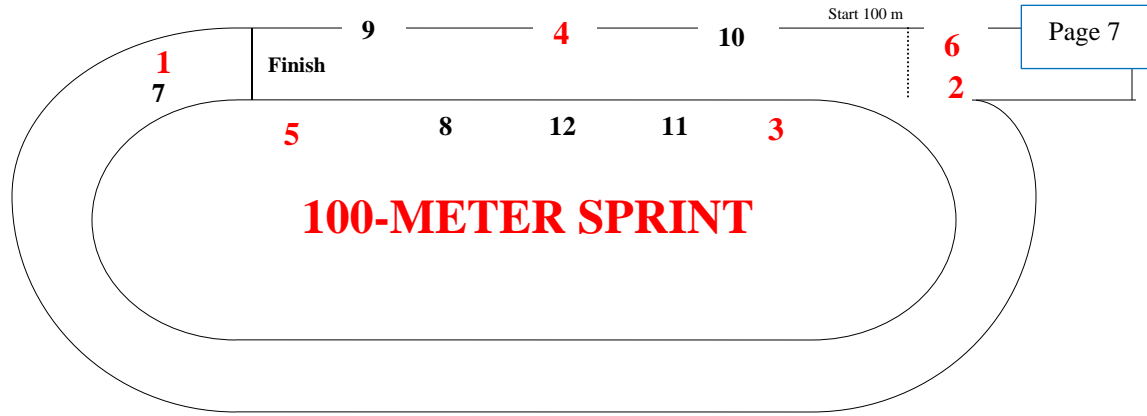


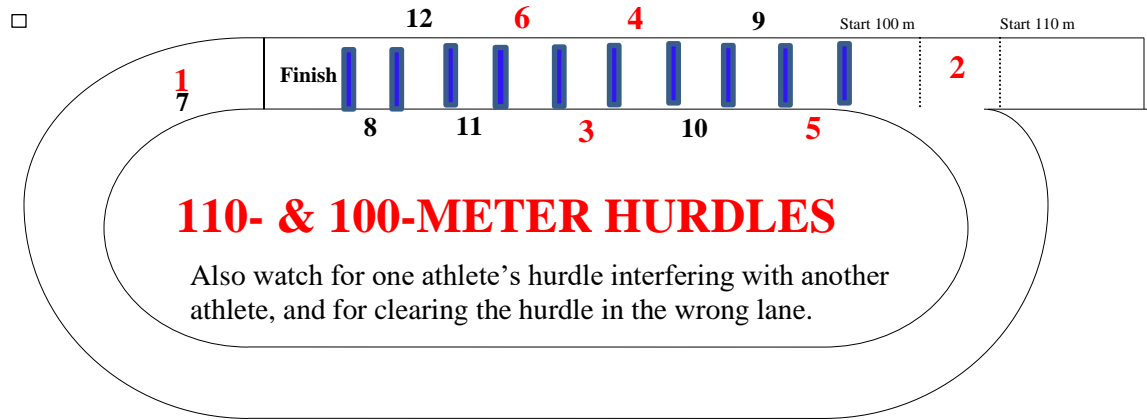
INFRACTIONS:

- Interference
- Not starting or finishing in assigned lane



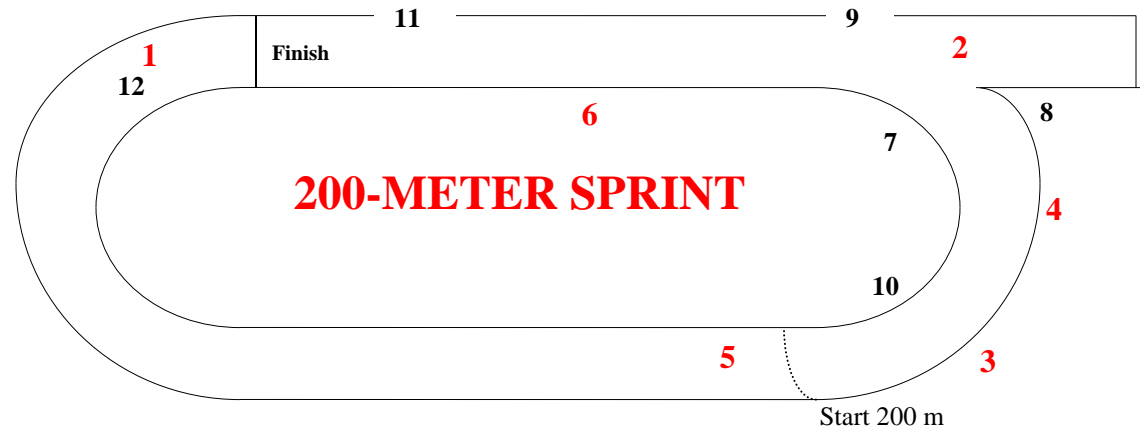
INFRACTIONS:

