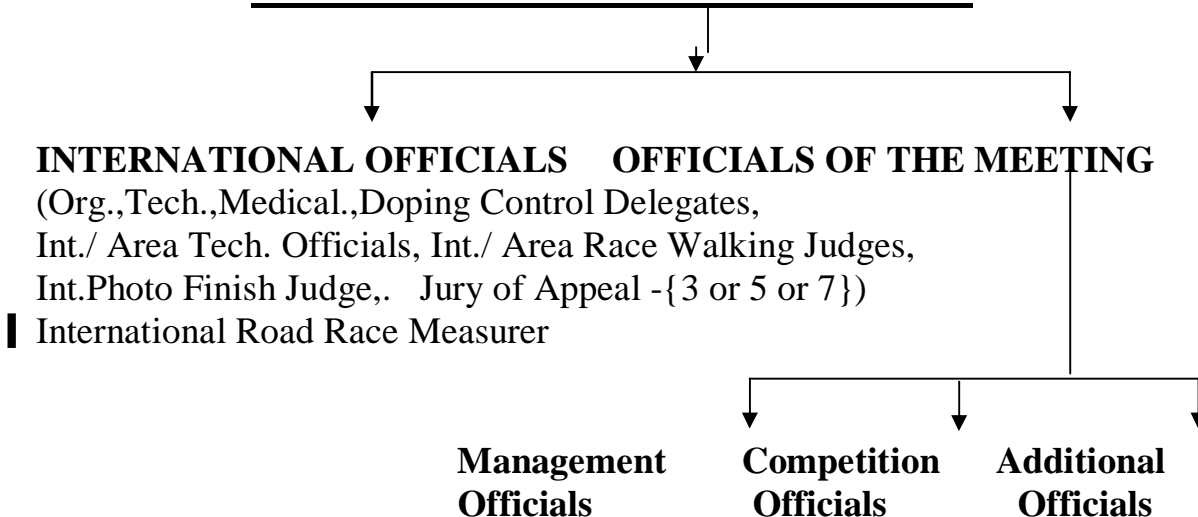


# TRACK AND FIELD RULES ABSTRACT

## TRACK AND FIELD OFFICIALS



### Duties of Management Officials:

**Competition Director** : Plan Technical organization in cooperation with Technical Delegate(s).He shall direct the interaction between the participants in the competition and, through the communication system.

**Meeting Manager** : Responsible for the correct conduct of meeting, Check Officials reporting for duty-substitute when necessary, Authority to remove any Official who is not abiding by the Rules (For competition longer than 4hours or more than one day, it is recommended that the Manager has an adequate number of Assistant Managers.

**Technical Manager** : Responsible for ensuring the track, runway, circles, sector and equipments are in accordance with Rules.

**Event presentation Manager:** The Event Presentation Manager shall plan, in conjunction with the Competition Director, the event presentation arrangements for a competition, in cooperation with the Organisational and Technical Delegate(s), as and where applicable. He shall ensure that the plan is accomplished, resolving any relevant problems together with the Competition Director and the relevant Delegate(s). He shall also direct the interaction between the members of the event presentation team, using the communication system to be in contact with each of them.

### DUTIES OF COMPETITION OFFICIALS

**Referee** : Separate Referee for Track, Field, Combined events , Call room & events outside the stadium. Ensure that the rules are observed. Decide the matters not covered in rules and disputed placings. Not act as Judge or Umpire. Authority to rule on any protests on conduct of the competition Warn or exclude any athlete for improper conduct (Yellow & Red card).Circumstances arise –justice demands any events should be contested again, he shall have the authority to void the event and it shall be held again.

Sign the result. The relevant Track Referee has the power to decide on any facts related to the starts if he does not agree with the decisions made by the start team except in the cases when it regards a false start detected by a false start detection apparatus.

### **Judges:**

Chief Judges for track, and for each field event shall co-ordinate the work of the judges.

**Track** - All the judges must operate from same side, decide the order of finish, any dispute refer to Referee, who shall decide. Provided with the elevated platform, placed atleast 5 m from and in line with finish line.

**Field** - Record each trial and measure each valid track. Atleast two judges to keep record of all trials. Indicate the validity or non-validity of a trial by raising a white or red flag as appropriate.

