



Basic Rules of Track & Field

Races up to 400 Meters

Starting

Most starters want to begin with all runners behind their blocks. This is done so that all runners are in their blocks about the same amount of time.



Three Command Start

On Your Marks

Runners assume the marks position with hands up to, but not touching the starting line



Set

Runners come to the set position and wait for the gun



Starters will wait until all runners are still before firing the gun to start the race.

What Constitutes a False Start

Failure to comply with starter's commands

Touching beyond the starting line

Moving after being SET before the gun fires

Failing to place blocks within the assigned lane

Repeated use of disconcerting acts

If the starter fires the gun a second time, the race is recalled. It may be due to a false start, or it may be due to an unfair start. Runners should stop and return to the starting line.



Major Fouls During a Race

- Not finishing in assigned lane
- Touching the inside lane line three consecutive times while running on the curve
- Interfering with another competitor



Note this foot is close to touching the line. This is not yet a violation but could become one.

Relay Fouls

- Starting to run from outside the relay zone
- Passing the baton while the baton is outside the zone
- Picking up a dropped baton and not returning directly to the track
- Throwing the baton
- Interfering with another runner
- Wearing gloves



Hurdling Fouls

- Not attempting to clear each hurdle
- Knocking down a hurdle by hand
- Advancing or trailing a leg below the top of the hurdle
- Runs over a hurdle not in the assigned lane
- Runs around a hurdle
- Interferes with another hurdler
- Knocking over a hurdle that then interferes with another hurdler



Placing hurdles

- The first flight of hurdles placed should be the first flight in the race.
- The side of the crossbar on the hurdle closest to the start should go over the edge of the mark closest to the start on the track. The hurdle frame may not line up due to damage to the frame.





Thank you for watching!

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