- Interference
- Not clearing hurdle properly:
 - Hooks hurdle
 - Runs around
 - Knocks over hurdle with hand
- Not finishing in assigned lane



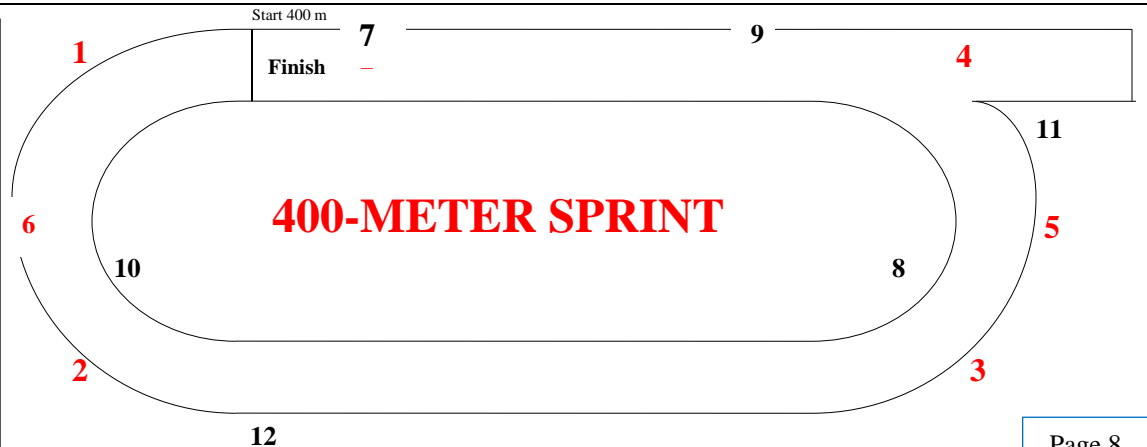
INFRACTIONS:

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



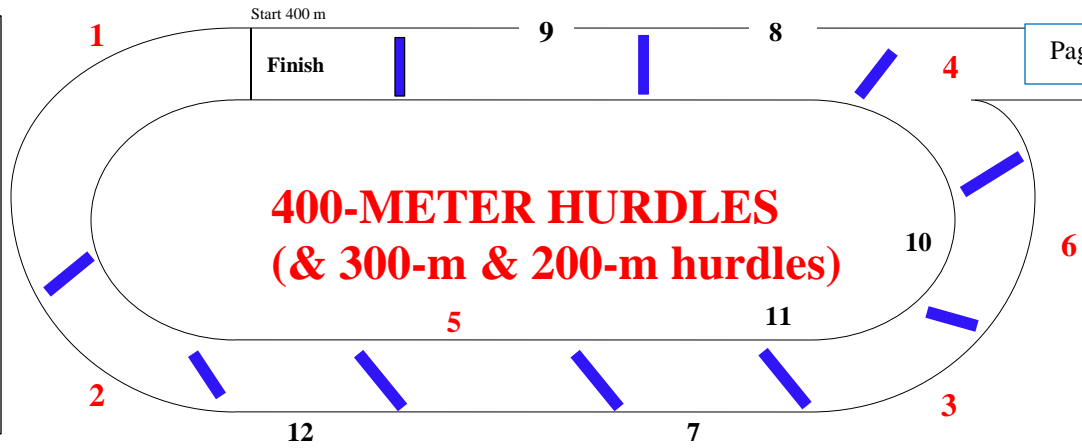
INFRACTIONS:

