

Running Incidents	2023	2023-24 NCAA		2023
	NFHS	Outdoor	Indoor	USATF
1. Aiding or assisting teammate	4-6.5	15-5.1	7-5.1	144.2
2. Impedes another runner	5-9.1	15-5.2a	7-5.2a	163.4
3. Ran ___ consecutive steps on line or into lane	5-12.1a	15-5.2b	7-5.2b	163.5d
4. Does not start or finish in assigned lane	5-12.1d	15-5.2c	7-5.2c	163.3
5. Break line violations	5-12.1e	15-5.2d	7-5.2d	162.18
6. Jostles another competitor	5-9.1	15-5.3a	7-5.3a	163.5a
7. Veering	5-9.1	15-5.3c	7-5.3c	163.4
8. Leaves track and abandons the race . . . DNF on lap _____	5-13.3	15-5.3d	7-5.3d	163.6a
9. Forces way between or around runners	5-9.1	15-5.3e	7-5.3e	163.5a
10. Steps on or over curve for ___ consecutive steps with left foot	6-13.1 5-13.2	15-5.3g	7-5.3g	163.5e
Hurdle Incidents	NFHS	NCAA		USATF
1. Hooking Hurdle	5-14.2c	15-6.2a	7-6.2a	168.3(a)
2. Does not hurdle each hurdle	5-14-2e	15-6.2b	7-6.2b	168.3(a)
3. Deliberately knocks down any hurdle	5.14.2a	15-6.2c	7-6.2c	168.4
4. Knocks down hurdle by hand	5.14.2b	15-6.2d	7-6.2d	168.3(b)
Relay Incidents	NFHS	NCAA		USATF
1. Runners starting outside exchange zone	5-10.9	15-8.4 15-9.i	7-7.4 7-8.i	170.13
2. Gloves, tape or Foreign substance on the hand	5-10.5	15-9.b	7-8.b	170.16
3. The Baton is passed outside the passing zone	5-10.6	15-9.9c	7-8.c	170.18
4. The baton is recovered illegally after being dropped	5-10.7	15-9.9d	7-8.d	170.16
5. Transporting the baton in a manner other than in the hand	5-10.6	15-9.9e	7-8.e	170.16
6. The last runner finishes the race without the baton	5-10.6	15-9.9f	7-8.f	170.16
7. Veering out of passing zone and interferes with adjacent lane	5-10.8	15-9.9g	7-8.g	170.19
8. A team member runs more than one leg of a relay	5-10.1	15-9.j 9.k	7-8.j 8.k	170.21
Steeplechase Incidents	NFHS	NCAA		USATF
1. Hooking a barrier	5.14.2a	15-7.a	NA	169.4(b)
2. Does not traverse over each barrier	5-14-2e	15-7.b	NA	169.4(a)
3. Does not go over or through the water	USATF	15-7.c	NA	169.4
Competitors	NFHS	NCAA		USATF
1. Honest Effort	NA	14-1	6-1	142.4-5
2. Failure to Participate	NA	14-2.d	6-2.d	142.4-5
3. Unsportmanlike / Misconduct	4-6-1	14-1	6-1	145.2
4. Illegal Assistance / Electronic Devices	4-6-5	14-3	6-3	144
5. Competitor Attire	4-3-1	14-4	6-4	143.1

prepared by Doug Glass 5-28-23

Thank you to Omar De La Rosa, David Woytek & Ron Clarke
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WHO ARE UMPIRES?

Umpires are assistants to the Referee, to whom the Chief Umpire shall report, and have no authority to make final decisions. They stand or sit at such points as the Referee or Chief Umpire shall determine. Any infractions or incidents observed should be reported to the Referee or Chief Umpire by raising a flag or some other signal previously agreed upon. The umpire must know the intent of the rules of competition and their appropriate application to the situations. The umpire must be observant for possible incidents or infractions.

Running Incidents

- * Aiding or assisting teammate
- * Impeding another runner
- * Running on or over inside lane line on a curve
- * Does not start or finish in assigned lane
- * Break line violation
- * Jostles another competitor
- * Veering or Interference
- * Abandons the race
- * Forces way between or around runners

Hurdle Incidents

- * Hooking hurdles
- * Running around hurdles
- * Clears hurdle in wrong lane
- * Knocks down hurdle with hand

Relay Incidents

- * Gloves, tapes, or foreign substance on hand
- * Baton passed outside exchange zone
- * Baton recovered illegally after dropped
- * Transporting baton in other than the hand
- * Runner finishes race without baton
- * Veering outside exchange zone & interferes with adjacent lane

Steeplechase Incidents

- * Hooking barriers
- * Runs around barrier
- * Does not attempt every barrier
- * Does not go over or through the water barrier

DUTIES OF UMPIRES

The duty of the umpire to observe the competition closely to insure a fair competition. The umpires should report orally and in writing, all apparent violations of the rules to the Chief Umpire.

ONLY REFEREES CAN MAKE A DISQUALIFICATION.

The umpire shall raise a flag, until the Chief Umpire or Assistant acknowledges it.

DO NOT WAVE THE FLAG.

Be prepared to give a full (written) description of who did what to whom and when.

Raise it High and let it Fly otherwise, keep it low and grab a hold

If you're not sure, don't make the call.




