

TRACK PROTOCOLS

THE TRACK REFEREE – DUTIES

- To preside over all track events and ensure that the technical rules are observed.
- To deal with anything that arises and is not covered by the rules.
- To handle any disputes.
- To deal in the first instance with any protest regarding the conduct of the competition.
- To decide about places only when the track judges cannot agree.
- To control the photo finish equipment together with the photo finish chief judge and starter (the “zero test”).
- To warn or exclude any competitor from the competition for improper conduct.
- To check and sign the result.
- To ensure that hurdles are placed correctly, i.e. position on track, appropriate heights and weight adjustments.
- To decide if a race is to be re-contested (for the sake of justice or to separate a first place tie).



IMPORTANT

THE REFEREE SHALL NOT ACT AS A JUDGE OR
UMPIRE

BUT

***MAY TAKE ANY ACTION OR DECISION
ACCORDING TO THE RULES BASED ON HIS/HER
OBSERVATIONS***

Rule 126 - Judges

TRACK EVENTS

- Chief judge allocates duties if not done by relevant body
- All on same side of track
- Elevated, in line with finish, 5m from track
- **Judge places not lanes**
- Referee only involved if judges undecided

Rule 127 - Umpires

“The eyes and ears of the referee”

DUTIES

- **To watch competitors to ensure that there are no infringements of the rules and to decide if it was reportable or not.**
- **To watch if athletes (particularly on bends) run out of their lanes.**
- **To supervise the take-over zones for relay races.**
- **To ensure athletes correctly leave their lanes at the break-point (eg 800m, 4x400m and 4x200m relays).**
- **To check that hurdles and steeple chase athletes clear the hurdles correctly.**
- **Complete umpire report forms accurately and as soon as the infringement is noticed.**
- **In the case of any infringement to note the spot where it happened on the umpires form.**



**INFORM THE CHIEF UMPIRE ABOUT ANY
INFRINGEMENT**

**BY RAISING A YELLOW FLAG/FOLDER
or through the use of a radio device**

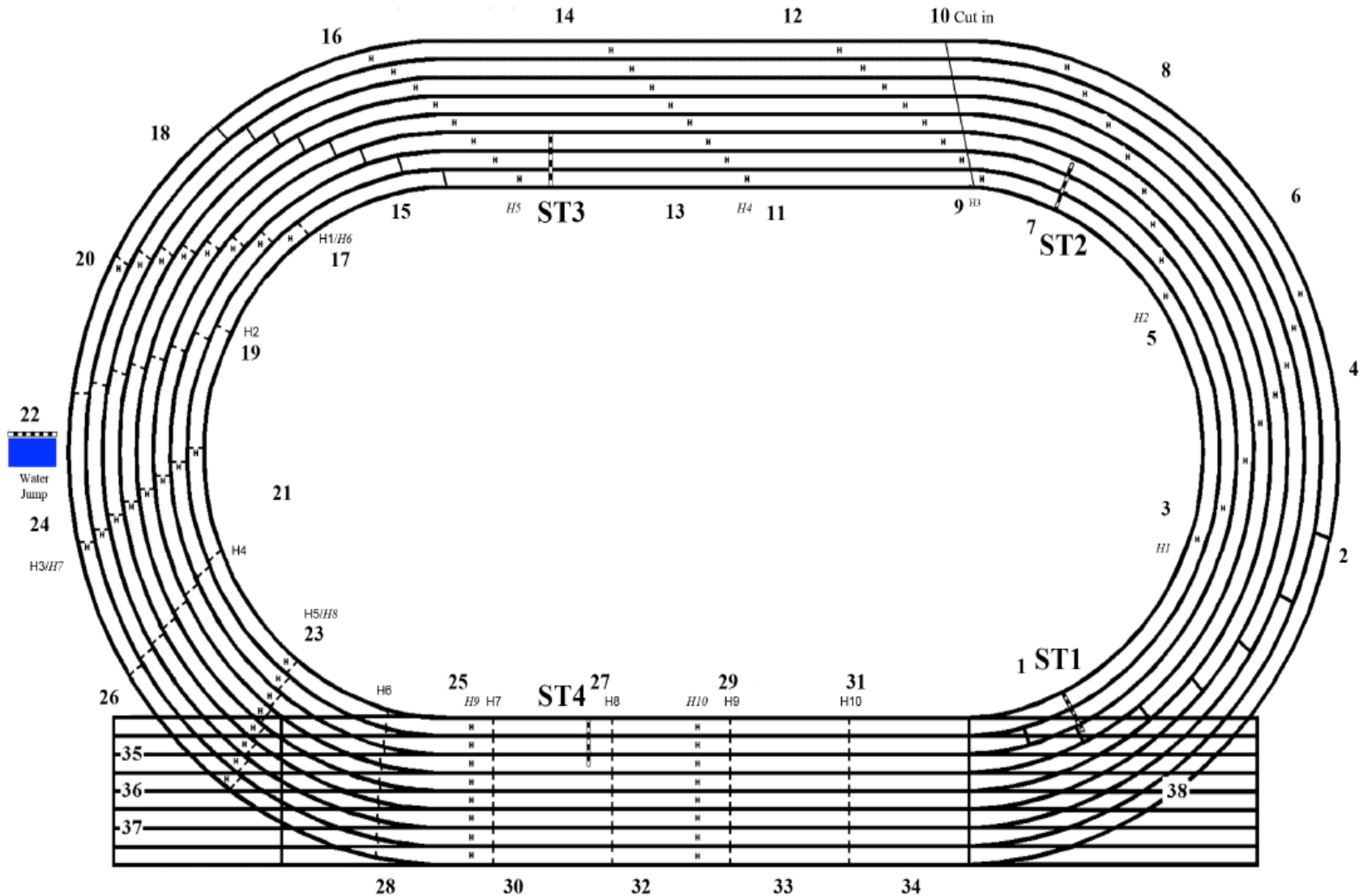
***UMPIRES HAVE NO POWERS OTHER THAN
REPORTING INFRINGEMENTS TO THE CHIEF
UMPIRE/REFEREE***



