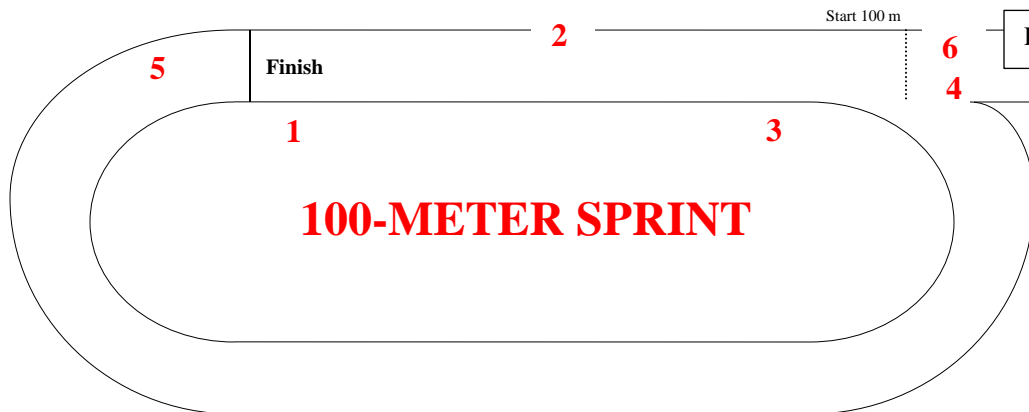


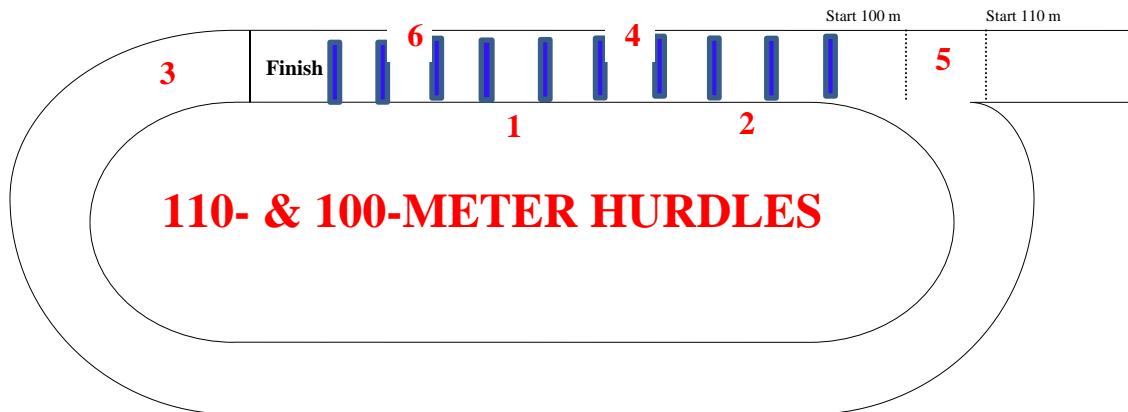
**INFRACTIONS:**

- Interference
- Not finishing in assigned lane



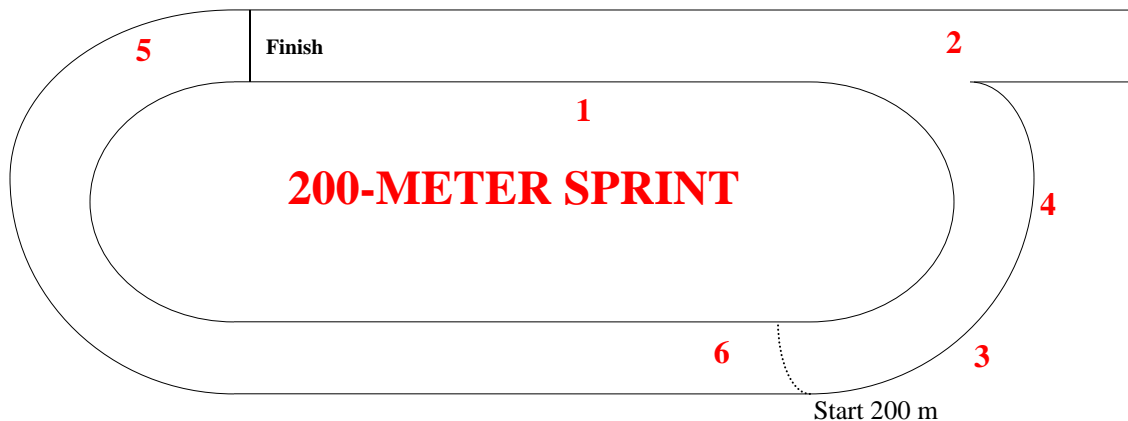
**INFRACTIONS:**

- Interference
- Not clearing hurdle properly
- Not finishing in assigned lane



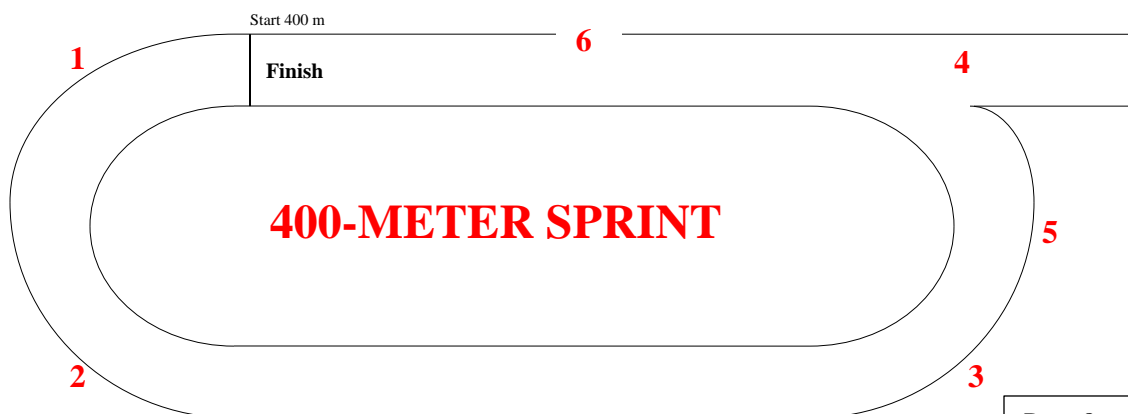
