

Section B

Track Events

These rules are to be read in conjunction with Section A Competition General Rules.

At any time where there is doubt about the application or interpretation of these rules, the benefit of that doubt shall be in favour of the athlete

1. GENERAL RULES

1.1 Ties/Progression to Next Level

This point has been moved to Section D, 1.2 Progression to Next Level.

1.2 Competition

- i. No athlete shall receive assistance during the progress of an event (as per Section A, Clause 1.13).
- ii. Except in the case of relay races run in lanes, athletes may not make check marks or place objects on or alongside the running track for their assistance.
- iii. The following shall not be considered as unfair assistance:
 - a. A hands-on medical examination during the progress of an event by the Medical Officer(s).
 - b. Verbal or other communication, without the use of any technical device, from an individual who is not in the competition area.

1.3 Lane Draw for Heats

- i. For track events where more than one round will be applied; and if Best Performances are provided, athletes shall be seeded in heats using a zigzag distribution method. If no Best Performances are provided, athletes will be randomly drawn into heats.
- ii. For track events where only one round of competition is applied and progression is not necessary; and if Best Performances are provided, athletes shall be seeded slowest to fastest. If no Best Performances are provided, athletes will be randomly drawn into heats.
- iii. Lanes for heats shall be randomly drawn.
- iv. Where there are more lanes available than athletes in a heat the inside lane should always remain free.

1.4 Progression to Finals (except for State Relays)

The following athletes shall progress to the final in their event: -

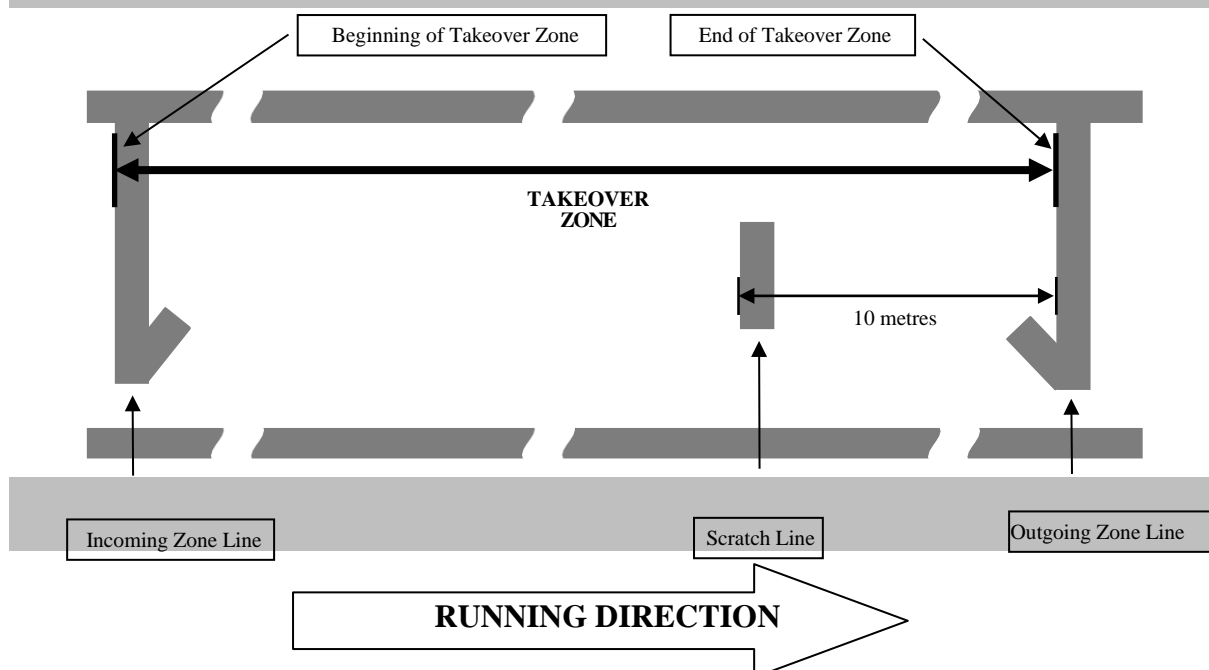
- i. **2 heats** – 1st, 2nd & 3rd in each heat plus next 2 fastest times.
3 heats – 1st & 2nd in each heat plus next 2 fastest times.
4 heats or more – 1st in each heat with the remaining lanes filled with the next fastest times
- ii. Where insufficient starters marshal for heats, that event shall be run as a final at the time of heats.
- iii. Where there is a tie in determining the next fastest times, if possible both athletes shall progress through to the final. Failing that, the higher placed athlete in their heat shall progress. If the tie still remains, a random process with equal probability (e.g. A coin toss) shall be used to determine progression.
- iv. Where the venue has nine or more lanes, the carnival organiser shall have the discretion to allow nine or more athletes to contest the final of an event. In such cases, Rule 1.5 i. shall be modified by increasing the number of athletes qualified due to the 'next fastest times' as appropriate.

