

Section “B” – Track Events

At any time where there is doubt about the application or interpretation of these rules, the benefit of that doubt shall be in favour of the athlete

1. General Rules

1.1 Ties/Progression to Next Level

- i. In the event of a tie in any heat which affects the qualification of competitors to compete in the final, where practicable, the tying competitors shall both qualify, failing which the tie will be broken by a draw to decide who progresses to the final.
- ii. Where a required number of competitors need to be arrived at, the Referee will arrange for the competitors so tying to run off. All qualifying rounds, ie. Zone, Region to State, must adhere to this rule. Run offs will not affect the original placing of the athlete.
- iii. Ties in other placings shall remain.

1.2 Disqualification

- i. Any competitor jostling, running across or obstructing another competitor so as to impede their progress shall be liable to disqualification.
- ii. The Referee shall have power to order the race to be re-run excluding the disqualified competitor or, in the case of a heat, to permit any competitors affected by jostling or obstruction (other than a disqualified competitor) to compete in a subsequent round of the race
- iii. Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have authority to order the race to be re-run if it is considered just and reasonable to do so.
- iv. The Referee shall have authority to warn, or exclude from the competition, any competitor guilty of improper conduct.

1.3 Competition

- i. In all races run in lanes each competitor shall keep to their allotted lane from start to finish.
- ii. A competitor after voluntarily leaving the track or course shall not be allowed to continue in the race.
- iii. No competitor shall receive assistance during the progress of an event (as per Section A, Clause 1.13).
- iv. Except in the case of relay races run in lanes, competitors may not make check marks or place objects on or alongside the running track for their assistance.
- v. The following shall not be considered as unfair assistance:
 - a. A hands-on medical examination during the progress of an event by the Medical Officer(s).
 - b. Verbal or other communication, without the use of any technical device, from an individual who is not in the competition area.

1.4 Lane Draw for Heats

- i. If best performances are provided competitors will be seeded slowest to fastest. If no best performances are provided, competitors will be randomly drawn into heats.
- ii. Where there are more lanes available than athletes in a heat, it is recommended that the inside lane is not used.

1.5 Progression to Finals (except for State Relays)

The following athletes shall progress to the final in their event:-

- i. **2 heats** – 1st, 2nd & 3rd in each heat plus next 2 fastest times.
3 heats – 1st & 2nd in each heat plus next 2 fastest times.
4 heats or more – 1st in each heat plus the next fastest times to fill 8 lanes.
- ii. Where insufficient starters marshal for heats, that event shall be run as a final at the time of heats, with the exception of the 800m events at State Track & Field, where the event will be run at final time with only the athletes who had checked in at heat time.

- iii. Where there is a tie in determining the next fastest times, if possible both athletes shall progress through to the final. Failing that, the higher placed athlete in their heat shall progress. If the tie still remains, a random process with equal probability (e.g. A coin toss) shall be used to determine progression.
- iv. Where the venue has nine or more lanes, the carnival organiser shall have the discretion to allow nine or more athletes to contest the final of an event. In such cases, Rule 1.5 i. shall be modified by increasing the number of athletes qualified due to the 'next fastest times' as appropriate.
- v. At the State Track & Field Championships in the 800m events, there will be 2 heats of 12, with the first 6 placegetters from each heat plus the next 4 fastest times progressing through to the final, making a final of 16.

1.6 Lane Draw for Finals

- i. Following the running of the heats, athletes shall be ranked on the following basis:
 - Fastest heat winner, second fastest heat winner, etc
 - Fastest 2nd place in heat, second fastest 2nd place in heat, etc
 - Concluding with: Fastest next qualifier, second fastest next qualifier
- ii. Using the rank determined in Rule 1.6(i), then a random draw of the priority lanes shall occur amongst the top four ranked athletes and a random draw of the non-priority lanes shall occur amongst the remaining athletes.
- iii. On an eight lane track the priority lanes are 3, 4, 5 and 6, whilst on a nine lane track they are 4, 5, 6 and 7.
- iv. Carnival organisers may, at their discretion, conduct two random draws for the non-priority lanes, with the 5th and 6th ranked athletes being drawn for the outside two lanes of the track and the 7th and 8th ranked athletes being drawn for the inside two lanes of the track.
- v. Where there are more lanes available than athletes in a final, it is recommended that the inside lane is not used.

