

ILLAWARRA BLUE STARS ATHLETIC CLUB INC

CONDUCTING ATHLETICS EVENTS - TRACK

INTRODUCTION

The intent of these guidelines is to provide some information for volunteers, particularly parents, who assist at club athletic meets. The information is taken directly from the Athletics New South Wales Officiating Protocols document and the IAAF Technical Competition Rules handbook.

In the case of the information from the NSW Officiating Protocols document, the emphasis is on the safety issues involved in conducting events. Track officials need to be aware of field events, especially throwing events, taking place as they are extremely dangerous with fatalities and serious injuries not being uncommon overseas.

The IAAF rules listed will assist volunteers with making the correct decisions when assisting with judging events. The rules in italics, mainly technical specification, have been included for completeness but the actual details have been omitted. Anyone wishing to see these rules in detail can find them on the IAAF website, www.iaaf.org. Copies of the IAAF Rules can be purchased from NSW or Athletics Australia.

Any volunteer interested in becoming a qualified technical official can find more information on the Athletics NSW website, www.nswathletics.org.au and the Athletics Australia website, www.athletics.org.au.

ATHLETICS NEW SOUTH WALES OFFICIATING PROTOCOLS 2005-06

SAFETY

- Be aware of safety at all times and always ensure the safety of athletes, officials and spectators.
- Allow only competitors, officials and other accredited personnel onto the Field of Play.
- Always ensure that safety cages are used for hammer throw and discus throw events.
- All warm ups for all Field Events MUST be supervised.
- A safety officer must be in place if two long throws are occurring at the same time and if circular events are being conducted in conjunction with hammer throw events.
- Athletes should not be called to the discus/hammer circle when a track event is about to start near the cage. A brief delay is advisable in such instances and may also be advisable when groups of athletes pass on the track during circular events. Discretion needs to be used and a safety officer employed when conducting Javelin and High Jump events where the athlete's run ups intrude onto or across the track.
- Provide water as required by the Rules (or by common sense) in running and walking events.
- Always look in both directions before crossing the track.
- Do not cross the grassed area at any time – go around the track.
- Warning signs should be in place when throwing events are in progress.
- If conditions are unsafe do not conduct or continue the event.

OFFICIATING PHILOSOPHY

The aim and responsibility of every official should be to ensure that each athlete is given every possible opportunity to achieve their best performance in safe and fair competition in accordance with the Rules.

IAAF TECHNICAL COMPETITION RULES 2010-11 CHAPTER 5 SECTION II – GENERAL COMPETITION RULES

RULE 140

The Athletic Facility

Covers specifications for the facility including references to The IAAF Track and Field Facilities Manual and forms of Facility Certification Application and Facility Measurement.

RULE 141

Age Groups

The following definitions apply to the age groups recognised by IAAF:

Youth Boys & Girls: Any athlete of 16 or 17 years on 31st December in the year of the competition.

Junior Men & Women: Any athlete of 18 or 19 years on 31st December in the year of the competition.

Master Men & Women: Any athlete who has reached his/her 35th birthday for stadia events and his/her 40th birthday for out-of-stadia events.

Note (i): All other matters concerning Masters' competitions are referred to the IAAF/WMA Handbook approved by the IAAF and WMA Councils.

Note (ii): Eligibility, including minimum ages for participation in IAAF Competitions, shall be subject to the specific Technical Regulations.

RULE 142

Entries

1 - 2. Cover eligibility of athletes.

Simultaneous Entries

3. If an athlete is entered in both a track and field event, or in more than one field event taking place simultaneously, the appropriate Referee may, for one round at a time, or for each trial in the High Jump and Pole Vault, allow an athlete to take his trial in an order different from that decided upon by the draw prior to the start of the competition. However, if an athlete subsequently is not present for any trial, it shall be deemed that he is passing once the period allowed for the trial has elapsed. In the case of the High Jump and Pole Vault, if an athlete is not present when all other athletes who are present have completed the competition, the Referee shall deem that such athlete(s) has abandoned the competition, once the period for one further trial has elapsed.

Failure to participate

4. Covers what happens if an athlete fails to participate in an event.

RULE 143

Clothing, Shoes and Number Bibs

Clothing

1. Covers acceptable clothing to be worn by athletes.

Shoes

2 - 6. Cover specifications for shoes including spikes, the sole, the heel and the use of inserts.

Number bibs

7 - 9. Cover the use of number bibs and numbers on shorts.

RULE 144

Assistance to Athletes

1 - 4. Cover what is and is not considered to be providing assistance to athletes.