**INFRACTIONS:**

- Lane violation
- USATF: 1 step, either foot
- NCAA: 2 consecutive steps of any feet
- NFHS: 3 consecutive steps of any feet
- Interference



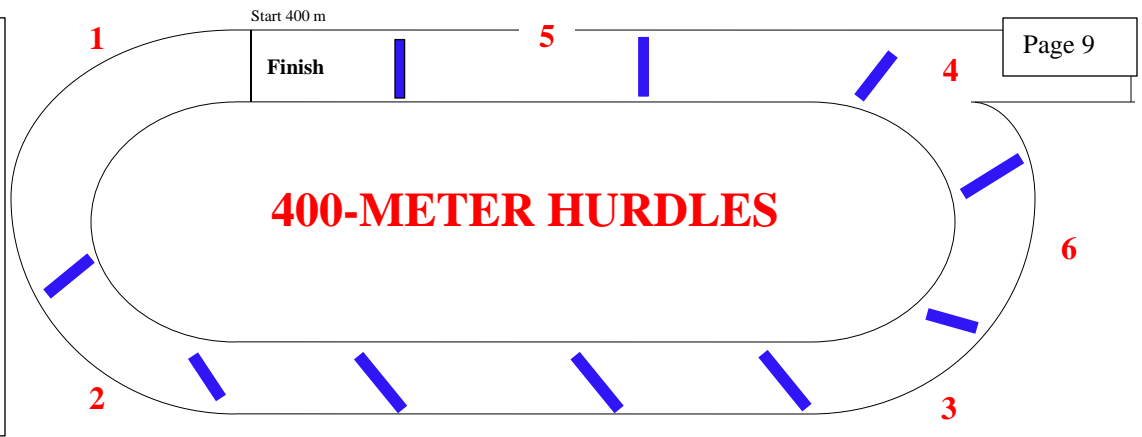
**INFRACTIONS:**

- Lane violation
- USATF: 1 step, either foot
- NCAA: 2 consecutive steps of any feet
- NFHS: 3 consecutive steps of any feet
- Interference



