



TRACK AND FIELD / ROAD RUNNING CROSS COUNTRY

TRACK & FIELD OFFICIATING GUIDELINES

General Rules of the Track

Any competitor who jostles or obstructs another athlete, so as to impede his/her progress should be disqualified from the event.

For all races in lanes, each athlete must keep within their allocated lane from start to finish. In races where all athletes are allowed to run down to lane one, all must remain within lane one and cannot run on the inside track line.

An athlete, after voluntarily leaving the track is not allowed to continue in the race.

Straight away races (60m, 100m, 60mh, 80mh, 100mh, 110mh) – runners remain in their lanes.

Stagger Starts – 200m & 400m races remain in their lanes the entire race.

Curved/Waterfall Starts are used for races over 800m and runners cut down when safe to do so.

A competitor cannot touch the start line on the track in front of the start line which his/her hands or feet.

Starting blocks cannot touch the start line.

Easiest way to do order placing on long races is to create a shoot at the finish where athletes complete their race and stay in order of finish and record bib number (or hand in tag to head judge).

Hurdles

- All races will be run in lanes and each athlete must stay in their lane throughout the race.
- An athlete who trails their foot below the horizontal plane of the top of any hurdle at the instant of clearance, or jumps any hurdle not in his/her own lane, or in the opinion of the officials deliberately knocks down any hurdle by hand or foot, will be disqualified.

Relays

- In relay races the baton must be passed within the take-over zone (20m in length).
- The position of the baton (not the competitor's hand) is the decisive factor.
- The exchange is complete when the out-going runner has control of the baton in his/her hand. A dropped baton must be picked up by the runner who dropped it.
- If the baton is dropped between the exchange of two runners, then the incoming runner has to pick it up and complete the pass. If the second runner picks it up instead of the first runner, the team is disqualified.
- The competitor may leave his/her lane to retrieve the baton provided that, by doing so, the competitor does not lessen the distance to be covered and does not impede with another team (provided this procedure is adopted, dropping the baton should not result in disqualification). Competitors after handing off the baton must stay in their lanes or zones until the course is clear to avoid obstruction to other competitors.

Marshalling Area

This is where athletes report to register for their track race. Marshalling should take place at least twenty minutes prior to the event starting. Once an athlete reports to marshalling they should not leave the area.

Chief Marshal

- Checks the athletes in and makes sure each athlete has an entry tag or that the athlete is on the pre-drawn entry sheets (make sure team/school is indicated to help in results).
- Tell the athlete which heat and lane they are in.
- Make sure in relay races that all four runners are present and that the last runner has an entry tag or name is indicated on the entry sheets so as to differentiate school teams.

Assistant Marshal

- Escorts athletes to the lanes and relay runners to their exchange zone & ensures that athletes do not leave the marshalling area.

Starting

Starter

- Shall have entire control of the competitors on their marks.
- Works with a starter's assistant to ensure that the meet runs smoothly.
- Must have a clear view of all lanes and athletes prior to starting a race.
- Recall a race (over 400m) when an athlete stumbles in the first 3-10 meters (this is a judgement call - if an athlete falls on his/her own then there should be no recall (athlete's error)).
- For races over 400m there is no "set" command.
- On the command of "On your marks" all competitors shall at once and without delay assume their full and final set position. Failure to comply with this command will constitute a false start.
- Recall races where there was not a fair start by firing a second shot of the starting gun.

False Start

- If a competitor false starts, the whole field is charged.
- Only one false start per race is allowed without the disqualification of the competitor(s) making the false start.
- Any competitor(s) making further false starts in the race will be disqualified from the race.

Starter Assistant

- Checks the start lists and place the athletes in assigned lanes, or on the waterfall, and makes sure that race instructions are given (including false start instructions).
- On the command of "On you marks" the assistant makes sure that athlete's fingers/toes do not go over the start line and that set is held.

Finish Line

Head Finish Line Judge

- Responsible for entire finish line area including timing crew (check that all are ready for race and watches are cleared), finish line sheets are accounted for and athletes are aware of how many laps remain in a race.

Judges

- Make sure that for sprints there are enough judges for each lane and at least two judges trying to get overall placements correct.
- Make athletes come back to the finish line and stand in lanes on sprints to help distinguish finish order.
- On waterfall races (all runners line up on a curved line) make sure that each athlete's laps are recorded.

Hand Timing Process

- When using a printer watch have back up on hand held stop watches (at least for the top three).
- Staple the printer tape to each heat sheet and number the tape as backup.

- Best to verify that the two first place times are agreeable.
- Communicate with the starter that watches have been cleared and crew is ready to start again.
- The times are read to the highest tenth of a second, rounding up from the nearest hundredth.
- Use the index finger to start stop watches as it is a faster reaction time than the thumb.
- Start the watches on the starter's flash/smoke (not the sound).
- Stop the watch when any part of the torso reaches the perpendicular plane of the near edge of the finish line that is closest to the start line (torso must be distinguished from the head, neck, arms, legs, hands and feet).