RULE 145

Disqualification

1 - 2. Cover the disqualification of an athlete from an event.

RULE 146

Protests and Appeals

1 - 6. Cover the procedures for protests and appeals.

RULE 147

Mixed Competition

Covers the holding of mixed events between male and female participants.

RULE 148

Measurements

Covers what tools or devices that can be used for taking measurements.

RULE 149

Validity of Performances

RULE 150

Video Recording

Covers when an official video recording of all events is recommended.

RULE 151

Scoring

Covers where the result of a meet is to be determined by the scoring of points.

IAAF TECHNICAL COMPETITION RULES 2010-11 CHAPTER 5 SECTION III - TRACK EVENTS

RULE 160

Track Measurements

1 - 7. Cover the specifications of the track, including the removal of sections of the kerb for field events.

RULE 161

Starting Blocks

1. Starting blocks shall be used for all races up to and including 400m (including the first leg of the 4x200m and 4x400m) and shall not be used for any other race. When in position on the track, no part of the starting block shall overlap the start line or extend into another lane.

The balance of Rule 161 covers technical information about starting blocks.

RULE 162

The Start

1. The start of a race shall be denoted by a white line 5cm wide. In all races not run in lanes the start line shall be curved, so that all the athletes start the same distance from the finish. Stations in events at all distances shall be numbered from left to right, facing the direction of running.

In all races up to and including 400m (including the first leg of the 4x200m and 4x400m), a crouch start and the use of starting blocks are compulsory.

2. All races shall be started by the report of the Starter's gun or approved starting apparatus fired upwards after he has ascertained that athletes are steady and in the correct starting position.

If for any reason the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks, he shall order all athletes to withdraw from their marks and the Starter's Assistants shall place them on the assembly line again.

3. At all International Competitions, except as noted below, the commands of the Starter in his own language, in English or in French shall, in races up to and including 400m (including 4x200m and 4x400m), be "On your marks" and "Set". When all athletes are "Set", the gun shall be fired. An athlete shall not touch either the start line or the ground in front of it with his hands or his feet when on his marks.

In races longer than 400m, the command shall be "On your marks" and when all athletes are steady, the gun shall be fired. An athlete shall not touch the ground with his hand or hands during the start.

Note: In competitions under Rule 1.1(a), (b), (c), (e) and (i), the commands of the Starter shall be given in English only.

4. After the "On your marks" command, an athlete shall approach the start line, assume a position completely within his allocated lane and behind the start line. Both hands and at least one knee shall be in contact with the ground and both feet in contact with the foot plates of the starting blocks. At the "Set" command, an athlete should immediately rise to his final starting position retaining the contact of the hands with the ground and of the feet with the foot plates of the blocks.

5. On the command "On your marks" or "Set", as the case may be, all athletes shall at once and without delay assume their full and final set position.

Where an athlete in the judgement of the Starter,

- (a) after the command "On your marks" or "Set", and before the report of the gun, causes the start to be aborted, for instance by raising a hand and/or standing in the case of a crouch start, without a valid reason, (such reason to be evaluated by the relevant Referee); or

- (b) fails to comply with the commands "On your marks" or "Set" as appropriate, or does not place himself in his final starting position after a reasonable time; or
- (c) after the command "On your marks" or "Set" disturbs other athletes through sound or otherwise,

the Starter shall abort the start.

The Referee may warn the athlete for improper conduct (disqualify in the case of a second infringement of the Rule during the same competition) according to Rules 125.5 and 145.2.

In cases as where an extraneous reason was considered to be the cause for aborting the start, or the Referee does not agree with the Starter's decision, a green card shall be shown to all the athletes to indicate that a false start was not committed by any athlete.

False start

6. An athlete, after assuming a full and final set position, shall not commence his start until after receiving the report of the gun. If, in the judgement of the Starter or Recallers, he does so any earlier, it shall be deemed a false start.

It shall also be deemed a false start if, in the judgement of the Starter:

(a) an athlete fails to comply with the commands "on your marks" or "set" as appropriate after a reasonable time.

(b) an athlete after the command "on your marks" disturbs other athletes in the race through sound or otherwise.

Note: When an IAAF approved false start control apparatus is in operation (see Rule 161.2 for operational details of equipment), the evidence of this equipment shall normally be accepted as conclusive by the Starter.

7. Except in Combined Events, any athlete responsible for a false start shall be disqualified.

In Combined Events any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified. (see also Rule 200.9 (c).)

