**VITAL INTER REGIONS CHAMPIONSHIPS &**

**YOUTH RELAY FESTIVAL**

17- 18 – 19 DECEMBER 2020

RULES & REGULATIONS

1. **INTRODUCTION**

The **1st Edition** of an **INTER REGIONS CHAMPIONSHIPS** is scheduled to be organized at Maryse Justin Stadium, Reduit on **Thursday *17*** as from **16.00 hrs, on Friday 18 as from 14.00hrs** and on ***Saturday 19 December 2020*** as from **09.00 hrs** with the participation of the following regions:

* *Riviere du Rempart – Pamplemousses – Port Louis – Moka – Flacq – Beau bassin/rose hill – Vacoas/phoenix – Quatre Bornes – Black River – Curepipe – Savanne – Grand Port & RodRigues*
1. **PARTICIPATION & AGE GROUPS**

Each region may participate in the following age-group in both Men and Women:

* **U18 – U20 and 20 + (Senior)**

- Each participant shall hold a valid licence representing the region where

 his/her club is registered

**-** A **participant of U18 Age Group** shall not be allowed to be entered in another

Age Group.

- A **U20 participant** may be entered in the **Upper Category** but technical rules for

Senior Athletes will be applied.

1. **TEAMS**

Each region may enter a team comprising of a **maximum of 8 athletes** in each Age -Group Categories for female athletes and for male athletes.

1. **EVENTS**

U 18

BOYS GIRLS

100 M 100 M

200 M 200 M

400 M Hurdles **(0.838m)**  400 M Hurdles **(0.762m)**

1500 M 800 M

High Jump Long Jump

Shot Put Discus

Medley Relay Medley Relay

U 20 U 20/SR

100 M 100 M

400 M 200M

3000 M 800M

200 M 1500 M

Javelin 3000 M

Hammer 400 M Hurdles **(0.762m)**

Hauteur Hammer

Relay: 4 X 100 M Discus

 Shot Put

 Long Jump

 Triple Jump

 Javelin

 Relay: 4 X 100 M

20 +

100 M

400 M

110 M Hurdles

400 M Hurdles

1500 M

3000 M

Shot Put

Hammer

High Jump

Long Jump

1. **ENTRIES**
	1. **TRACK EVENTS:** 2 Participants per event.
	2. **FIELD EVENTS**: 1 Participant per event.
	3. **MEDLEY RELAY U18**: 100 + 200 + 300 + 400 (1 Team per region per Gender).
	4. **RELAY**: 4 X 100 M: U 20 Boys.
	5. **RELAY**: 4 X 400 M: U 20 / Senior Girls.
2. **TRIALS**

For **throws** and **horizontal jumps** each athlete shall be awarded **3 trials only**. The 6 **best athletes** shall be allowed of 3 additional trials in a reverse ranking order.

1. **SCORING**
* **Individual Event:** 7 – 5 – 4 – 3 – 2 – 1 points
* **Relay:**  12 – 9 – 7 – 5 – 3 – 2 points
1. AWARDS
* **1 Medal** to each of the 3 best rankings of each individual event.
* **5 Medals** to 3 best ranking teams of each relay.
* **1 Trophee** to each Age-Group Team winner for each gender.
* **1 Trophee** to the best scoring region for both men and women.
1. CONFIRMATION

The deadline for the confirmation of participants and entries shall be

**Monday 14 December 2020** at **noon.**

1. **TRANSPORT, MEALS & UNIFORM**

Each region shall be responsible for the following:

* Meals
* Transportation
* Uniform
1. **IMPLEMENTS**

|  |  |  |  |
| --- | --- | --- | --- |
|  | HAMMER/SHOT PUT | DISCUS | JAVELIN |
| **Boys: U18** | 5 Kg  | 1 Kg 500 | 700 g |
| **Girls: U18** | 3 Kg  | 1 Kg | 500 g |
|  |  |  |  |
| **Men: U20** | 6 Kg | 1 Kg 750 | 800 g |
| **Women: U20** | 4 Kg | 1 Kg | 600 g |
|  |  |  |  |
| **Men: 20 +** | 7 Kg 260 | 2 Kg | 800 g |
| **Women: 20 +** | 4 Kg | 1 Kg |  |

1. **TECHNICAL MEETING**

A **Technical Meeting** will be organized on ***Wednesday16 December 2020*** at **16.00 hrs** at Nebiolo House, Reduit. Representatives and coaches of regions are invited to attend.

**08.12.2020**