1.7 Relay Races (4 x 100m)

- i. Lines shall be drawn 10m before and after the scratch line to denote the take-over zone within which lines the baton must be passed.
- ii. For each changeover conducted in lanes a designated official shall ensure that the athletes are correctly placed in their take-over zone and are aware of any applicable acceleration zone..
- iii. Members of a team, other than the first runner, may commence running not more than 10m outside the take-over zone. This area is known as the acceleration zone and is denoted by a distinctive mark.
- iv. The passing of the baton commences when it is first touched by the receiving runner and is complete at the moment it is in the hand of the receiving runner only. Within the take-over zone, it is only the position of the baton that is decisive and not the position of the body or the limbs of the competitor.
- v. Competitors may place one check mark on the track within their own lane using adhesive tape of maximum dimensions 5mm x 40mm. Use of chalk or similar substances is prohibited.
- vi. The baton must be carried by hand throughout the race.
- vii. If dropped, the athlete who dropped the baton must recover it. The athlete may leave their lane to retrieve the baton. Provided this procedure is adopted and no other athlete is impeded, dropping that baton shall not result in disqualification.
- viii. Competitors should remain in their lanes after handing over the baton, until the course is clear.
- ix. Should any competitor wilfully impede a member of another team by running out of their lane at the finish of their leg they are liable to cause the disqualification of their team.
- x. No competitor may run two sections for a team.

1.8 Hurdle Races

- i. The hurdle shall be placed so that the edge of the bar nearest the approaching hurdler coincides with the track marking nearest the athlete.
- ii. All races shall be run in lanes and each competitor shall keep to their own lane throughout.
- iii. A competitor who: -

- a. trails their foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance:
 - b. in the opinion of the Referee deliberately knocks down any hurdle, shall be disqualified.
- iv. Except as provided in the preceding clause, the knocking down of hurdles shall not result in disqualification.

1.9 Walks

i. Definition Of Race Walking

- a. Race walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs.
- b. The advancing leg shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

Note:

The advancing foot of the walker must make contact with the ground before the rear foot leaves the ground.

ii. Judging

- a. The appointed judges shall elect between them a Chief Judge unless one has already been appointed as Chief Judge for the relevant carnival.
- b. All judges shall act in an individual capacity and their judgements shall only be based on observations by the human eye.
- c. The number of appointed walk judges for an event, including the Chief, shall comprise a minimum of 4 and maximum of 6.
- d. The independence of judges is extremely important and wherever possible connections between athletes and judges should be avoided. Individual Judges are required to declare their interests.
 - The Carnival Manager shall have the authority to allow judges where such connections exist. Connection means relative, coach or protégé.
 - This is provided there are an insufficient number of available, experienced and qualified judges without such connection.
 - It will be up to individual judges to disclose these connections and to indicate if they wish to stand down for a particular race.
 - Where possible members of the same family should not serve as a judge for the same race.

iii. Yellow Paddle

Any judge can give a "Yellow Paddle" to a competitor when a competitor appears to be in danger of failing to comply with the rules (definition of race walking per Rule 1.9 (i)(a-b).

