

PESTA SUKAN 2026
COMPETITION RULES & REGULATION
 Athletics & Para-Athletics

1. Rules and Regulations

The competition will be held in accordance with the Pesta Sukan 2026 General Rules and Regulations.

- 1.1 For technical questions on Athletics, they will be resolved in accordance with competition rules established by Singapore Athletic Association which follow closely to WA 2025 Competition Rules.
- 1.2 For technical questions on Para-Athletics, WPA 2020-21 rules will only apply to the U20 and Open category only.

2. Eligibility & Registration

- 2.1 Singaporeans and Residents of Singapore holding Employment Pass or S Pass can take part in this competition.

S/No	Category	Clarification
1	U6	• 4 – 5 years old, calculate by birth year only
2	U9	• 6 – 8 years old, calculate by birth year only .
3	U11	• 9 – 10 years old, calculate by birth year only .
4	U13	• 11 – 12 years old, calculate by birth year only
5	U15	• 13 – 14 years old, calculate by birth year only
6	U18	• 15 – 17 years old, calculate by birth year only
7	U20	• 18 – 19 years old, calculate by birth year only
8	Open	• 16 years old and above, calculate by birth year only
9	Corporate	<ul style="list-style-type: none"> • 18 years old and above, calculate by birth year only • The athlete has to be an employee of a corporate to be eligible for this category
10	Masters	<ul style="list-style-type: none"> • 35 – 39 years old, 40 – 44 years old, 45 – 49 years old, 50 – 54 years old, 55 – 59 years old, 60 - 64 years old, 65 – 69 years old, 70 - 74 years old, 75 years old and above calculate by birth year only

S/No	Category	Clarification
1	Para U11	• 7 – 10 years old, calculate by birth year only.
2	Para U13	• 11 – 12 years old, calculate by birth year only.
3	Para U15	• 13 – 14 years old, calculate by birth year only.
4	Para U18	• 15 – 17 years old, calculate by birth year only
5	Para U20	• 18 – 19 years old, calculate by birth year only
6	Para Open	• 13 years old and above, calculated by birth year only

2.2 Para Categories:

There will be **NO** further categorisation or classification of the various impairments (Intellectual, Visual, Physical and Deaf) for this competition. Participants **MUST** submit a copy of their certified report by a medical practitioner with the entry.

- a. **II - Intellectual Impairment** - Defined as having significant limitations in cognitive and adaptive functioning, as expressed in conceptual, social and practical adaptive skills. Therefore, cognitive and adaptive functioning are both important components for a diagnosis of Intellectual Disability.

Eligibility for this category:

- A person certified by a medical practitioner to have an IQ of 75 or below,
- Significant Limitations in adaptive behaviour
- The impairment must have been present before the age of 18.

- b. **VI - Visual Impairment** - Refers to significant visual loss that cannot be corrected by means of the use of optical lenses, medication, or operation.

Eligibility for this category:

- A person certified by a medical practitioner to have damage to one or more of the components of the vision system, which can include:
 - o Impairment of the eye structure/receptors
 - o Impairment of the optic nerve/optic pathways
 - o Impairment of the visual cortex

Participants can compete **with** or **without** a guide. The use of **tether is mandatory** but **not blindfold**.

- c. **PI - Physical Impairment** - Refers to either a total or partial loss of bodily functions, such as the ability to walk or fine motor skills, or a total or partial loss of a part of the body.

Eligibility for this category:

- Participants who compete standing without any assistance. Participants in wheelchairs.

- d. **D - Deaf** – Refer to a partial or total inability to hear, little to no hearing, may occur in one or both ears.

Eligibility for this category:

- A person certified to have at least 55 dB per tone average in the better ear.

3. Event Venue & Schedule

All competitions will be held at the Home of Athletics, **8 Stadium Boulevard, Singapore 397804**, on 25-26 July and on 1-2 August 2026.