1.5 Lane Draw for Finals

- i. Following the running of the heats, athletes shall be ranked on the following basis:
 - Fastest heat winner, second fastest heat winner, etc
 - Fastest 2nd place in heat, second fastest 2nd place in heat, etc
 - Concluding with: Fastest next qualifier, second fastest next qualifier
- ii. Using the rank determined in Rule 1.4(iii), then a random draw of the priority lanes shall occur amongst the top four ranked athletes and a random draw of the non-priority lanes shall occur amongst the remaining athletes.
- iii. On an eight lane track the priority lanes are 3, 4, 5 and 6, whilst on a nine lane track, they are 4, 5, 6 and 7.
- iv. Carnival organisers may, at their discretion, conduct two random draws for the non-priority lanes, with the 5th and 6th ranked athletes being drawn for the outside two lanes of the track and the 7th and 8th ranked athletes being drawn for the inside two lanes of the track.
- v. Where there are more lanes than athletes, the inside lane should always remain free.

1.6 Relay Races

1. The standard distances will be: 4x100m, 4x200m, 100m-300m-200m-400m Medley Relay (Swedish Medley Relay)
2. Lines 50mm wide will be drawn across the track to mark the distances of the legs and to denote the scratch line.
3. In the 4x100m and the 4x200m and for the first and second changes of the Medley Relay, each takeover zone will be 30m long, of which the scratch line is 20m from the start of the zone. For the third change in the Medley Relay the takeover zone will 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. For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their takeover zone.



Note: Unless a track has been specifically marked for 30m takeover zones, the existing line marked on the track to denote the acceleration line shall be used as the incoming zone line.

4. When all or the first portion of a relay race is being run in lanes, an athlete may place one checkmark on the track within their own lane supplied or approved by the Organising Body. No other check mark may be used. The Judges shall direct the relevant athlete to adapt or remove any marks not complying with this Rule. If they do not the Judges shall remove them.
5. The relay baton will be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which must be 280mm to 300mm. The outside diameter must be 32mm ± 2mm or 38mm ± 2mm and it must not weigh less than 50g. It should be coloured to be easily visible during the race.

6. A baton will be used for all Relay Races held in the Stadium and will be carried by hand throughout the race. Batons do not have to be numbered but should be of a different colour in neighbouring lanes where possible.
 - a. Athletes are not permitted to wear gloves or to place material or substances on their hands in order to obtain a better grip of the baton.
 - b. If dropped, the baton must be recovered by the athlete who dropped it. The athlete may leave their lane to retrieve it provided that, by doing so, the athlete does not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete who dropped it, after retrieving it, must return at least to the point where it was last in their hand, before continuing in the race. Provided these procedures are adopted where applicable and no other athlete is impeded, dropping the baton shall not result in disqualification.

If an athlete does not follow this Rule, the athlete's team will be disqualified.