Track Umpire Positions

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Track Umpire Positions



TRACK UMPIRES' POSITIONS
100 - 10,000M, 200 & 400M HURDLES & STEEPLECHASE

KEY TO HURDLE PLACEMENTS
 200m hurdles = H1 - H10 (I- -I)
 400m hurdles = H1 - H10 (H)

SOME OFFICIATING HINTS WHAT TO LOOK AT IN WHICH EVENT

- What? - Jostling or pushing off the track or changing direction without thought for fellow athletes
When? - Middle-long distance races 800 metres and longer
- What? - Running outside the lane specially on bends
When? - 200m – 400m – 800m – Relay 4x400
- What? - Leaving the lanes after the break line
When? - 800m – Relay 4x200 – Relay 4x400
- What? - Hurdles – Steeple – Water Jump
Correctly going over – intentional pushing down – stepping to the side of the water jump
When? - 100mh – 110mh - steeplechase
- What? - Take-over zones; correct baton exchange
When? - Relays.

REMEMBER AN UMPIRE IS NOT A REFEREE

Rule 128-Timekeepers and Photo Finish Judges

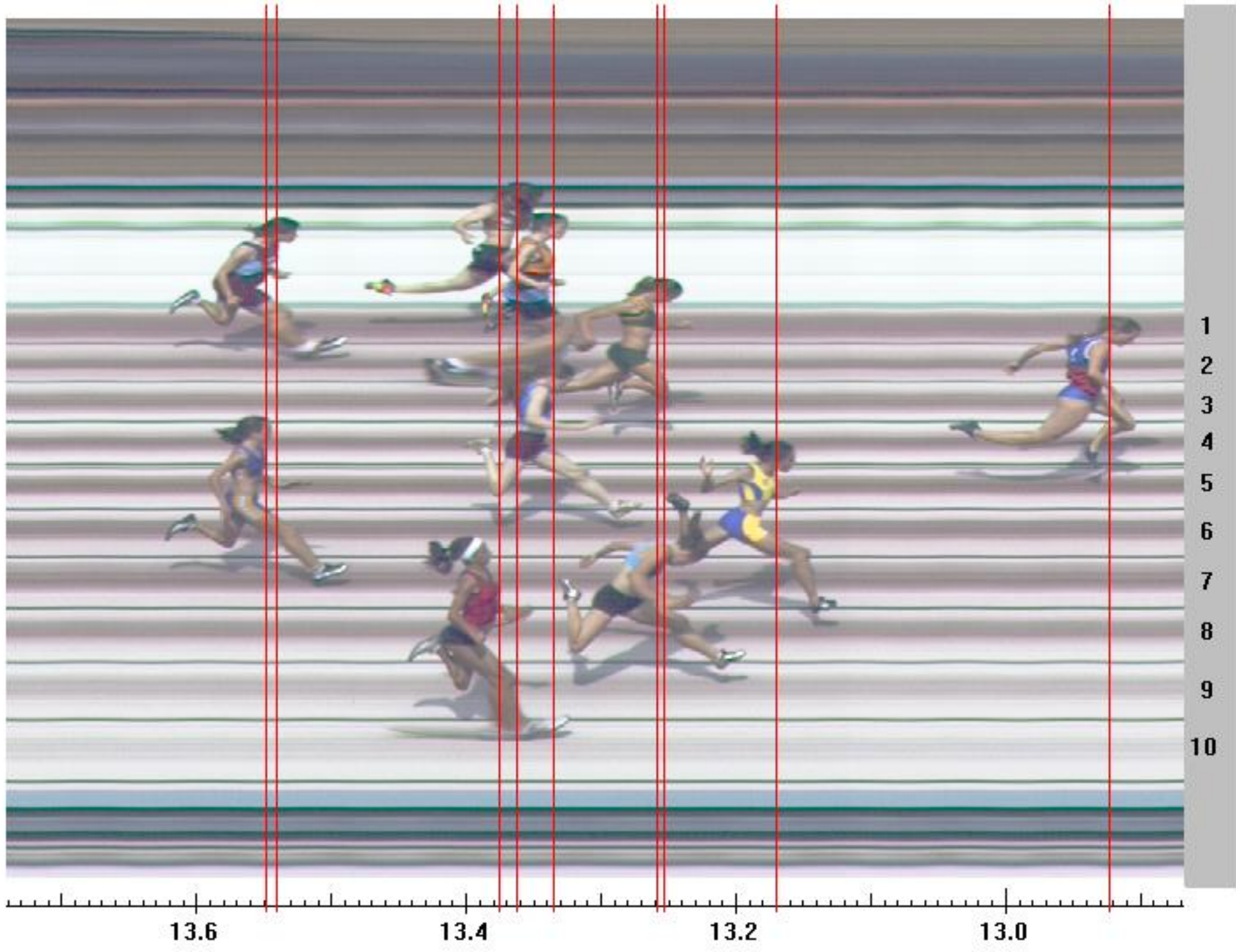
- Hand timing – a sufficient number of timekeepers for the number of athletes. One is the Chief Time Keeper. Back-up to photo finish when it is operating.
- Photo finish - a Chief Photo Finish Judge and at least 2 assistant photo finish judges.

