



ATHLETICS FEDERATION OF INDIA

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Circular No: 05-02/2022

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F.No. 4-2/AFI/2022

All Affiliated Units – AFI

Subject: 56th National Cross Country Athletics Championships 2022

Dear Sir/Madam,

I am pleased to inform you that **56th National Cross Country Athletics Championships 2022** shall be held at **Kohima, Nagaland** on **Saturday, March 26, 2022**. The Championships will be organized by **Nagaland Athletics Association** under the aegis of Athletics Federation of India.

The Championships and events will be organized in accordance with the Rules of **World Athletics – Competition & Technical Rules 2021 Edition & Indian Athletics Manual** (updated as on 01.10.2020).

The SOP (Standard Operating Procedure) issued by Athletics Federation of India & Government of Nagaland and Government of India should be followed for hosting this National Athletics Championships.

The details of the Championships are as follows:

1. The competition will be organized in Men, Women, Under 20 Years (Boys and Girls), Under 18 Years (Boys and Girls) and Under 16 Years (Boys and Girls) categories.
2. The teams representing the “Affiliated States/UT Athletics Associations” and “Affiliated Sports Boards/Institutions” will enter in this competition.
3. The Affiliated Sports Boards/Institutions should enter Teams only in Men & Women categories.

4. CROSS-COUNTRY RACES & DISTANCES:

MEN	10 KM	WOMEN	10 KM
U-20 BOYS	8 KM	U-20 GIRLS	6 KM
U-18 BOYS	6 KM	U-18 GIRLS	4 KM
U-16 BOYS	2 KM	U-16 GIRLS	2 KM

5. Composition of Teams:

- Men, Women, U20 Boys, U20 Girls - Each Affiliated Unit can enter **SIX** Athletes to run & **FOUR** will score for team championships.
- Boys & Girls U18 & U16 - Each Affiliated Unit can enter maximum of **TWO** Athletes in each group.
- Only 1 Manager and 1 Coach is allowed with the team, no other official will be accommodated by LOC.

Rules:

- Every finisher will score points equal to his/her finishing order. That is, the athlete who finish first will score one point, second will score two points, fifth - five points....fortieth - forty points and so on.
- The team championships will be decided by the aggregate points recorded by the scoring athletes of each team. The team with lowest aggregate points will be the winner.
- If a team fails to finish with a complete scoring team (that is four finishers), the runners finishing shall be counted as individuals in the race result and be eligible for the individual awards only and will not be considered for team championship.
- In assessing the aggregate for team championship, no adjustment to the scoring of the finishing teams shall be made in respect of non-scoring team runners or of the individual entries.
- **TIE:** In the event of a Tie of a team championship, it should be resolved in favour of the team whose last scoring member finishes nearer to the first place.

6. Prizes & Trophies:

- The First, Second & Third place winners of all the Races will be awarded Medals and Bouquets. The Merit certificates will be issued only after receiving the Report of "Age Verification Committee" & "Dope Test" from NADA. The best FOUR scoring members of each winning team who secure scoring points will be eligible for the same Awards.
- Participation certificates will be issued at Competition Venue, it is the responsibility of Team Manager/Coach/Athlete to collect the certificate.
- No team championships will be awarded in U18 Boys and Girls and U16 Boys and Girls categories.

7. Procedure for Sending Entries:

The entries should be submitted "**ONLINE**" on AFI Website by the Affiliated States/UT/Sports Boards from **1st March 2022**. Entries sent by the mode other than "**ONLINE**" will not be accepted. Last date for receipt of Entries is **15th March 2022**.

8. Competition Fees:

The details of Competition fees to be paid as under: -

Junior Athletes	-	INR 250/- per head
Senior Athlete	-	INR 500/- per head

9. Eligibility Criteria for Junior Athlete:

- The date of reckoning the age for Junior Athletes will be as on **26th March 2022**.
- An athlete can participate in his/her age group only.
- **Entry of Athletes below 14 years of age as on 26th March 2022 will not be accepted.**
Only the following Date of Birth certificates will be valid for Age Verification, which have been obtained within One Year of the birth of an athlete –
Athletes above 16 Years:
- Certificate of Matriculation/High School/Higher Secondary class issued by a recognized Board of State Government or Central Government.
- Birth Certificate from the Birth & Death Registration Office of Municipal Corporation/Nagar Mahapalika/Village or Grama Panchayat & School Leaving Certificate, if he or she is drop out.
- Birth Certificate from the Municipal Corporation/Nagar Mahapalika/Village or Grama Panchayat, if he or she has not gone to school at all.

Age Brackets

- I. U20 Boys & Girls - Born between 26.03.2002 & 26.03.2004
- II. U18 Boys & Girls - Born between 27.03.2004 & 26.03.2006
- III. U16 Boys & Girls - Born between 27.03.2006 & 26.03.2008

10. Age Verification:

The members of AFI Age Verification Committee will verify the Age of Junior athletes on 25th March 2022 from 10:00 AM to 5:00 PM at venue of Competition.

Junior Athletes, who do not produce the proof of date of birth as mentioned above, **will not be allowed to participate.**

11. Boarding, Lodging & Transport:

LOC will provide free Hotel Accommodation for 2 nights (24th March check-in and 26th March checkout) and local transport to all the athletes & officials but food will be available on subsidized rates for which State/Board/Athletes/Manager/Coach have to pay if they avail the services.

LOC will also provide free transport services from Dimapur Railway Station and Dimapur Airport to the accommodation venue at Kohima, Nagaland and to avail these services, teams have to enter proper arrival and departure details during Online Entry.

It may please be noted that other guidelines issued by the concerned State Government in connection with Covid-19 Pandemic, shall be strictly followed to ensure that the competition is conducted smoothly. Any Athlete/Official violating the SOP, Guidelines issued with regard to Covid-19 Pandemic will be debarred from participation in this Championships.

12. Contact details of the Organizers:

Mr. Vikendu Linyu

Secretary

Nagaland Athletics Association

Kohima (Nagaland) Pincode - 797001

Email ID- nagalandathletic@gmail.com, vikeduo@gmail.com

Disclaimer:

AFI or Organizing State Unit will not be held responsible directly or indirectly for any loss of life/damage/illness/injury in connection to participation in 56th National Cross Country Athletics Championships 2022. All Athletes/officials/vendors have to participate on their own risk.

Your cooperation in this regard is solicited.

Thanking You,

Yours Sincerely,



(Ravinder Chaudhry)

Secretary, AFI