INFRACTIONS:

• Interference

• Not clearing

hurdle properly:

Hooks hurdle

Runs around

Knocks over hurdle

with hand

• Not finishing in

assigned lane

**3**

**6**

**9**

**4**

**5**

**10**

**11**

**12**

INFRACTIONS:

• Interference

• Not starting or

finishing in

assigned lane

**Finish**

Start 100 m

**1**

**4**

**3**

**6**

**2**

**5**

**100-METER SPRINT**

**7**

**8**

**9**

**11**

**10**

**12**

Page 7

**Finish**

Start 100 m

Start 110 m

**1**

**2**

**110- & 100-METER HURDLES**

Also watch for one athlete’s hurdle interfering with another athlete, and for clearing the hurdle in the wrong lane.

**7**

**8**

**8**

**7**

**8**

**1**

**5**

INFRACTIONS:

• Lane violation

• **USATF: 1** step,

either foot

• **NCAA: 2**

consecutive steps

of any feet

• **NFHS: 3**

consecutive steps

of any feet

• Interference

**Finish**

Start 200 m

**200-METER SPRINT**

**6**

**2**

**4**

**3**

**1**

**5**

**7**

**8**

**9**

**10**

**11**

**12**

INFRACTIONS:

• Lane violation

• **USATF: 1** step,

either foot

• **NCAA: 2**

consecutive steps

of any feet

• **NFHS: 3**

consecutive steps

of any feet

• Interference

**Finish**

Start 400 m

**1**

**2**

**3**

**4**

**5**

**7z**

**400-METER SPRINT**

**6**

**10**

**11**

**8**

**12**

**9**

Page 8

INFRACTIONS:

• Interference

• Not clearing

hurdle properly

[See 100/110

hurdles.]

• Lane violation

**Finish**

Start 400 m

**400-METER HURDLES**

**(& 300-m & 200-m hurdles)**

**1**

**2**

**3**

**4**

**9**

**6**

**7**

**8**

**5**

**10**

**11**

**12**

Page 9

INFRACTIONS:

• Interference

• **Cutting in**

**before**

**breakline**

• **Lane violation**

**before**

**breakline**

**Finish**

Start 800 m

**800-METER RUN**

(could have alley start; coned every 4 m to breakline)

If in lanes, cones out at start; remove from inside lanes after the 1st pass of runners.

Breakline

**3**

**8**

**1**

**2**

**5**

**4**

**7**

**6**

**9**

**10**

**11**

**12**

**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: Lane 1

Lane line

Breakline

Direction of runners Lane 2

Lane line

Lane 3

**Chart

Description automatically generated**

Page 6

Page 5

**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.”*

track marking

Direction of hurdlers

edge of bar

**Placements of Cones at the Breakline**

INFRACTIONS:

• Interference

• Paced by lapped

or about-to-be-

lapped runner

or by person

not in the race

• Didn’t run in direct line on final straightaway unless another in path

**Finish**



Start 1000 m, 3000 m, 5000 m

Start 2000 m, 10,000 m

**1**

**2**

**3**

**4**

**6**

**5**

**1500-METER & LONGER RUNS**

**7**

**8**

**9**

**10**

**11**

**12**

INFRACTIONS:

• Doesn’t clear

hurdle

• Hooks hurdle

(leg or foot

beside hurdle

below top

horizontal

plane)

• Interference

**Finish**



Start 3000 m Steeplechase

Start 2000 m

Water

Jump

**STEEPLECHASE**

**2**

**1**

**5**

**3**

**4**

**6**

**7**

**8**

**9**

**10**

**11**

**12**

start

start

#1 moves to direct athletes to the water jump with green flag in right hand (signaling with red or yellow flag in left hand to not stay on the track).

Page 10

INFRACTIONS:

• **Passing baton**

**before or after**

**relay zone**

• Lane violation

• Starting run

before relay

zone

• **Interference**

• Gloves, tape,

substance on hand

**Finish**

Relay Zone 1

Relay Zone 2

Relay Zone 3

Start 400 m

**4 x 100-METER RELAY**

**1**

**6**

**2**

**5**

**3**

**4**

Standard markings = yellow triangles

Tape: USATF = one piece, 5 x 40 cm (2 x 16 in)

NCAA = two pieces, 2 in wide x <width of lane

NFHS = designated by Games Cmte

**7**

**8**

**9**

**10**

**11**

**12**

**Zone chiefs signal to starter - raise white flags when ready.**

4 X 200

Exch 1 = red

Exch 3 = blue

**16**

**13**

**15**

**14**

#4,5, & 6 write. Others remove tape.

