

## Track – Rules & Guidelines

### General Rules

1. The judgement for the finish is made by reading the first part of the athlete's torso to reach the near edge of the finish line.
2. The **marshall** will call all age & gender grouped track athletes together for their race. Once they are assembled – (s)he will assign them their heats and lanes and explain any rules which pertain to them.
3. The **starter's assistant** will then escort the athletes to their assigned lanes for their heat and assist them with getting their starting blocks. After a few attempts from the blocks (400 m and down) the starter's assistant will announce that the track is closed and that all athletes should take their warm ups off and stand behind their blocks (or starting line). (S)he then turns them over to the starter. After the race has begun, the starter's assistant will coordinate the removal of blocks from the track (if necessary).
4. The S.H.S.A.A. track & field guidelines allow for the use of standing starts for all races.
5. The **starter's** role is to insure that the start of the race is fair for all competitors.
6. The starter will issue two commands for races 800 m and up – On your mark, GUN. For races 400 m and less there will be 3 commands – On your mark, set, GUN.
7. When the command "On your mark" is given athletes will approach the start line or enter into their blocks contacting the ground with their hands and one knee. When all athletes are at their mark, the command "set" is given for those races in blocks where athletes raise themselves off the knee. When all athletes are in set position – the GUN is sounded to begin the race.
8. The first competitor who moves prior to the sound of the gun will be charged with a false start. If any competitor is charged with 2 false starts in a single race – they will be disqualified.
9. The **recall starter** will make sure that the athletes fingers do not touch nor cross the start line, and will signal to the starter when all athletes are at their correct mark, and again when they are all in set position. If they witness a false start, they will fire their gun to recall and restart the race.
10. The starter may interrupt the start of the race at any time using the command "stand up" if they feel that an athlete is taking too long to get to their mark or get into set position.
11. The starter may recall the race in a group start (800 m and up) if the athletes jostle or someone is tripped in the first 10 m of the race.
12. The **umpires** are the "eyes" and "ears" of the referee. They observe the competition closely and report any violation of the rules to the Chief Umpire or Referee including assistance given to athletes.

### Infractions

13. For all infractions that occur – the "advantage gained" rule will be applied.
14. Runners are not permitted to run on the inside line (left hand side) especially around bends in lane races (hurdles, 100 m, 200 m, 400 m, 800 m) or off the track. If they run on the line or outside of their lane on the outside (right hand side) and do not interfere with another athlete and no advantage is gained, there is no disqualification. If a runner is forced from the track or from their lane by another runner and no advantage occurs, there is no disqualification.
15. Runners are not allowed to jostle, push, or impede the progress of another runner.
16. **Relay races** – it is the position of the baton, not the runner that determines if the exchange was made in the 20 m exchange zone. If a baton is dropped it must be picked up by the incoming runner. After an exchange is made the incoming runners must stay in their lanes until signaled by the umpire.
17. **Hurdles** – both lead leg and trail leg must clear the horizontal plane of the hurdle. Athletes must remain in their lanes for the entire duration of the race. An athlete may not deliberately knock down a hurdle with their hand and / or foot while running.