



ATHLETICS GUIDELINES

(Applicable for Championships conducted in 2026)

Updated On: 8th July 2026

For queries related to the championship guidelines
please reach out to your city managers





Age Group	Event No	Event Categories (Boys)	Event No	Event Categories (Girls)	Cut Off Dates
U-6	1	30m	54	30m	Born on or after 1st January 2021
	2	50m	55	50m	
	3	Long Jump	56	Long Jump	
	4	Kids Javelin Throw	57	Kids Javelin Throw	
U-8	5	30m	58	30m	Born on or after 1st January 2019
	6	50m	59	50m	
	7	100m	60	100m	
	8	Long Jump	61	Long Jump	
	9	Kids Javelin Throw	62	Kids Javelin Throw	
U-10	10	50m	63	50m	Born on or after 1st January 2017
	11	100m	64	100m	
	12	Long Jump	65	Long Jump	
	13	Shot Put (3kg)	66	Shot Put (3kg)	
	14	Kids Javelin Throw	67	Kids Javelin Throw	
U-12	15	100m	68	100m	Born on or after 1st January 2015
	16	200m	69	200m	
	17	Long Jump	70	Long Jump	
	18	High Jump	71	High Jump	
	19	Shot Put (3kg)	72	Shot Put (3kg)	
	20	Kids Javelin Throw	73	Kids Javelin Throw	
U-14	21	100m	74	100m	Born on or after 1st January 2013
	22	400m	75	400m	
	23	Javelin Throw(500g)	76	Javelin Throw(500g)	
	24	High Jump	77	High Jump	
	25	Long Jump	78	Long Jump	
	26	Shot Put (4kg)	79	Shot Put (3kg)	

U-16	27	100m	46	100m	Born on or after 1st January 2011
	28	200m	47	200m	
	29	400m	48	400m	
	30	800m	49	800m	
	31	High Jump	50	High Jump	
	32	Long Jump	51	Long Jump	
	33	Shot Put (5kg)	52	Shot Put (3kg)	
	34	Discuss Throw(1.5Kg)	53	Discuss Throw(1Kg)	
	35	Javelin Throw(700g)	54	Javelin Throw(500g)	
U-18	36	100m	55	100m	Born on or after 1st January 2009
	37	200m	56	200m	
	38	400m	57	400m	
	39	800m	58	800m	
	40	1500m	59	1500m	
	41	High Jump	60	High Jump	
	42	Long Jump	61	Long Jump	
	43	Shot Put (5Kg)	62	Shot Put (3Kg)	
	44	Discuss Throw(1.5Kg)	63	Discuss Throw(1Kg)	
	45	Javelin Throw(700g)	64	Javelin Throw(500g)	

A player can participate in a maximum of **TWO** individual events and **ONE** relay event.

Age Group	Event No	Event Categories (Boys)	Event No	Event Categories (Girls)	Cut Off Dates
U-6	65	4x25m Relay	74	4x25m Relay	Born on or After 1st January 2021
	66	4x50m Relay	75	4x50m Relay	
U-8	67	4x25m Relay	76	4x25m Relay	Born on or After 1st January 2019
	68	4x50m Relay	77	4x50m Relay	
U-10	69	4x50m Relay	78	4x50m Relay	Born on or After 1st January 2017
U-12	70	4x100m Relay	79	4x100m Relay	Born on or After 1st January 2015
U-14	71	4x100m Relay	80	4x100m Relay	Born on or After 1st January 2013
U-16	72	4x100m Relay	81	4x100m Relay	Born on or After 1st January 2011
U-18	73	4x100m Relay	82	4x100m Relay	Born on or After 1st January 2009

A player can participate in a maximum of **TWO** individual events and **ONE** relay event. relay team must consist of players from the same school only.

SPORT RULES & REGULATIONS

- Participants can participate in a maximum of two individual events and one relay.
- Only athletic spikes or running shoes will be allowed. Athletic spikes length: Synthetic Track - 9mm.

TOURNAMENT FORMAT

- In the event of unforeseen circumstances, the format for any event may be modified by the Tournament Director at any time during the course of the Championship.
- Athletics will be conducted for track & field events. Following is the tournament format for each of the disciplines:

Track Events

- For all track events there will be a maximum of 3 (Heats, Semi Final, Final) rounds for each event.
- Participants with the top 8 timings in the heats will qualify for the Finals.
- If there are 8 or less Participants for a race run in lanes, then a direct final will be held.
- For long distance races, a direct final will be held. If there are too many entries, the races will be run in manageable groups and results will be declared basis timing.
- For all hurdles races and relays if more than 8 competitors, the results will be declared in a single round as per timing.
- If there are too many Participants in a qualifying round will be held and the top 12 Participants with the best timing will participate in a final round. The top 3 (basis timing) Participants in Final will be declared as winners.

Field Events

- For field events all first attempts will be measured and thereafter a qualifying mark is set.
- All Participants that have registered for Long Jump, Shotput, Discuss Throw, Hammer Throw and Javelin Throw must participate in a round where they will be given three attempts each. Participants with the top 8 performances will then qualify for the Final round. In the Final round, Participants will be allowed three attempts each, thereafter the Top 3 performances will be declared as winners.
- Knockout Round: All High jump Participants will be allowed 3 attempts to clear per height. If a Participant fails to do so three consecutive times, he/she will be disqualified.