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



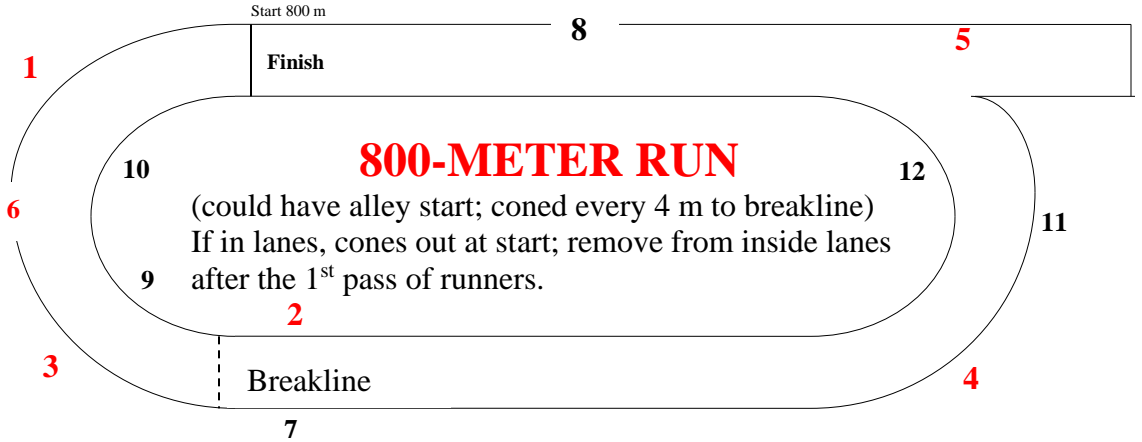
INFRACTIONS:

- Interference
- Not clearing hurdle properly [See 100/110 hurdles.]
- Lane violation



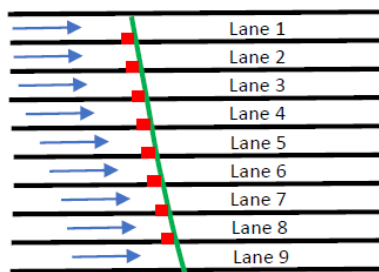
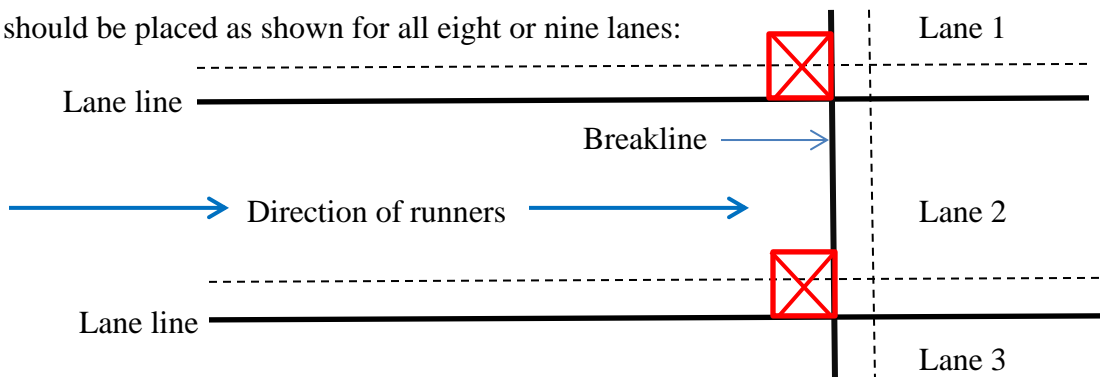
INFRACTIONS:

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



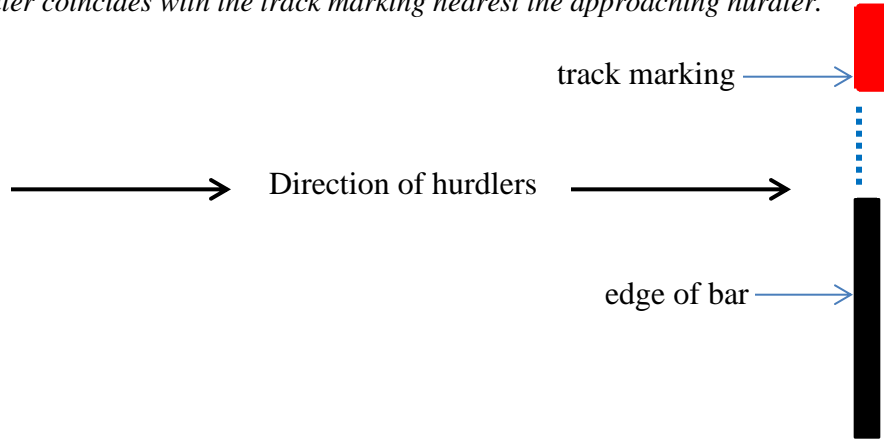
Breakline or cut-in points (used at end of the first turn in the 800-m run; and only the second runner in the 4x400-m relay). **Small orange or red cones are placed such that if the athlete hits the cone, he/she has crossed the line before the breakline or into the lane to the left and violated the rules.** – 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:

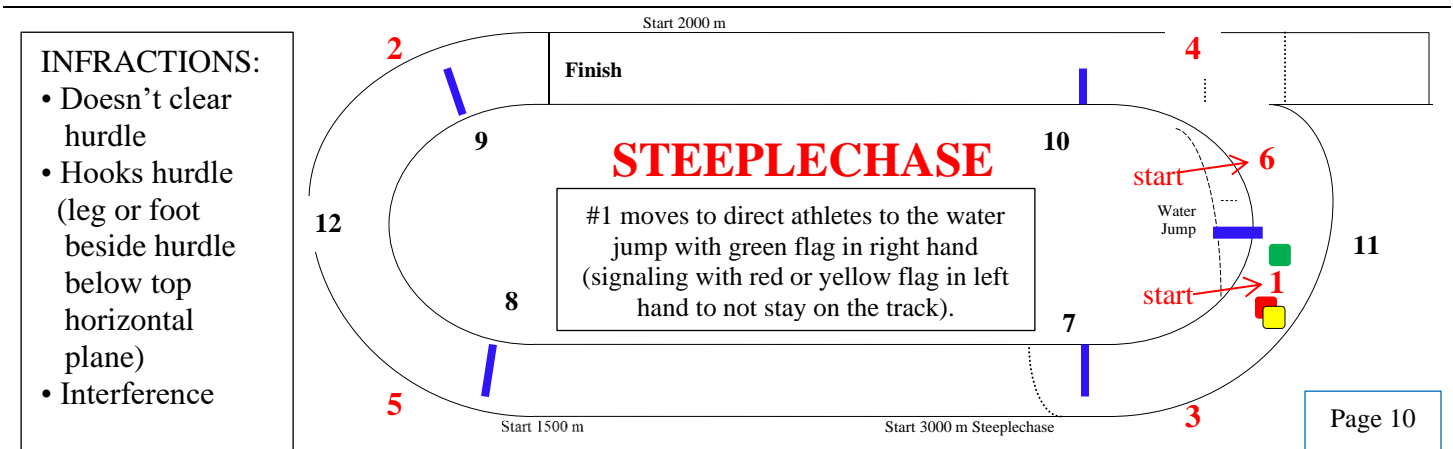
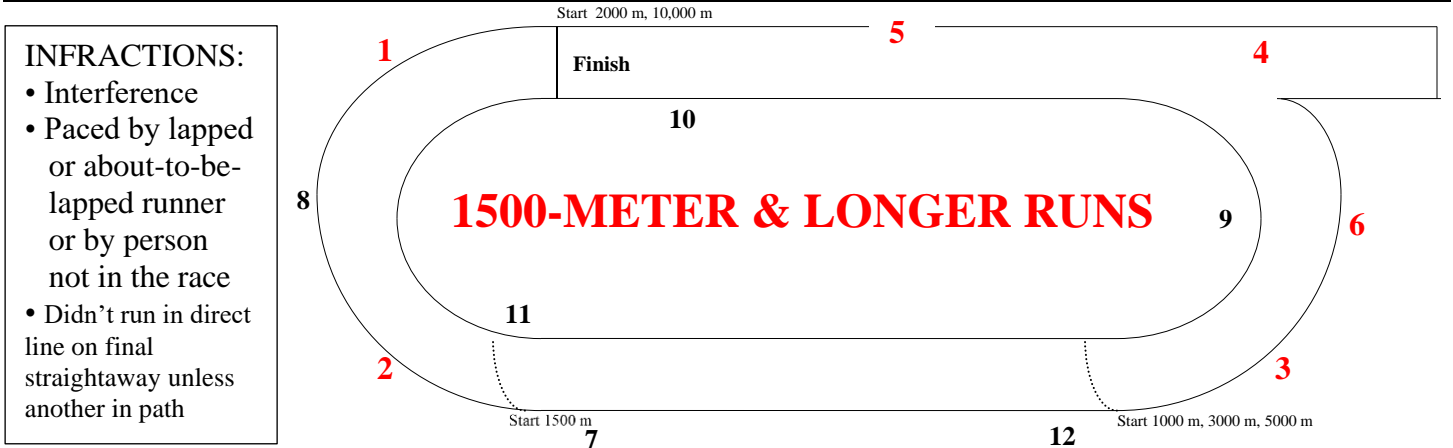


