</td>
</tr>
<tr>
<td></td>
<td></td>
<td>400m Hurdles - Finals</td>
<td>Girls’ Javelin Throw</td>
</tr>
<tr>
<td></td>
<td><strong>BREAK</strong></td>
<td><strong>BREAK</strong></td>
<td><strong>COACHES MEETING</strong></td>
</tr>
<tr>
<td></td>
<td>Afternoon Sessions 13:00 – 15:00</td>
<td>800m – Finals</td>
<td>Girls’ Triple Jump</td>
</tr>
<tr>
<td></td>
<td></td>
<td>200m – Finals</td>
<td>Boys’ Javelin</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4 x 400m – Finals</td>
<td></td>
</tr>
</tbody>
</table>
XI. Meet Equipment

A. Automated timing system must be used in all APAC Track and Field meets. *(APRIL 2013)*
B. The host school will supply all equipment: Javelin, discus, shot put, high jump, starting blocks, and hurdles.
C. Starting blocks will be used for all events for 100m to 400m including hurdles.
D. The host-school will send the specifications of equipment to be used in the meet. These specifications should be in both metric and its pound/yards equivalent.
E. Display board for Field Events results should be used. *(APRIL 2013)*

XII. Athletes’ Numbers

All competitors must wear two numbers – one in front, and one on the back. *(The host school will provide the numbers for all teams.)*
Exemption: For high jump only, an athlete may remove one of the numbers.

XIII. Scoring

All boys’ and girls’ events will be scored separately. The point scale for scoring will be:

<table>
<thead>
<tr>
<th></th>
<th>Individual Event</th>
<th>Relay Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Place</td>
<td>7</td>
<td>10</td>
</tr>
<tr>
<td>Second Place</td>
<td>5</td>
<td>8</td>
</tr>
<tr>
<td>Third Place</td>
<td>4</td>
<td>6</td>
</tr>
<tr>
<td>Fourth Place</td>
<td>3</td>
<td>4</td>
</tr>
<tr>
<td>Fifth Place</td>
<td>2</td>
<td>2</td>
</tr>
<tr>
<td>Sixth Place</td>
<td>1</td>
<td>1</td>
</tr>
</tbody>
</table>

TEAM CHAMPIONSHIP: The team with the highest number of points accumulated at the end of competition shall be declared champion.

XIV. Finals

A. Three (3) Heats
   When there are 3 heats in an event, the winners in each heat and the 3 next fastest runners will qualify for the finals.
B. Two (2) Heats
   When there are 2 heats in an event, the top two (2) in each heat and the next two (2) fastest runners will qualify for the finals.
C. One (1) Heat
   There will be no preliminary heat, everyone runs in the finals slot.

**Note:**
1. The above assumes a six (6)-lane track.
2. For an eight (8) lane track make the following adjustments:
   a) 3 heats – top two from each heat and next fastest two.
   b) 2 heats – top three from each heat and next fastest two.
   c) 1 heat – same as **XIII-C** above.
XV. Advancement Procedures

A. Eight Lane Track:
- Four Heats: winner from each heat, the next fastest four
- Three Heats: top two from each heat, the next fastest two (as described in XIII-A).
- Two Heats: top three from each heat, the next fastest two (as described in XIII-B).
- One Heat: timed final (as described in XIII-C).

B. Six Lane Track:
- Five Heats: winner from each heat, the next fastest.
- Four Heats: winner from each heat, the next fastest two.
- Three Heats: winner from each heat, the next fastest three (as described in XIII-A).
- Two Heats: top two from each heat, the next fastest two (as described in XIII-B).
- One Heat: timed final as described in APAC Handbook (as described in XIII-C).

If you have a 6-lane track and finals have only 6 athletes then field events have only 6 finalists as well.