8. In case of a false start, the Starter's Assistant shall proceed as follows:

Except in Combined Events, the athlete(s) responsible for the false start shall be disqualified and a red card shall be raised in front of him and a corresponding indication shown on the lane marker(s).

In Combined Events, in case of a first false start, the athlete(s) responsible for the false start shall be warned with a yellow card raised in front of him and a corresponding indication shown on the lane marker(s). At the same time, all other athletes taking part in the race shall be warned with a yellow card raised in front of them by one or several Starter's Assistants in order to notify them that anyone committing further false starts will be disqualified. In case of further false starts, the athlete(s) responsible for the false start shall be disqualified and a red card shall be raised in front of him and a corresponding indication shown on the lane marker(s).

The basic system (to raise a card in front of the athlete(s) responsible for the false start) will also be followed in case lane markers are not being used.

Note: In practice, when one or more athletes make a false start, others are inclined to follow and, strictly speaking, any athlete who does so has also made a false start. The Starter should warn or disqualify only such athlete or athletes who, in his opinion, were responsible for the false start. This may result in more than one athlete being warned or disqualified. If the false start is not due to any athlete, no warnings shall be given and a green card shall be shown to all the athletes.

9. The Starter or any Recaller, who is of the opinion that the start was not a fair one, shall recall the athletes by firing a gun.

1000m, 2000m, 3000m, 5000m and 10,000m

10. When there are more than 12 athletes in a race, they may be divided into two groups with one group of approximately 65% of the athletes on the regular arced start line and the other group on a separate arced start line marked across the outer half of the track. The other group

should run as far as the end of the first bend on the outer half of the track, which shall be marked by cones or flags as described in Rule 160.1.

The separate arced start line shall be positioned in such a way that all the athletes shall run the same distance.

The breakline for 800m described in Rule 163.5 indicates where the athletes in the outer group in 2000m and 10,000m may join the athletes using regular start. The track shall be marked at the

Beginning of the finish straight for group starts in 1000m, 3000m and 5000m to indicate where athletes starting in the outer group may join the athletes using the regular start. This mark may be a 5cmx5cm mark on the line between lanes 4 and 5 (lanes 3 & 4 in a six-lane track) immediately before which a cone or flag is placed until the two groups converge.

RULE 163

The Race

1. The direction of running shall be left-hand inside. The lanes shall be numbered with the left-hand inside lane numbered 1.

Obstruction

2. Any competing athlete who jostles or obstructs another athlete, so as to impede his progress, shall be liable to disqualification from that event. The Referee shall have the authority to order the race to be re-held excluding any disqualified athlete or, in the case of a heat, to permit any athlete(s) seriously affected by jostling or obstruction (other than any disqualified athlete), to compete in a subsequent round of the event. Normally such an athlete should have completed the event with bona fide effort.

Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to order the race to be re-held if he considers it just and reasonable to do so.

Running in Lanes

3.

(a) In all races run in lanes, each athlete shall keep within his allocated lane from start to finish. This shall also apply to any portion of a race run in lanes.

(b) In all races (or any part of races) not run in lanes, an athlete running on a bend, on the outer half of the track as per Rule 162.10, or on the diversion from the track for the steeplechase water jump, shall not run on or inside the kerb or line marking the applicable border (the inside of the track, the outer half of the track, or the diversion from the track for the steeplechase water jump)..

Except as stated in 163.4, if the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that an athlete has violated this Rule, he shall be disqualified.

4. An athlete shall not be disqualified if he

(a) is pushed or forced by another person to run outside his lane or on or inside the kerb or line marking the applicable border, or,

(b) runs outside his lane in the straight, or outside the outer line of his lane on the bend, with no material advantage thereby being gained, and no other athlete being obstructed.

5. In competitions held under Rule 1(a), (b), (c) and (f), the 800m event shall be run in lanes as far as the nearer edge of the breakline marked after the first bend where athletes may leave their respective lanes.

The breakline shall be an arced line, 5cm wide, across all lanes other than lane 1. To assist athletes identify the breakline, small cones or prisms, 5cmx5cm and no more than 15cm high, preferably of different colour from the breakline and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline .

Note: In international matches, countries may agree not to use lanes.

Leaving the Track

6. An athlete, after voluntarily leaving the track, shall not be allowed to continue in the race.

Check-Marks

7. Except when all or the first portion of a relay race is being run in lanes, athletes may not make check-marks or place objects on or alongside the running track for their assistance.

Wind Measurement

8 - 12. Covers the use of the wind gauge.