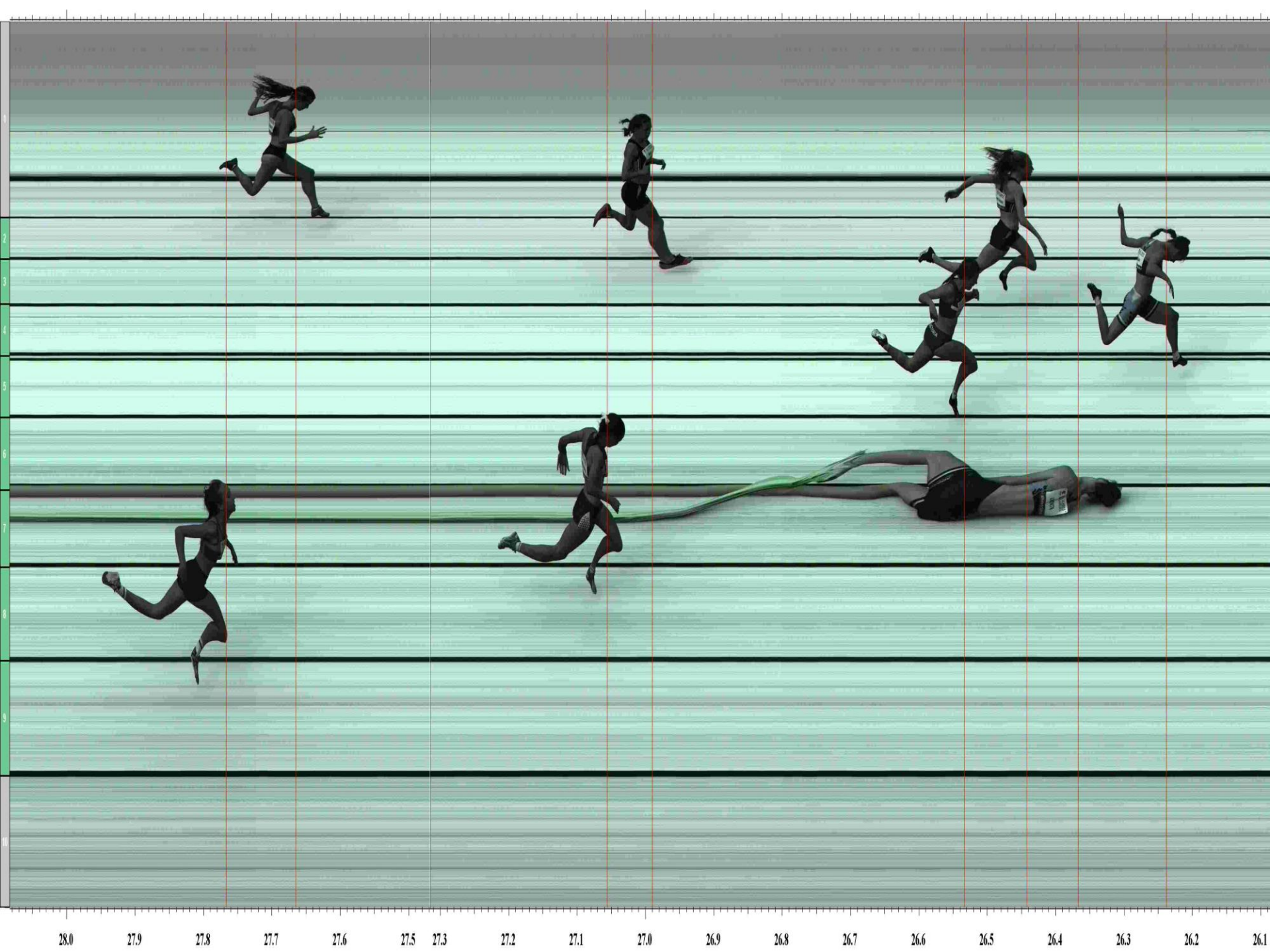
Rule 165– Timing and Photo Finish

HAND TIMING

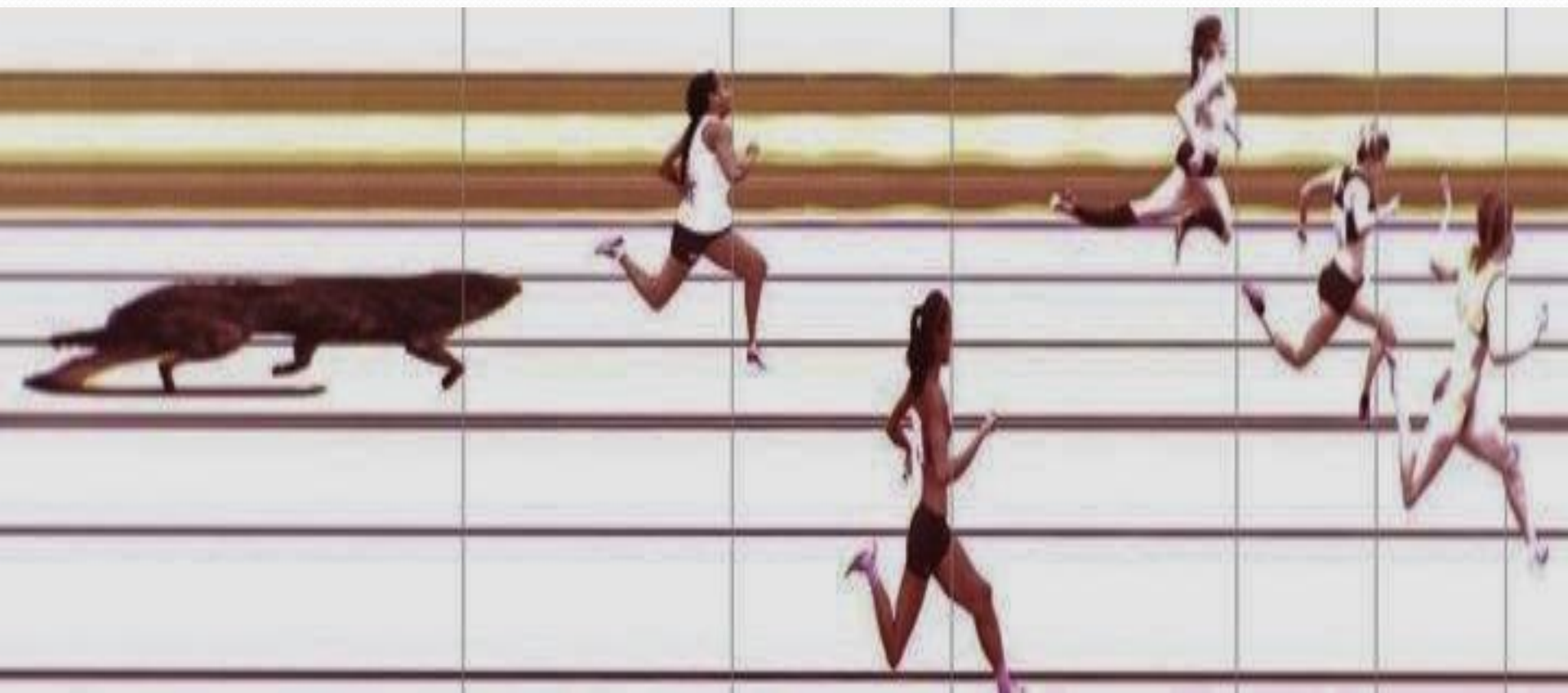
- Timekeepers in line with the finish, 5m outside the track, in good view of the finish.
- Timekeepers use manually operated electronic timers with digital readers.
- Chief timekeeper allocates duties to judges.
- Three official timekeepers including chief (and one or two additional timekeepers) on first place and sufficient others for number of athletes.
- If two or three timekeepers agree – that is official time.
- If all three timekeepers disagree – middle time is official.
- If only 2 times available and they disagree – the longer time is official.
- Time all finishers.
- Act independently, write down your time and sign it and hand to chief who determines the time.

- **Time places not lanes.**
- **Start watch on flash or smoke of gun.**
- **Stop watch when any part of torso (not head, neck, arms, legs, etc) reaches perpendicular plane of finish line nearest to the start.**
- All hand times on the track are read to next longer tenth of a second.
 - So 12.81 becomes – 12.9
 - 12.88 becomes – 12.9
 - 12.91 becomes – 13.0
- Times for races wholly or partly outside the stadium are read to next longer full second.
 - So 2 hours 14 mins 34.1 seconds = 2.14.35
 - And 2 hours 14 mins 34.8 seconds = 2.14.35





Cook Islands – Photo Finish



Start recaller duties:

- One or more recallers assigned to assist starter. For staggered starts 2 or more.
- Place himself so that he can see each athlete assigned to him.
- Recall race if any infringement is observed.
- Report observation of infringement to the starter.

