



RULES & REGULATIONS

100M RACE

1. The 100M sprint (or 100M dash) takes place on the straightaway of a track. From start to finish, the sprint is a total distance of 100 meters.
2. The racer that reaches the finish line in the shortest amount of time wins. In general, if more than eight runners participate in a race, qualifying heats are run with the eight fastest runners advancing to the finals. Different organizations may vary the maximum number of runners allowed in each heat and the number of "rounds" until the finals.
3. Before each 100M race heat, runners will learn in which lane they will run. Runners must remain in their assigned lane for the entire race. If a runner crosses into another runner's lane and is caught, officials will disqualify him from the race. Runners may not obstruct other runners' paths with any parts of their bodies.
4. 100M sprints begin when the starter blows his whistle that sets off the timers. If a runner starts before the whistle, it is a false start and the race is halted and re-started. Upon the second false start, a runner is disqualified.
5. A runner finishes the race only after his trunk crosses the finish line.
6. The National Sehat-e-Jismani Team reserves the right to amend any of the above rules and regulations as it deems fit.



sej@khuddam.co.uk

VISIT IJTEMA.ORG.UK/SPORTS FOR MORE INFO.