RULE 164

The Finish

1. The finish of a race shall be denoted by a white line 5cm wide.
2. The athletes shall be placed in the order in which any part of their bodies (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line as defined above.

3. Covers races decided on the basis of the distance covered in a fixed period of time.

RULE 165

Timing and Photo Finish

1. Three alternative methods of timekeeping shall be recognised as official:
(a) Hand Timing;
(b) Fully Automatic Timing obtained from a Photo Finish System.
(c) Timing provided by a Transponder System for competitions held under Rules 230 (races not held completely in the stadium), 240 and 250 only.
2. The time shall be taken to the moment at which any part of the body of an athlete (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.
3. Times for all finishers shall be recorded. In addition, whenever possible, lap times in races of 800m and over and intermediate times at every 1000m in races of 3000m and over shall be recorded.

Hand timing

4. The Timekeepers shall be in line with the finish and where possible, they should be placed at least 5m from the outside lane of the track. In order that they may all have a good view of the finish line, an elevated stand should be provided.
5. Timekeepers shall use manually operated electronic timers with digital readouts. All such timing devices are termed "watches" for the purpose of the Rules.
6. The lap and intermediate times as per Rule 165.3 shall be recorded either, by designated members of the timekeeping team using watches capable of taking more than one time, or by additional Timekeepers.
7. The time shall be taken from the flash/smoke of the gun or approved starting apparatus.
8. Three official Timekeepers (one of whom shall be the Chief Timekeeper) and one or two additional Timekeepers shall time the winner of every event. (For Combined Events see Rule 200.9(b).) The times recorded by the additional Timekeepers' watches shall not be considered unless one or more of the official Timekeepers' watches fail to record the time correctly, in which case the additional Timekeepers shall be called upon, in such order as has been decided previously, so that in all the races, three watches should have recorded the official winning time.

9. Each Timekeeper shall act independently and without showing his watch to, or discussing his time with, any other person, shall enter his time on the official form and, after signing it, hand it to the Chief Timekeeper who may examine the watches to verify the reported times.

10. For all hand-timed races, the time shall be read and recorded as follows:

(a) For races on the track, unless the time is an exact 1/10th of a second, the time shall be read and recorded to the next longer 1/10th of a second.

(b) For races partly or entirely outside the stadium, unless the time is an exact whole second, the time shall be converted and recorded to the next longer whole second, e.g. for the Marathon 2:09:44.3 shall be recorded as 2:09:45.

All times not ending in zero in the second decimal shall be converted and recorded to the next longer 1/10th of a second, e.g. 10.11 shall be recorded as 10.2.

11. If, after converting as indicated above, two of the three watches agree and the third disagrees, the time recorded by the two shall be the official time. If all three watches disagree, the middle time shall be official. If only two times are available and they disagree, the longer time shall be official.

12. The Chief Timekeeper, acting in accordance with the Rules mentioned above, shall decide the official time for each athlete and provide the result to the Competition Secretary for distribution.

Fully Automatic Timing and Photo Finish System

13 - 23. Cover automatic timing and photo finish systems.

Transponder System

24. Covers the use of Transponder Timing.

RULE 166

Seedings, Draws and Qualification in Track Events

1 - 8. Cover how athletes are seeded, how lane draws are made and how athletes qualify for subsequent rounds and finals.

RULE 167

Ties

Covers how ties are decided.

RULE 168

Hurdle Races

1. Covers standard distances for hurdle races.

2 - 5. Cover the technical specifications for hurdles.

6. All races shall be run in lanes and each athlete shall keep to his own lane throughout, except as provided in Rule 163.4.

7. Each athlete shall jump each hurdle. Failure to do so will result in a disqualification.

In addition, an athlete shall be disqualified if he:

(a) trails his foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance,

(b) in the opinion of the Referee deliberately knocks down any hurdle.

8. Except as provided in Rule 168.7(b), the knocking down of hurdles shall not result in disqualification nor prevent a record being made.

9. For a World Record all hurdles must comply with the specifications of this Rule.

RULE 169

Steeplechase Races

1. The standard distances shall be 2000m and 3000m.
2. There shall be 28 hurdle jumps and 7 water jumps included in the 3000m event, and 18 hurdle jumps and 5 water jumps in the 2000m event.
3. For the steeplechase events, there shall be five jumps in each lap after the finish line has been passed for the first time, with the water jump as the fourth. The jumps shall be evenly distributed, so that the distance between the jumps shall be approximately one fifth of the nominal length of the lap.

Note: In the 2000m event, if the water jump is on the inside of the track, the finish line has to be passed twice before the first lap with five jumps.