Rule 130 – Starter's Assistants

Starter's assistants duties

- Receive athletes from the call room
- Last check of uniform and numbers
- Hip numbers from photo finish
- Assemble athletes on a line approx 3 metres behind the starting line
- Verify that every athlete is correctly placed in his/her lane
- Ensure that athletes when “on your mark” have feet and hands behind the start line
- Supply relay batons

Rule 162 – The Start

A starting panel may consist of

- A start area co-ordinator (chief starter) one or more starters
- One or more recallers
- At least 2 for events up to and including 400m
- At least 1 for all other events
- Starters assistants

All events up to and including 400m

- (100m – 200m – 400m – Hurdles – 4x100m – 4x400m – 4x200m)

Start in lanes

- For 800m Start in lanes or on a curved line

(Local Rule – Double up in lanes 8, 6, 4, 2)

For all other running events

- Start on a line

ONE ATHLETE IN EACH LANE (EXCEPTION MAY BE 800M)

Commands

- To be given in the starter's language
- Up to 400m “on your marks” and “set”
- All other events “on you marks”

All races are started by the gun being fired upwards after the starter has ascertained **ALL** athletes are steady and in correct position.

Disqualification at the start after

- A false start by any athlete
- Athletics Australia Under 14 Dispensation Rule (May, 2011)
- **Disqualification after a second false start by any athlete.**



Starts

- In races longer than 400m athletes cannot touch the ground with a hand or hands during the start.

The starter may abort the start if:

- Athletes are unsteady.
- After “on your marks” or “set” athlete raises hand, sits or stands up with a valid reason.
- Failure to obey commands within a reasonable time.
- Competitors disturbing others after the command, “on your marks” or “set”.
- Commencing starting motion (*hands and feet only*) after reaching final “set” position and before gun shot is a false start.
- Only the starter can apply the warning or disqualification.
- Starter no longer the sole judge of validity and athletes may protest to start referee and appeal to the jury.

IAAF Starting Guidelines – March 2015

Rule 161 - STARTING BLOCKS ARE COMPULSORY

- For all events starting in lanes (except the 800m) (100m – 200m – 400m – Hurdles – 4x100m – 4x400m)
- Blocks are not to be used for any other event

NSW PSSA Exception: Rule 5.2.4: STARTING AND LANE DRAW

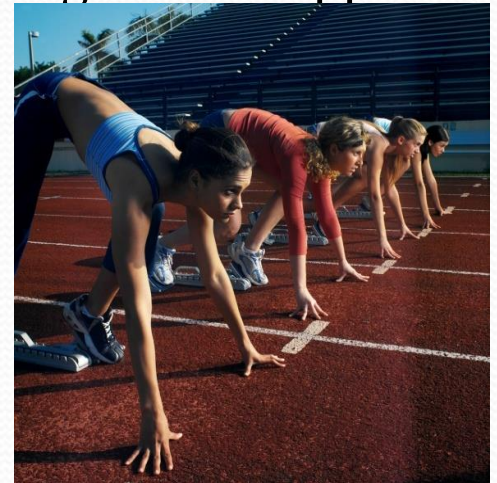
- c) Starting blocks may be used, at the discretion of the athlete, in all laned track events, except where this contravenes any rule(s) made by the venue management on the use of starting blocks. Only starting blocks supplied at the Sydney Athletic Centre are permitted to be used.

When starting blocks are used

Athletes must have (when on their marks)

- Both hands in contact with the ground
- Both feet in contact with the starting blocks
- One knee in contact with the ground