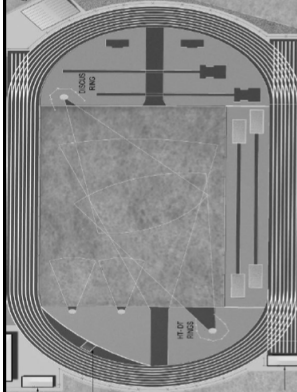
Reporting an Infraction

To report a possible rule infraction, which could result in a disqualification, the umpire must be able to clearly recall the circumstances surrounding the infraction to aid the Referee in their decision. For this reason, a written report of what was observed should always be prepared as soon, and as neatly, as possible. The umpire should always:

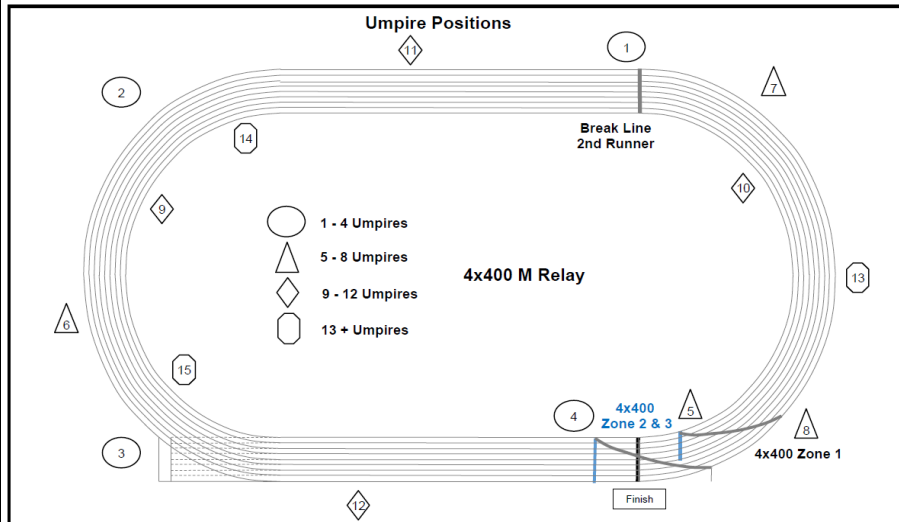
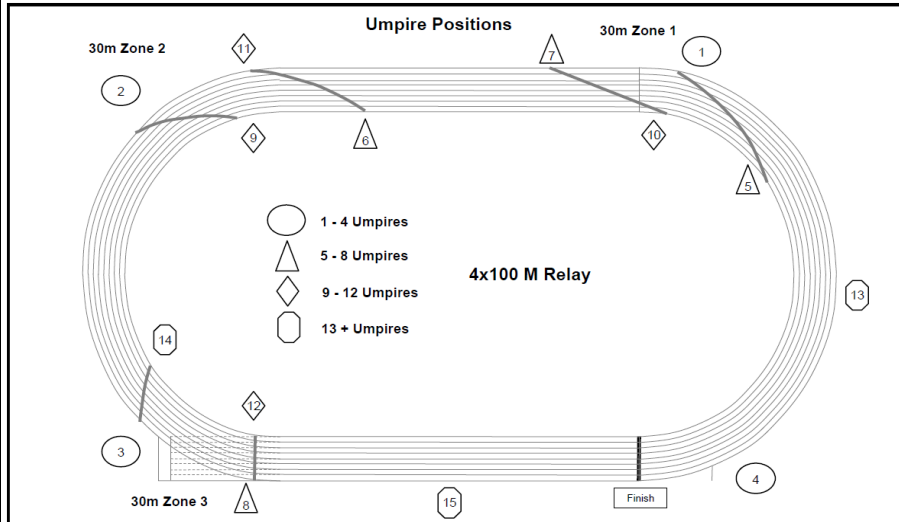
1. Carry paper and pencil to record the information. A small notebook is often useful for this purpose.
2. Use the violation report form provided by the Chief Umpire.
3. Signal the Chief Umpire immediately by holding up a yellow flag at the spot of the infraction. Do not wave the flag. Simply raise it.
4. Record name of the event, heat number, time of day, lane number, competitor(s) #(s), team affiliation, uniform colors, and a brief description of the possible violation.

Incident Report Card

Umpire Report for Running Incidents		Date		
Event:	Trials	Day 1	Day 1	
100 Meters	Finals	Day 3	Day 3	
200 Meters	Gender	Day 4	Day 4	
400 Meters	Men	Time:	Name of Athlete:	
800 Meters	Women	Team Name:		Uniform Color
1500 Meters		Jersey:		Trunk:
1600 Meters		Bib #:		Hip#:
Steeplechase		Nature of the Violation:		
3200 Meters	Heat: 1 2 3 4 5 6 7 8 9 10 11 12 13			
5000 Meters	Lane: 1 2 3 4 5 6 7 8 9			
10000 Meters				
100 Hurdles				
110 Hurdles				
400 Hurdles				
4x100 Relay	A Exchanges B	Umpire:	Chief Umpire:	
4x200 Relay	Zone 1	Action Taken by Referee	Referee:	
4x400 Relay	Zone 2			
4x800 Relay	Zone 3			
SMR	Disqualified	Ruling:		
DMR				
Shuttle Hurd	Not Disqualified			
Other:				