Note 1:

- Yellow Paddles are issued verbally and briefly taking care that remarks do not constitute coaching.
- All remarks should be loud and clear and always in the form:

e.g. "YELLOW PADDLE No..... for loss of contact or knees"

Note 2:

- A yellow sign or baton must be used to indicate that a 'YELLOW PADDLE' has been given, to ensure that the athlete is aware of the yellow paddle.
- For loss of contact ~ a wavy line in black on a yellow background.
- For knees a 45° angle < also in black on a yellow background shall be used
- A judge can only yellow paddle a competitor once for each offence during the event.
- A yellow paddle has no bearing on disqualification. It is possible to be yellow paddled by every judge in the race yet not receive a single red card. This advice is only to indicate to a competitor that their action is deteriorating to a dangerous state.

iv. Red Card

- a. A judge gives a "RED CARD" for disqualification if a competitor is actually breaking the rules of race walking.
- b. For the U12 and above age groups no verbal red card will be given. For other age groups the red card will be given verbally at the time of detection of the actual infringement.

Note: All remarks should be loud and clear and always in the form, eg. "RED CARD No..... contact or knees".

- c. The Red card is recorded on the judging pad and forwarded to the Chief Judge as soon as practicable.
- d. The judge may only give a competitor one red card during the event irrespective of the infringement.
- e. If a judge in an event requiring verbal red cards to be given, is not sure a competitor has heard the "Red Card" the judge should repeat it at the next suitable opportunity.

Note: A red card should never be given unless there is absolute certainty the rules have been infringed. Any doubt existing must be given to the competitor and the red card not issued.

v. Disqualification

- a. A red card by 3 or more walk judges, that in their opinion a competitor's mode of progression failed to comply with the definition of race walking brings about a disqualification.
- b. Only the Chief Judge may advise a competitor of their disqualification.
- c. Where a competitor is disqualified the Chief Judge shall indicate to such competitor verbally that they are disqualified and give the reasons for the disqualification.
- d. The result of an event shall not become final until the Chief Walk Judge and Track Referee have given the all clear.

vi. Methods of Judging

- a. Prior to each walking event, the Chief Judge or a judge appointed by the Chief Judge, will acquaint the competitors with the judging procedures for the event.
- b. It is imperative that during an event all judges act in an individual capacity and their judging is not influenced by the judging of another judge, per medium of conversation or messages.
- c. The Chief Judge shall allocate judges their judging position.
- d. Walk judges, recorders or messengers shall not use transceivers during the conduct of the event.
- e. The judges must adequately cover the whole of the track/course, this can be done by having approximately equal distance between judges. There should be no blind spots, judges should judge from the outside of the track/course and not encroach on an area allocated to another judge, but judge from their allotted position as walkers are passing or approaching their section.

vii. Track Umpires and Referees

- a. Track Umpires and Referees shall work during the event to determine the fairness of the competition other than walking rules.
- b. The Track Umpires will be responsible for detecting deliberate impedance or interference by competitors who leave the track or the course, or who cut corners: reporting it to the Track Referee.
- c. The Track Referee should confer with the Chief Walk Judge and indicate any athletes who are to be disqualified before walk results are finalised.

viii. Walk Judge's Master Sheet

- a. A copy of the master sheets of each walk event will be posted on the notice board with the result sheet.
- b. The master sheet is that document which the Chief Judge records the red cards of the judges and themself and indicates which competitors received 3 or more red cards.
- c. Judges should be indicated by number and not by name on the notice board copy of the sheet.

ix. Uniforms and Numbers

An individual number may be required to be placed on the outside leg or attached to the pants of the competitor to assist the judges in competitor identification.

x. Summary of Chief Judge's Duties

- a. To place judges in position as required and give them the necessary direction.
- b. To ensure that the appropriate yellow paddle indicators and documentation are issued to the judges and authorised personnel.
- c. Advise recorders and messengers of their duties.
- d. To check with each judge on completion of the event for any last minute red cards.
- e. To re-check judging master sheets and all red cards received. To make a summary of the master sheets. This summary to be placed on the notice board.
- f. Check with Track Referee to see if umpires have reported any other offences.
- g. To advise Referee of any disqualified competitor who may have crossed the finish line.
- h. To advise any disqualified competitor of his disqualification.
- i. Judging master sheets are not to be made available for general perusal. They are to be attached to the official results.