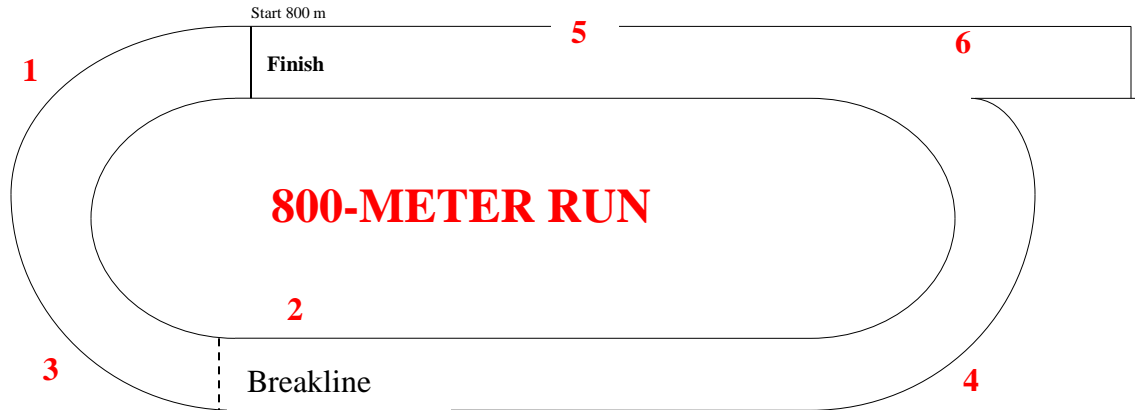
**INFRACTIONS:**

- Interference
- Not clearing hurdle properly
- Lane violation



**INFRACTIONS:**

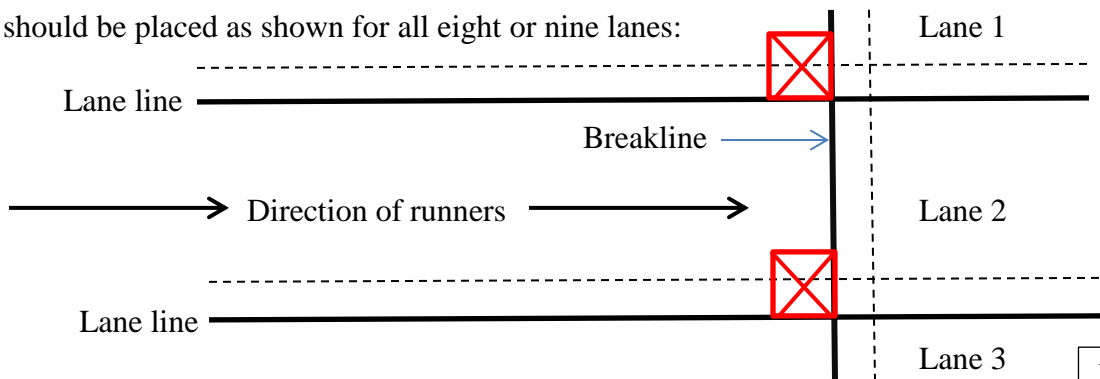
- Interference
- Cutting in before breakline
- Lane violation before breakline



All cones out at start; remove from inside lanes after 1<sup>st</sup> pass of runners.

**Breakline** or cut-in points (used at end of the first turn in the 800-m run; and only the second runner in the 4x400-m relay). **Small orange or red cones are placed such that if the athlete hits the cone, he/she has crossed the line before the breakline or into the lane to the left and violated the rules.** – Rule 160.8(c): “. . . Small markers, such as cones or prisms 5cm x 5cm and no more than 15cm, high preferably of a different color from the breakline and lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline.”

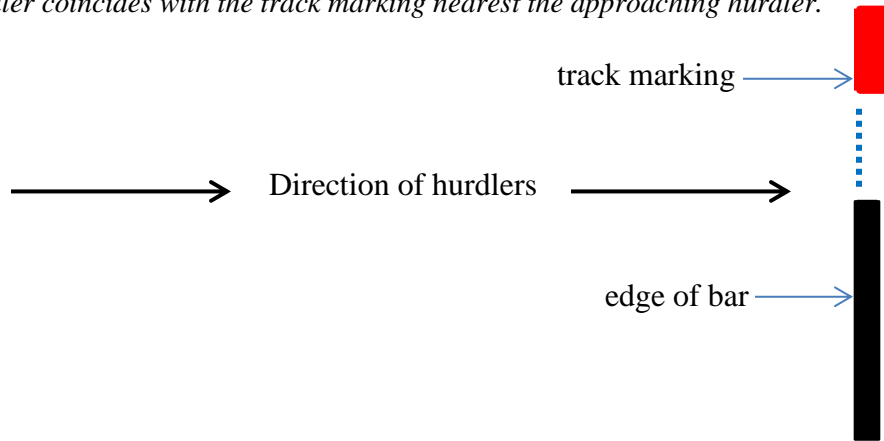
The **cones** should be placed as shown for all eight or nine lanes:



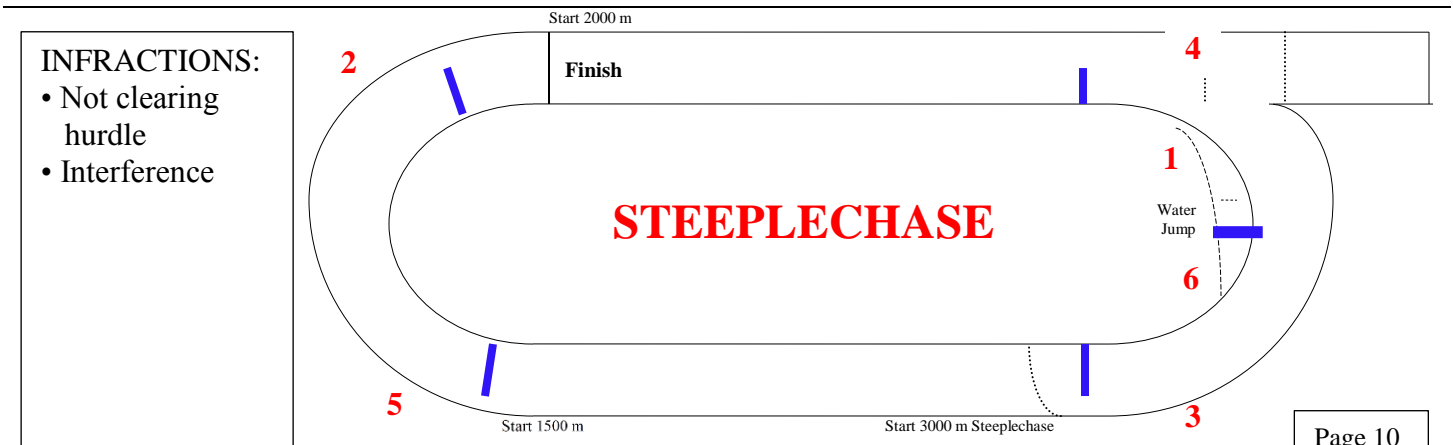
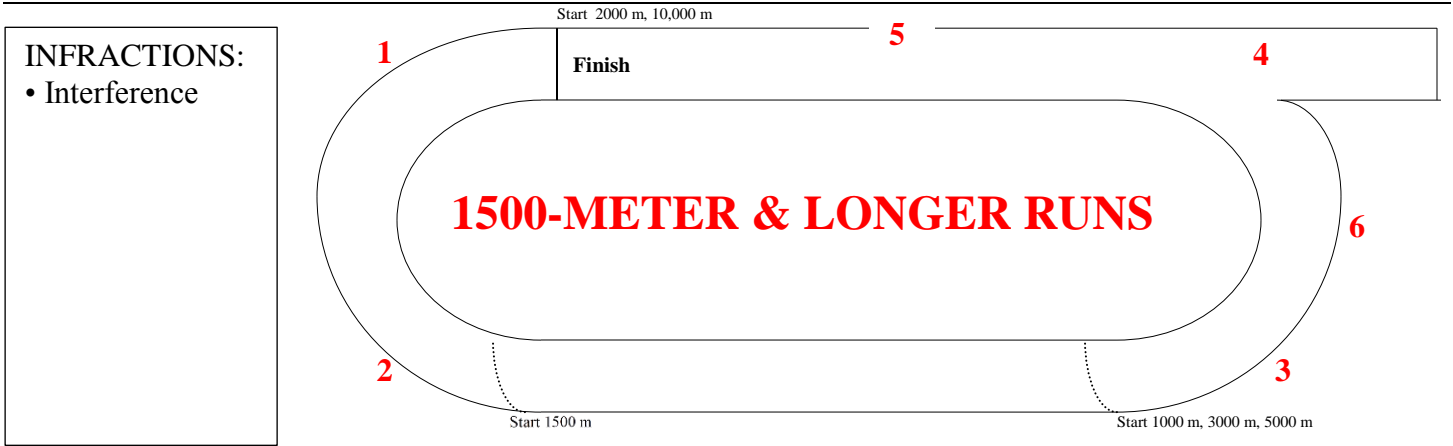
**Alley Start** (generally for 1,500-m and longer runs with a large number of competitors) - Cones are placed on the Lane 4/5 line (so that the runners starting in the outside lanes don't hit the cone) from the start to the breakline at the end of the first turn. – Rule 162.18: “In races that do not start in lanes, competitors may be divided into two groups with one group of approximately 65 percent of the competitors on the regular arced starting line and the other group on a separate arced starting line marked across the outer half of the track. The outer group shall run as far as the end of the first turn on the outer half of the track.” - Rule 160.9: “The separate arced starting line referred to in Rule 162.18 shall be marked in such a way that all of the competitors shall run the same distance. Also, an arced breakline shall be marked at the beginning of the following straight to indicate to the athletes of the outer group where they are permitted to join the competitors using the regular starting line. Small markers, as in Rule 160.8(c), shall be placed at intervals not exceeding 4m along the inside lane boundary of the outer group from their start to the break line.”

### Placements of Hurdles Relative to Track Markings

**Hurdle Placement** - Rule 168.9: "The hurdles shall be so placed on the track that the feet of the hurdles shall be on the side of the approach by the competitor. The hurdle shall be so placed that the edge of the bar nearest the approaching hurdler coincides with the track marking nearest the approaching hurdler."