7. The baton must be passed within the takeover zone. The passing of the baton commences when it is first touched by the receiving athlete and is completed the moment it is in the hand of only the receiving athlete. In relation to the takeover zone, it is only the position of the baton which is decisive. Passing of the baton outside the takeover zone will result in disqualification.
8. Until the moment when the baton is in the hand of only the receiving athlete, lane infringement rules shall be applicable only to the incoming athlete.
Thereafter it shall be applicable only to the receiving athlete. Additionally, athletes, before receiving and/or after handing over the baton, should keep in their lanes or maintain position until the course is clear to avoid obstruction to other athletes. If however an athlete impedes a member of another team, including by running out of position or lane at the finish of their leg, obstruction rules will be applied.
9. If during the race an athlete takes or picks up the baton of another team, the athlete's team will be disqualified. The other team should not be penalised unless an advantage is obtained.
10. Each member of a relay team may run one leg only.
11. Refer to the relevant Competition Regulations for any Relay team compositions.
12. The 4x100m race will be run entirely in lanes.
13. The 4x200m race may be run in any of the following ways
 - a. entirely in lanes
 - b. in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline (an arched line marked after the first bend across all lanes other than one), where athletes may leave their respective lanes (three bends in lanes). Athletes are to be placed onto the track in lane order for the 3rd and 4th takeover.
14. The Medley Relay race begins at the 200 metres start area, using the 200m start line staggers with the first leg run in lanes as well as that part of the second leg up to the breakline, where athletes may leave their respective lanes. Athletes are to be placed onto the track in lane order for the 4th takeover.
15. If an athlete does not follow Rules 170.12, 170.13 or 170.14 the team shall be disqualified.
16. For all takeovers, athletes are not permitted to begin running outside their takeover zones and will start within this zone. If an athlete does not follow this Rule, the athlete's team will be disqualified.
17. In the 4x200m, the athletes running the final leg and, in the Medley Relay the athletes running the third and fourth legs will, under the direction of a designated official, place themselves in their waiting position in the order of the start list (inside to out). Once the incoming athletes have passed the breakline, the waiting athletes must maintain their order, and must not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, his team may be disqualified.
18. In any race, when lanes are not being used for the takeover zone, waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete to impede his progress. In 4 x 200m and Medley Relay, waiting athletes will maintain the order in accordance with Rule 170.17. If an athlete does not follow this Rule, the athlete's team may be disqualified.

Baton specifications can be found in Section E, Events & Specifications.

1.7 Hurdle Races

- i. The hurdle shall be placed so that the edge of the bar nearest the approaching hurdler coincides with the track marking nearest the athlete.
- ii. All races shall be run in lanes and each athlete shall keep to their own lane throughout.
- iii. A athlete who: -
 - a. trails their 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, shall be disqualified.
- iv. Except as provided in the preceding clause, the knocking down of hurdles shall not result in disqualification.
- v. If a hurdler directly or indirectly knocks down, alters, moves or changes the original position of a hurdle in another lane, they will be disqualified. But the athlete will not be disqualified if there is no effect or obstruction upon any other athlete (athletes) in the race.
- vi. In straight hurdle races, the umpires must lay down the 3rd flight of hurdles for the athletes to have a practice run through. Starters to administer.

1.8 Race Walking

i. Definition Of Race Walking

The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

Note: *The advancing foot of the walker must make contact with the ground before the rear foot leaves the ground.*

ii. Judging

- a. The appointed judges shall elect between them a Chief Judge unless one has already been appointed as Chief Judge for the relevant carnival.
- b. The number of appointed walk judges for an event, including the Chief, shall comprise a minimum of 4 and maximum of 6.
- c. The independence of judges is extremely important and wherever possible connections between athletes and judges should be avoided. Individual Judges are required to declare their interests.
- d. The Carnival Manager shall have the authority to allow judges where such connections exist. Connection means relative, coach or protégé.
 - This is provided there are an insufficient number of available, experienced and qualified judges without such connection.
 - It will be up to individual judges to disclose these connections and to indicate if they wish to stand down for a particular race.
 - Where possible, members of the same family should not serve as a judge for the same race.

iii. Yellow Paddle

Any judge can give a "Yellow Paddle" to a athlete when a athlete appears to be in danger of failing to comply with the rules (definition of race walking per Rule 1.8 i.

- Yellow Paddles are issued verbally and briefly taking care that remarks do not constitute coaching.

Note: *All remarks should be loud and clear and always in the form:
e.g. "YELLOW PADDLE No..... contact or knees"*

- For loss of contact ~ a wavy line in black on a yellow background.
- For knees a 45° angle < also in black on a yellow background shall be used
- A judge can only yellow paddle an athlete once for each offence during the event.
- A yellow paddle has no bearing on disqualification. It is possible to be yellow paddled by every judge in the race yet not receive a single warning. This advice is only to indicate to an athlete that their action is deteriorating to a dangerous state.

iv. Red Card

- a. A judge gives a "RED CARD" for disqualification if a athlete is actually breaking the rules of race walking.
- b. For the U12 and above age groups no verbal red card will be given. For other age groups the red card will be given verbally at the time of detection of the actual infringement.