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xi. Summary of Judges' Duties

- a. To be available at least 30 minutes prior to the scheduled start. This time could be varied according to the Carnival Manager.
- b. If for some reason, the Chief Judge has not already been appointed, the appointed judges shall meet and elect a Chief Judge.
- c. To follow the instructions received from the Chief Judge.
- d. If requested by the Chief Judge, advise the competitors of the judging procedures, prior to the start of the event.
- e. To fill in the judging pad correctly and pass it on to the Chief Judge.
- f. To act in an individual capacity.
- g. To report to the Chief Judge after the event and confirm that all red cards have been forwarded and recorded - or hand in any last minute red cards.
- h. To be available to answer any query raised by the Chief Judge seeking details of the reason for red cards given.



Loss of Contact



Bent Knees



Correct

1.10 Road Races – Walks

The organisers of walking events held on roads must ensure the safety of competitors and where possible, should ensure that the roads used for the competition are closed in both directions and not open to motorised traffic.

2. Timing

- i. Three alternative methods of timekeeping shall be recognised as official within Little Athletics:
 - a. Fully Automatic Timing obtained from a Photo Finish System
 - b. Hand Timing
 - c. Gate Timing System
- ii. The time shall be taken to the moment at which any part of the body of an athlete (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finishing line.

2.1 Fully Automatic Timing and Photo Finish System

- i. The System shall be approved by the IAAF, based upon a test of accuracy made within 4 years prior to the competition. It shall be started automatically by the Starter's gun, so that the overall delay between the report from the muzzle or its equivalent visual indication and the start of the timing system is constant and less than 1/1000th of a second.
- ii. The System must record the finish through a camera with a vertical slit, positioned in the extension of the finishing line, producing a continuous image. The image must also be synchronised with a uniformly marked time-scale graduated in 1/100th of a second.

In order to confirm that the camera is correctly aligned and to facilitate the read of the Photo Finish image, the intersection of the lane lines and finish line shall be coloured black in a suitable design. Any such design must be solely confined to the intersection, for no more than 2cm beyond, and not extend before, the leading edge of the finish line.
- iii. The placing of the athletes shall be identified from the image by means of a cursor with its reading line guaranteed to be perpendicular to the time scale.
- iv. The System must automatically determine and record the finish times of the athletes and must be able to produce a printed image which shows the time of every athlete.
- v. Times from the Photo Finish System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the Photo Finish image, shall be official. Any appropriate back-up system should be appointed where any possibility exists of failure of the timing system.
- vi. Times shall be read and recorded from the Photo Finish image to 1/100th of a second. Unless a time is an exact 1/100th of a second, it shall be read and recorded to the next longer 1/100th of a second.

2.2 Hand Timing

- i. It is recommended that Timekeepers should be:
 - Placed at least 5m from, and in line with, the finish line on the outside of the track, opposite the Judges.
 - On an elevated stand in order that they may have a good view of the Starter and the finish line.
- ii. Timekeepers shall act independently from one another:
 - a. Without showing their watch to each other and without discussing times.
 - b. The Chief Timekeeper will record times, and may examine the watches to verify the reported times.
 - c. The Chief Timekeeper shall then decide what the official times are for each competitor and provide the result for publication.
- iii. Sufficient timekeepers shall be appointed for the number of competitors entered, one shall be the Chief Timekeeper.
- iv. Three Timekeepers (one of whom shall be the Chief Timekeeper) shall time the winner of every event.
- v. The Chief Timekeeper shall allocate separate Timekeepers to record each of the minor places and where possible, shall allocate additional Timekeepers for second and third placing's.
- vi. Where there are 3 watches used to time a place:
 - a. If only 2 watches agree, the times shown by the 2 shall be the official time.
 - b. If all 3 disagree, the middle time shall be recorded as the official time.
- vii. Where there are 2 watches used to time a place and they fail to agree the slower time shall be accepted as the official time.

