

COMMON RULES FOR UMPIRES IN REPORTING INFRACTIONS

Assistance

Rule **145.2** a competitor acting in an unsporting manner renders himself liable to disqualification from the competition.

General

Rule **162.7** disqualification false start

General

Rule **163.2** any competing runner or walker who jostles or obstructs another competitor so as to impede his progress shall be liable to disqualification from that event.

General

Rule **163.3** in all races run in lanes, each competitor shall keep within his allocated lane from start to finish. This shall apply to any portion of a race run in lanes. (e.g., the start of the 800 metres)(**163.5** cut in too soon)

General

Rule **163.4** if a competitor is pushed or forced by another person to run outside his lane, and if no material advantage is gained, the competitor should not be disqualified. If an athlete either: (i) runs outside his lane in the straight, or (ii) runs outside the outer line of his lane on the bend, with no material advantage thereby being gained, and no other runner is obstructed, then he should likewise not be disqualified.

General

Rule **163.6** a competitor, after voluntarily leaving the track or course shall not be allowed to continue in the race.

General

Rule **163.7** 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.

Assistance

Rule **144.1** intermediate times and preliminary winning times may be officially announced and/or displayed. Otherwise such times must not be communicated to the athletes by persons in the competition area without the prior approval of the appropriate Referee.

Assistance

Rule **144.2** except as provided in rules 230, 240 and 250, no competitor shall receive assistance during the progress of an event. Assistance is the conveying, by any means of advice, information or direct help and includes pacing in races by persons not participating in the race, by runners or walkers lapped or about to be lapped or by any kind of technical device.

General

Rule **160.4** the line on the right hand only of each lane shall be included in the measurement of the width of each lane.

Gen./Hurdles

Rule **168.6** all races shall be run in lanes and each competitor shall keep to his own lane throughout.

Hurdles

Rule **168.7.a** (trail leg) **168.7.b** (deliberate knock down) a competitor who trails his foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance, or jumps any hurdle not in his own lane, or in the opinion of the Referee, deliberately knocks down any hurdle by hand or foot, shall be disqualified.

Steeplechase

Rule **169.7.a** (Steeplechase) **169.7.b** (Trail leg) each competitor must go over or through the water and anyone 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 any hurdle at the instant of clearance shall be disqualified. Provided this rule is observed, a competitor may go over each hurdle in any manner.

General

Rule **240.6.b.i** (Road races) a hands-on medical examination during the progress of an event by designated medical personnel, clearly identified by the Organizing Committee shall not be considered as assistance.

Relay

Rule **170.4** when all or the first portion of a relay race is being run in lanes, a competitor may make one checkmark on the track within his own lane, by using self-adhesive tape, maximum of 5cm x 40cm, of a distinctive colour which cannot be confused with other permanent markings.

Relay

Rule **170.6** the baton must be carried by hand throughout the race. If dropped, it shall be recovered by the athlete who dropped it. He may leave his lane to retrieve the baton...and provided no other athlete is impeded, dropping the baton shall not result in disqualification.

Relay

Rule **170.7** in all relay races, the baton must be passed within the take-over zone. The passing of the baton commences when it is first touched by the receiving runner and is completed 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, which is decisive, and not the position of the body or limbs of the competitors.

Relay

Rule **170.19** the runners of the 3rd and 4th legs of the 4 x 400 relay race shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they complete 200m of their legs. Once the incoming runners have passed this point, the waiting runners shall maintain their order, and shall not exchange positions at the beginning of the take-over zone.

Relay

Rule **170.8** competitors, after handing over the baton, should remain in their lanes or zones under the course is clear, to avoid obstruction to other competitors. Should any competitor willfully impede a member of another team by running out of position or lane at the finish of his stage, he is liable to cause the disqualification of his team.

Relay

Rule **170.9** assistance by pushing off or by any other method will result in disqualification.