Date	Timing	Competition Stage
Sat, 25 Jul	8.30 am to 9 pm	Home of Athletics
Sun, 26 Jul	8.30 am to 9 pm	Home of Athletics
Sat, 1 Aug	8.30 am to 9 pm	Home of Athletics
Sun, 2 Aug	8.30 am to 9 pm	Home of Athletics

Note: All above may change when the entries are finalised

4. Categories and Events

4.1 The list of events per category as follow:

U6, & U9

S/No	Event
1	60m
2	Turbo Javelin 300g
3	5m Run up Long Jump
4	100m + 50m, Father and Child Mixed Relay
5	100m + 50m, Mother and Child Mixed Relay

U11 & U13

S/No	Event
1	10m Run Up Long Jump
2	Turbo Javelin 400g
3	80m
4	800m
5	100m + 50m, Father and Child Mixed Relay
6	100m + 50m, Mother and Child Mixed Relay

U15, U18, U20

S/No	Event
1	100m
2	200m
3	400m
4	800m
5	1500m
6	1500m race walk
7	80m Hurdles (Women U15)
8	100m Hurdles (Women U18, U20, Men U15)
9	110m Hurdles (Men U18, U20)
10	200m Hurdles (Men & Women U15)
11	400m Hurdles (Men & Women U18, U20)
12	Triple Jump
13	Long Jump
14	High Jump
15	Pole Vault
16	Javelin
17	Shot Put
18	Discus
19	4x100m Relay

Open

S/No	Event
1	100m
2	200m
3	400m
4	800m
5	1500m
6	Shot Put
7	Discus
8	Javelin
9	High jump
10	Pole Vault
11	Long Jump
12	Triple Jump
13	110m Hurdles (Men)
14	100m Hurdles (Women)
15	400m Hurdles
16	4x100m Relay
17	4x400m Relay
18	1500m race walk

Corporate Open

S/No	Event
1	100m
2	4 x 100m Mixed Relay

Masters

S/No	Event
1	100m
2	400m
3	1500m
4	1500m Race Walk
5	Long Jump
6	Javelin
7	4x100m Relay (35 – 44, 45 – 54, 55 – 64 and 65 & above)
8	4x400m Mixed Relay

- 4.2 For the Para group, the **minimum** entry age is 7 years old. Age is calculated by birth year only. A participant can enter a maximum of **two(2)** events.

U9

Age	Intellectual Impairment (I.I) & Deaf (D)	Vision Impairment (V.I.)	Physical Impairment (P.I.)
7 - 8 years old	50m, Long Jump		

U11

Age	Intellectual Impairment (I.I) & Deaf (D)	Vision Impairment (V.I.)	Physical Impairment (P.I.)
9 - 10 years old	50m, Long Jump		

U13

Age	Intellectual Impairment (I.I) & Deaf (D)	Vision Impairment (V.I.)	Physical Impairment (P.I.)
11 & 12 years old	50m, Long Jump		

U15

Age	Intellectual Impairment (I.I) & Deaf (D)	Vision Impairment (V.I.)	Physical Impairment (P.I.)
13 & 14 years old	80m, Shot Put, Long Jump		

U18

Age	Intellectual Impairment (I.I) & Deaf (D)	Vision Impairment (V.I.)	Physical Impairment (P.I.)
15 - 17 years old	100m, Long Jump		

U20

Age	Intellectual Impairment (I.I) & Deaf (D)	Vision Impairment (V.I.)	Physical Impairment (P.I.)
18 to 19 years old	100m, 400m, Long Jump		

Open

Age	Intellectual Impairment (I.I) & Deaf (D)	Vision Impairment (V.I.)	Physical Impairment (P.I.)
13 years old & Above	100m, 200m, 400m, 1500m, Long Jump		

5. Competition Format - Field Events

The order of attempts is by start list unless otherwise decided by the Referee. For the horizontal field event, **2 trials** will be awarded. The best 8 performances after the first **2 trials** will be awarded additional **2 more trials**.

Except for the **Open** category, **3 trials** will be given, best 8 performances after the first **3 trials** will be awarded additional **3 more trials**

For the Youth Events, U6, U9, U11 & U13, 2 trials will be awarded.

For **ALL** field events in Para-Athletics, competitors will be given **3 trials only**. All performance will be measured.