- viii. The time shall be taken from the flash/smoke of the gun.
- ix. Times shall be recorded to the 1/10th of a second. Unless a time is an exact 1/10th of a second, it shall be recorded to the next longer 1/10th of a second.

NOTE: For Zone/Region & State, times must be recorded to the 1/100th of a second.

2.3 Gate Timing System

- i. The system shall be started either automatically by the Starter's gun or manually at the smoke or flash of the Starter's gun.
- ii. The system must automatically record a time through the breaking of at least two adjacent infrared beams positioned on the leading edge of the finish line. The beams should be positioned at an appropriate height so that the athlete's torso is the most likely part of the body to break the beam.
- iii. The system must be capable of printing out the time for each lane.
- iv. The uprights and any supporting struts of the gates shall be covered with suitable padding.
- v. Judging of the race shall take place as per Section 3. Place Judges.. The time recorded for each lane shall only be referred to in the determination of places in cases of doubt, and then only at the discretion of the Chief Judge.
- vi. Times from the Gate System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the Gate System printout image, shall be official. Any appropriate back-up system should be appointed where any possibility exists of failure of the timing system.

Time shall be recorded to the 1/10th of a second. Unless a time is an exact 1/10th of a second, it shall be recorded to the next longer 1/10th of a second.

NOTE: For Zone/Region & State, times must be recorded to the 1/100th of a second.

2.4 Chief Timekeeper

- i. Should time the winner of every event.
- ii. Should check the watches of the Timekeepers timing the winner.
- iii. Also decides the official time to be recorded for the other placed runners, checking the watches if there is an apparent discrepancy.
- iv. Is also responsible for ensuring that the Judges and Timekeepers are ready before signalling a clearance to the Starter.
- v. Will nominate separate Timekeepers to record each of the minor placing's
- vi. Where possible, shall appoint additional Timekeepers for second and third places.
- vii. Check winning times for new event records.
- viii. Ensure that watches for record times are not cleared prior to being verified by the Chief Timekeeper.
- ix. Upon completion of each event the result sheet shall immediately be filled in and handed to the Recorder. If the result is a record the Referee must sign the result sheet.

3. Place Judges

3.1 Placement

If place judges are used then the following applies:

- i. The Place Judges determine the official placing's when hand timing or gate timing is used. They may be used when a Photo Finish System is in use, but only as a back-up for system failure
- ii. The Place Judges must always operate from the same side of the track, preferably from the inside and where possible be placed on an elevated platform at least 5m from, and in line with, the finish line and post.
- iii. Finishing posts should be painted white, be a minimum of 1.5m high and should be placed 20cm from the inside and outside edge of the track at the finish line.
- iv. A Chief Judge will be appointed and will be responsible for allocating Place Judges for all placing's.
- v. Sufficient judges shall be appointed for the number of competitors entered.

3.2 Duties

Place Judges shall:

- i. Decide the order in which the competitors finish
- ii. Write down the lane number of the competitor they are placing. These numbers must be written down without the Judge taking their eyes off the finishers
- iii. Act independently from one another i.e. not discuss placing.
- iv. The competitors shall be placed in the order in which any part of the torso (as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finishing line.
- v. The Chief Judge will ensure that all competitors have been placed prior to advising the competitors of their placing.
- vi. In any case where the Judges cannot arrive at a decision the Chief Judge shall refer the matter to the Track Referee for decision.
- vii. The Chief Judge will notify the Chief Timekeeper or Gate Timing Operator when all Judges are ready for the next event.

3.3 The Chief Judge

- i. The Chief Judge will ensure that all competitors have been placed prior to advising the competitors' of their placing.
- ii. In any case where they cannot arrive at a decision the Chief Judge shall refer the matter to the Track Referee for decision.
- iii. Where the chief track judge has concerns with athlete placing, he can refer to the video judge for assistance in correct placing of athletes.