**Umpire** : They are assistants to the referee with out authority to make final decisions. Positioned by the Referee. Make an immediate written report of Foul/ Violation to the Referee. Any such breach of rules should be indicated by raising Yellow flag.(mark the place of infringement with suitable materials)

**Time Keeper & Photo Finish Judges:**Chief timekeeper allots the duties for time keepers. These time keepers shall act as back-up time keepers when fully automatic photo finish equipment is in use The. timekeeper shall be in line with finish & out side the track(at least 5m away-elevated platform). The time shall be taken from the flash/smoke of the gun to the moment at which any part of the body (torso) reaches the perpendicular plane of the nearer edge of the finish line. Three official time keepers (including chief)&one /two additional time keepers shall timely winner of every event (additional watches considered only when main watches fails) Each time keeper shall act independently with out showing his watch to, or discussing his time with any other person, shall enter the time in the official form, after signing hand it to the chief time keeper. For hand time races on the track time shall be read to the next longer 1/10<sup>th</sup> of a second (eg: 11.11 read as 11.2.) For races partly /entirely out side the stadium shall be converted to next longer full second.(eg:2:08.34.2 read as 2:08.35. for marathon)if two of the three watches agree & third disagrees, the time record shall be the official time. If all the three watches disagree the middle time shall be official if only two watches, & if they differ the longer time shall be the official

**Start Coordinator**The Start Coordinator will be in charge of the following tasks:

- (a) To allocate the duties of the start team judges, assigning the task of giving the start to the member of the team who, in his opinion, is the best for the event.
- (b) To supervise the duties to be fulfilled by each member of the team.
- (c) To inform the Starter, after receiving the relevant order from the Competition Director, that everything is in order to initiate the start procedure (eg. that the Timekeepers, the Judges and when applicable the Chief Photo Finish Judge and the Wind Gauge Operator are ready).
- (d) To act as an interlocutor between the technical staff of the timing equipment company and the Judges.
- (e) To keep all papers produced during the start procedure including all documents showing the reaction times and/or false start waveform images if available.
- (f) To ensure that the rules related to starting are observed.

**Starter :**

Starter shall have the Entire control of the competitors. Before the start signal is given the starter shall ascertain the readiness of Timekeepers, Judges, Photo Finish Judge & Wind Gauge Operator. He shall position himself so that he has full visual control over all runners during the start. Only the starter may apply the warning and disqualification during the start.

**Recallers :** One or more recallers shall be provided to assist the starter. (for Staggered start events, There shall be at least two recallers. They shall place themselves so that he can see each competitor assigned to him.

**Starter's Assistant :**Check the competitor. Stations the Competitors from left to right facing the direction of the run. Assemble the competitor approximately 3m behind the start line. The shall be responsible for readiness of batons for relays.

**Lap Scorers :**One Lap Scorer for 4 competitors (6 for Walking) shall be appointed. One lap scorer shall be responsible for maintaining the display of laps remaining at the finish line. The final lap shall be signaled to each competitor usually by ringing a bell.

**Competition Secretary :**Collect results from Referee &Convey to the Announcer & Competition Director.

**Marshal:**Control the arena – not allow any person other than the Competitors & Officials assembled to compete or other authorized persons with valid accreditation to enter and remain therein.

**Announcer :** He shall inform the public the relevant details (composition of heats, lanes drawn, and results) regarding the events.

**Official Surveyor :**Check the Marking & Furnish appropriate certificate to the Technical Manager.

**Wind Gauge Operator :** Communicate the details of wind velocity to the competition secretary.

**Measurement judge (electronics) :**Ensure the equipment relating to the electronics & overall charge of the Operation.

**Call Room Judges :**Ensure the Uniform, Bibs, Shoes, Spikes and Advertisements. Non – authorized material cannot be taken in to the arena.

**Advertising Commissioner :**Supervise the advertising rules & regulations

## **RULES OF TRACK EVENTS**

### **AGE GROUPS**

**Youth Boys & Girls:** Any athlete of 16 or 17 years on 31stDec. in the year of the competition.

**Junior Men & Women:** Any athlete of 18 or 19 years on 31stDec. in the year of the competition.

**Master Men & Women:** Any athlete who has reached his/her 35thbirthday.

**The start :**For events up to 400m the starters commands shall be “ on your marks”, “set”, &when all the competitors are “set”, the gun shall be fired. For more than 400m “on your marks &when all the competitors are steady the gun shall be fired. In case of a first false start, the athlete(s) responsible for the false start shall be warned with a yellow card placed on the respective lane marker(s). At the same time, all the other athletes taking part in the race shall be warned with a yellow card raised in front of them by one or several starter's assistants in order to notify them that anyone committing further false starts will be disqualified. This last mentioned basic system (to raise a card in front of the athlete(s) responsible for the false start) will also be followed in case lane markers are not being used. In case of further false starts, the athlete(s) responsible for the false start shall be disqualified and a red card shall be placed on the respective lane marker(s), or raised in front of the respective athlete(s).

