

National Academy of Sports (NAS) Athletics Championship

April 6, 2025

Athletics Stadium, New Clark City Brgy. Aranguren, Capas, Tarlac

I. GENERAL GUIDELINES

1. Regulations & Governing Body

- a. The NAS Athletics Championship shall be conducted in accordance with the latest **World Athletics Competition Rules & Regulations**.
- b. Any disputes or issues not covered in these rules will be resolved by the **Tournament Committee**, whose decisions shall be final.

2. Eligibility & Participation

1. Any participants from the age of 12 to 16 years old (born in the year 2009 or earlier)
2. Each athlete may participate in a **maximum of three (3) individual events**, plus two **(2) relay event** per team.

3. Official Events

EVENTS/CATEGORY	BOYS (U16)	GIRLS (U16)
100m	✓	✓
200m	✓	✓
400m	✓	✓
800m	✓	✓
1500m	✓	✓
3000m		✓
5000m	✓	
100mh		✓
2000m W		✓
4x100m	✓	✓
4x400m	✓	✓
Long Jump	✓	✓
Triple Jump	✓	✓
Shot Put	✓	✓
Javelin Throw	✓	✓

II. COMPETITION PROCEDURES

1. Athlete Identification & Equipment

- All athletes must wear their **official bib number** provided by the organizer.
- Bibs must be worn on the **chest** for track events and on the **chest** for field events.
- **Unauthorized attire or improper bib placement may result in disqualification. NO BIB numbers no Play**

2. Call Room & Check-In Rules

- All athletes must report to the **Call Room** at the designated check-in time.
- **Check-in Time:**
 - **Track Events:** At least **30 minutes before** the scheduled event.
 - **Field Events:** At least **45 minutes before** the scheduled event.
- Athletes who fail to appear on time without a valid reason will be **disqualified** from that event.

3. Competition Rules & Regulations

- **False Starts:** The World Athletics false start rule shall apply. One false start results in automatic disqualification.

- **Field Events Attempts:** Each athlete will be given **three (3) attempts** in jumping and throwing events, with the top **eight (8) competitors** advancing to the finals for another three (3) attempts.
 - **Ties:** In the event of a tie, standard **World Athletics tiebreaker rules** will be applied.
 - **Protests:** Any protest must be submitted in writing by the team coach within **30 minutes** after the event.
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III. ENTRIES & REGISTRATION

- **Registration Fee: FREE**
 - All participating athletes must submit the following:
 - **Duly accomplished registration form**
 - **Birth Certificate (PSA)**
 - **Signed parental/guardian consent form**
 - **Waiver of liability** (signed by both the athlete and parent/guardian)
 - **Team Entry Forms**
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IV. AWARDS & VICTORY CEREMONY

- **Awards:**
 - **Gold, Silver, and Bronze medals** will be awarded to the **top three (3) finishers** in each event final.
- The **Most Outstanding Athlete Award** will be presented based on overall performance.
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V. WAIVER, LIABILITY, AND PARENTAL CONSENT

1. General Waiver & Liability Release

- By participating in the NAS Athletics Championship, athletes and their parents/guardians acknowledge and accept that:
 - The **organizers, sponsors, officials, and venue administrators** shall not be liable for any **injury, accident, loss, or damage** sustained during the competition.
 - Participants **assume all risks** associated with training, competition, and travel to and from the event.

2. Medical & Emergency Provisions

- The **organizer will provide basic first aid services** at the competition venue.
- In case of a medical emergency, the organizers have the right to seek **immediate medical treatment** for the athlete, and the **costs shall be the responsibility of the athlete's parent/guardian**.
- Parents/guardians must declare any **pre-existing medical conditions** of the athlete in the registration form.

3. Parental Consent for Minors

- A **signed parental/guardian consent form** is required for all athletes under **18 years old**.
- By signing the form, the parent/guardian agrees to:
 - Allow the athlete to participate in the competition.
 - Accept the terms of the **waiver and liability release**.
 - Acknowledge that event photos/videos may be taken and used for **promotional purposes**.

VI. CODE OF CONDUCT & DISCIPLINE

1. Sportsmanship & Fair Play



JUMPS	BOYS	GIRLS
High Jump	1.80m	1.40m
THROWS	BOYS (U16)	GIRLS (U16)
SHOT PUT	6kg	4kg
JAVELIN THROW	700g	600g

- Athletes, coaches, and spectators must uphold **integrity, respect, and fair play** throughout the event.
- Any form of **cheating, disrespect, or unsportsmanlike behavior** may result in disqualification.

2. Behavioral Conduct

- Any act of **violence, harassment, or misconduct** by athletes, coaches, or spectators will lead to **immediate expulsion from the competition venue**.

STARTING HEIGHTS&INCREMENTS PER CATEGORY

HURDLES	GIRLS (U16)
100mH	0.840m

VII. SCHEDULE

NATIONAL ACADEMY OF SPORTS				
ATHLETIC CHAMPIONSHIP				
APRIL 6, 2025 NCC				
EVENT NO.	TIME	EVENT	GROUP	REMARKS
MORNING SESSION				
100	07:00	2000M WALK	GIRLS U16	FINALS
101	07:15	5000M	BOYS U16	FINALS
102	07:15	LONG JUMP	BOYS U16	FINALS
103	07:15	SHOT PUT	GIRLS U16	FINALS
104	07:30	3000M	GIRLS U16	FINALS
105	07:45	100M	BOYS U16	BEST TIME
106	07:45	100M	GIRLS U16	BEST TIME
AWARDING				
107	8:15 AM	TRIPLE JUMP	GRILS U16	FINALS
108	8:30 AM	JAVELIN	BOYS U16	FINALS
109	8:30 AM	400M	BOYS U16	BEST TIME
110	8:45 AM	400M	GIRLS U16	BEST TIME
111	9:00 AM	1500M	BOYS U16	FINALS
112	9:30 AM	100H	GIRLS U16	BEST TIME
113	10:00	4X100	GIRLS U16	BEST TIME
114	10:10 AM	4X100	BOYS U16	BEST TIME
AWARDING				
AFTERNOON SESSION				
115	14:00	1500M	GIRLS U16	FINALS
116	14:15	SHOT PUT	BOYS U16	FINALS
117	14:15	TRIPLE JUMP	BOYS U16	FINALS
118	3:00 PM	JAVELIN	GIRLS U16	FINALS
119	15:00	LONG JUMP	GIRLS U16	FINALS
AWARDING				
120	15:00	800 M	BOYS U16	FINALS
121	15:15	800M	GIRLS U16	FINALS
122	15:30	200 M	BOYS U16	BEST TIME
123		200M	GIRLS U16	BEST TIME
124	4:00PM	4 X 400M	BOYS U16	BEST TIME
124		4 X400M	GIRLS U16	BEST TIME
AWARDING				