

SP POLY50 2023
RULES & REGULATIONS

1. DATE/ TIME OF RACE

- (a) Date - Wednesday, 28 June 2023
- (b) Time - 4 pm flag off (Registration from 2:00 pm to 3:30pm.)

2. CATEGORIES

i	Student Category	Maximum of 80 teams
ii	Staff Category	Maximum of 10 teams
iii	Alumni Category	Maximum of 10 teams

3. TEAM COMPOSITION

i	Student Category	10 runners (with a minimum of 3 females) + 1 team manager; Max. 2 substitutions on registration day [#]
ii	Staff Category	12 runners (with a minimum of 3 females) + 1 team manager; Max. 3 substitutions on registration day [#]
iii	Alumni Category	10 runners (with a minimum of 3 females) + 1 team manager; Max. 3 substitutions on registration day [#]

[#] No substitutions will be allowed after submission of team list and before registration day

**** All teams require a minimum of 8 runners to complete the race else the team will be disqualified.**

4. PRIZES

i	Student Category	First 10 teams (medals and prizes)
ii	Staff Category	First 3 teams (medals and prizes)
iv	Alumni Category	First 3 teams (medals and prizes)

5. ENTRIES

Closing date – **14 June 2023 or when registration slots are full; whichever is earlier.**

(Strictly no late entries will be entertained.)

6. PROCEDURES OF RACE

- (a) The Race is a relay of 50 laps around the designated route of approximately 740m.
- (b) Each Team will be issued with a number tag/ wrist bands on the day of the race.

SP POLY50 2023
RULES & REGULATIONS

- (c) Each lap card has a unique code and there should be no swapping of lap cards among teams, in order to get an accurate lap record.
- (d) The first runner must be a **FEMALE** and run through the START Gantry to register a start time.
- (e) Each runner of each team should carry the baton at all time during the race.
- (f) Change-overs may be done at the 3 marked zones where the baton will be passed on to the next runner. However, a runner may choose to continue running without changing over.
- (g) At each change-over zone there is a marked box where the out-going runner is waiting.
- (h) The incoming runner must step into the change-over zone before the outgoing runner runs out from the change-over zone. Any **change-over not done within the designated zone** will result in a **first warning** (marking on number tag). When a **second offence** has been committed, the runner's tag will be removed and the whole team will be **disqualified**.
- (i) Teams (Team Managers) will need to keep track of the lap they/ their runners are on in accordance to instructions from Organiser at the lap-count zone; and should they wish, by doing manual self-tracking means.
- (j) The **last runner must run through the FINISH Gantry** in order to register a finish time.

7. GENERAL RULES & REGULATIONS

- (a) All teams are to register a **COMPULSORY** Team Manager. The Team Manager will not take part in the Poly50 race as a runner but to assist the team in registration, monitoring of the laps completed and other administrative matters. The Team Manager will **NOT** be considered part of the team's overall number of runners for the race.
- (b) A briefing for all captains and team managers will be held on:

Date	Wednesday, 21 June 2023 (tentative)
Time	6 pm (for all categories)
Venue/Platform	TBC

- (c) ****A team can submit up to a *maximum of 3 reserves/ substitutions (2 for Student Category)* BEFORE the day of registration. The reserves/ substitutions must submit individual registration + indemnity forms before the registration closing date. Afterwhich, there shall be no submissions of reserves/ substitutions.**

SP POLY50 2023
RULES & REGULATIONS

- (d) Staff teams are allowed to register adjunct lecturers as part of their runners' line up. All registrations that submit adjunct lecturers will be subject to confirmation of their legitimacy by their department's director.
 - (e) All competitors shall be properly attired in running outfit and shoes.
 - (f) In the event of injuries, a team shall use its remaining runners. There should be a minimum number of 8 runners in order for a team to participate/ continue/ complete the race.
 - (g) A team may be disqualified for any of the following:
 - (i) Making substitution during the race without prior notification during registration
 - (ii) Pacing the last runner
 - (iii) Transferring bibs to unauthorized personnel (e.g. person not registered as runner in team)
 - (iv) Participants who do not start within 15 minutes from their respective flag off point will be disqualified and for safety reasons, may not be allowed to start.
 - (v) Disobeying official's decisions or instructions
 - (vi) Unsportsman-like or unruly behaviour, including being rude or offensive to staff or helpers
- For appeal over disputes, **ONLY the team manager** can make an on-site appeal to the race officials at the registration booth, in a written format, within 15 minutes from the release of the result. All appeals are subjected to a non-refundable \$50 appeal fee. The Organiser's decision is final.*
- (h) The cut-off time for the race is 3 hours.
 - (i) The Organiser reserves the right to modify or substitute any of these R&Rs or T&Cs from time to time as they deem fit. Any amendments to these R&R/ T&Cs will be updated on the Life@SP social media platforms or official webpage.
 - (j) The Organiser reserves the right to cancel/ suspend the race at any time in the event of inclement weather or any other situations that compromises the safety of the participants. In the event that the race is cancelled after the race has started, the winners of the race would be determined by the fastest timing clocked at the point of time when the race is stopped.
 - (k) Whilst reasonable precautions will be taken by the Organisers to ensure the participants' safety, participants take part in race at their own risk and the Organiser will not be responsible or held liable for any injury or death howsoever arising from training for or during participation in the race. Participants are strongly encouraged to consult their medical practitioner prior to registration and before the actual race day.

SP POLY50 2023 RULES & REGULATIONS

- (l) Every member of the team (including the team manager and reserves/ substitutions) **MUST** submit their individual registration + indemnity form before the registration closing date. Team leaders/ managers will have to make sure that his/ her team members submit the registration + indemnity clause.
- (m) Participants must retire from the race immediately if required to do so by any member of the official medical staff, race director, race officials and security officer.

9. ROUTE (may be subject to changes)

