

# **RULES FOR TRACK** **EVENTS**

[Based on IAAF Official Handbook]



**Dr. S. THIRUMALAI KUMAR**

M.P.Ed., M.Sc.,(Psy.) M.Sc.,(Yoga) M.Phil., P.G.D.Y., P.G.D.C.A., P.G.D.A.S.P.E.S., Ph.D

**Professor & Head**

**Department of Physical Education**

**Tamil Nadu Physical Education and Sports University, Chennai-06**

**Programme: BPEd**

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■ **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.

Any competitor making a false start shall be warned.

**Only one false start per race** shall be allowed without the disqualification of athlete(s) making the false start .

Any athlete(s) making further false start shall be disqualified.



## **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 Umpire/Judge, that a competitor has run outside his lane ,he shall be disqualified



# Exception:

- If competitor is pushed/forced by another person to run outside 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 outside 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) consider the actual time to 1/1000<sup>th</sup> 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 tying to compete again. (ii) If he decides it is not, the result will stand. (iii) ties in other placings shall remain





# 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.

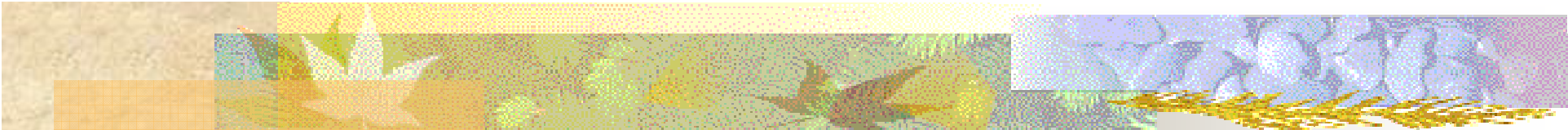


## RELAY RACES:

- 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 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 and only be made from the list of the athlete already entered for the meeting whether for that or any other event.



**RULES FOR**  
**FIELD EVENTS**

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- The competitor shall be 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 competitor with the best valid performance shall be allowed 3 additional trials



**Where there are eight athletes or fewer, each athlete shall be allowed six trials.**

**If more than one fail to achieve a valid trial during the first three rounds, such athletes shall compete in subsequent rounds before those with valid trials, in the same relative order according to the original draw.**

**In both cases, the competing order for the fourth and fifth rounds will be in the reverse order of the ranking recorded after the first three trials.**

**The competing order for the final round shall follow the reverse ranking order recorded after the fifth round.**





- **Delay:** The time should not normally be exceeded:
- (i) 1 minute for all events.
- (ii) in the final stages of the competition in High Jump & Pole Vault When only 2 or 3 competitors, the above time should be increased to 1.5 minutes for High Jump & 2 minutes for Pole Vault.
- If there is only one competitor left, this time should be increased to 3 minutes for High Jump & 5 minutes for Pole Vault.



## 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 |       |       |       |       |       |       | Position |
|------------|----------|-------|-------|-------|-------|-------|-------|----------|
|            | I        | II    | III   | IV    | V     | VI    | Best  |          |
| A          | 14.71    | 14.02 | 13.78 | 15.08 | 15    | 12.76 | 15.08 | 3        |
| B          | 12.78    | 13.78 | 14.02 | 14.71 | 15    | 15.08 | 15.08 | 2        |
| C          | 14.02    | 12.82 | 15.02 | 15    | 14.71 | 13.76 | 15.02 | 4        |
| D          | 12.86    | 13.76 | 14.02 | 14.76 | 15.08 | 15    | 15.08 | 1        |

# Shot put Score Card – (Ex – II)

| Competitor | Distance |       |       |       |       |       |       | Position |
|------------|----------|-------|-------|-------|-------|-------|-------|----------|
|            | I        | II    | III   | IV    | V     | VI    | Best  |          |
| A          | 14.71    | 14.02 | 13.78 | 15.08 | 15    | 12.76 | 15.08 | 3        |
| B          | 12.78    | 13.78 | 14.02 | 14.71 | 15    | 15.08 | 15.08 | 2        |
| C          | 14.02    | 12.82 | 15.02 | 15    | 14.71 | 13.76 | 15.02 | 4        |
| D          | 12.86    | 13.76 | 14.02 | 14.76 | 15.08 | 15    | 15.08 | 1        |