Note: All remarks should be loud and clear and always in the form, eg. "RED CARD No..... .. contact or knees".

- c. Red card is recorded on the judging pad and forwarded to the Chief Judge as soon as practicable.
- d. A judge may only give an athlete one red card during the event irrespective of the infringement.
- e. If a judge in an event requiring verbal red cards to be given, is not sure an athlete has heard the "Red Card" the judge should repeat it at the next suitable opportunity.

Note: A red card should never be given unless there is absolute certainty the rules have been infringed. Any doubt existing must be given to the athlete and the red card not issued.

v. **Disqualification**

- a. A red card by 3 or more walk judges, that in their opinion an athlete's mode of progression failed to comply with the definition of race walking brings about a disqualification.
- b. Only the Chief Judge may advise an athlete of their disqualification.
- c. Where an athlete is disqualified the Chief Judge shall indicate to such athlete verbally that they are disqualified and give the reasons for the disqualification.
- d. The result of an event shall not become final until the Chief Walk Judge and Track Referee have given the all clear.

vi. **Methods of Judging**

- a. Prior to each walking event, the Chief Judge or a judge appointed by the Chief Judge, will acquaint the athletes with the judging procedures for the event.
- b. It is imperative that during an event all judges act in an individual capacity and their judging is not influenced by the judging of another judge, per medium of conversation or messages.
- c. The Chief Judge shall allocate judges their judging position.
- d. Walk judges, recorders or messengers shall not use transceivers during the conduct of the event.
- e. The judges must adequately cover the whole of the track/course, this can be done by having approximately equal distance between judges. There should be no blind spots, judges should judge from the outside of the track/course and not encroach on an area allocated to another judge, but judge from their allotted position as walkers are passing or approaching their section.
- f. Hip numbers must be worn by all walkers and will be supplied by the Host Association. The number will be worn on the right hip and must be clearly visible to the judges.

vii. **Track Umpires and Referees**

- a. Track Umpires and Referees shall work during the event to determine the fairness of the competition other than walking rules.
- b. The Track Umpires will be responsible for detecting deliberate impedance or interference by athletes who leave the track or the course, or who cut corners: reporting it to the Track Referee.
- c. The Track Referee should confer with the Chief Walk Judge and indicate any athletes who are to be disqualified before walk results are finalised.

viii. **Walk Judge's Master Sheet**

- a. A copy of the master sheets of each walk event will be posted on the notice board with the result sheet.
- b. The master sheet is that document which the Chief Judge records the red cards of the judges and them self and indicates which athletes received 3 or more red cards.
- c. Judges should be indicated by number and not by name on the notice board copy of the sheet.

ix. **Summary of Chief Judge's Duties**

- a. To place judges in position as required and give them the necessary direction.
- b. To ensure that the appropriate yellow paddle indicators and documentation are issued to the judges and authorised personnel.
- c. Advise recorders and messengers of their duties.
- d. To check with each judge on completion of the event for any last-minute red cards.
- e. To re-check judging master sheets and all red cards received. To make a summary of the master sheets. This summary to be placed on the notice board.
- f. Check with Track Referee to see if umpires have reported any other offences.
- g. To advise Referee of any disqualified athlete who may have crossed the finish line.
- h. To advise any disqualified athlete of his disqualification.
- i. Judging master sheets are not to be made available for general perusal. They are to be attached to the official results.

- x. **Summary of Judges' Duties**
- a. To be available at least 30 minutes prior to the scheduled start. This time could be varied according to the Carnival Manager.
 - b. If for some reason, the Chief Judge has not already been appointed, the appointed judges shall meet and elect a Chief Judge.
 - c. To follow the instructions received from the Chief Judge.
 - d. If requested by the Chief Judge, advise the athletes of the judging procedures, prior to the start of the event.
 - e. To fill in the judging pad correctly and pass it on to the Chief Judge.
 - f. To act in an individual capacity.
 - g. To report to the Chief Judge after the event and confirm that all red cards have been forwarded and recorded - or hand in any last-minute red cards.
 - h. To be available to answer any query raised by the Chief Judge seeking details of the reason for red cards given.