	USATF Umpire's Incident Report Card	
	Running Incidents - Rule 163	Relay Incidents - Rule 170
	.4 Jostling	.12 Runners Starting Outside Exchange Zone
	.4 Forces Way Between or Around Runners	.15 The Last Runner Finishes the Race Without the Baton
	.4 Obstructing	.15 The Baton is Recovered Illegally after being Dropped.
	.4 Impedes Another Runner	.15 Gloves, Tapes or Foreign Substance on the Hand
	.5 Steps On or Over Curve in Assigned Lane. # of Steps _____	.16 The Baton is Passed Outside the 30 meter zone 1 2 3 Before After
	6.(a) Leaves Track and Abandons the Race . . . DNF on Lap _____	.17 Veering Out of Passing Zone and Interferes with Adjacent Lane
	Running Incidents - Rule 160	.19 A Team Member Runs More than One Leg of a Relay
	.7 Break Line Violation	
Hurdle Incidents - Rule 168		
Circle: 1 2 3 4 5 6 7 8 9 10		
.2 Illegal Assistance	.3 Runs Outside Lanes	
.3(a) Hurdle Clearance	Steeplechase Incidents - 169	
Competitors - Rule 145	.4(a) Steps to One Side or the other of any Hurdles or Water Jump	
.2 Unsportsmanlike	.3(c) Displaces a Hurdle	
	.4(b) Barrier Clearance	

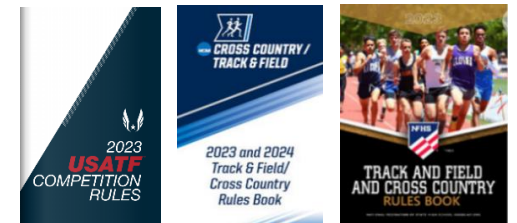
Umpire Positions



UMPIRE - Equipment

An effective umpire is prepared. Personal equipment that the umpire needs:

- * Proper Uniform
 - Shirts
 - Slacks, Shorts, Skirts
 - Shoes
 - Hat
- * FLAGS (White, Yellow, Red, Green)
- * Credentials (National Photo ID, State ID, Etc)
- * Rule books (USATF, NCAA, NFHS)
- * Pens or pencils
- * Clipboard or storage clipboard
- * Notepad
- * Other needs:
 - Heat
 - Sunscreen
 - Hat
 - Water or drink
 - Cold
 - Gloves
 - Rain Jacket and Hat
 - Boots
 - Snacks



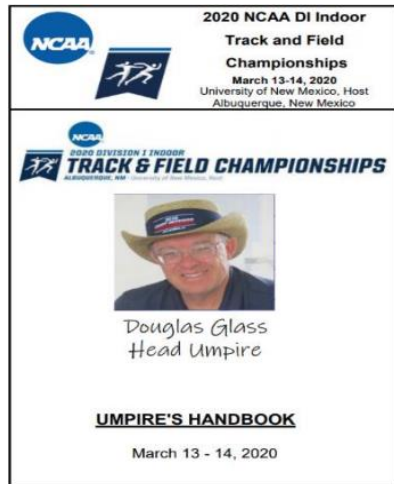
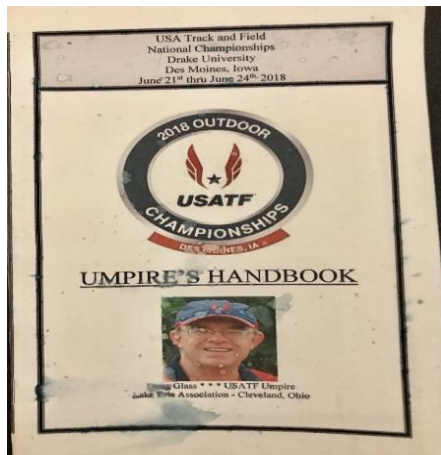
White Flag - No Violation
Yellow Flag - Violation
Red Flag - False start
Green Flag - No False Start