Synthetic tracks may insist the athlete uses blocks provided



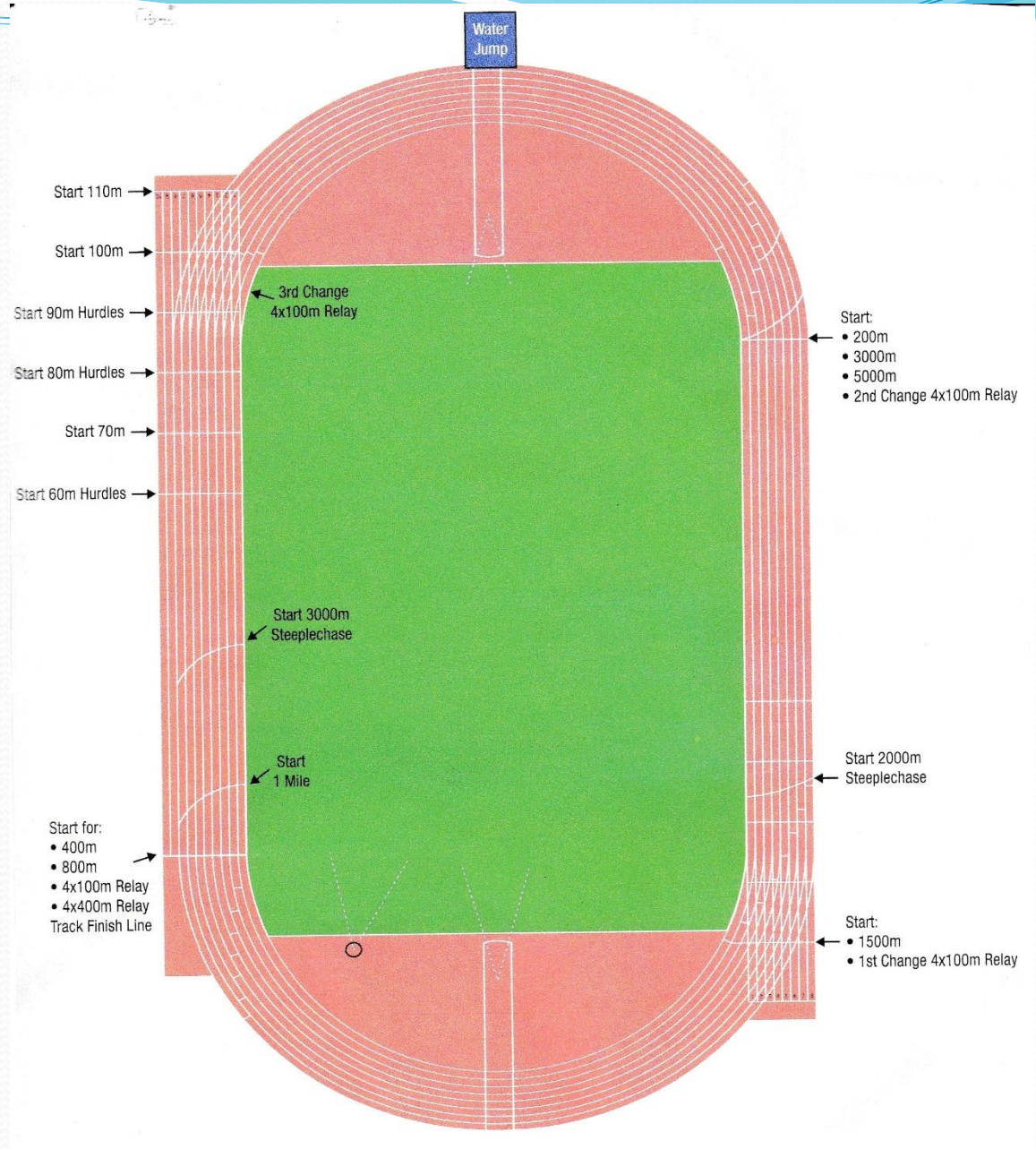
SHOES

- Up to 11 – but only 11 spike holes each shoe.
- Synthetic Tracks – Max. length = 9mm (BUT 12 mm in High Jump and Javelin).
- Max. Diameter = 4mm **BUT** -- SUBJECT TO LOCAL TRACK RULES.
- Grass Tracks, etc – Max = 25mm x 4mm.
- May compete barefoot or with foot wear on one or both feet

NSW Department of Education has a policy whereby shoes must be worn.



Track Starts



Rule 163 - THE RACE

- Direction of running is left hand inside, i.e. Anti-clockwise'

OBSTRUCTION ON THE TRACK

- Competitors who jostle or obstruct others to impede their progress shall be liable to disqualification from that event. (***“boxed in” athlete***)
- Referee can order race to be re-held, excluding any disqualified competitors OR can permit seriously affected competitors not DQ'd to advance to next round (normally such competitors should have completed the event with bona fide effort).
- Regardless of any disqualification, the referee can, in exceptional circumstances, order a re-run if he considers it just and reasonable.

LEAVING THE TRACK

- A competitor, after voluntarily leaving the track, shall not be allowed to continue on the race – but if pushed or forced off or accidentally leaves (eg. – trips) and no material advantage is gained - no disqualification.



CHECK MARKS

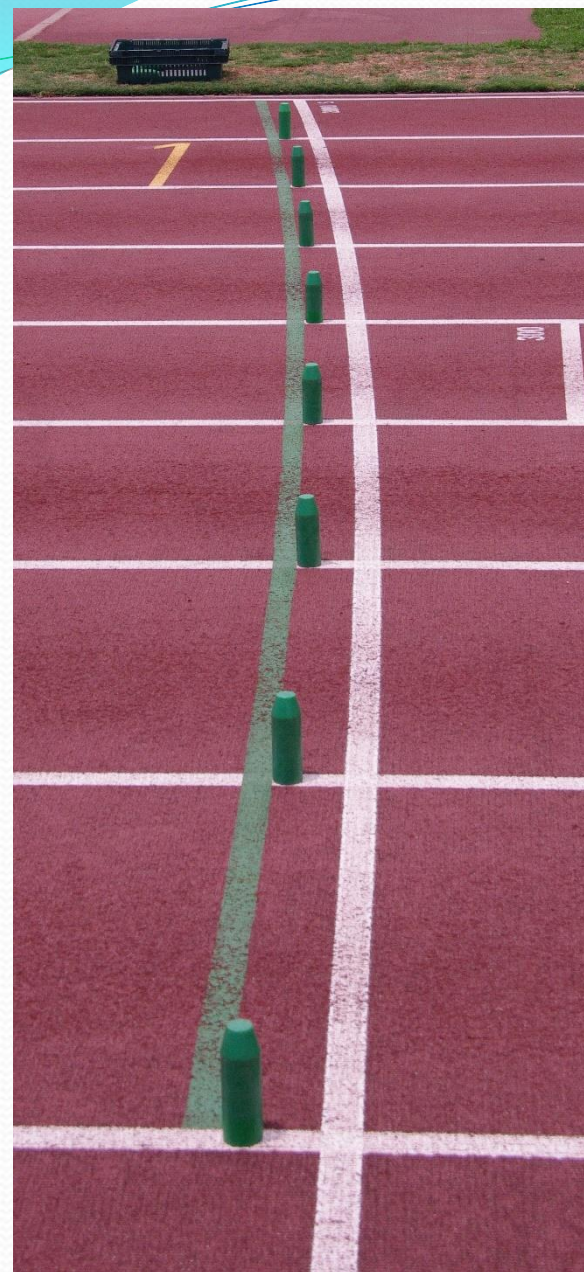
- Only allowed for relays in lanes – **one mark only in own lane** – 5 cm x 40 cm self-adhesive tape or if a grass track – one scratch mark. (Included in PSSA & CHS carnivals)
- Otherwise no other check-marks or objects on or alongside the track.