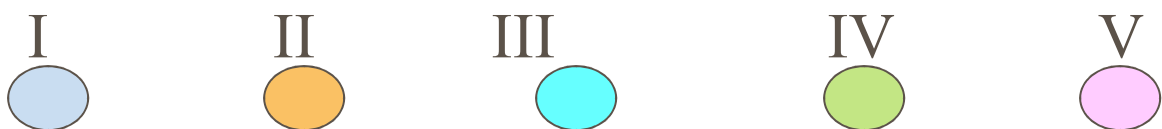
Best Performance



# Shot put Score Card – (Ex – III)

| Competitor | Distance |       |       |       |       |       |           | Position |
|------------|----------|-------|-------|-------|-------|-------|-----------|----------|
|            | I        | II    | III   | IV    | V     | VI    | Throw Off |          |
| A          | 14.71    | 14.02 | 13.78 | 15.08 | F     | 12.16 |           | 3        |
| B          | 12.76    | 13.78 | 14.02 | 14.71 | F     | 15.08 | 15.09     | 2        |
| C          | 14.02    | 12.00 | 15.02 | 15    | 14.71 | 13.76 |           | 4        |
| D          | 12.76    | 13.78 | 14.02 | 14.71 | 15.08 | F     | 15.10     | 1        |

Best Performance





## **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 failures throughout the competition up to and including the height last 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 , they 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 |      |      |      |      |      |      | Failures | Position |
|------------|--------|------|------|------|------|------|------|----------|----------|
|            | 1.75   | 1.80 | 1.84 | 1.88 | 1.91 | 1.94 | 1.97 |          |          |
| A          | O      | XO   | O    | XO   | X    | XXO  | XXX  | 5        | 2        |
| B          | -      | XO   | -    | XO   | -    | O    | XXX  | 2        | 1        |
| C          | -      | O    | XO   | XO   | -    | XXX  |      | 2        | 3        |
| D          | -      | XO   | XO   | XO   | XXX  |      |      | 3        | 4        |

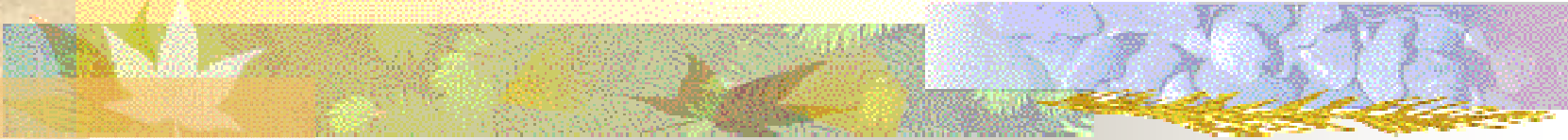
O – Cleared      X – Failed      - Didn't Jump

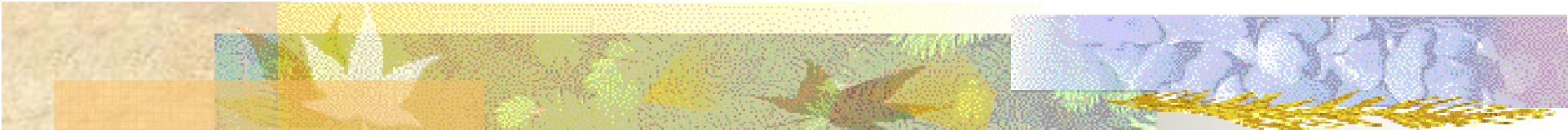


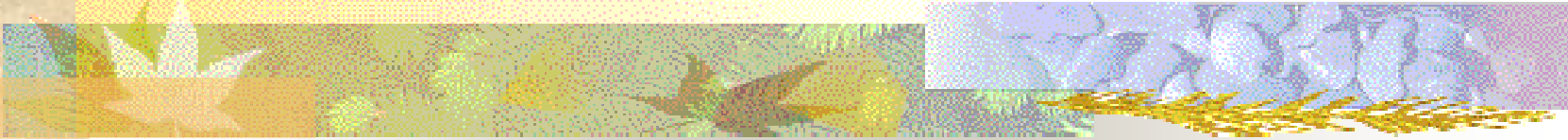
# High Jump - Score Card (Ex - II)

| Co<br>mpe<br>titor | Height |      |      |      |         |      |         | Fai<br>lur<br>es | Jump Off |      |      | Posi<br>tion |
|--------------------|--------|------|------|------|---------|------|---------|------------------|----------|------|------|--------------|
|                    | 1.75   | 1.80 | 1.84 | 1.88 | 1.91    | 1.94 | 1.97    |                  | 1.94     | 1.92 | 1.94 |              |
| A                  | O      | XO   | O    | XO   | X       | XX   |         | 2                | X        | O    | X    | 2            |
| B                  | -      | XO   | -    | XO   | -       | -    | XX<br>X | 2                | X        | O    | O    | 1            |
| C                  | -      | O    | XO   | XO   | -       | XXX  |         | 2                | X        | X    |      | 3            |
| D                  | -      | XO   | XO   | XO   | XX<br>X |      |         | 3                |          |      |      | 4            |