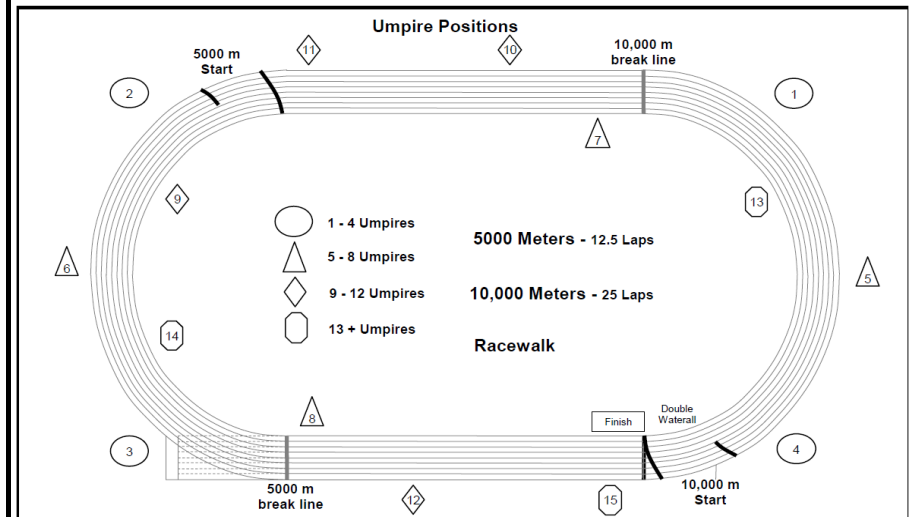
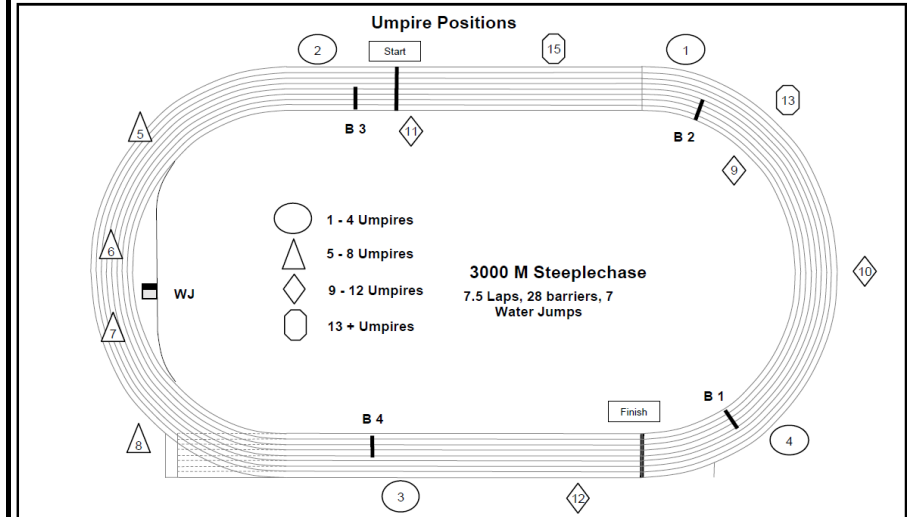
DUTIES OF CHIEF UMPIRE

The Chief Umpire is directly responsible to the Referee and shall have general supervision over all Umpires.

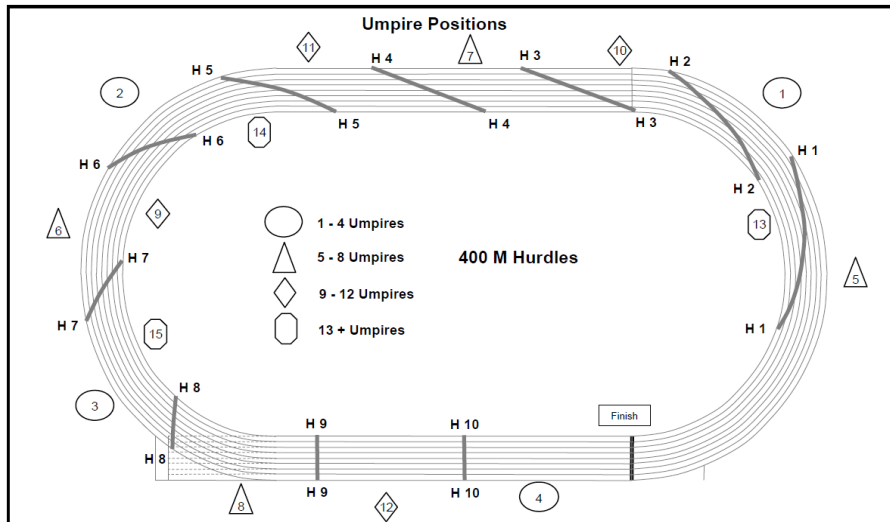
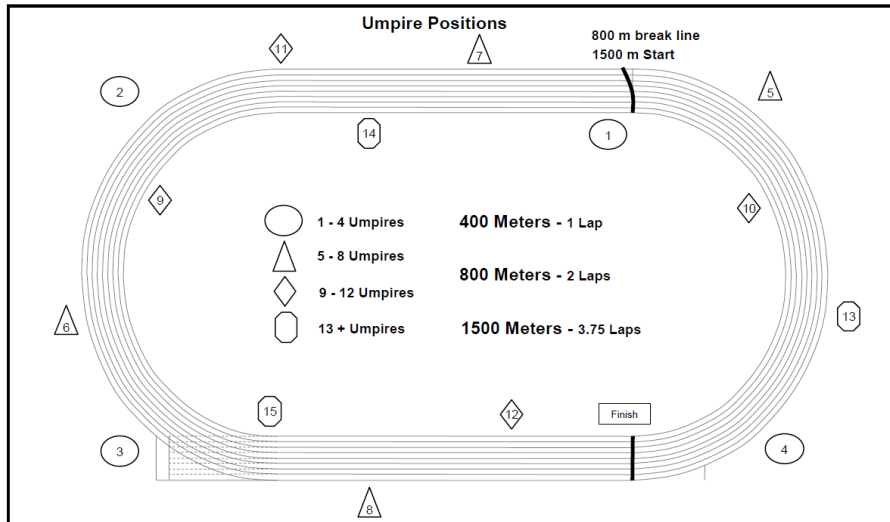
1. Instruct umpires as to the rules and violations in general and as to the special track conditions and special regulations established for the meet by the Games Committee or appropriate referee.
2. The meeting should take place at least one hour to 45 minutes before the first running event.
3. Appoint the Assistant Chief Umpire and the Section Heads. The Chief Umpire should determine the number of umpires available and assign them duties and positions accordingly.
4. Distribute Umpire Manuals and/or meet schedules to all the umpires, and collect them at the conclusion of the meet.