1.9 Road Races – Walks

The organisers of walking events held on roads must ensure the safety of athletes and where possible, should ensure that the roads used for the competition are closed in both directions and not open to motorised traffic.

2. TIMING AND PHOTO FINISH

Three alternative methods of timekeeping shall be recognised as official within Little Athletics:

- i. Fully Automatic Timing obtained from a Photo Finish System
- ii. Hand Timing
- iii. Gate Timing System

2.1 Fully Automatic Timing and Photo Finish System

- i. The System must record the finish through a camera with a vertical slit, positioned in the extension of the finishing line, producing a continuous image. The image must also be synchronised with a uniformly marked time-scale graduated in $1/100^{\text{th}}$ of a second.
- ii. Times shall be read and recorded from the Photo Finish image to $1/100^{\text{th}}$ of a second. Unless a time is an exact $1/100^{\text{th}}$ of a second, it shall be read and recorded to the next longer $1/100^{\text{th}}$ of a second.

2.2 Hand Timing

- i. It is recommended that Timekeepers should be:
 - Placed at least 5m from, and in line with, the finish line on the outside of the track, opposite the Judges, where applicable.
 - On an elevated stand in order that they may have a good view of the Starter and the finish line.
- ii. Timekeepers shall act independently from one another:
 - a. Without showing their watch to each other and without discussing times.
 - b. The Chief Timekeeper will record times and may examine the watches to verify the reported times.
 - c. The Chief Timekeeper shall then decide what the official times are for each athlete and provide the result for publication.
- iii. Sufficient timekeepers shall be appointed for the number of athletes entered; one shall be the Chief Timekeeper. The Chief Timekeeper shall allocate separate Timekeepers to record each of the minor places and where possible, shall allocate additional Timekeepers for second and third placing's.
- iv. Where there are 3 watches used to time a place:
 - a. If only 2 watches agree, the times shown by the 2 shall be the official time.
 - b. If all 3 disagree, the middle time shall be recorded as the official time.
- v. Where there are 2 watches used to time a place and they fail to agree the slower time shall be accepted as the official time.
- vi. The time shall be taken from the flash/smoke of the gun.
- vii. Times shall be recorded to the $1/10^{\text{th}}$ of a second. Unless a time is an exact $1/10^{\text{th}}$ of a second, it shall be recorded to the next longer $1/10^{\text{th}}$ of a second.

NOTE: For Zone/Region & State, **times** must be recorded to the $1/100^{\text{th}}$ of a second.

2.3 Gate Timing System

- i. The system shall be a commercially produced system and be checked/calibrated with a certificate supplied on a 12-monthly basis.
- ii. The system shall be started either automatically by the Starter's gun or manually at the smoke or flash of the Starter's gun.
- iii. The system must automatically record a time through the breaking of at least two adjacent infrared beams positioned on the leading edge of the finish line. The beams should be positioned at an appropriate height so that the athlete's torso is the most likely part of the body to break the beam.
- iv. The system must be capable of printing out the time for each lane.
- v. Judging of the race shall take place as per Section 3 Place Judges (below). The time recorded for each lane shall only be referred to in the determination of places in cases of doubt, and then only at the discretion of the Chief Judge.
- vi. Times from the Gate System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the Gate System printout image, shall be official. Any appropriate back-up system should be appointed where any possibility exists of failure of the timing system.
- vii. Where the system is started and/or finished manually, the time shall be recorded to the $1/10^{\text{th}}$ of a second. Unless a time is an exact $1/10^{\text{th}}$ of a second, it shall be recorded to the next longer $1/10^{\text{th}}$ of a second.
- viii. Where the system is started and finished fully automatically, the time shall be recorded as an electronic time with no adjustment.

NOTE: For Zone/Region & State, **times** must be recorded to the $1/100^{\text{th}}$ of a second.