Placements of Hurdles Relative to Track Markings

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."

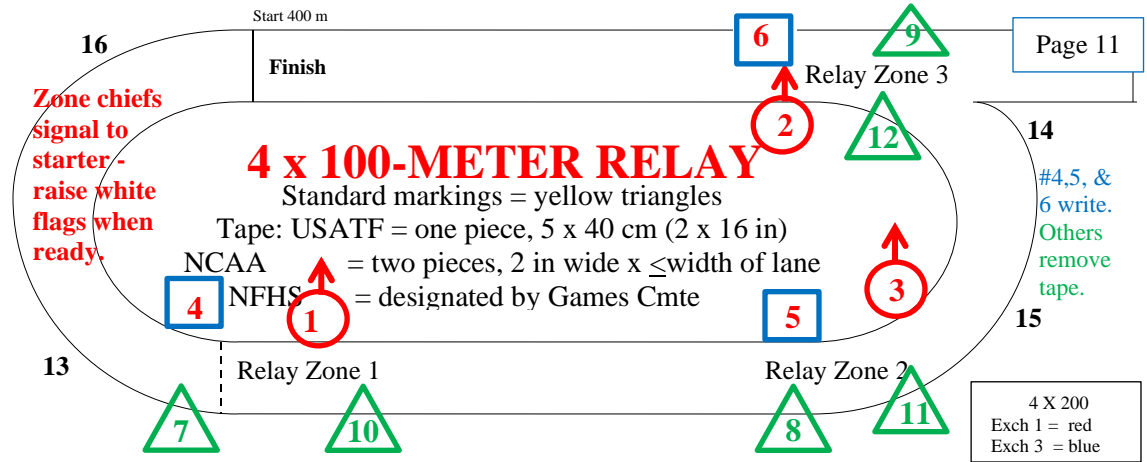


Placements of Cones at the Breakline



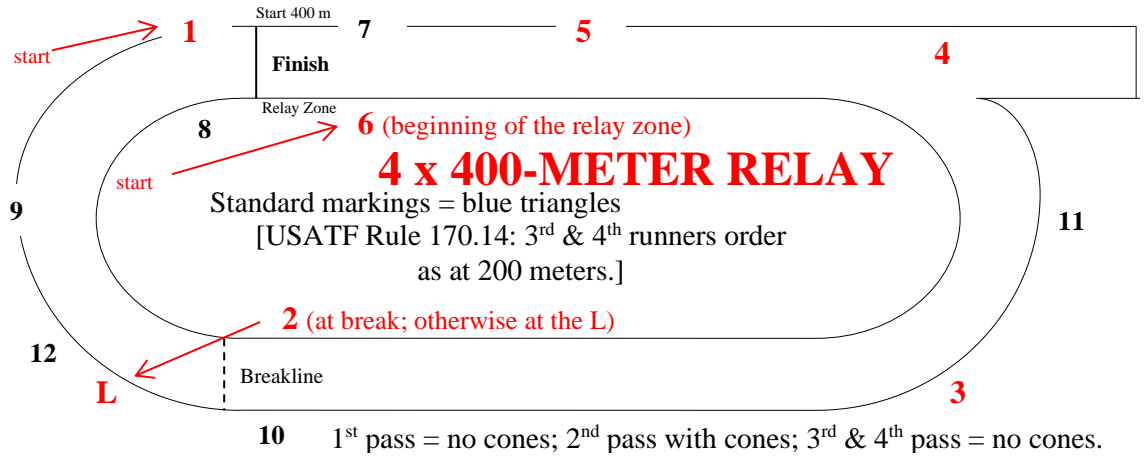
INFRACTIONS:

- **Passing baton before or after relay zone**
- Lane violation
- Starting run before relay zone
- **Interference**
- Gloves, tape, substance on hand



INFRACTIONS:

- Passing baton before or after relay zone
- Starting run before relay zone
- **Lane violation through 3rd turn**
- Cutting in before breakline
- Interference



Organization/Age Group	Distance	Number	Height	To 1 st	Between	Last to Finish	Standard Color
WOMEN							
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 st time; water jump 4 th			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 1 st time; water jump 4 th			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 1 st time; water jump 4 th			BLACK

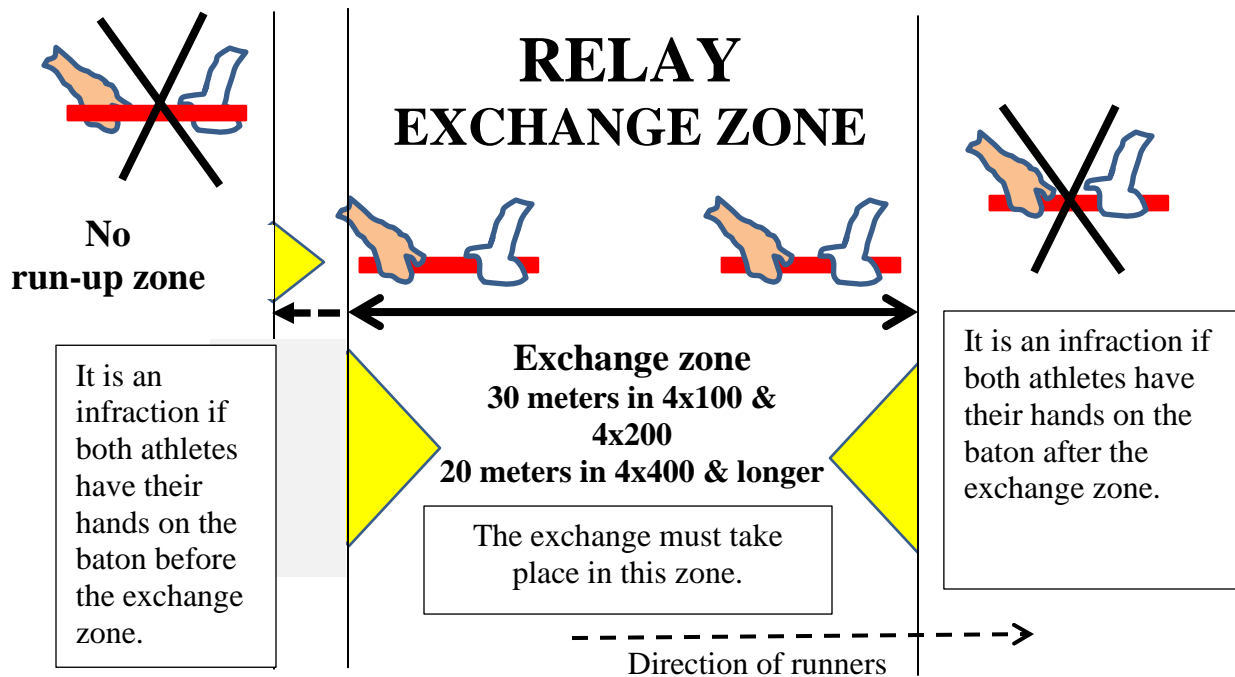
[from USATF Best Practices]