Umpire Positions



Umpire Positions



Running without assigned lanes

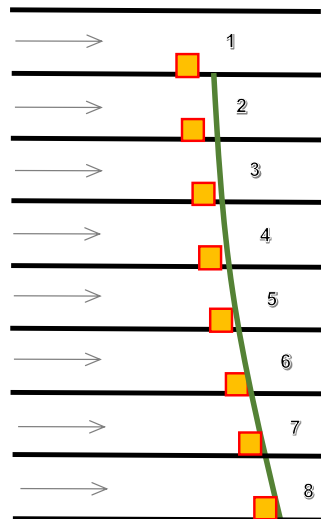
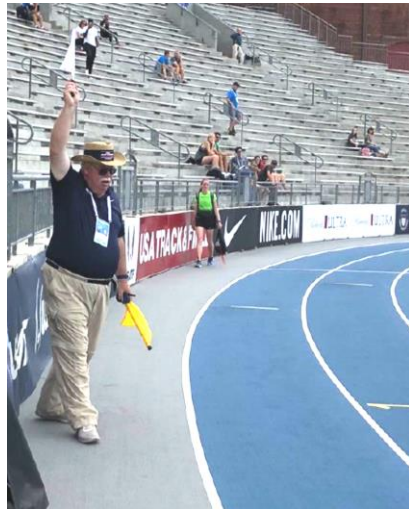
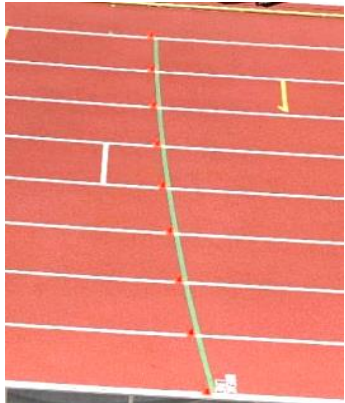
- * Observe the race for illegal passing, crowding, cutting in or jostling.
- * Jostling or impeding or obstruction should be watched for especially when athletes are not in lanes.
- * Competitor may run anywhere on the track as long as the competitor does not impede or obstruct by any body or arm action the progress of another runner.
- * It is a violation if the runner veers to the right or left so as to impede a runner.
- * Competitor may cut in front of another runner, provided that the overtaking runner has one full stride (this rule also applies to the waterfall start).
- * It is a violation if a competitor deliberately runs inside the track curb (or painted line). Voluntarily leaving the track, and presumably the race, then returning later to continue the race should be reported.



Races that start in lanes, but don't finish in lanes

In a race starting but not finishing in lanes, the athlete must cross the break line within the assigned lane. Until crossing the break line the athlete must maintain the assigned lane in accordance with the rules for races run entirely in lanes. If steps on or over the inside lane line are allowed by rule, the athlete must make sure that they are in the proper lane before crossing the break line.

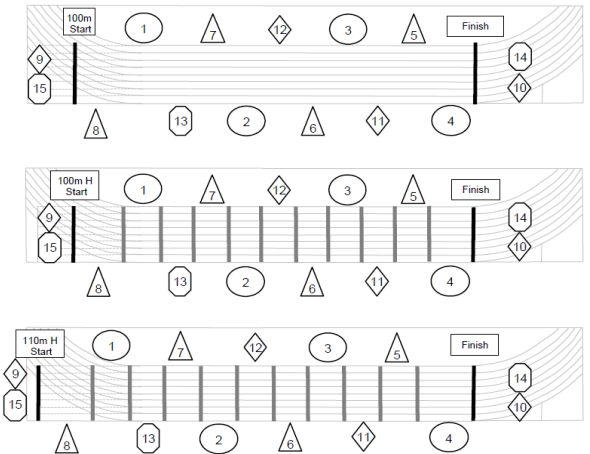
Breakline - Small orange or red cones are placed such that if the athlete hits the cone, they have crossed the line before the breakline or into the lane to the left and violated the rules. – **USATF Rule 160.8(c)**: “. . . Small markers, such as cones or prisms **5cm x 5cm** and no more than **15cm high**, preferably of a different color from the breakline and lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline.”



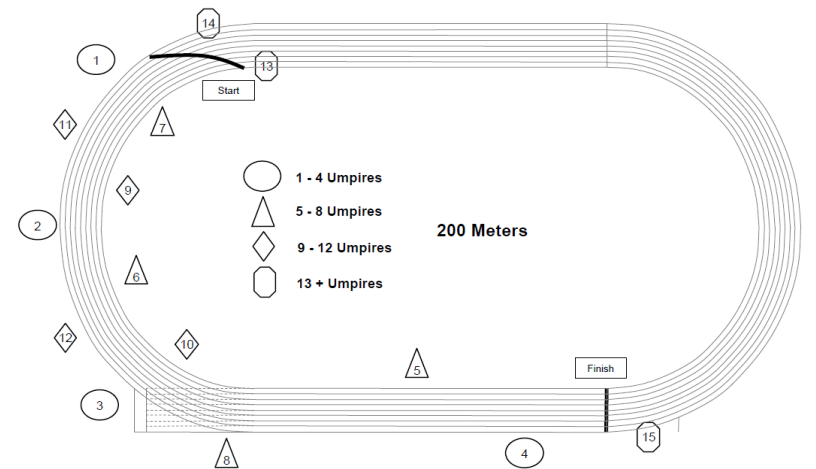
Umpire Positions

Umpire Positions
100 Meters
100 M Hurdles
110 M Hurdles

- 1 - 4 Umpires
- △ 5 - 8 Umpires
- ◇ 9 - 12 Umpires
- ⬡ 13 + Umpires



Umpire Positions



Relay Races cont....