C. More relay teams than lanes available
Two relay systems with random seeding (4 and 3 or depending on number of teams). These relays shall be run as timed-finals. (April 2012)

D. 800 meter run heats:
800 meter runs will be seeded with 2 athletes per lane (seeded equally in up to three or more heats), with no more than 12 or 16 athletes per heat—based on the track being used—with a one-turn stagger. Heats are seeded slow to fast. (April 2014)

E. 1500 meter run heats:
1500 meter runs be conducted with two (2) heats: where 60% of the field be in the second (fast heat) and 40% of the field in the first slower heat. This system would be used on a 6-lane track where there are 16 or more runners and on an 8-lane track where there are 20 or more runners. (April 2012)

XVI. Meet Specifications

<table>
<thead>
<tr>
<th>Event</th>
<th>GIRLS</th>
<th>BOYS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Javelin</td>
<td>600 grams</td>
<td>700 grams</td>
</tr>
<tr>
<td>Discus</td>
<td>1 kg.</td>
<td>1.5 kg.</td>
</tr>
<tr>
<td>Shot Put *</td>
<td>4 kg.</td>
<td>5 kg.</td>
</tr>
<tr>
<td>Hurdles</td>
<td></td>
<td></td>
</tr>
<tr>
<td>100</td>
<td>0.762 m (30 in.)</td>
<td>0.914 m (36 in.)</td>
</tr>
<tr>
<td>110</td>
<td></td>
<td></td>
</tr>
<tr>
<td>400</td>
<td>0.762 m</td>
<td>0.838 m (33 in.)</td>
</tr>
<tr>
<td>Triple Jump **</td>
<td>7 m</td>
<td>9 m</td>
</tr>
</tbody>
</table>
High Jump:
1. Starting height for girls: 1.20m. (April 2013)
2. Starting height for boys: 1.40m. (April 2013)
3. Increase in 5 cm increments.
4. When there are three competitors remaining, the increase will be in 3 cm increments.

Specification Notes:
1. For Javelin, Discus, Shot Put, Long Jump and Triple Jump
2. Competitors will get three attempts and then the top 8 will get three additional attempts.

* = Or nearest metric equivalent
** = Starting distance from the landing pit.

Order of individual events: girls followed by boys.

XVII. Breaking Ties in Field Events

In the event of a tie in a field event the IAAF count back system must be used to break the ties. (April 2012)

Note:

APAC Tiebreaker Procedure
1. Head to head
2. Each sport will have a sport-specific tiebreaker procedure. When head to head results in APAC team sport tiebreaker protocol does not settle a three or more team tie, we do not go back to head to head after a point-differential (or its sport specific equivalent) solution has become evident. (In the event point-differential totals or its sport specific equivalent, are a tie between two schools, head to head results will decide promotion) (April 2014)

XVIII. Awards

There will be separate championship awards for boys’ championships and girls’ championships. There will also be separate Sportsmanship Awards for boys and girls. (October 2011)

A. Champion Team:
   🏆 Champion Trophy
   🏆 Team members and coaches - Champion Chevron and Gold Medals

B. Runner- Team:
   🏆 APAC Runner-up Trophy
   🏆 Team members and coaches - Runner-up Chevrons and Silver Medals

C. Third Place
   🏆 APAC Third Place Trophy
   🏆 Bronze medals for team and coaches

D. Record Breaker Chevrons:
   🏆 All individual record breakers will receive a record breaker chevron.
   🏆 All members of a record breaker relay team will receive a chevron.
E. Medals:
   Individual and relay team members’ Place Medals are awarded to the top three finishers in each event.
   1. Champion - Gold Medal
   2. Second Place - Silver Medal
   3. Third Place - Bronze Medal
   Note: When ties occur in an individual medal event, the medal award for a position will be made based on the number of places above the awardee. E.g. If two tie for first, the next award would be the third place award; if two tie for second, there will be no third place. This will apply to all events.

F. APAC Records:
   These records are only for APAC athletes.

G. Other Matters:
   1. The officials’ tents are off-limits to coaches and athletes.
   2. Non-participants in an on-going event should stay off the track.
   3. Warm-up should be done in the warm-up area provided in the field or area designated by the host school.