Jumps

If an athlete has a conflict with another event they must report to the head jumps official and return immediately upon completion of other event. In field events (long & triple), the second best performance of the athletes tying shall resolve the tie. Then, if necessary, the third best and so on. If the tie remains and concerns first place, the athletes who attained the same results will compete again in the same order in a new attempt until the tie is resolved. If an athlete walks back through the pit after existing, a warning is given to the athlete.

Horizontal Jumps

- Evaluate the level of sand, its hardness and adjust if necessary.
- Check that the runway is clear and usable.
- Warm up will proceed in order of the event sheet.
- Read aloud the athlete's name or number prior to each jump.
- Make sure that rakes are out of pit prior to an athlete begins a jump.
- Triple jump approach 5m, 7m or 9m.

How to measure:

1. Place a marker at the closest point of impact (first break in the sand)
2. Zero end of the tape is always at the point of impact
3. Hold the tape so that it's zero point aligns with the point of impact.
4. The tape is pulled back tightly, but not so hard that it is stretched.
5. The distance is marked from the edge of the board closest to the sand.
6. Read the distance to the next lower cm. Do not round off (a distance of 5m, 14cm, 9mm will be recorded as 5:14m)

Vertical Jumps

- Coaches are not allowed in the competition site.
- Warm up will proceed in order of the event sheet.
- Read aloud the athlete's name or number.
- Use a metal tape measure for measuring high jump.
- Establish the starting height by meeting with athletes and determining a fair starting height or set a standard prior to the meet.
- There is a time limit of 1 minute to complete the attempt.
- Number of consecutive misses for disqualification is 3.
- Athlete can pass at any height but cannot re enter at that height after passing.
- Measure in meters. Zero end of the metal tape goes on the floor; read the tape at bar height. Measure at the center and both ends of the bar to ensure event height.
- Go up by 5cm until final two athletes are left at which time go up by 2 or 3cm depending on preference of athletes.
- Once only one athlete is left they may choose to go up by any increment they wish.
- O = cleared X = failed - = did not jump

Breaking Ties in Vertical Jumps

The athlete with the lower number of jumps at the height at which the tie occurs shall be awarded the higher place. If the tie still remains, the athlete with the lowest total of failures throughout the competition up to and including the height last cleared shall be awarded the higher place. If the tie still remains - If it concerns the first place, the athletes tying shall have one more jump at the

lowest height at which any of those involved in the tie have lost their right to continue jumping, and if no decision is reached the bar shall be raised if the tying athletes were successful, or lowered if not by 2cm. They shall then attempt one jump at each height until the tie is resolved.

Throws

- If an athlete has a conflict with another event they must report to the head throws official and return immediately upon completion of other event.
- Implements must be carried back not thrown.
- Make sure that all athletes are kept behind a throwing cage or marked off area.
- The point of impact must fall completely within a sector; landing on the sector is a fault.
- For shot put and discus set sectors 10m out from zero point, across to 16cm mark and back again to zero (person holding at 10m, 16m and 0 point to form a triangle).
- No tape on the hand except to cover a wound. Wrists can be taped in shot put only.
- The athlete may enter from front or behind but must exit from behind. Leaving from the front is a fault.
- Throw must be initiated and completed within the circle/runway.
- Toes may be jammed against rim or toe board – this is legal.
- Athlete cannot leave circle/runway until implement has landed.
- Proper throwing technique must be used:
 - Shot** – held in close proximity to jaw (neck or chin); shot cannot be drawn back behind plane of shoulders.
 - Discus** – A competitor must begin their attempt from a stationary position inside the throwing circle. A competitor can adopt the position he/she chooses and can do turns before releasing the discus.
 - Javelin** – The javelin must be held at the grip. It has to be thrown over the shoulder or support part of the throwing arm and should not be slung or hurled. Non-orthodox styles are not permitted. A throw is only valid if the tip of the metal head strikes the ground before any other part of the javelin it (does not have to break the ground surface).
- Shot Put – use as 25-30m tape
- Discus – use a 50m tape
- Javelin – use 100m tape

Measurement:

To read the distance the zero goes out to the field and the tape is pulled tight to the centre of the circle; read tape at the toe board/line edge closest to the field. Measure to the nearest cm. Keep tape on opposite side of runway to athletes. Keep tape out of competitor's feet.

Breaking ties in throws

Use the second best throw, the third best throw etc until the tie is broken. If a tie for the first place cannot be broken in this way, then the athletes compete again in the same order, until the tie is broken.

For further information please contact:
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