5.1 Height Progression

a. High Jump

Category	Men Start Height	Women Start Height	Men Practice Height	Women Practice Height	Height Progression
U15	1.40m	1.20m	1.40m, 1.60m, 1.90m	1.20m, 1.45m	5cm until left with 3 athletes remaining, progress 3 cm until 2 athletes remaining. Jump off for tied break will be apply for 1 st position only.
U18	1.40m	1.20m	1.40m, 1.60m, 1.90m	1.20m, 1.45m	
U20	1.60m	1.30m	1.60m, 1.80m, 2.05m	1.30m, 1.55m, 1.70m	
Open	1.60m	1.30m	1.60m, 1.80m, 2.05m	1.30m, 1.55m, 1.70m	

b. Pole Vault

Category	Men Start Height	Women Start Height	Men Practice Height	Women Practice Height	Height Progression
U15	2.08m	2.08m	2.08m, 3.08m, 4.08m	2.08m, 3.08m	20cm until left with 3 athletes remaining, progress 10 cm until 2 athletes remaining. Jump off for tied break will be apply for 1 st position only.
U18	2.08m	2.08m	2.08m, 3.08m, 4.08m	2.08m, 3.08m	
U20	2.08m	2.08m	2.08m, 3.08m, 4.08m	2.08m, 3.08m	
Open	2.08m	2.08m	2.08m, 3.08m, 4.08m	2.08m, 3.08m	

5.2 Technical Specification for Throws

Category	Men Shot Put	Women Shot Put	Men Discus	Women Discus	Men Javelin	Women Javelin
U15	4.0kg	3.0kg	1.0kg	1.0kg	600g	500g
U18	5.0kg	3.0kg	1.5kg	1.0kg	700g	500g
U20	6.0kg	4.0kg	1.75kg	1.0kg	800g	600g
Open	7.26kg	4.0kg	2.0kg	1.0kg	800g	600g

5.3 Triple Jump

Category	Men Take off board	Women Take off board
U15	7m, 8m & 9m	6m, 7m, 8m
U18	9m, 10m & 11m	7m, 8m & 9m
U20	9m, 10m & 11m	7m, 8m & 9m
Open	9m, 11m & 13m	9m, 10m & 11m

5.4 Events with less than **three(3)** confirmed entries will be cancelled except for the **Masters** and **Para** categories.

6. Competition Format - Track Events

- 6.1 Competitors shall take their lanes in the order indicated in the start list.
- 6.2 **Start Blocks**
Compulsory for U15, U18, U20 and Open categories.
For the **Para- group**, the crouch-start and start block are **mandatory** for U15, U18, U20 and Open.
Starting blocks usage will be **optional** for Masters categories.
While **No Starting blocks** for all U6, U9, U11 and U13 categories.
- 6.3 Mixed relay is to be conducted in a fixed order of athletes with different gender using the following order (Man, Women, Man and Woman) to avoid gender imbalance.
- 6.4 Father & child or Mother & Child mixed relay is to be conducted in a fixed order. Of which, the Father / Mother to start the race running distance of 100m, and child to finish the race running 50m, total 150m in distance.
Please note that the child need not be same gender as the respective parent.

7. Reporting

- 7.1 All competitors shall report to the Call Room Judges before the commencement of any event.

	Report to Call Room	Depart to competition site
Track	35 mins before the start of the event	10 mins before the start of the event
Field	45 mins before the start of the event	35 mins before the start of the event
High Jump	60 mins before the start of the event	50 mins before the start of the event
Pole Vault	90 mins before the start of the event	80 mins before the start of the event

Examples:

- If the participant has Long Jump at 9am, he or she needs to report to Call Room by 8:15am, 45 minutes before event.
 - If the participant is having a 100m Race at 11:15 am, then he or she needs to report to call room before 10:40am, 35 minutes before event time.
 - If the participant is having a Pole Vault at 03:30 pm, then he or she needs to report to call room before 2:00pm, 90 minutes before event time.
- 7.2 Competitors **will not** be allowed to compete if he/she reports to the start line or competition field of play directly without first reporting to the Call Room Judges.
- 7.3 Competitors **MUST** present some form of identification (NRIC, Driving Licence, Employment pass etc.) for verification when necessary. Failing this, he/she will not be allowed to compete in the competition, or the result will not be valid. **Corporate** competitors will need to further produce proof of employment via a picture of employment letter or an employee pass when request.

8. Disqualification

- 8.1 Individual or team may be disqualified in the event of either fielding ineligible participant or unruly conduct of participant.
- 8.2 The Organiser reserves the right to disqualify the team/ participant at their discretion and take further disciplinary action that could be in the form of the ban on the Games.