2.4 Chief Timekeeper (manual timing)

- i. Should time the winner of every event.
- ii. Should check the watches of the Timekeepers timing the winner.
- iii. Also decides the official time to be recorded for the other placed runners, checking the watches if there is an apparent discrepancy.
- iv. Is also responsible for ensuring that the Judges and Timekeepers are ready before signalling a clearance to the Starter.
- v. Will nominate separate Timekeepers to record each of the minor placing's
- vi. Where possible, shall appoint additional Timekeepers for second and third places.
- vii. Check winning times for new event records. Manual times for records are only recognised if photo finish fails, otherwise photo finish overrules hand timing.
- viii. Ensure that watches for record times are not cleared prior to being verified by the Chief Timekeeper.
- ix. Upon completion of each event the result sheet shall immediately be filled in and handed to the Recorder. If the result is a record the Referee must sign the result sheet.

2.5 Chief Timekeeper (automatic timing)

- i. Should time the winner of every event as a backup to the photo finish.
- ii. Adhere to rules as per the manual timing 2.4 iv, vi, vii and viii.

3. PLACE JUDGES

3.1 Placement

If place judges are used, then the following applies:

- i. The Place Judges determine the official placing's when hand timing or gate timing is used. They may be used when a Photo Finish System is in use, but only as a back-up for system failure
- ii. Finishing posts should be painted white, be a minimum of 1.5m high and should be placed 20cm from the inside and outside edge of the track at the finish line.
- iii. A Chief Judge will be appointed and will be responsible for allocating Place Judges for all placing's.
- iv. Sufficient judges shall be appointed for the number of athletes entered.

3.2 Duties

Place Judges shall:

- i. Decide the order in which the athletes finish
- ii. Write down the lane number of the athlete they are placing. These numbers must be written down without the Judge taking their eyes off the finishers
- iii. Act independently from one another i.e. not discuss placing.
- iv. The athletes shall be placed in the order in which any part of the torso (as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finishing line.
- v. The Chief Judge will ensure that all athletes have been placed prior to advising the athletes of their placing.
- vi. The Chief Judge will notify the Chief Timekeeper or Gate Timing Operator when all Judges are ready for the next event.
- vii. The judges may reconsider any original decision made by them if it was made in error, provided the new decision is still applicable. Alternatively, or if a decision has subsequently been made by a Referee of the Jury of Appeal, they refer all available information to the Referee.

3.3 The Chief Judge

- i. The Chief Judge will ensure that all athletes have been placed prior to advising the athletes of their placing.
- ii. In any case where they cannot arrive at a decision the Chief Judge shall refer the matter to the Track Referee for decision.
- iii. Where the chief track judge has concerns with athlete placing, he can refer to the photo finish judge for assistance in correct placing of athletes.

The Chief Judge will notify the Chief Timekeeper when all Judges are ready for the next event.

3.4 Photo Finish Judge

A photo finish judge is to be appointed at carnivals where photo finish is used for finish line places.

4. STARTING PANEL

4.1 The Starter

- i. The Starter has entire control of the athletes on their marks and is the sole judge of any event connected with the start. Decisions by the Starter cannot be overruled by the Track Referee.

4.2 The Start

- i. Before the start signal is given, the Starter shall ascertain that the timing system and judges are ready.
- ii. In races run entirely in lanes the Starter shall make the following commands: 'On your mark', 'Set', and the firing of the gun.
- iii. Once the command 'On your mark' has been given, late athletes are not permitted to join the event.
- iv. In events run entirely in lanes, 4 x 200m relay and 4 x 400m relay, on the command of 'On your mark' all athletes shall approach the starting line. When all athletes are steady the Starter issues the command 'Set', upon which the athletes shall assume the position from which they will commence the race. When all athletes are again steady the Starter shall fire the gun to commence the race.
- v. In races not run entirely in lanes the Starter shall make the following commands: 'On your mark', and the firing of the gun.
- vi. In events not run entirely in lanes, on the command 'On your marks' all athletes shall approach the starting line and assume the position from which they will commence the race. When all athletes are steady the Starter shall fire the gun to commence the race.
- vii. No athlete may place any part of their body on the ground on or over the starting line when they are 'on their-marks'. Where a crouch start is used by the first runner of a relay race the baton may touch the ground in front of the start line, providing the preceding rules are met.
- viii. If for any reason the Starter has to speak to any athlete after the athletes are 'on their marks', the Starter shall order the athletes to stand up and the Starter's Assistant shall place them on the assembly line again.