4. In the 3000m event, the distance from the start to the beginning of the first lap shall not include any jumps, the hurdles being removed until the athletes have entered the first lap. In the 2000m event, the first jump is at the third barrier of a normal lap. The previous hurdles shall be removed until the athletes have passed them for the first time.

5 - 6. Cover the technical specifications for the steeplechase hurdles and water jump.

7. Each athlete shall go over or through the water and shall jump each hurdle. Failure to do so will result in a disqualification.

In addition, an athlete shall be disqualified, if he

- (a) steps to the one side or other of the water jump, or
- (b) trails his foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance.

Provided this Rule is observed, an athlete may go over each hurdle in any manner.

RULE 170

Relay Races

1. Lines 5cm wide shall be drawn across the track to mark the distances of the stages and to denote the scratch line.
2. Each take-over zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction.
3. The scratch lines of the first take-over zones for the 4x400m (or the second zones for the 4x200m) are the same as the start lines for the 800m.
4. The take-over zones for the second and last take-overs (4x400m) will be the 10m lines either side of the start/finish line.
5. The arc across the track at the entry to the back straight showing the positions at which the second stage athletes (4x400m) and third stage athletes (4x200m) are permitted to leave their respective lanes, shall be the same as the arc for the 800m event, described in Rule 163.5.
6. 4x100m and, where possible, 4x200m relay races, shall be run entirely in lanes.

In 4x200m (if this event is not run entirely in lanes) and 4x400m relay races, the first lap, as well as that part of the second lap up to the line after the first bend (breakline), will be run entirely in lanes.

Note: In the 4x200m and 4x400m relay races, where not more than 4 teams are competing, it is recommended that only the first bend of the first lap should be run in lanes.

7. In relay races of 4x100m and 4x200m, members of a team other than the first runner may commence running not more than 10m outside the take-over zone (see Rule 170.2). A distinctive mark shall be made in each lane to denote this extended limit.

8. In the 4x400m relay race, at the first take-over, which is carried out with the athletes remaining in their lanes, the 2nd runner is not permitted to begin running outside his take-over zone, and shall start within this zone. Similarly, the 3rd and 4th athletes shall begin running from within their take-over zones.

The 2nd athletes in each team shall run in lanes as far as the nearer edge of the breakline marked after the first bend where athletes may leave their respective lanes. The breakline shall

be an arced line, 5cm wide, across the track. To assist athletes identify the breakline small cones or prisms, 5cmx5cm and no more than 15cm high, preferably of different colour from the breakline and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline.

9. The athletes in the third and fourth legs of the 4x400m relay race shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they complete 200m of their legs. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the take-over zone. If an athlete does not follow this Rule, his team shall be disqualified.

Note: In the 4x200m relay race (if this event is not run entirely in lanes) the athletes in the fourth leg shall line up in the order of the start list (inside to out).

10. In any relay race, when lanes are not being used, including when applicable, in 4x200m and 4x400m, waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete so as to impede his progress. In 4x200m and 4x400m, waiting athletes shall maintain the order in accordance with paragraph 9.

11. Check-Marks. When all or the first portion of a relay race is being run in lanes, an athlete may place one check-mark on the track within his own lane, by using adhesive tape, maximum 5cmx40cm, of a distinctive colour which cannot be confused with other permanent markings. No other check-mark may be used.

12. Covers the technical specification of the baton.

13. The baton shall be carried by hand throughout the race. Athletes are not permitted to wear gloves or to place substances on their hands in order to obtain a better grip of the baton. If dropped, it shall be recovered by the athlete who dropped it. He may leave his lane to retrieve the baton provided that, by doing so, he does not lessen the distance to be covered. Provided this procedure is adopted and no other athlete is impeded, dropping the baton shall not result in disqualification.

14. In all relay races, the baton shall be passed within the take-over zone. The passing of the baton commences when it is first touched by the receiving runner and is completed the moment it is in the hand of only the receiving runner. In relation to the take-over zone, it is only the position of the baton which is decisive, and not the position of the bodies of the athletes. Passing of the baton outside the take-over zone shall result in disqualification.

15. Athletes, before receiving and/or after handing over the baton, should keep in their lanes or zones, in this last case until the course is clear to avoid obstruction to other athletes. Rule 163.3 and 4 shall not apply to these athletes. If an athlete wilfully impedes a member of another team by running out of position or lane at the finish of his stage, his team shall be disqualified.

16. Assistance by pushing or by any other method shall result in disqualification.

17 – 18. Cover substitutes and running order.