Hurdle Placement and Height Comparison – Outdoor Meets

Organization/Age Group	Distance	Number	Height	To 1 st	Between	Last to Finish	Standard color	Order
MEN								
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 1 st time; water jump 4 th			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 1 st time; water jump 4 th			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 1 st time; water jump 4 th			BLACK	
60+	2000 SC	18 (5 water)	30"	5 jumps/lap after fin. line passed 1 st time; water jump 4 th			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		
HEAT	1 2 3	4 5 6	7 8 9	10		



Example of Completed Umpire's Incident/Infraction Report

UMPIRE'S INCIDENT REPORT

EVENT: Nat. JOs 400 m HEAT/ SECTION: 4 LANE: 5 HIP NUMBER: 5
 BIB NUMBER: 1587 TEAM: Jackson Speed LOCATION: second turn TIME: 9:45 (a.m./p.m.)
 COLOR OF JERSEY: orange COLOR OF SHORTS: black MEN WOMEN X Age Group 13-14 Girls

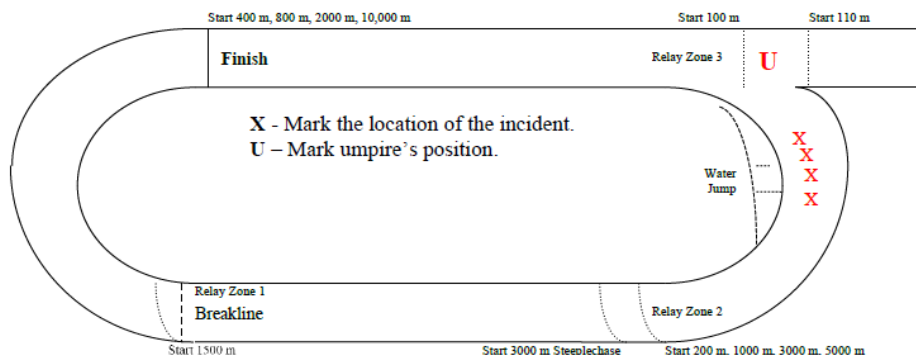
DESCRIPTION OF INFRACTION (who, what, where, when) & RULE # 163.5

Athlete in Lane 5 ran 4 steps of the left foot into Lane 4.

UMPIRE'S NAME Irene O. Fishel UMPIRE'S SIGNATURE: Irene O. Fishel DATE: 7 / 25 / 2022

REFEREE'S DECISION:

DATE: / / TIME: a.m./p.m. REFEREE SIGNATURE



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.

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.

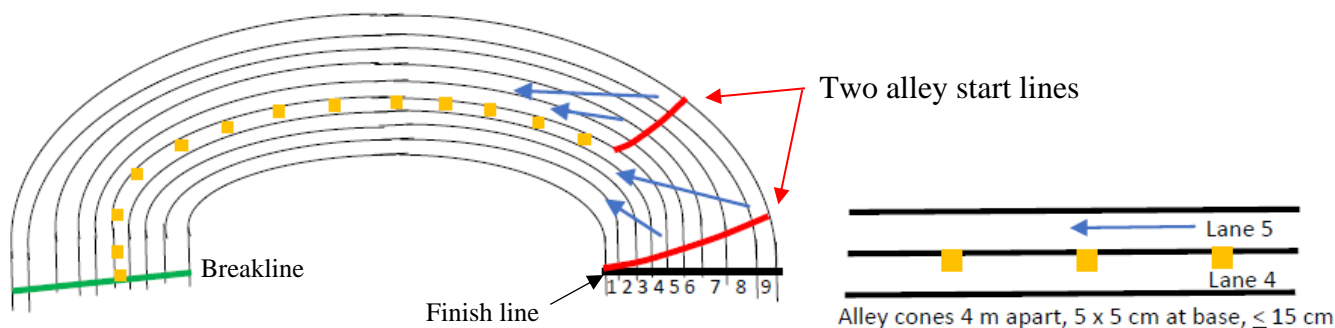
Prior to the Event

- 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.”*



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