In Combined Events, the athlete(s) responsible for a false start shall be warned with a yellow card placed on the respective lane marker(s) or raised in front of the respective athlete(s). Any athlete who is responsible for two false starts shall be disqualified and a red card shall be placed on the respective lane marker or raised in front of the respective athlete.

**RACES RUN IN LANES :**In all races run in lanes each competitor shall keep within his allocated lanes from start to finish. Except as stated below, if the Referee satisfied on the report of the Umpire/Judge, the competitor who run outside his lane, shall be disqualified.

**Exemption :** If competitor is pushed/forced by another person to run out side his lane if no material advantage is gained, the competitor shall not be disqualified.

If an athlete either (i) runs outside his lane, no material advantage is gained in the straight, or

(ii) runs out side the outer line of his lane on the bend, with no material advantage and no other runner is obstructed then he shall likewise not be disqualified.

**LEAVING THE TRACK :**

A competitor, after voluntarily leaving the track shall not be allowed to continue in the race.

**CHECKMARKS IN TRACK :**

Only in relay events, within his own lane- two check marks shall be allowed.

**ROUNDS & HEATS :**

Seeding in a Zig- Zag distribution according to the best timings.

**TRACK ALLOTMENT :**

Lane 3,4,5,6 for first four ranked athletes &- lanes 1,2,7,8 for others shall be all allotted.

**SUBSEQUENT HEAT TIMINGS :**

The following minimum times must be allowed, when practicable :-

Up to 200m	45min,
Over 200m up to 1000m	90min,
Over 1000m	not on the same day.

**TIE BREAKING IN TRACK EVENTS :**

**Tie for next round:**

(i) considered the actual time to  $1/1000^{\text{th}}$  of a second.

(ii) if the tie still remains- tying - competitors shall be placed in the next round

(iii) if that is not practicable lots shall be drawn.

**Tie for the first place in any final :**

(i) the Referee is empowered to decide whether it is practicable to arrange for the competitors so trying to compete again.

(ii) if he decides it is not, the result will stand.

(iii) ties in other placings shall remain

**HURDLES RACES :**

**For Men – 110 m & 400m**

**For Women - 100m & 400m.**

**Ten Hurdles in each lane.**

Distance	Height	Start to 1 <sup>st</sup> Hurdle	In between Hurdles	Last Hurdle to Finish
Men 110m	1.067m	13.72m	9.14m	14.02m
400m	0.914m	45m	35m	40m
Women 100m	0.840m	13m	8.5m	10.5m
400m	0.762m	45m	35m	40m

**Disqualification in Hurdle Race :**

(i) A competitor who trails his foot or leg below the horizontal plane of the top of any hurdle at the instant of the clearance or (ii) Jumps any hurdle not in his own lane or

(iii) In the opinion of the Referee deliberately knocks any hurdle by hand or foot shall be disqualified.

**STEEPLE CHASE RACES :** Standard Distance - 2000m (with 18 hurdles and 5 water jumps) 3000m.(with 28 hurdles and 7 water jumps) Height of the Hurdle Men - 0.914m, Women – 0.762m . The depth of the water closed to the hurdle shall be 70cm for approximately 30cm.

**Disqualification in Steeple chase Race :**Any one who steps to the one side or other of the jump or trails his foot or leg below the horizontal plane of the top of the any hurdle at the instant of the clearance shall be disqualified.

**ROAD RACES:** Standard distance for the men and women shall be 15km, 20km, Half-Marathon, 25km, 30km, Marathon (42.195km), 100km.and Road Relays.