Initial positions for outgoing runners in the 4x400 & 4x800 exchange zones



Umpire Positions

Umpires will stand for all events except the 5,000 and 10,000 races. You are to sit until the next race is about to start. After the last heat you are allowed to move to your next assignment as quickly as possible.

Flags are always pointed in the direction that the athlete is running.



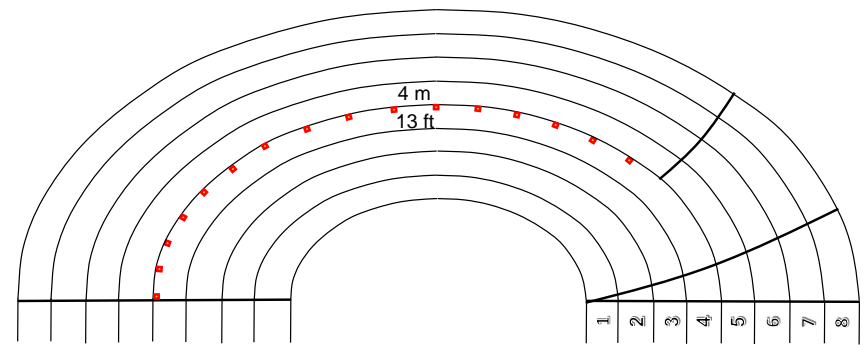
ASSEMBLY:

Be at the officials' headquarters – 60 min. before the events. If marching, be at the track entrance – 20 min. Before the event begins. Be at your track position – 10 min. before event starts.

Flags Left Hand Chair Right Hand.



Alley Start - Cones are placed on the Lane 4/5 line from the start to the breakline at the end of the first turn. – **USATF Rule 162.18:** "In races that do not start in lanes, competitors may be divided into two groups with one group of approximately 65 percent of the competitors on the regular arced starting line and the other group on a separate arced starting line marked across the outer half of the track. The outer group shall run as far as the end of the first turn on the outer half of the track." - **USATF Rule 160.9:** "The separate arced starting line referred to in **USATF Rule 162.18** shall be marked in such a way that all of the competitors shall run the same distance. Also, an arced breakline shall be marked at the beginning of the following straight to indicate to the athletes of the outer group where they are permitted to join the competitors using the regular starting line. Small markers, as in **USATF Rule 160.8(c)**, shall be placed at intervals not exceeding **4m/13ft** along the inside lane boundary of the outer group from their start to the



Races run entirely in lanes

In all races run in lanes, competitors shall start and finish within their assigned lanes. The athlete may be disqualified if observed to have deliberately run outside the assigned lane and gained an advantage. Each rulebook has a slightly different definition for this foul particularly if it occurs on a curve. For the **WA** a material advantage must be gained, or another runner must be obstructed for disqualification. No particular number of steps is specified. In **USATF Rule (163.5c)** running outside the lane to the right is a specified exception but is covered in the **WA** since no material advantage can be gained by running a longer distance. In the NCAA the athlete must step on or over the line with two consecutive steps of the left foot **NCAA (Rule 5.5.2b)**. Be sure that you can report the number of steps taken over the line the athlete was in.

Note: If a runner runs outside the assigned lane in the straightaway or runs outside the outer line on the curve, with no material advantage gained and no other runner obstructed, no disqualification will take place.



What Constitutes a Lane Violation???

- * **NFSHA** - three consecutive strides on or over the inside line (left, right, or a combination of both)
- * **NCAA** - two consecutive strides with either or both feet
- * **WA & USATF** - one stride is a violation

Relay Races

The Umpire should ensure that baton exchanges are made within the take-over zone. The position of the baton, not the competitor's hands or feet is the decisive factor. The pass is completed when the baton is in the hand of the receiving runner only. If the baton is dropped the **USATF Rule (170.15)** and **WA** both say whoever drops it must pick it up. In **NCAA Rule (5.9.9d)/NFHS Rule (5.10.7)** whoever drops it outside of the exchange zone must pick it up and in the exchange zone either may pick it up. The pass must still be completed in the take-over zone and the team may not gain advantage or interfere with other runners while retrieving the baton.

The relay violations that Umpires should be alert for:

1. Runners must stay in their lanes after passing the baton until all runners have passed.
2. In the 4 X 400 meters relay and the DMR, runners are allowed to move to an inner position. Watch for jostling and/or obstruction.
3. Assistance by pushing-off or by any other method should be reported.
4. The baton is thrown not passed to the next runner.
5. While running a team member transports the baton in some manner other than the hand.
6. The last runner of the team finishes the race without a baton.
7. After passing the baton, a runner veers out of the passing lane or from a straight course and impedes an opposing runner.
8. Assuming a preparatory position in any race run in lanes, any part of the outgoing runner breaks the plane of the adjacent lane lines so as to interfere with another runner.
9. The outgoing runner waiting for the baton does not take a position entirely within the 30 meter passing zone (**WA & USATF Rule 170.13 NCAA Rule 5.8.4**).
10. A team member runs more than one leg of the race.
11. After handing off baton, the incoming runner impedes another runner other than another incoming runner who has already handed off the baton.

