



Basic Rules of Track & Field

Track Etiquette

Etiquette

Every athlete deserves to be able to compete at their best so there are certain behaviors that we all use to help that. The key is to respect everyone and every event.

The Start

- Once the starter raises the gun, everyone should be quiet so the competitors can hear the commands. This helps ensure a fair start.
- If the starting line is not at the common finish, then all between the starter and the finish line should take a knee when the starter is ready. This helps the finish line officials to see the start.



Field Events

- Assume runways are in use and avoid crossing one unless you can verify that it is not in use by an athlete.
- Avoid getting too close to athletes competing in the field events. They wish to concentrate on their performance.
- Landing areas for the throws should always be avoided.



General Etiquette

- Courtesy is the key
- Keep the infield as clear as possible
- Watch your language. Swearing can get an athlete disqualified
- Always look for runners on the track before crossing
- Judgment calls are not protestable
- Starter's decisions are without appeal
- Don't run along with a competitor during their race



Thank you for watching!

For use by non-profit organizations for education of coaches and athletes only.