**RELAY RACES:** Baton carried by hand only, if dropped it shall be recovered by the athlete who dropped it, with out lessen the distance to be covered & no other athlete is impeded. Baton shall be passed with in the take over zone, it is only the position of baton which decisive and not the position of the body or limbs of the competitor. Passing of the baton outside the take over zone shall result in disqualification. (Baton Length 30-28 cm, Weight : 50g, Circumference 12cm-13cm.). Two substitutes allowed (only those who are from the list of the athletes already entered for the meeting whether for that event or any other event).

**RULES OF FIELD EVENTS**

The competitor shall compete in an order drawn by the lot. In all field events except for the High jump and Pole vault, where there are more than 8 competitors, each

competitor shall be 3 trials and the eight competitors with the best valid performance shall be allowed 3 additional trials

**Delay:**

The times should not normally be exceeded:

**Individual Event**

Number of athletes left in the competition

	High Jump	Pole Vault	Other
More than 3	1min	1min	1min
2 or 3	1.5min	2min	1min
1	3min	5min	-
Consecutive trials	2min	3min	2min

**Combined Events**

Number of athletes left in the competition

	High Jump	Pole Vault	Other
More than 3	1min	1min	1min
2 or 3	1.5min	2min	1min
1	2min*	3min*	-
Consecutive trials	2min	3min	2min

\* When there is only one athlete left, the mentioned times will be followed in the first trial only if the previous trial was made by the same athlete.

*Note: A clock, which shows the remaining time allowed, should be visible to an athlete. In addition, an official shall raise and keep raised, a yellow flag, or otherwise indicate, for the final 15 seconds remaining of the time allowed.*

**Ties:** In Field events except for the high jump & pole vault, the second best performance of the competitor tying shall resolve the tie. Then, if necessary, the third best, and so on. If the tie remains and concerns first place, the competitors having achieved the same results will compete again in the same order in a new attempt until the tie is resolved.

Shot put Score Card – (Ex – I)

COMPETITOR	DISTANCE						BEST	POSITION
	I	II	III	IV	V	VI		
A	14.71	14.02	13.78	15.08	15	12.76	15.08	III
B	12.78	13.78	14.02	14.71	15	15.08	15.08	II
C	14.02	12.82	15.02	15	14.71	13.76	15.02	IV
D	12.86	13.76	14.02	14.76	15.08	15	15.08	I

### Shot put Score Card – (Ex – II)

(With Throw off)

COMPETITOR	DISTANCE						THROW OFF	POSITION
	I	II	III	IV	V	VI		
A	14.7 1	14.0 2	13.7 8	<u>15.0</u> <u>8</u>	15	12.7 0		III
B	12.7 6	13.7 8	14.0 2	14.7 1	15	<u>15.0</u> <u>8</u>	13.00	II
C	14.0 2	12.0 0	<u>15.0</u> <u>2</u>	15	14.7 1	13.7 8		IV
D	12.7 6	13.7 8	14.0 2	14.7 1	<u>15.0</u> <u>8</u>	15	14.10	I

#### **Ties in High Jump & Pole Vault :**

(a) the competitor with the lowest number of jumps at the height at which the tie occurs shall be awarded the higher place.

(b) if the tie still remains The competitor with lowest total of height lost cleared shall be awarded the higher place.

(c) if the tie still remains

(i) **if it concerns first place** , the competitor 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, and if no decision is reached , the bar shall be raised if the tying athletes were successful or lowered if not, 2cm for high jump & 5cm for pole vault, the shall then attempt one jump at each height until the tie is resolved. (No passing is allowed).

(ii) If it concerns any other place, the competitor shall be same place in the competition

#### **High Jump - Score Card (Ex – I)**

COMPETITOR	HEIGHT							FAILURE	POSITION
	1.65	1.70	1.74	1.78	1.81	1.84	1.87		
A	O	XO	0	XO	X	XXO	XXX	5	II
B	-	XO	-	XO	-	O	XXX	2	I
C	-	O	XO	XO	-	XXX		2	III
D	-	XO	XO	XO	XXX			3	IV

O – Cleared    X – Failed    - Didn't Jump

## High Jump - Score Card (Ex – II)

(With Jump off)

COMPETITOR	HEIGHT							F	JUMP OFF			POSITION
	1.65	1.70	1.74	1.78	1.81	1.84	1.87		1.84	1.82	1.84	
A	0	XO	O	XO	X-	XX		2	X	O	X	II
B	-	XO	-	XO	-	-	XXX	2	X	O	O	I
C	-	O	XO	XO	-	XXX		2	X	X		III
C	-	XO	XO	XO	XXX			3				

O – Cleared    X – Failed    - Didn't Jump

### **HIGH JUMP:**

Competitor shall take off from one foot.