Initial positions for outgoing runners in the 4x100 & 4x200 exchange zones



Some general rules to remember when umpiring

* Follow the umpire's motto: **Triple A:**
Be Awake, Be Aware, Be Alert.

* **"ONLY THE REFEREE CAN DISQUALIFY AN ATHLETE"**

Your job is to report the infraction.

* The umpire's job begins the moment the race starts and ends when the finish line results are complete.

Make sure your post is attended at all times.

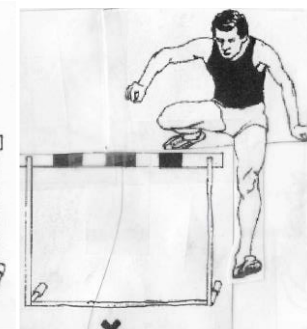
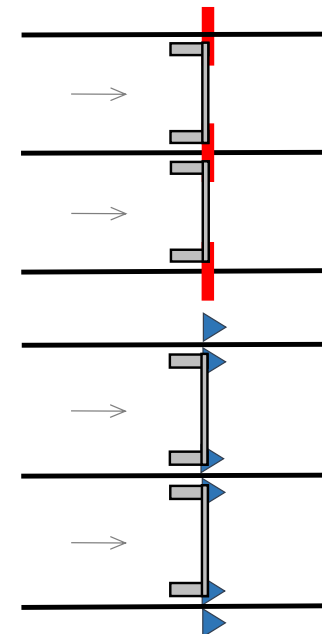
- * Carry a note pad and pencil/pen to record information and make notes.
 - * Raise a yellow flag to signal "infractions" the moment they occur.
 - * If you think it happened . . . it didn't. If you know it happened . . . it did.
 - * Be able to describe to the Chief Umpire and/or Referee what happened.
 - * Report to the Head Umpire, any foul or other infraction including uniform violations or use of a communication device.
 - * Record the uniform number of the competitor who committed the infraction or foul, the color of jersey, the number of the lane and the number of the competitor fouled if foul has occurred.
 - * Wait until after verbally reporting any infraction to the Chief Umpire and/or Referee before discussing it with other Umpires.
 - * Providing verbal aid to runners **IS LEGAL** if no mechanical device is used and the aid is given from an area **OUTSIDE** the area of competition.
 - * Another athlete does not have to be touched for a violation to occur.
 - * Be firm, but respectful, in dealing with athletes such as instructions for relays etc. Do this also with coaches, IF Referee requests that you talk to them.
 - * Refer a coach, athlete or spectator, to the referee if they have a question about an infraction that you observed.
 - * Let the Zone Chief answer questions about exchanges.
 - * Make sure only approved markings are allowed on the track.
 - * Straighten the hurdles after the last warm-up & help pick up hurdles that are knocked down during heats.
 - * Verify correct positioning of the hurdles and weights after the hurdle crew sets them up.
 - * Take a crouched position to observe the hurdle events.
 - * Most relay fouls occur as the runners exit the exchange zone.
 - * Conduct yourself in a professional manner.
- Shirts tucked in. Hats on straight. Look sharp and be sharp.**
- * Know the intent of the rules under which the competition is being held and be alert at all times.
 - * Practice preventive officiating, be visible and vocal.

Hurdle Races

All competitors must clear, within their lane, the required number of hurdles. This must be done without running around the side, trailing or leading the leg along side below the level of the hurdle bar, intruding into another lane, deliberately knocking down a hurdle with the hand or impeding another hurdler. In NCAA events it is a foul for a competitor to knock down a hurdle with the hand, even if not deliberate.

Hurdle Placement - USATF Rule 168.9:

"The hurdles shall be so placed on the track that the feet of the hurdles shall be on the side of the approach by the competitor. The hurdle shall be so placed that the edge of the bar nearest the approaching hurdler coincides with the track marking nearest the approaching hurdler."



When setting up hurdles, make sure the hurdles do not overlap. Make sure you are able to slide your hands between them.