4.3 False Starts

- i. If either the Starter or their Assistant(s) are of the opinion that the start was not a fair one, they shall recall the athletes firing a gun. If the unfair start is not due to any athlete, no warning shall be given.
- ii. If the Starter is of the opinion that an athlete left their marks with hand or foot after the words 'Set' (in events run entirely in their lane) or 'On your marks' (in events not run entirely in their lane) and before the gun is fired, it shall be considered a false start.
- iii. An athlete, who after the command 'On your marks' disturbs other athletes in the race through sound or other-wise may be considered to have committed a false start.
- iv. If an athlete fails to comply with the 'set' command after a reasonable time this may constitute a false start.
- v. Any athlete who commits a false start shall be warned. If an athlete is responsible for 2 false starts, or 3 in the case of combined events, they shall be disqualified from the event. (Refer to local Little Athletics NSW rules).
- vi. When the Starter has not fired, after having said, "Set" and a athlete breaks, the Starter must warn the athlete(s).
- vii. For U/6 to U/12 athletes, any athlete making a false start must be warned. If a athlete is responsible for 2 false starts, or 3 in the case of multi events, that athlete shall be disqualified.
- viii. For U/13 to U/17 athletes, 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. This applies to all track events including multi track events.
- ix. 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 only such athletes who in their opinion were responsible for the false start.

4.4 Starting Techniques

- i. Athletes may use a standing start for all track events. Where a standing start is used, an athlete who, immediately after the command "set", moves their foot to take up their final starting position shall be deemed to have complied with the rule of starting.
- ii. In races run entirely in lanes the following starting methods may be used:
 1. In a crouch start, the athlete's feet must touch the starting blocks (if in use) and both hands must touch the ground. At the call of 'On your marks' the athlete must have one knee placed on the ground. At the call of 'Set' the athlete must raise the knee off the ground.
 2. In a standing start, no part of the hand or knee shall touch the ground.
- iii. In races not run entirely in lanes only a standing start may be used.
- iv. In any event where there are more athletes than can be placed in the front row, there shall be a second or more rows as needed. Athletes shall be placed according to the draw.



- v. All races shall be started by the report or flash of a gun, but not before all athletes are quite still “on their marks”.
- vi. After approximately 2 seconds the athlete’s concentration fades, and if it has not been possible to affect the start the athletes should be told to “Stand up”. This order should be used whenever something has gone wrong, i.e. an athlete has indicated they are not set (by raising their hand), or when either the athlete’s or the Starter’s concentration has been broken. The order will also be used when breaks occur, especially in staggered starts when some athletes may be unaware of what has happened.

4.5 The Recall Starter

- i. One or more Recall Starters shall be assigned to assist the Starter.
- ii. Recall Starters shall be placed so that they can see each athlete assigned to them.
- iii. When the Starter has ordered the athletes to their marks the Recall Starter must see that no athlete has placed fingers, hands or feet on the starting line or the ground in front of it. If any difficulty arises, they must signal the Starter immediately by displaying a red card or flag.
- iv. If the Recall Starter is of the opinion that the start was not a fair one, they shall recall the athletes with a shot.
- v. If there is a recalled start the Recall Starter shall advise the Starter of the reason for the recall. The Starter shall decide the action taken.
- vi. The starter may only apply any warning or disqualification.

4.6 The Starter’s Assistant

The Starter’s Assistants shall:

- i. Check that the athletes are competing in the correct heat or race.
- ii. Check that the athletes are wearing their centre uniform, numbers, shoes and that shirts are tucked in where applicable and that all numbers are visible.
- iii. Place each athlete in their correct lane, as listed in the program, in line approximately 3m behind the starting line.
- iv. A athlete shall not be allowed to compete in a heat other than the one in which their name appears, except by consent of the referee.
- v. Signal the Starter that all is ready.
- vi. Assemble the athletes again when a fresh start is ordered.
- vii. Be responsible for the readiness of batons for the first runners in relay races.