A competitor fails if :

- (1) after the jump, the bar does not remain on the support because of the action of a competitor whilst jumping
- (2) touches the ground including the landing area without first clearing the bar
- (3) however if when he jumps touches the landing area with his foot and in the opinion of the judge no advantage is gained, it is not a failure.

The bar should never be raised less than 2cm. The increment of rising of the bar should never increase. This rule shall not be applied once the athletes still competing agree to raise it to a world record directly.

**POLE VAULT :** A competitor fails if he:

- (1) after the vault, the bar does not remain on the pegs because of the action of a competitor whilst vaulting
- (2) he touches the ground including the landing area beyond the vertical plane through the upper part of the stop board with any part of the body or with the pole, without first clearing the bar.
- (3) after leaving the ground he places his lower hand above the upper one or moves the upper hand higher of the pole.
- (4) during the vault, the athlete steadies or replaces the bar with his hand(s)
- (5) no one shall be allowed to touch the pole unless it is falling away from the bar. If it is touched however, and the Referee is of the opinion that, but for the intervention, the bar would have been knocked off, the vault shall be recorded as failure. The bar should never be raised less than 5cm. The increment of rising of the bar should never increase. This rule shall not be applied once the athletes still competing agree to raise it to a world record directly.

**LONG JUMP :** A competitor fails if he:

- (1) while taking off, touches the ground beyond the take-off line with any part of his body, whether running up without jumping or in the act of jumping or
- (2) takes off from outside either end of the board. Whether beyond or before the extension; of the take-off line or
- (3) he touches the ground between the take-off line and the landing area or



- (4) he employs any form of somersaulting whilst running up or in the act of jumping or.
- (5) in the course of landing he touches the ground outside the pit closer to the takeoff line than the nearest break made in the sand or
- (6) when leaving the landing area, his first contact with the ground outside the pit is closer to the take-off line than the nearest break made in the sand on; landing, including any break made on overbalancing on landing which is completely inside the pit but closer to the take-off line than the initial break made on landing.

**TRIPLE JUMP :**

The triple jump shall consist of a **hop, a step and a jump** in that order.

The hop shall be made so that a competitor lands first on the same that as that from which he has taken off; in the step he shall land on other foot from which subsequently the jump is performed. It shall not be considered a failure if a competitor, while jumping, touches the ground with the “ sleeping” leg.

**THROWING EVENTS:- (GENERAL)**

Implement	Women Youth/Junior/Senior	Men Youth	Men Youth	Men Senior
Shot	4.000kg	5.000kg	6.000kg	7.260kg
Discus	1.000kg	1.500kg	1.750kg	2.000kg
Hammer	4.000kg	5.000kg	6.000kg	7.260kg
Javelin	600g	700g	800g	800g

**In throwing events a competitor fails if**

- (1) improperly release the shot or Javelin
- (2) touches with any part of the body the top of the iron ring or top of the stop board or at the outside the circle
- (3) if the Javelin touches his body the lines, which mark the boundaries of the throwing area or the ground outside.
- (4) a competitor shall not leave the circle or run way until the implement touches the ground. For throws made from a circle, when leaving the circle the first contact outside the circle shall be completely behind the white line (scratch/foul line) which is drawn outside the circle.

**PUTTING THE SHOT: -**

The shot shall be put from the shoulder with one hand only. At the time an athlete takes a stance in the circle to commence a put, the shot shall touch or be in close proximity to the neck or the chin and the hand shall not be dropped below this position during the action of putting. The shot shall not be taken behind the line of the shoulders.

The Shot shall conform to the following specifications

Shot	Women(Senior, Junior and youth)	Men (Youth)	Men (Junior)	Men (Senior)
Minimum weight for admission to competition and for acceptance of a record	4.000kg	5.000kg	6.000kg	7.260kg
Information for manufacturers: Range for supply of implement for competition	4.005kg 4.025kg	5.005kg 5.025kg	6.005kg 6.025kg	7.265kg 7.285kg
Minimum Diameter Maximum Diameter	95mm 110mm	100mm 120mm	105mm 125mm	110mm 130mm

**HAMMER THROW** A competitor in his starting position prior to the preliminary swings or turns, is allowed to put the head of the hammer on the ground inside or outside the circle.