9. Equipment and Attire

9.1 Participants **must** wear attire bearing the logo and / or name if registered under an organization or school. For independent athletes, wear proper running attire and footwear. Athletes are encouraged to wear their Member Association attire.

a. Bibs

The entire bib including sponsorship information must be always visible and no part of the bib shall be folded under the uniform.

World Athletics Rules TR 5.9 & TR 5.11, which render an athlete liable to disqualification if s/he tampers in any way with the competition bib.

For **Jumps events**, Athletes are allow to wear either front or back bib.

b. Shoes with spikes for Track events:



a. Any number of spikes up to 11 may be used, but the number of spike positions must not exceed 11.

b. Each spike does not exceed 9mm.

c. Shoes with spikes for Field events:



a. Any number of spikes up to 11 may be used, but the number of spike positions must not exceed 11.

b. Each spike does not exceed 9mm, except in the High Jump and Javelin Throw, where it must not exceed 12mm.

d. Shoes without spikes:

Shoes regulations of WA rules, **TR5.2 Regulation** will be applicable to events for U15, U18, U20 and Open categories.

[LIST OF APPROVED ATHLETIC SHOES](#)

**APPENDIX 3
ATHLETIC SHOE SOLE THICKNESS TABLE**

Shoe Sole Thickness Table – in force until 31 October 2024

Event	Maximum thickness of the sole (as per Regulation 10.6).	Further Requirement/Note
Field Events (except Triple Jump)	20mm	Applies to all Throwing Events, and Jumping Events, except the Triple Jump. For all Field Events, the sole at the centre of the athlete's forefoot must not be higher than the sole at centre of the athlete's heel referred to at Regulations 10.3 and 10.4 (i.e. at centre point of the shoe at 12% and 75% of the shoes internal length).
Triple Jump	25mm	The sole at the centre of the athlete's forefoot must not be higher than the sole at centre of the athlete's heel referred to at Regulations 10.3 and 10.4 (i.e. at centre point of the shoe at 12% and 75% of the shoes internal length).
Track Events (including hurdle events) up to but <u>not</u> including 800m	20mm	For relays, the rule applies to the distance of the leg being run by each athlete.
Track Events from 800m and above (including steeplechase events)	25mm	For relays, the rule applies to the distance of the leg being run by each athlete. For Track Race Walking Events, the maximum thickness of the sole is the same as that for Road Events.
Cross-Country	25mm spike shoe or 40mm non-spike shoe	Athletes may wear spikes or non-spike shoes (i.e. road shoes). If wearing spike shoes the maximum thickness of the sole must not exceed 25mm. If wearing non-spike shoes the maximum thickness of the sole must not exceed 40mm.
Road Events (Running and Race Walking Events)	40mm	
Mountain and Trail Races	Any Thickness	

f. Checks on shoes will be done randomly by Technical officials, upon protest or end of race.

g. **X** Non-compliant shoes → DQ & nullified results
Non-compliance may result in disqualification, nullification of results, forfeiture of medals, titles, and prizes.

h. To verify shoe compliance, visit: <https://certcheck.worldathletics.org/>

9.2 Starting blocks and implements will be provided. Personal throwing implements may be used, provided they are handed over to the organiser / technical manager for verification one session earlier and shared among competitors, if they desire to use them during competition.

10. Games Jurisdiction

10.1 The Organiser reserves the right to interpret or amend the rules and regulations at any time. Notifications of such changes will be posted on the event's website. All participants are advised to visit the website for any notices or updates to draws or fixtures.

11. Protests and Appeals

11.1 Protests concerning the results or conduct of an event shall be made during the competition and within **30 minutes** of the official announcement and must be made verbally to the Referee.

11.2 In a Track event, if an athlete makes an immediate oral protest having been charged with a false start, a track Referee may, if he is in any doubt, allow the athlete to compete "under protest" to preserve the rights of all concerned.

11.3 In a Field event, if an athlete makes an immediate oral protest having a trial judged as a failure, the Referee of the event may, **at his discretion**, order that the trial be measured and the result recorded or award a replacement trial almost immediately, to preserve the rights of all concerned.

11.4 While reasonable precautions will be taken, the Organisers and third-party vendors will not be responsible or in any way liable for any death, disability, personal injury, loss of property or any other loss howsoever arising from any cause whatsoever at any time during this competition.