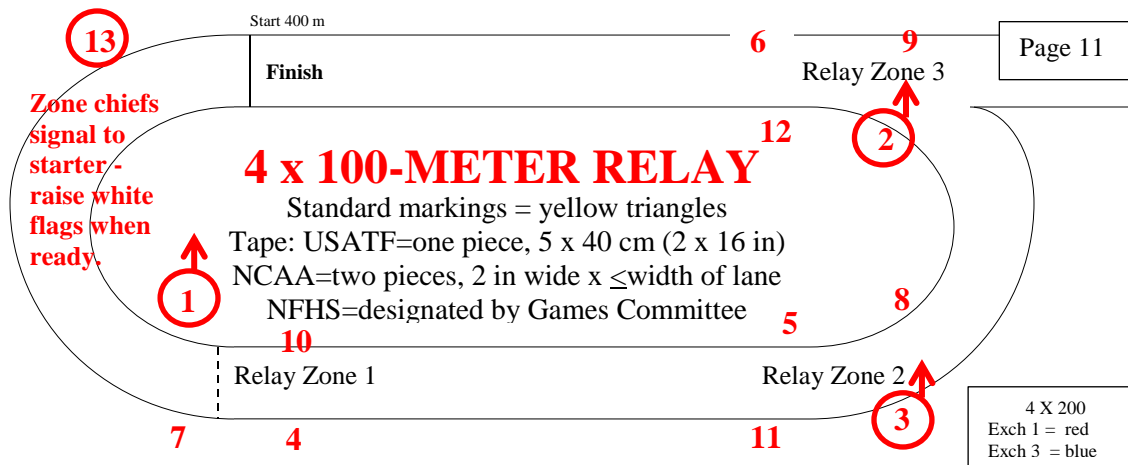


### Placements of Cones at the Breakline and for Alley Starts



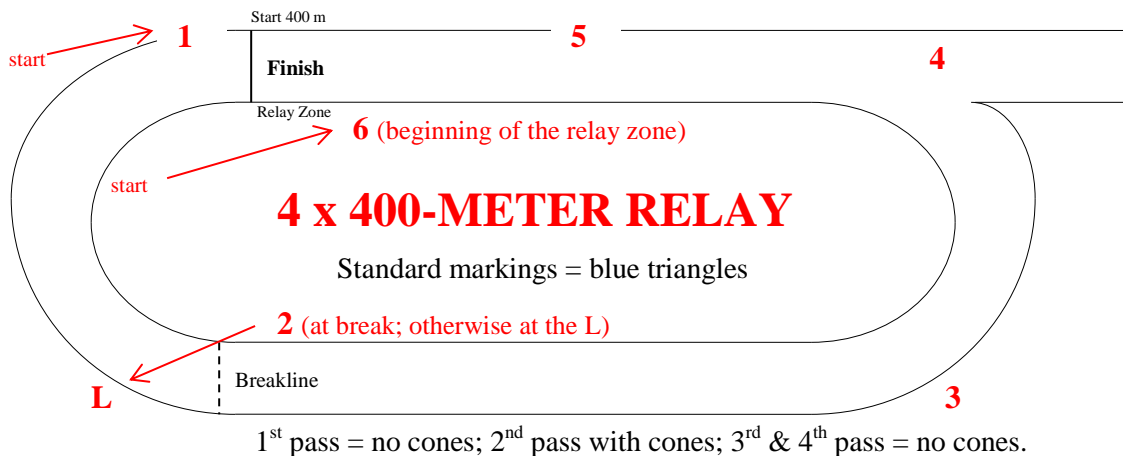
**INFRACTIONS:**

- Passing baton before or after relay zone
- Lane violation
- Starting run before run-up zone
- Interference



**INFRACTIONS:**

- Passing baton before or after relay zone
- Lane violation through 3<sup>rd</sup> turn
- Cutting in before breakline
- Interference



| Organization/Age Group  | Distance | Number       | Height | To 1 <sup>st</sup>  | Between | Last to Finish               | Standard Color |
|-------------------------|----------|--------------|--------|---|---------|------------------------------|----------------|
| <b>WOMEN</b>            |          |              |        |   |         |                              |                |
| Junior High             | 100      | 10           | 30"    | 13 m  | 8.5 m   | 10.5 m                       |                |
| High School             | 100      | 10           | 33"    | 13 m  | 8.5 m   | 10.5 m                       |                |
| NCAA, USATF             | 100      | 10           | 33"    | 13 m  | 8.5 m   | 10.5 m                       |                |
| Junior High             | 200      | 5            | 30"    | 50 m  | 35 m    | 10 m                         |                |
| High School             | 300      | 8            | 30"    | 45 m  | 35 m    | 10 m                         |                |
| NCAA, USATF             | 400      | 10           | 30"    | 45 m  | 35 m    | 40 m                         |                |
| NCAA, USATF             | 3000 SC  | 28 (7 water) | 30"    | 5 jumps/lap after fin. line passed 1 <sup>st</sup> time; water jump 4 <sup>th</sup> |         |                              | BLACK          |
| Girls 11-12             | 80       | 8            | 30"    | 12 m  | 7.5 m   | 15.5 m                       |                |
| Girls 13-14             | 100      | 10           | 30"    | 13 m  | 8 m     | 15 m                         | red tape       |
| Girls 15-16/Women 17-18 | 100      | 10           | 33"    | 13 m  | 8.5 m   | 10.5 m                       | <b>YELLOW</b>  |
| Girls 13-14             | 200      | 5            | 30"    | 20 m  | 35 m    | 40 m                         |                |
| Girls 15-16/Women 17-18 | 400      | 10           | 30"    | 45 m  | 35 m    | 40 m                         |                |
| Girls 15-16/Women 17-18 | 2000 SC  | 18 (5 water) | 30"    | 5 jumps/lap after fin. line passed 1 <sup>st</sup> time; water jump 4 <sup>th</sup> |         |                              | BLACK          |
| <b>MASTERS WOMEN</b>    |          |              |        |   |         |                              |                |
| 30-39                   | 100      | 10           | 33"    | 13 m  | 8.5 m   | 10.5 m                       |                |
| 40-49                   | 80       | 8            | 30"    | 12 m  | 8 m     | 12 m                         |                |
| 50-59                   | 80       | 8            | 30"    | 12 m  | 7 m     | 19 m                         |                |
| 60+                     | 80       | 8            | 27"    | 12 m  | 7 m     | 19 m                         |                |
| 30-49                   | 400      | 10           | 30"    | 45 m  | 35 m    | 40 m                         |                |
| 50-59                   | 300      | 7            | 30"    | 50 m  | 35 m    | 40 m (same locations as 400) |                |
| 60-69                   | 300      | 7            | 27"    | 50 m  | 35 m    | 40 m (same locations as 400) |                |
| 70+                     | 200      | 5            | 27"    | 20 m  | 35 m    | 40 m (same locations as 400) |                |
| All ages                | 2000 SC  | 18 (5 water) | 30"    | 5 jumps/lap after fin. line passed 1 <sup>st</sup> time; water jump 4 <sup>th</sup> |         |                              | BLACK          |