The Chief Judge will notify the Chief Timekeeper when all Judges are ready for the next event.

3.4 Video Judge

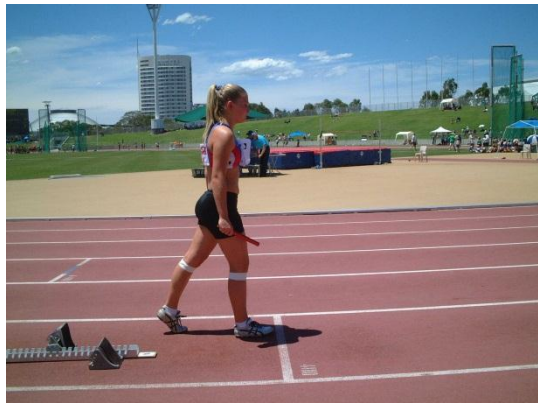
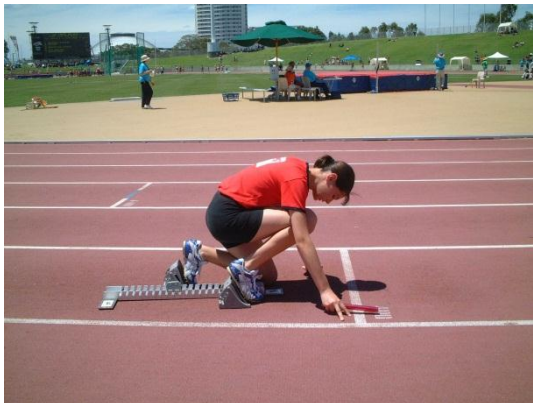
A Video judge is to be appointed at carnivals where video back up is used for finish line places.

4. Starting Panel

4.1 The Start

- i. The Starter has entire control of the competitors on their marks, and is the sole judge of any event connected with the start. Decisions by the Starter cannot be overruled by the Track Referee.
- ii. Before the start signal is given, the Starter shall ascertain that the timing system and judges are ready.
- iii. In races run entirely in lanes the Starter shall make the following commands: 'On your mark', 'Set', and the firing of the gun.
- iv. Once the command 'On your mark' has been given, late competitors are not permitted to join the event.
- v. In events run entirely in lanes, 4 x 200m relay and 4 x 400m relay, on the command of 'On your mark' all competitors shall approach the starting line. When all competitors are steady the Starter issues the command 'Set', upon which the competitors shall assume the position from which they will commence the race. When all competitors are again steady the Starter shall fire the gun to commence the race.
- vi. In races not run entirely in lanes the Starter shall make the following commands: 'On your mark', and the firing of the gun.
- vii. In events not run entirely in lanes, on the command 'On your marks' all competitors shall approach the starting line and assume the position from which they will commence the race. When all competitors are steady the Starter shall fire the gun to commence the race.
- viii. No competitor may place any part of their body on the ground on or over the starting line when they are 'on their-marks'. Where a crouch start is used by the first runner of a relay race the baton may touch the ground in front of the start line, providing the preceding rules are met.
- ix. If for any reason the Starter has to speak to any competitor after the competitors are 'on their marks', the Starter shall order the competitors to stand up and the Starter's Assistant shall place them on the assembly line again.
- x. If either the Starter or their Assistant(s) are of the opinion that the start was not a fair one, they shall recall the competitors firing a gun. If the unfair start is not due to any competitor, no warning shall be given.
- xi. If the Starter is of the opinion that a competitor left their marks with hand or foot after the words 'Set' (in events run entirely in their lane) or 'On your marks' (in events not run entirely in their lane) and before the gun is fired, it shall be considered a false start. Note: Where a standing start is used, an athlete immediately after the "set" command moves either or their feet to take up their final starting position shall be deemed to have complied with the rules of starting.
- xii. A competitor, who after the command 'On your marks' disturbs other competitors in the race through sound or other-wise may be considered to have committed a false start.
- xiii. If a competitor fails to comply with the 'set' command after a reasonable time this may constitute a false start.
- xiv. Any competitor who commits a false start shall be warned. If a competitor is responsible for 2 false starts, or 3 in the case of multi events, they shall be disqualified from the event. (Refer to local Little Athletics NSW rules).
- xv. In races run entirely in lanes the following starting methods may be used:
 1. In a crouch start, the athlete's feet must touch the starting blocks (if in use) and both hands must touch the ground. At the call of 'On your marks' the athlete must have one knee placed on the ground. At the call of 'Set' the athlete must raise the knee off the ground.
 2. In a standing start, no part of the hand or knee shall touch the ground.
- xvi. In races not run entirely in lanes only a standing start may be used.
- xvii. In any event where there are more competitors than can be placed in the front row, there shall be a second or more rows as needed. Competitors shall be placed according to the draw.
- xviii. All races shall be started by the report of a gun, but not before all competitors are quite still "on their marks".