H. Finish Line:
   1. A video camera should be placed and operated at the finish line and be used as the standard place judging mechanism for all track events. (October 2011)
   2. APAC requires the use of a second starting gun for false start recalls. (October 2011)

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**HOUSE RULES**

- Non participants should stay off the track
- The grass area inside the track is for officials, coaches and athletes only.
The APAC program has established a code of conduct for students participating in APAC activities. The purpose of this code of conduct is to encourage students to refrain from committing acts that would threaten the integrity of the organization, or their own well-being. (APRIL 2015) Activities that are hazardous to the health and safety of a student and those around him or her cannot be condoned. Policies have been developed to help students make responsible and appropriate choices. The following are some of the general policies.

I. Rules Infraction

When a student commits a serious infraction while at an APAC activity, related to alcohol, tobacco, recreational drug usage, cheating, deceit, flagrant curfew violations, and violations of the “off limits” areas (as well as aiding and abetting any of the above), the following consequences will take effect: (APRIL 2015)

A. The student may no longer participate in that APAC activity.
B. The student will be sent home at the parents’ expense if it is feasible to do so.
C. The student’s school will apply appropriate disciplinary action, separate and apart from APAC sanctions. (APRIL 2015)
D. Should a student commit two infractions during a school year, then the student will be excluded from all APAC events for one calendar year, including the same events (APRIL 2015) the following year.
E. If at any time a student is suspended from further competition or involvement in an event, then the only results affected will be those happening after a decision is made on the infraction. Results prior to that decision will stand.

Note: With reference to alcohol, tobacco, and drugs, this section includes use or possession or supplying or selling.

Should several players from a team be affected, then all games must be continued with as per the schedule, provided there are sufficient players to legally continue play.

Should a homestay family not wish to continue providing housing, then the host school Activities Director together with the visiting school Activities Director or Administrator of the student concerned will help facilitate a housing alternative.

Ensure communication with homestay families/coach/and event director/and students takes place vis-à-vis meal and transportation plans and needs.

II. Student Behavior

A. Curfew Times:
   1. 10:00pm: Wednesday, Thursday and Friday night.
   2. Saturday night curfew to be set by the host school at the closing ceremonies. The recommended target time is 10:00pm.

Note: if the final APAC activity ends after or less than one hour before the established curfew time on any night, the curfew will then be one hour after the end of that activity.
B. Telephone Curfew Calls:
Telephone checks for all participants, including host school participants, must be made by each school on Wednesday, Thursday, Friday and Saturday nights of the APAC tournament/festival to enforce the curfew. Students and host families should be aware that second curfew calls might be made on any night of the event. Coaches must speak to each individual student.

C. Enforcement:

<table>
<thead>
<tr>
<th>All APAC coaches, directors, and chaperons, including those of the host school, will enforce the rules and regulations. Curfew calls will be made each night of the tournament/festival.</th>
</tr>
</thead>
<tbody>
<tr>
<td>APRIL 2015</td>
</tr>
</tbody>
</table>

If there is a suspected rules infraction, it should be reported immediately to the Host Tournament/Festival Director who will, in turn, notify the Administrator of the school concerned as soon as is practically possible.

The Tournament/Festival Director, will confer, investigate, and make a decision on whether the infraction actually occurred and will impose specific penalties as listed in the APAC Handbook. The Tournament/Festival Director may delegate this responsibility to the Administrator-In-Charge. All action and decisions shall be communicated immediately to the Trip Administrator/Activities Director of the school involved. (APRIL 2015)

NOTE: If the coaches are found condoning the violation of the rules by team members or their improper behavior, they are to be reported to their respective Activities Director or School Head.

D. Final Activity:
All participating students, coaches and chaperons are required to attend all opening assemblies and to attend and remain until the end of the final activity on Saturday night.

E. Agreement:
These rules must be presented to all teams before travelling. Each student plus at least one parent (or legal guardian) must sign a copy of these rules to signify that they have been read, understood and agreed to.

III. Coaches Behavior

All coaches are expected to behave in an educationally appropriate manner. Any blatant violation of this code may result in a formal disciplinary report to the School Director of the coach in violation.