



# Basic Rules of Track & Field

Races longer than 400 Meters

# Two Command Start

Many starters want to start the process with runners on a walk-up line, which, by rule, is about three meters back of the starting line although some are closer.

The reason for this is to keep the athletes from tensing up on the start line.

Start Line

Walk-Up Line – 3 Meters



# Two Command Start

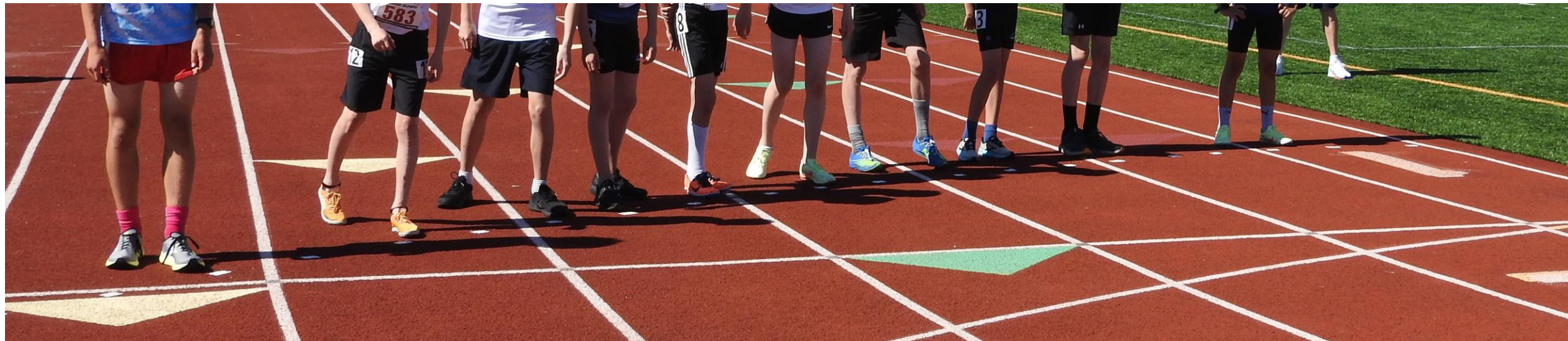
Runners should be on a "Walk-Up-Line" waiting for the starter

Upon the command "On Your Marks" all runners should move quickly to the actual starting line.

Once all athletes are at the mark (without touching the line) and still, the starter will fire the gun, starting the race.

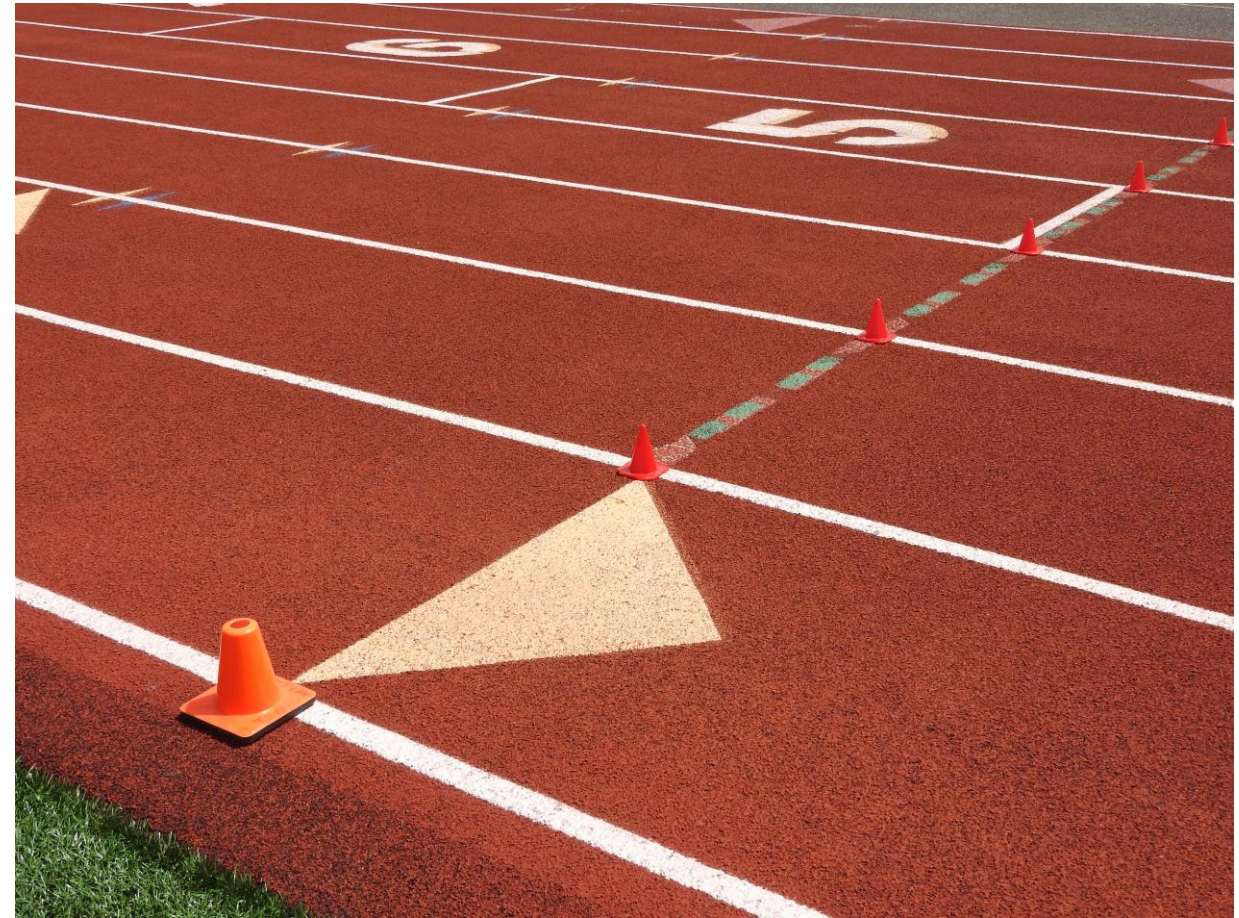
The 800 meters is run in lanes for the first turn.

When all runners start from the waterfall line, athletes may move inside as soon as they are clear of runners inside them. They should be careful not to interfere.



# 800 meters run in lanes

In this race the first turn is run in lanes. After passing the break line at the beginning of the back straight, runners may move in, if they can do so without interfering with another runner. This line may be marked with cones or half tennis balls.



# Common Fouls

- Interference (causing another runner to alter their stride).
- Running on the inside lane line for three or more consecutive steps on a curve.
- Breaking too soon on the 800 meters first lap. One step early is a foul.
- Pacing by someone not in the race (that is usually someone in the infield running alongside a competitor).
- Leaving the track to gain an advantage such as passing another runner.



**Thank you for watching!**

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