- xix. After approximately 2 seconds the athlete's concentration fades, and if it has not been possible to effect the start the competitors should be told to "Stand up". This order should be used whenever something has gone wrong, ie an athlete has indicated they are not set (by raising their hand), or when either the competitor's or the Starter's concentration has been broken. The order will also be used when breaks occur, especially in staggered starts when some athletes may be unaware of what has happened.



4.2 The Recall Starter

- i. One or more Recall Starters shall be assigned to assist the Starter.
- ii. Recall Starters shall be placed so that they can see each competitor assigned to them.
- iii. When the Starter has ordered the competitors to their marks the Recall Starter must see that no competitor has placed fingers, hands or feet on the starting line or the ground in front of it. If any difficulty arises they must signal the Starter immediately by displaying a red card or flag.
- iv. If the Recall Starter is of the opinion that the start was not a fair one, they shall recall the competitors with a shot.
- v. If there is a recalled start the Recall Starter shall advise the Starter of the reason for the recall. The Starter shall decide the action taken.
- vi. The starter may only apply any warning or disqualification.

4.3 The Starter's Assistant

The Starter's Assistants shall:

- i. Check that the competitors are competing in the correct heat or race.
- ii. Check that the competitors are wearing their centre uniform, numbers, shoes and that shirts are tucked in where applicable and that all numbers are visible.
- iii. Place each competitor in their correct lane, as listed in the program, in line approximately 3m behind the starting line.
- iv. A competitor shall not be allowed to compete in a heat other than the one in which their name appears, except by consent of the referee.
- v. Signal the Starter that all is ready.
- vi. Assemble the competitors again when a fresh start is ordered.
- vii. Be responsible for the readiness of batons for the first runners in relay races.

4.4 False Starts

- i. When the Starter has not fired, after having said, "Set" and a competitor breaks, the Starter must warn the competitor(s).
- ii. For U/6 to U/12 athletes, any competitor making a false start must be warned. If a competitor is responsible for 2 false starts, or 3 in the case of multi events, that competitor shall be disqualified.
- iii. For U/13 to U/17 athletes, only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified. This applies to all track events including multi track events.
- iv. In practice, when one or more competitors make a false start, others are inclined to follow and strictly speaking any competitor who does so has also made a false start. The Starter should warn only such competitors who in their opinion were responsible for the false start.

4.5 Positioning

When selecting a position for starting, 3 main points must be kept in mind:

- Stand well away from the athletes.
- See all the athletes in the narrowest possible angle of vision.
- Be visible to the timekeepers.

A loudhailer or portable amplifier is an advantage in starting 200m and 400m races.