4.7 Positioning

When selecting a position for starting, 3 main points must be kept in mind:

- Stand well away from the athletes.
- See all the athletes in the narrowest possible angle of vision.
- Be visible to the timekeepers.

A loudhailer or portable amplifier is an advantage in starting 200m and 400m races.

5. THE RACE

5.1 Obstruction

- i. Any athlete who jostles or obstructs another athlete, so as to impede their 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 heats, to permit any athlete(s) seriously affected by jostling or obstruction (other than the disqualified athlete) to compete in the final 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 they consider it just and reasonable to do so.

5.2 Lane Infringement

- ii. In all races run in lanes, each athlete shall keep within their allocated lane from start to finish. This shall also apply to any portion of a race run in lanes. If the Referee is satisfied that an athlete has violated this Rule, they:
 - In the U7-U11 age group: May be disqualified if a material advantage was gained over other athletes
 - In the U12-U17 age groups: Shall be disqualified.
- iii. An athlete shall not be disqualified if they:
 - are pushed or forced by another person to run outside their lane or on or inside the kerb, or
 - run outside their lane in the straight or outside the outline line of their lane on a bend, with no material advantage thereby being gained and no other athlete being obstructed.
- iv. The following events shall be conducted entirely in lanes: 50m, 70m, 100m, 200m, 400m, 4x100m relay, 4 x 200m relay and all hurdles races.
- v. The 800m shall be run in lanes as far as the near edge of the break-line marked after the first bend where athletes may leave their respective lanes. Up to two athletes may start the race in each lane.
- v. The 300m, 500m, 700m, 1500m, 3000m, 700m walk, 1100m walk, 1500m walk shall not be run in lanes. In these pack events, if the athlete runs on the inside of the kerb (leaving the track), the athlete will be disqualified.
- vi. An athlete, after voluntarily leaving the track, shall not be allowed to continue in the race.

5.3 Checkmarks

- vii. Except for the 4x100m relay athletes may not place check marks on or alongside the track for their assistance.

6. TRACK REFEREE

6.1 Appointment

A separate Referee shall be appointed for the track.

6.2 Responsibilities

- i. It shall be the responsibility of the Referee to:
 - a. See that the rules are observed and explained to the athletes.
 - b. Decide any technical points which arise during the meeting, and for which provision has not been made in the rules.
 - c. Order re-runs of track events (involving only those athletes whose positions are in dispute).
 - d. Check the final result.
 - e. Deal with any disputes/protests.
 - f. Verify records.
- ii. They should be satisfied as to the markings on the track (stagers, take-over zones etc). It is not part of the Referee's duty to check these personally (this will be done by the Carnival Manager) but they should ensure that it has been done.
- iii. To confer with the Chief Walk Judge and indicate any athletes who are to be disqualified for track infringements before walk results are finalised.
- iv. They shall have jurisdiction to decide placing's in a race only when the Judges of the disputed place or places are unable to arrive at a decision.

Referees and judges may change their mind if their decision was incorrect.

Note

- *They should be in a position to watch the whole race in case of obstruction, infringement or interference on the part of any athlete.*
- *They should ensure that photographers or other unauthorised persons do not hamper the work of the Place Judges and Timekeepers at the finish. If possible, the area should be roped off.*
- *They must be familiar with the current RoC.*

7. UMPIRE

7.1 Duties

- i They are assistants to the Track Referee without the power to make any final decisions.
- ii The Track Referee / Chief Umpire positions them so that they can watch the competition clearly to observe a foul or violation of the rules by any athlete or other person, other than walking rules.
- iii They should not speak to athletes.

7.2 Responsibilities

- i The Umpires will be responsible for detecting breaches of track rules, eg.
 - a. Deliberate impedance or interference.
 - b. Athletes who leave their lane, the track or the course.
 - c. Athletes who merge prior to the break-out line.
 - d. Athletes who cut corners.
- ii Should they observe any violation of the rules, they must immediately signal (with a yellow indicator) and make a report to the Track Referee / Chief Umpire. This includes the supervision of take-over points in relay races.
- iii If they observe that a runner has run in a different lane from their own, the umpire should immediately indicate to the chief umpire the infringement and complete the appropriate form.
- iv In relay races they will indicate to the Referee / Chief Umpire that the baton changes were correct.