RUNNING IN LANES

- In laned races must stay in lane throughout (or that part of race run in lanes – i.e. 800m first bend or first leg and next bend of 4 x 400m relay or first two legs and next bend of 4 x 200m relay).
- Referee disqualifies athletes if satisfied on umpire's report that they have run outside their lane – except in cases where the athlete:-
 - Is pushed or forced to run outside their lane and no material advantage is gained.
 - Runs outside lane in straight and gains no material advantage.
 - Runs outside outer line of lane on the bend with no material advantage gained and no other runner is obstructed.

NOTE – Automatic disqualification if the athlete runs on the inside line or inside lane on left on bend providing none of the above is involved.

The Break line (entry to back straight)





WIND MEASUREMENT

- Maximum speed allowed for records + 2m/s (Not for combined events)
- Events for which it is required:
 - RUNNING EVENTS: 100m – 200m – 80m H - 100m H – 110m H – 200m H
 - FIELD EVENTS: Long Jump – Triple Jump

- How to place the wind gauge

50 metres from the finish line along the straight adjacent to lane 1 for track events

20 metres from the take off board from jumps

Height 1.22m

Not more than 2 metres away from track or runway

The wind speed shall be measured in

- Metres per second (m/s)
 - Positive (assisting)
 - Negative (not assisting)
- Rounded to the next higher tenth of a metre in the positive direction rounded down to the next second in a negative direction.