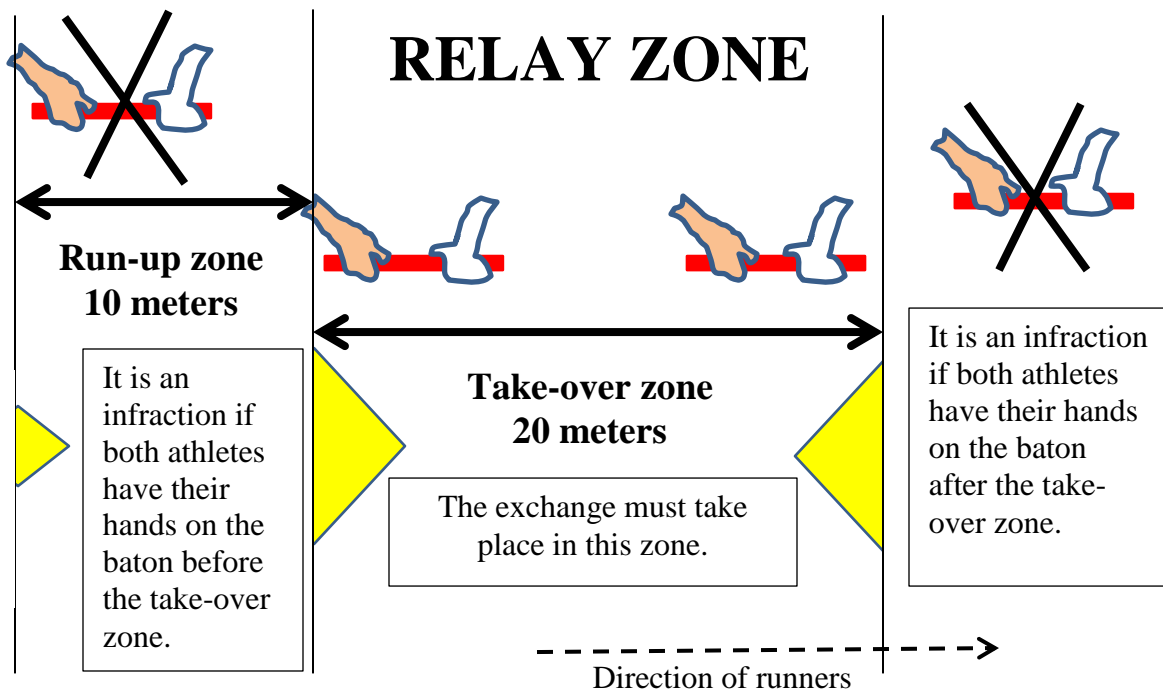
[from USATF Best Practices]

## Hurdle Placement and Height Comparison – Outdoor Meets

| Organization/Age Group | Distance | Number       | Height | To 1 <sup>st</sup>  | Between | Last to Finish               | Standard color |
|------------------------|----------|--------------|--------|---|---------|------------------------------|----------------|
| <b>MEN</b>             |          |              |        |   |         |                              |                |
| Junior High            | 110      | 10           | 33"    | 13.72 m   | 9.14 m  | 14.02 m                      | <b>BLUE</b>    |
| High School            | 110      | 10           | 39"    | 13.72 m   | 9.14 m  | 14.02 m                      | <b>BLUE</b>    |
| NCAA, USATF            | 110      | 10           | 42"    | 13.72 m   | 9.14 m  | 14.02 m                      | <b>BLUE</b>    |
| Junior High            | 200      | 5            | 30"    | 50 m  | 35 m    | 10 m                         |                |
| High School            | 300      | 8            | 36"    | 45 m  | 35 m    | 10 m                         |                |
| NCAA, USATF            | 400      | 10           | 36"    | 45 m  | 35 m    | 40 m                         |                |
| NCAA, USATF            | 3000 SC  | 28 (7 water) | 36"    | 5 jumps/lap after fin. line passed 1 <sup>st</sup> time; water jump 4 <sup>th</sup> |         |                              | BLACK          |
| Boys 11-12             | 80       | 8            | 30"    | 12 m  | 7.5 m   | 15.5 m                       |                |
| Boys 13-14             | 100      | 10           | 33"    | 13 m  | 8.5 m   | 10.5 m                       | YELLOW         |
| Boys 15-16/Men 17-18   | 110      | 10           | 39"    | 13.72 m   | 9.14 m  | 14.02 m                      | <b>BLUE</b>    |
| Boys 13-14             | 200      | 5            | 30"    | 20 m  | 35 m    | 40 m                         |                |
| Boys 15-16/Men 17-18   | 400      | 10           | 36"    | 45 m  | 35 m    | 40 m                         |                |
| Boys 15-16/Men 17-18   | 2000 SC  | 18 (5 water) | 36"    | 5 jumps/lap after fin. line passed 1 <sup>st</sup> time; water jump 4 <sup>th</sup> |         |                              | BLACK          |
| <b>MASTERS MEN</b>     |          |              |        |   |         |                              |                |
| 30-49                  | 110      | 10           | 39"    | 13.72 m   | 9.14 m  | 14.02 m                      |                |
| 50-59                  | 100      | 10           | 36"    | 13 m  | 8.5 m   | 10.5 m                       |                |
| 60-69                  | 100      | 10           | 33"    | 12 m  | 8 m     | 16 m                         |                |
| 70-79                  | 80       | 8            | 30"    | 12 m  | 7 m     | 19 m                         |                |
| 80+                    | 80       | 8            | 27"    | 12 m  | 7 m     | 19 m                         |                |
| 30-49                  | 400      | 10           | 36"    | 45 m  | 35 m    | 40 m                         |                |
| 50-59                  | 400      | 10           | 33"    | 45 m  | 35 m    | 40 m                         |                |
| 60-79                  | 300      | 7            | 30"    | 50 m  | 35 m    | 40 m (same locations as 400) |                |
| 80+                    | 200      | 5            | 27"    | 20 m  | 35 m    | 40 m (same locations as 400) |                |
| 30-59                  | 3000 SC  | 28 (7 water) | 36"    | 5 jumps/lap after fin. line passed 1 <sup>st</sup> time; water jump 4 <sup>th</sup> |         |                              | BLACK          |
| 60+                    | 2000 SC  | 18 (5 water) | 30"    | 5 jumps/lap after fin. line passed 1 <sup>st</sup> time; water jump 4 <sup>th</sup> |         |                              | BLACK          |

