

# RULES & REGULATIONS

## 1. DATE/ TIME OF EVENT

i	Day, Date	Wednesday, 23 July 2025
ii	Time	<ul style="list-style-type: none"><li>• Carnival: 1:30pm to 7:30pm</li><li>• Registration: 2:30pm to 3:15pm</li><li>• 'Start Pen' Open: 3:30pm</li><li>• Flag off: 4:00pm</li></ul>
iii	Venue	<ul style="list-style-type: none"><li>• Reporting: Eleven Square</li></ul>

## 2. CATEGORIES

i	Student Category	Maximum of 100 teams
ii	Staff Category	Maximum of 20 teams
iii	Alumni Category	Maximum of 10 teams

## 3. TEAM COMPOSITION

i	Student Category	Min. 6 runners, Max. 10 runners (with a minimum of 3 females, inclusive of 1 captain)
ii	Staff Category	
iii	Alumni Category	Max. 2 substitutions on registration day <sup>#</sup>

<sup>#</sup> On-site substitutions **must** be from the list of pre-registered substitutions. No new entries can be registered on-site on event day. Every team should **register 6 to 10 runners + 2 substitutions (optional).**

**\*\*** On race day, in the event of unanticipated non-participation (e.g. sick, injury), the team is still required a minimum of **6 runners (inclusive of at least 3 female runners)** to complete the race else the team will be disqualified.

## 4. PRIZES

i	Student Category	First 15 teams
ii	Staff Category	First 5 teams
iv	Alumni Category	First 3 teams

## 5. ENTRIES

Closing date – ***04 July 2025 or when registration slots are full; whichever is earlier.***

(Strictly no late entries will be entertained.)

# RULES & REGULATIONS

## 6. PROCEDURES OF RACE

- (a) The Race is a relay of 10 laps around the designated route of approximately 2.2km each.
- (b) Each Team will be issued with number tags only on the day of the race.
- (c) All teams must run in accordance to the designated route and pass all timing mats placed along the route. Any team found to have missed any timing mat, at any point in time, will be disqualified.
- (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 must be done at the 6 designated exchange zones where the baton will be passed on to the next runner.
- (g) At each exchange zone there is a marked, change-over area where the out-going runner will be waiting.
- (h) The incoming runner must be within 01 meter of the change-over area before the outgoing runner enters into the change-over area in preparation for the baton exchange. Any **exchange not done within the change-over area** 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) Runners can take reference of the lap count their teams are on, in accordance to information screened on LED monitors at each exchange zone.
- (j) The **last runner must run through the FINISH Gantry** in order to register a finish time.



# RULES & REGULATIONS

## RACE ROUTE



# RULES & REGULATIONS

## POLY50 2025 RACE FORMAT

1. **Start:** Runner 1 (female) begins with the baton (issued at registration).
2. **Runner 1 runs out of T11 square and bypasses exchange zone 1 and straight to exchange zone 2.**
3. **Exchange Zone 2:**
  - 1) Runner 2 is already awaiting at zone.
  - 2) Runner 1 reaches the change-over area.
  - 3) Runner 2 takes over the baton from Runner 1 and runs towards exchange zone 3.
4. **Exchange Zone 3:**
  - 1) Runner 3 is already awaiting at zone.
  - 2) Runner 2 reaches the change-over area.
  - 3) Runner 3 takes over the baton from Runner 2 and runs towards exchange zone 4.
5. **Exchange Zone 4:**
  - 1) Runner 4 is already awaiting at zone.
  - 2) Runner 3 reaches the change-over area.
  - 3) Runner 4 takes over the baton from Runner 3 and runs towards exchange zone 5.
6. **Exchange Zone 5:**
  - 1) Runner 5 is already awaiting at zone.
  - 2) Runner 4 reaches the change-over area.
  - 3) Runner 5 takes over the baton from Runner 4 and runs towards exchange zone 6.
7. **Exchange Zone 6:**
  - 1) Runner 6 is already awaiting at zone.
  - 2) Runner 5 reaches the change-over area.
  - 3) Runner 6 takes over the baton from Runner 5 and runs towards exchange zone 1.
8. **Exchange Zone 1:**
  - 1) Runner 7 is already awaiting at zone.
  - 2) Runner 6 reaches the change-over area.
  - 3) Runner 7 takes over the baton from Runner 6 and runs towards exchange zone 2.
9. **Exchange Zones 1 to 6:** The process repeats (no bypassing of any exchange zone) until the team completes the 10th round.
10. **Finish Line:** Last runner of the final round crosses the finish line and completes the race.

### Key Points:

- Only the first female runner bypasses the 1<sup>st</sup> Exchange Zone, i.e. Exchange Zone 1. Runners will go to every exchange zone for subsequent rounds, ie. 2<sup>nd</sup> to 10<sup>th</sup> round.
- Participants are encouraged to dress up in costumes which reflect go green/ sustainability. E.g. wearing a cap made up of recycled materials found around school – There will be a prize for best green-dressed team!



# RULES & REGULATIONS

## 7. GENERAL RULES & REGULATIONS

- (a) There will be a race briefing for all team captains/ representatives:

Date	Wednesday, 16 July 2025
Time	6.30 pm (for all categories)
Venue/Platform	TBC

- (b) Every team should register 6 to 10 runners + 2 substitutions (optional).
- (c) On-site substitutions must be from the list of pre-registered substitutions. No new entries can be registered on-site on event day.
- (d) On race day, in the event of unanticipated non-participation (e.g. sick, injury), the team is still required a minimum of 6 runners (inclusive of at least 3 female runners) to complete the race else the team will be disqualified.
- (e) 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.
- (f) All participants shall be properly attired in running outfit and shoes.
- (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 captain** 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 2.5 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, official webpage, or through email.

## RULES & REGULATIONS

- (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.
- (l) Every member of the team, including reserves/ substitutions **MUST** submit their individual indemnity form before the registration closing date. Team captains will have to make sure that his/ her team members submit the indemnity form.
- (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.