Page 11

INFRACTIONS:

• Passing baton

before or after

relay zone

• Starting run

before relay

zone

• **Lane violation**

**through 3rd**

**turn**

• Cutting in

before breakline

• Interference

**Finish**

Breakline

Relay Zone

Start 400 m

**4 x 400-METER RELAY**

Standard markings = blue triangles

[USATF Rule 170.14: 3rd & 4th runners order

as at 200 meters.]

**1**

**2** (at break; otherwise at the L)

**6** (beginning of the relay zone)

**5**

**3**

**4**

1st pass = no cones; 2nd pass with cones; 3rd & 4th pass = no cones.

start

start

**L**

**7**

**8**

**9**

**10**

**11**

**12**

Organization/Age Group Distance Number Height To 1st Between Last to Finish Standard Color

**WOMEN Order**

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 1st time; water jump 4th BLACK

Girls 11-12 80 8 30” 12 m 7.5 m 15.5 m **#8**

Girls 13-14 100 10 30” 13 m 8.5 m 10.5 m **YELLOW #6**

Girls 15-16/Women 17-18 100 10 33” 13 m 8.5 m 10.5 m **YELLOW #3,4**

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 13-16/Women 17-18 2000 SC 18 (5 water) 30” 5 jumps/lap after fin. line passed 1st time; water jump 4th BLACK

**MASTERS WOMEN**

25-39 100 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

25-49 400 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 1st time; water jump 4th BLACK

[from USATF Best Practices]

Page 4

**Hurdle Placement and Height Comparison – Outdoor Meets**

Page 3

Organization/Age Group Distance Number Height To 1st Between Last to Finish

Standard color

**MEN Order**

Junior High 110 10 33” 13.72 m 9.14 m 14.02 m **BLUE**

High School & U20 110 10 39” 13.72 m 9.14 m 14.02 m **BLUE**

NCAA, USATF 110 10 42” 13.72 m 9.14 m 14.02 m **BLUE**

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 1st time; water jump 4th BLACK

Boys 11-12 80 8 30” 12 m 7.5 m 15.5 m **#7**

Boys 13-14 100 10 33” 13 m 8.5 m 10.5 m YELLOW **#5**

Boys 15-16/Men 17-18 110 10 39” 13.72 m 9.14 m 14.02 m **BLUE #1,2**

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 13-14,15-16/Men 17-18 2000 SC 18 (5 water) 36”(30” for 13-14) 5 jumps/lap after fin. line passed 1st time; water jump 4th BLACK

**MASTERS MEN**

25-49 110 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

25-49 400 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)

25-59 3000 SC 28 (7 water) 36” 5 jumps/lap after fin. line passed 1st time; water jump 4th BLACK

60+ 2000 SC 18 (5 water) 30” 5 jumps/lap after fin. line passed 1st time; water jump 4th BLACK

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Age Divisions: 8 & under 9-10 11-12 13-14 15-16 17-18 (young women/young men)

HEAT 1 2 3 4 5 6 7 8 9 10

Page 12

HEAT 1 2 3 4 5 6 7 8 9 10

**RELAY EXCHANGE ZONE**

**No**

**run-up zone**

It is an infraction if both athletes have their hands on the baton after the exchange zone.

It is an infraction if both athletes have their hands on the baton before the exchange zone.

**Exchange zone**

**30 meters in 4x100 &**

**4x200**

**20 meters in 4x400 & longer**

The exchange must take place in this zone.

Direction of runners

It is an infraction if the runner accelerates/starts running outside the exchange zone.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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**Example of Completed Umpire’s Incident/Infraction Report**

**Diagram

Description automatically generated**

**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**

* The incident/infraction report form should answer all the basic questions (who, what, where, when, and how) as well as providing room for the needed signatures.
* **Each umpire who sees the incident/infraction should complete a report form.**
* Only those specifically assigned to the umpiring task or requested by the Referee to observe all of the competitions may submit an incident/infraction report form that may result in a disqualification.
* When the umpire decides 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 incident/infraction 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.

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**USATF Umpiring Best Practices – Content Outline**

Page 1

*(September 2009; also see detailed information in the USATF Umpire Manual / Monograph****)***

**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.

*\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_*

**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.”*

**Diagram

Description automatically generated** **Chart

Description automatically generated with medium confidence**

Two alley start lines

Finish line

Breakline

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**NOTES, including names and positions of other officials**

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**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

Sprint Medley Relay (1-1-2-4): 100-m, 100-m, 200-m, 400m

Super Sprint Medley Relay (2-2-4-8): 200-m, 200-m, 400-m, 800-m

Swedish Relay (1-2-3-4): 100-m, 200-m, 300-m, 400-m

Distance Medley Relay (3-1-2-4 laps): 1200-m, 400-m, 800-m, 1600-m



**UMPIRE’S BOOKLET**

J.G. & E.M. Price, with help from R. Hooper, S.D. Petrelli, G. Kleeman, T. Sligh, R. Rauch, and K. Skyles, 13 January 2023