11.5 Appeal concerning the results or conduct of the event shall be made **30 minutes** within the official announcement/published of the result

11.6 A written appeal, signed by both the athlete and the team manager or responsible party, must be submitted along with a deposit of **\$150.00 SGD** or its equivalent. This deposit will be forfeited if the appeal is unsuccessful. However, if the appeal is successful, the deposit will be fully refunded.

11.7 Upon successful appeal, new results will be updated and a new cycle of 30 minutes will commence for any new appeals. If there is the cycle repeats itself till no more appeals in the last window of 30 minutes. These then the results is considered final.

11.8 Any protest or appeal after **30 minutes** of the official announcement/published of the result will not be consider valid

12. Results of Track and Field events

12.1 Results for Track Events

- a. All races including the race-walk are timed finals, unless heats are stated.
- b. For race category that stated **Timed Finals** with at least 2 races, the result will be out after **all the races** of the same age category have completed. The positioning will be from the overall fastest timing from the same age group category.
- c. Example if a U11 boy completed his race, which is race **3 out of 7 races** (all stated Timed Finals), even if he was 1st in his race, his timing will **be compared to the other 6 races for positioning**. He might not be the fastest out of all the 7 races.
- d. For races with **Heats**, the results will also generate the runners for the Finals. The **fastest 8** will advance for the final race.

12.2 Results for Field Events

- a. All field events, Jumps and Throws, are direct finals. If there is more than one flight for the age group, the positioning will be combining both flights to rank.
- b. The result for each field event will only be out after the results have been uploaded into the system before publishing to the website.

12.3 Checking results

- a. Once the result is confirmed, it will then be uploaded to the website. One can either refresh the webpage to see latest new updated results or clear cache and refresh page to see the results.
- b. QR code for the link to the website is being displayed around the event location. Once you confirmed that you are one of the podium winners, either top 8 for U6 to U13 or top 3 for all other age categories, please stay around till victory ceremony of that session or medal presentation timing, so to be able to get your medal, shake hand with presenter and take photos.
- c. In the case where you are unable to collect the medal, please inform someone to collect on behalf or contact Active SG directly after the event to arrange for medal collection.

13. Points Scoring, Prizes & Cash Prizes

13.1 Points scoring for the events:

<i>Final Position</i>	<i>Points</i>	<i>Relay Points</i>
1st	9	12
2nd	7	10
3rd	6	8
4th	5	6
5th	4	5
6th	3	4
7th	2	3
8th	1	2

- 13.2 Medals will be given to the top **three** individual and team positions.
- 13.3 Corporate athlete will need to produce proof of employment via picture of employment letter or employee pass when require for protest propose.
- 13.4 Cash Prizes will be given to the top **three** positions for team events (**U18, U20, Open and Master**) provided there are **8 or more** athletes / teams in their respective age group relay event including.
- 13.5 Cash Prizes for the **top three best performance athlete (U15, U18, U20, Open and Masters)** will be calculated by total number of points attained from **all individual events only**, an athlete on his category (e.g. 1st position for 3 events will be 27 points in total), provided there are **8 or more** competitors in their category the cash prize will be given. If there are **less than 8** competitors for the age group best performance or relay teams, the cash prize will not be given.
- 13.6 No cash prizes** will be given for **U6, U9, U11, U13, Para U9, Para U11, Para U13, Para U15 and Para U18** categories to the top **three** positions for individual, team events and best performance. **They will be awarded with medal based on position.**
- 13.7 Medals will be awarded to top 3 positions** for all categories including para events.
- 13.8 In the event that **two or more** athletes gained the **same number of points and same number of placing** in the competition, prize money for two or all three positions will be **shared and divide equally** to two or more athletes.
- 13.9 In **para event**, best performance will be awarded based on the total number of participants in the event. The **athlete won in event classification with more participants** will be rank as best performance. (e.g. 1 out of 1 participant v 1 out of 4 participants, the 1st place out of 4 participants among all classification is the best performer.

14. Competition Schedule and Registration Guide

- 14.1 Please refer to the online competition schedule link for any changes and updates
- 14.2 Competition Schedule: <https://www.singaporeathletics.org.sg/latest-news/pesta-sukan-2025>
- 14.3 Registration Guide: <https://www.activesgcircle.gov.sg/getactive-singapore/pesta-sukan/sport/athletics>