It shall not be considered a foul throw if the head of the hammer touches the ground. Or the top of the iron band. When a competitor makes the preliminary swings or turns but if, after having so touched the ground or the top of the iron band he stops throwing so as to begin the throw again this shall count as a failure.

The hammer shall conform to the following specifications:

Hammer	Women(Senior, Junior and youth)	Men (Youth)	Men (Junior)	Men (Senior)
Minimum weight for admission to competition and for acceptance of a record	4.000kg	5.000kg	6.000kg	7.260kg
Information for manufacturers: Range for supply of implement for competition	4.005kg 4.025kg	5.005kg 5.025kg	6.005kg 6.025kg	7.265kg 7.285kg
Length of Hammer measured from inside of handle	1160mm 1195mm	1165mm 1200mm	1175mm   1215mm	1175m m 1215m m
Diameter of head	95mm 110mm	100mm 120mm	105mm 125mm	110mm 130mm

**JAVELIN** :-

1. The Javelin shall be held at the grip. It shall be thrown over the shoulder or upper part of the throwing arm and shall not be slung or hurled. Non-orthodox styles are not permitted.

2. A throw shall be valid only if the tip of the metal head strikes the ground before any other part of the javelin.

3. At no time during the throw. Until the javelin has been discharged into the air, may a competitor turn completely around, so that his back is towards the throwing arc.

The javelin shall conform to the following specifications:

<b>JAVELIN</b>				
Minimum weight for admission to competition and for acceptance of a record (inclusive of the cord grip)		600g	700g	800g
Information for manufacturers: Range for supply of implement for competition				
Overall length	Min	605g	705g	805g
	Max	625g	725g	825g
Length of metal head	Min	2.20m	2.30m	2.60m
	Max	2.30m	2.40m	2.70m
Distance from tip of metal head to center of gravity	Min	250mm	250m	250mm
	Max	330mm	m 330m m	330mm
Diameter of shaft at thickest point	Min	20mm	23mm	25mm
	Max	25mm	28mm	30mm
Width of cord grip	Min	140mm	150m	150mm
	Max	150mm	m 160m m	160mm

### **Combined Events Competitions**

#### ***MEN JUNIOR AND SENIOR (Pentathlon and Decathlon)***

1. The Pentathlon consists of five events, which shall be held on one day in the following order: Long Jump; Javelin; 200m; Discus; and 1500m.
2. The Men's Decathlon consists of ten events, which shall be held on two consecutive days in the following order:  
First day 100m : Long Jump; Shot Put; High Jump and 400m.  
Second day : 110m Hurdles; Discus; Pole Vault; Javelin and 1500m.

#### ***WOMEN JUNIOR AND SENIOR (Heptathlon and Decathlon)***

3. The Heptathlon consists of seven events, which shall be held on two consecutive days in the following order:  
First day 100m Hurdles: High Jump; Shot Put and 200m.  
Second day Long Jump: Javelin and 800m.
4. The Women's Decathlon consists of ten events, which shall be held on two consecutive days in the following order:  
First day 100m : Discus; Pole Vault; Javelin and 400m.  
Second day : 100m Hurdles; Long Jump; Shot Put; High Jump and 1500m.

***BOYS YOUTH (Octathlon)***

5. The Octathlon consists of eight events, which shall be held on two consecutive days in the following order:

First Day : 100m; Long Jump; Shot Put and 400m

Second Day : 110m Hurdles; High Jump; Javelin and 1000m

***GIRLS YOUTH (Heptathlon)***

6. The Heptathlon consists of seven events, which shall be held on two consecutive days in the following order:

First Day : 100m Hurdles; High Jump; Shot Put and 200m

Second Day Long Jump; Javelin and 800m

**TIE IN COMBINED EVENTS**

The winner shall be the athlete who has obtained the highest total number of points.

In the event of a tie, the winner shall be the athlete who, in the greater number of events, has received more points than the other athlete(s) tying.

If this does not resolve the tie, the winner shall be the athlete who has the highest number of points in any one event and

If that does not resolve the tie, the winner shall be the one with the highest number of points in a second event, etc.

This shall also apply to ties for any other place in the competition.

***COMPILED BY:***

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