Therefore +2.03 shall be +2.1

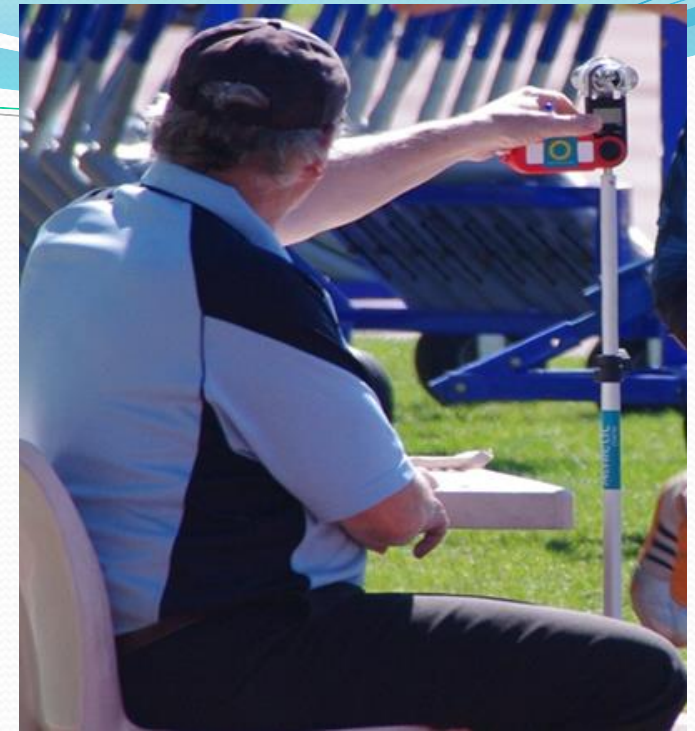
Therefore - 2.03 shall be - 2.0

WIND MEASUREMENT

- HOW AND WHEN TO MEASURE

100m & 200m 10 SECONDS

100m H & 110m H 13 SECONDS

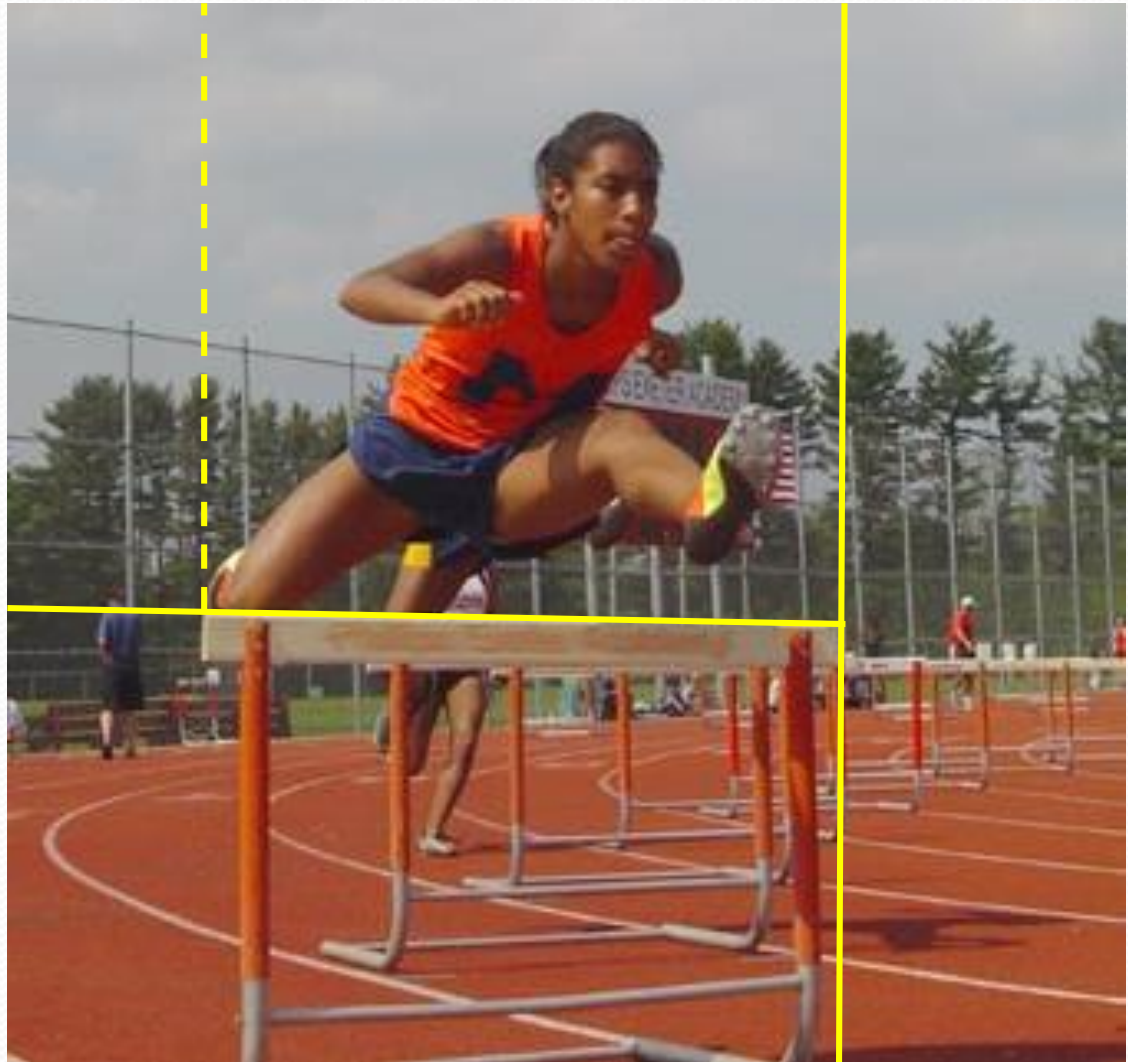


100m - 100m H - 110m H From the flash of the starter's gun

200m When the leading athlete enters the straight

Rule 168 – Hurdle Races

**All of athlete
must pass
above the
plane of the
hurdle and
not interfere
with any
other athlete**



Rule 170 - RELAY RACES

- Relays run in major competitions are:-

4 x 100 Metres 4 x 200Metres 4 x 400 Metres



MAIN FEATURES OF ALL RELAYS ARE:-

- Baton must be carried in the hand throughout the race.
- Baton must be passed – never thrown.
- Whoever drops the baton must retrieve it.
- Can leave lane to retrieve baton but can't shorten distance to be run or obstruct other runners.
- Pass must commence and be completed only within take-over zone.
- Pass commences when baton is first touched by receiving runner and is completed when baton is solely in hand of receiving runner.
- **Only the position of the baton is important** – not position of the runners.
- **One check mark (tape) only**, within own lane, adhesive tape (5cm x 40cm) on synthetic or scratch mark (grass).

- Take-over zone = 20 metres, scratch mark in centre of zone.
- Acceleration zone (10 metres) only in 4 x 100 and 4 x 200.
- Passing the baton outside the take-over zone results in disqualification.
- Competitors cannot wear gloves or place substances on their hands.
- Assistance by pushing off or by any other method results in disqualification
- Competitors before receiving and/or after handing over the baton should keep in their lanes or zones – if wilfully impedes another team by running out of position or lane at the finish of his stage his team shall be disqualified.
- Once all changes are completed, athletes can leave their lane on the advice of the official.

4 x 400 RELAY

- In the 4 x 400 metres relay the first lap and the next bend are run completely in lanes after which runners may break from their lanes.
- There is no acceleration zone in a 4 x 400 relay and runners may only commence running within the take-over zone.
- Second runner receives baton in take-over zones within his lane and may move into lane one as they exit the curve (800m break line).
- Third and fourth runners line up in take-over zone (inside to out) in the same order as the order of their incoming runner *as they enter the last bend* (200m mark). Once positioned by the official they may not change their order or they will be disqualified.

Rule 167 - RESOLVING TIES

IN RUNNING EVENTS

For athletes competing in the same heat, same time does not necessarily mean same placing!

- Consider the photo finish times of the tying athletes to the 1/1000th (but the actual time shall be given in 1/100th).

If the tie still remains in preliminary rounds

- Competitors to be placed in the next round or if not possible,
- Place takes precedence over time
- If same place draw by lot.

Finals

- The referee decides if it is practicable for the athletes tying to compete again.
- If he decides it is not practicable, the result will stand.
- Ties in other places shall remain.