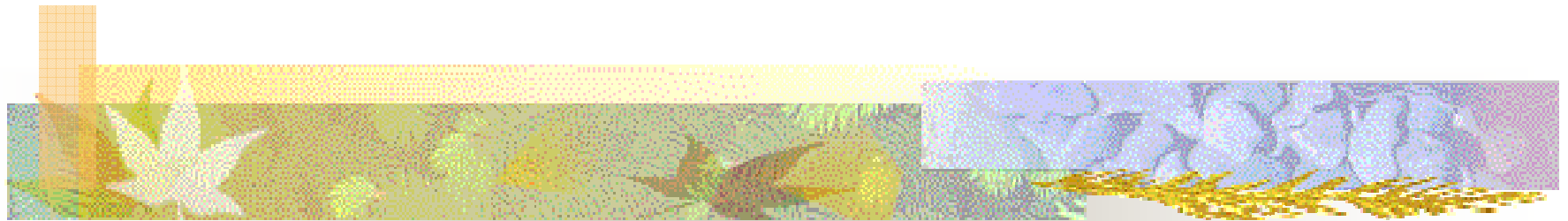
O – Cleared      X – Failed      - Didn't Jump

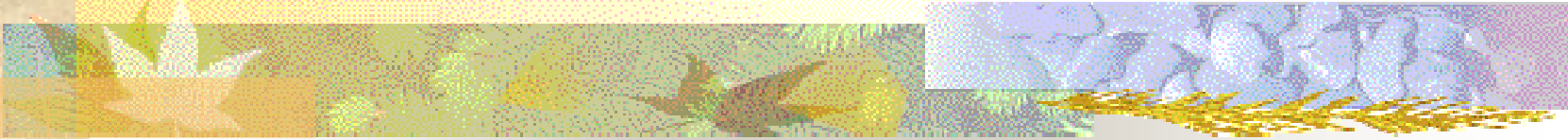
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- **HIGH JUMP**: A competitor shall take off from one foot. A competitor fails if : (1) after the jump, the bar does not remain on the support because of the action of a competitor whilst jumping (2) touches the ground including the landing area without first clearing the bar (3) how ever 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 raising of the bar should never increase. This rule shall not applied once the athletes still competing agree to raise it to a world record directly.

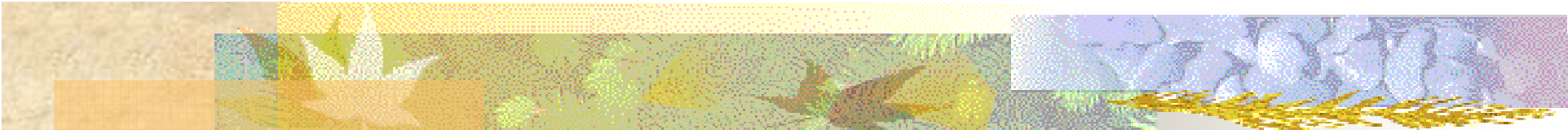
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- **POLE VAULT:** A competitor fails if (1) after the vault, the bar does not remain on the pegs because of the action of a competitor whilst vaulting (2) he touches the ground including the landing area beyond the vertical plane through the upper 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 and moves the upper hand higher on 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

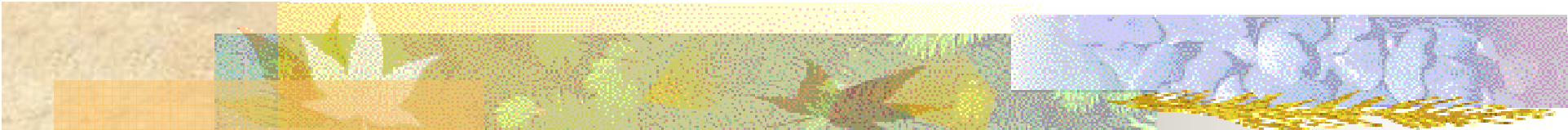
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- The bar should never be raised less than 5cm
  - The increment of raising of the bar should never increase. This rule shall not applied once the athletes still competing agree to raise it to a world record directly.

# LONG JUMP:-



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- 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.

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- (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.

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- **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 foot 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)

- 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) In the Javelin touches his body the lines which mark the boundaries of the throwing area or the ground outside
- 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.



# 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.



# 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.