5. The Race

- i. Any competitor who jostles or obstructs another athlete, so as to impede their progress, shall be liable to disqualification from that event. The Referee shall have the authority to order the race to be re-held excluding any disqualified athlete or, in the case of heats, to permit any competitor(s) seriously affected by jostling or obstruction (other than the disqualified athlete) to compete in the final of the event. Normally, such a competitor should have completed the event with bona fide effort. Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have the authority to order the race to be re-held if they consider it just and reasonable to do so.
- ii. In all races run in lanes, each competitor shall keep within their allocated lane from start to finish. This shall also apply to any portion of a race run in lanes. Except as stated in Rule 5(iii) the Referee is satisfied that an athlete has violated this Rule, they:
 - In the U7-U11 age group: May be disqualified if a material advantage was gained over other competitors
 - In the U12-U17 age groups: Shall be disqualified.
- iii. A competitor shall not be disqualified if they:
 - are pushed or forced by another person to run outside their lane or on or inside the kerb, or
 - Run outside their lane in the straight or outside the outline line of their lane on a bend, with no material advantage thereby being gained and no other competitor being obstructed.
- iv. The following events shall be conducted entirely in lanes: 70m, 100m, 200m, 400m, 4x100m relay and all hurdles races.
- v. The 800m shall be run in lanes as far as the near edge of the break-line marked after the first bend where competitors may leave their respective lanes. Up to two competitors may start the race in each lane.
- vi. The 500m, 700m, 1500m, 3000m, 700m walk, 1100m walk, 1500m walk shall not be run in lanes.
- vii. A competitor, after voluntarily leaving the track, shall not be allowed to continue in the race.
- viii. Except for the 4x100m relay and as provided in Rule 1.7, competitors may not place check marks on or alongside the track for their assistance.

6. Track Referee

6.1 Appointment

A separate Referee shall be appointed for the track.

6.2 Responsibilities

- i. It shall be the responsibility of the Referee to:
 - a. See that the rules are observed and explained to the competitors.
 - b. Decide any technical points which arise during the meeting, and for which provision has not been made in the rules.
 - c. Order re-runs of track events (involving only those athletes whose positions are in dispute).
 - d. Check the final result.
 - e. Deal with any disputes/protests.
 - f. Verify records.
- ii. They should be satisfied as to the markings on the track (stagers, take-over zones etc). It is not part of the Referee's duty to check these personally (this will be done by the Carnival Manager) but they should ensure that it has been done.
- iii. To confer with the Chief Walk Judge and indicate any athletes who are to be disqualified for track infringements before walk results are finalised.
- iv. They shall have jurisdiction to decide placing's in a race only when the Judges of the disputed place or places are unable to arrive at a decision.

Note

- i. They should be in a position to watch the whole race in case of obstruction, infringement or interference on the part of any competitor.
- ii. They should ensure that photographers or other unauthorised persons do not hamper the work of the Place Judges and Timekeepers at the finish. If possible the area should be roped off.
- iii. They must be familiar with the current RoC.

7. Umpire

7.1 Duties

- i They are assistants to the Track Referee without the power to make any final decisions.
- ii The Track Referee / Chief Umpire positions them so that they can watch the competition clearly to observe a foul or violation of the rules by any competitor or other person, other than walking rules.
- iii They should not speak to competitors.



7.2 Responsibilities

- i The Umpires will be responsible for detecting breaches of track rules, eg.
 - a. Deliberate impedance or interference.
 - b. Competitors who leave their lane, the track or the course.
 - c. Athletes who merge prior to the break-out line.
 - d. Competitors who cut corners.
- ii Should they observe any violation of the rules, they must immediately signal (with a yellow flag / indicator) and make a report to the Track Referee / Chief Umpire. This includes the supervision of take-over points in relay races.
- iii If they observe that a runner has run in a different lane from their own, the Umpire should immediately mark the track with suitable material where the runner ran outside their lane.
- iv In relay races they will indicate to the Referee / Chief Umpire that the baton changes were correct with a white flag / indicator or incorrect with a yellow flag / indicator.