1. **COMPETITION RULES AND SCORING**

**Rules**: IAAF Rules will be followed for this meet with the exception of the False Start Rule. The ASAA Provincials allows for one false start which, if it occurs, will be charged to the field. Second and subsequent false starts will result in disqualification of the athlete or team (relay) involved.

**Points**: Points will be awarded to all competitors numerically starting at 16 for 1st through to 1 point for 16th place.

1. In running events where there is a preliminary heat, the athletes ranked 9th through 16th, will receive points accordingly.
2. All field events and 800-1500 - 3000 and 4 x 400 will have competitors ranked 1st through 16th.
3. Both relay competitions will have points allocated depending upon the number of competitors representing a particular school. Each athlete from a school will be awarded ¼ of the allocated points for finish position.
4. In Pentathlon, only one athlete per zone per gender can compete, and the points at the end of each event will be awarded as follows:
   1. 1st 24 Points
   2. 2nd 21
   3. 3rd 18
   4. 4th 15
   5. 5th 12
   6. 6th 9
   7. 7th 6
   8. 8th 3