### KEEPING TRACK OF HEATS FOR YOUTH MEETS (Girls/Boys)

| Age Divisions: | 8&under | 9-10 | 11-12 | 13-14 | 15-16 | 17-18 |   |   |   |    |
|----------------|---------|------|-------|-------|-------|-------|---|---|---|----|
| HEAT           | 1       | 2    | 3     | 4     | 5     | 6     | 7 | 8 | 9 | 10 |
| HEAT           | 1       | 2    | 3     | 4     | 5     | 6     | 7 | 8 | 9 | 10 |



# Example of Completed Umpire’s Incident/Infraction Report – front side

**Umpire’s Incident/Infraction Report** Meet/Location: Brutus Hamilton/Berkeley, CA Date/Time: 23 Apr 15/4:10 pm

**Athlete/#** A.Jones/237 **Athlete’s Team/Uniform** Stanford/maroon top, black shorts **Division:** Women Men

**Event:** 100m 200m 400m 800m 1,500m 3,000m 5,000m 10,000m 2,000m Steeplechase 3,000m Steeplechase  
80m Hurdles 100/110m Hurdles 200m Hurdles 400m Hurdles 4x100m Relay 4x200m Relay 4x400m Relay 4x800m Relay

**Other** \_\_\_\_\_ **Heat:** Heat 1 Heat 2 Heat 3 Heat 4 Heat 5 Heat 6 Final

**Relay Passing Zone Infraction**

Lane: 1 2 3 4 5 6 7 8 9

Athlete passed baton 2 meters before / **after** passing zone 1 2 3

**Other Infractions**

Gained advantage/assistance  
Unsportsmanlike conduct

**Lane Infraction**

Lane: 1 2 3 4 5 6 7 8 9 10

Ran inside of 1<sup>st</sup> 2<sup>nd</sup> turn for approximately \_\_\_\_\_ steps (of the left foot).

**Athlete Left Track/Course**

Did not finish  
Gained advantage after returned

**Interference** (impeding, obstructing, jostling, tripping) – Who was impacted?

Umpire’s Name Jane Volunteer Umpire’s Signature Jane Volunteer

Head Umpire’s Name \_\_\_\_\_ Head Umpire’s Signature \_\_\_\_\_

*Details of the incident/infraction and the Referee’s decision are written on the other side.*

## Observation

The umpire should be in a position to observe the competitors within her/his line of sight as the field passes, the hurdles are cleared or the baton is exchanged. Therefore, generally observation should take place on the outside of the track.

## Forms and Reporting Observations

- Report form should answer all the basic questions (who, what, where, when, and how) as well as providing room for the needed signatures.
- Only those specifically assigned to the umpiring task or requested by the Referee to observe all of the competitions may submit an observation form that may result in a disqualification.
- When the umpire decides to need to report a violation, she/he raises a yellow flag. Upon completion of the event and without consultation with any other, the umpire completes an observation report form and waits for the Chief Umpire or Referee. The Referee may ask clarifying questions or for collaborating observations from other umpires. If in the Referee’s judgment there is not indisputable evidence of a violation, there may be a decision to take no action.
- When a potential violation occurs and immediately following the competition of the event, the umpire should seek to capture as much information as possible to describe the “who, what, where, why and how” of her/his observation.

## Follow-up

Immediately following that day’s meet or during a major break in the competition, the umpires should meet with the Chief Umpire and Referee to debrief on the meet and lessons learned.