USATF OFFICIALS BEST PRACTICES

HURDLE HEIGHTS AND PLACEMENT

Organiz. / Age Group	Race Length	# of Hurdles	Height	To 1st Hurdle	Between	Last Hur. To Finish	Typical Mark
MEN - OUTDOOR							
Jr. High	110	10	33"	13.72m	9.14m	14.02m	Blue
High School	110	10	39"	13.72m	9.14m	14.02m	Blue
NCAA, USATF, IAAF	110	10	42"	13.72m	9.14m	14.02m	Blue
Jr. High	200*	5	30"	50m	35m	40m	Green
High School	300**	8	36"	45m	35m	40m	Green
NCAA, USATF, IAAF	400	10	36"	45m	35m	40m	Green
NCAA, USATF, IAAF	3000 SC	4 barriers, 1 water jump/lap	36"	No barrier until past finish line 1st time			Black
MEN - INDOOR							
High School	55	5	39"	13.72m	9.14m	4.72m	Blue
NCAA	55/60	5	42"	13.72m	9.14m	4.72/9.72m	Blue
USATF	50	4	42"	13.72m	9.14m	8.86m	Blue
USATF	55/60	5	42"	13.72m	9.14m	4.72/9.72m	Blue
IAAF	50/60	4 / 5	42"	13.72m	9.14m	8.86/9.72m	Blue
YOUTH OUTDOOR							
11-12 Girls & Boys	80	8	30"	12m	7.5m	15.5m	
13-14 Girls	100	10	30"	13m	8m	15m	
13-14 Boys	100	10	33"	13m	8.5m	10.5m	Yellow
15-18 Girls	100	10	33"	13m	8.5m	10.5m	Yellow
15-18 Boys	110	10	39"	13.72	9.14	14.02m	Blue
13-14 Girls & Boys	200*	5	30"	20m	35m	40m	Green
15-18 Girls	400	10	30"	45m	35m	40m	Green
15-18 Boys	400	10	36"	45m	35m	40m	Green
15-18 Girls	2000 SC	4 barriers, 1 water jump/lap	30"	No barrier in 1st 200 meters of 1st lap			Black
15-18 Boys	2000 SC		36"				Black
YOUTH - INDOOR							
11-12 Girls	50	4	30"	12m	7.5m	15.5m	
11-12 Girls	55/60	5	30"	12m	7.5m	13 / 18m	
MASTERS MEN INDOOR							
30-49	60	5	39"	13.72m	9.14m	9.72m	Blue
50-59	60	5	36"	13m	8.5m	13m	Yellow
60-69	60	5	33"	12m	8m	16m	
70-79	60	5	30"	12m	7m	20m	
80 +	60	5	27"	12m	7m	20m	
MASTERS WOMEN INDOOR							
30-39	60	5	33"	13m	8.5m	13m	Yellow
40-49	60	5	30"	12m	8m	16m	
50-59	60	5	30"	12m	7m	20m	
60 +	60	5	27"	12m	7m	20m	

* Locations of the 200m hurdles are the same as the last 5 hurdles of the 400m hurdles.

USATF OFFICIALS BEST PRACTICES

HURDLE HEIGHTS AND PLACEMENT

Organiz. / Age Group	Race Length	# of Hurdles	Height	To 1st Hurdle	Between	Last Hur. To Finish	Typical Mark
WOMEN - OUTDOOR							
Jr. High	100	10	30"	13m	8.5m	10.5m	Yellow
High School	100	10	33"	13m	8.5m	10.5m	Yellow
NCAA, USATF, IAAF	100	10	33"	13m	8.5m	10.5m	Yellow
Jr. High	200*	5	30"	50m	35m	40m	Green
High School	300**	8	30"	45m	35m	40m	Green
NCAA, USATF, IAAF	400	10	30"	45m	35m	40m	Green
NCAA, USATF, IAAF	3000 SC	4 barriers, 1 water jump/lap	30"	No barrier until past finish line 1st time			Black
WOMEN - INDOOR							
High School	55	5	33"	13m	8.5m	8m	Yellow
NCAA	55/60	5	33"	13m	8.5m	8/13m	Yellow
USATF	50	4	33"	13m	8.5m	11.5m	Yellow
USATF	55/60	5	33"	13m	8.5m	8/13m	Yellow
IAAF	50/60	4 / 5	33"	13m	8.5m	11.5/13m	Yellow
MASTERS MEN OUTDOOR							
30-49	110	10	39"	13.72m	9.14m	14.02m	Blue
50-59	100	10	36"	13m	8.5m	10.5m	Yellow
60-69	100	10	33"	12m	8m	16m	
70-79	80	8	30"	12m	7m	19m	
80 +	80	8	27"	12m	7m	19m	
30-49	400	10	36"	45m	35m	40m	Green
50-59	400	10	33"	45m	35m	40m	Green
60-69	300 **	7	30"	50m	35m	40m	Green
70-79	300 **	7	27"	50m	35m	40m	Green
80 +	200 *	5	27"	20m	35m	40m	Green
30-59	3000 SC	4 barriers, 1 water jump/lap	36"	No barrier until past finish line 1st time			Black
60 +	2000 SC		30"	No barrier in 1st 200 meters of 1st lap			Black
MASTERS WOMEN OUTDOOR							
30-39	100	10	33"	13m	8.5m	10.5m	Yellow
40-49	80	8	30"	12m	8m	12m	Black
50-59	80	8	30"	12m	7m	19m	
60 +	80	8	27"	12m	7m	19m	
30-49	400	10	30"	45m	35m	40m	Green
50-59	300 **	7	30"	50m	35m	40m	Green
60 - 69	300 **	7	27"	50m	35m	40m	Green
70 +	200 *	5	27"	20m	35m	40m	Green
All Ages	2000 SC	4 barriers, 1 water jump/lap	30"	No barrier in 1st 200 meters of 1st lap			Black

** Locations of the 300m hurdles are the same as the last 7 hurdles of the 400m hurdles.

Hurdle Hts and Plcmt, USATF Best Practices, Jan 19 (Credit: I. Ikstrums, R. Schornstein)