## Role of the Umpire

To help ensure fairness for all competitors, umpires closely observe all track competitions. Though often inadvertent or a result of ignorance of the rules, violations can either harm a competitor's opportunities or give unfair advantage to one over others. Should the umpire observe a possible violation of the applicable rules governing that competition, a formal observation report is to be filed through the Chief Umpire to the Track Referee. The Track Referee will determine if a rules violation has occurred and take an appropriate action consistent with the applicable rules.

## Prior to the Event

- Umpires report to a designated meeting area not less than 30 minutes prior to the first running event. Each umpire should bring a clipboard, appropriate rule book, pencil and be dressed appropriately for the meet and weather conditions.
- Chief Umpire conducts an organizing meeting to distribute flags and reporting forms, assign individual umpires to cover specific sectors, review the schedule, discuss movements within sector to best observe each event, review the reporting procedure, review key rules to be applied and any special provisions established by Games Committee, and provide any other information needed for the umpires to perform their duties. This may include a walk of the track to review markings.
- Umpire should become thoroughly familiar with the sector of the track they are assigned to cover and follow the instructions of the Chief Umpire regarding the best points of observation for each event.

## Location

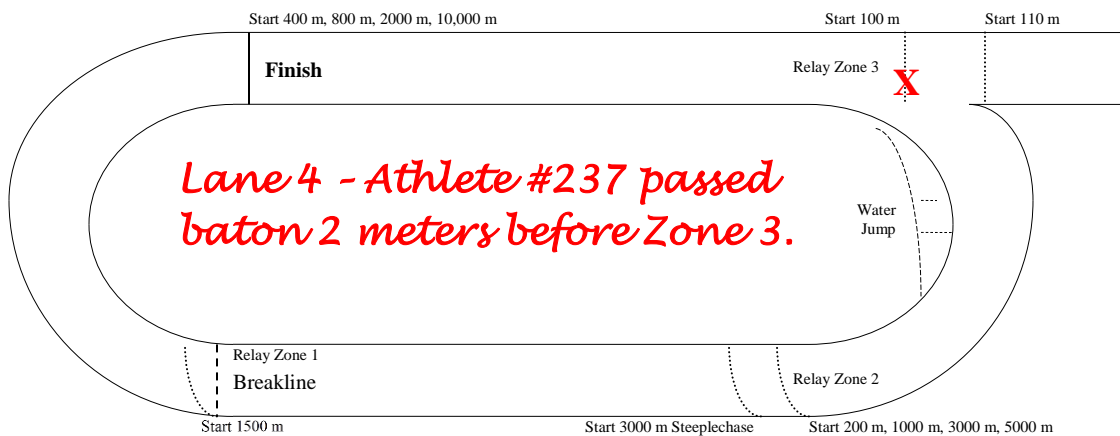
To perform this role, there must be a minimum of four umpires and each umpire should be assigned by the Chief Umpire to a location that best permits full observation of the track by the umpiring crew. In assigning the location, priority should be given to covering the four curves and appropriate movement to be in the best position to observe every competitor in every event. This may require the umpire to position themselves in the stands.

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## Example of Completed Umpire's Incident/Infraction Report – back side

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### Details of the Incident/Infraction and Referee's Decision



Referee's Name \_\_\_\_\_ Referee's Signature \_\_\_\_\_

**Outdoor Combined Events**

**Men's** (including Masters) **Pentathlon**: Long Jump, Javelin, 200-m, Discus, 1500-m

**Women's** (including Masters) **Pentathlon**: 100-m Hurdles, High Jump, Shot Put, Long Jump, 800-m

**Men's** (including 15-16 Boys) **Decathlon, Day 1**: 100-m, Long Jump, Shot Put, High Jump, 400-m

**Men's** (including 15-16 Boys) **Decathlon, Day 2**: 110-m Hurdles, Discus, Pole Vault, Javelin, 1500-m

**Women's** (including 15-16 Girls) **Decathlon, Day 1**: 100-m, Discus, Pole Vault, Javelin, 400-m

**Women's** (including 15-16 Girls) **Decathlon, Day 2**: 100-m Hurdles, Long Jump, Shot Put, High Jump, 1500-m

**Women's Heptathlon**, Day/Part 1: 100-m Hurdles, High Jump, Shot Put, 200-m; Day/Part 2: Long Jump, Javelin, 800-m

**Girls' 9-10 Triathlon**: Shot Put, High Jump, 200-m      **Boys' 9-10 Triathlon**: Shot Put, High Jump, 400-m

**Girls' 11-12 Pentathlon**: 80-m Hurdles, Shot Put, High Jump, Long Jump, 800-m

**Boys' 11-12 Pentathlon**: 80-m Hurdles, Shot Put, High Jump, Long Jump, 1500-m

**Girls' 13-14 Pentathlon**: 100-m Hurdles, Shot Put, High Jump, Long Jump, 800-m

**Boys' 13-14 Pentathlon**: 100-m Hurdles, Shot Put, High Jump, Long Jump, 1500-m



# UMPIRE'S BOOKLET