



General Rules Of Track Events

❑ Start of races-

- ❑ The start of the race and finish line is marked by a white colour and 5cm wide.
- ❑ All races shall be started by the sound of a pistol or any similar apparatus upward in the air but not before all the competitors are quite still on their marks.

General Rules Of Track Events



❑ Taking Start-

- At all international meets, the words of the starter, in his own mother tongue or in English shall be “On your marks”, “Set”, and when all competitors are “set”, the pistol shall be fired.
- An athlete may not touch either the start line or ground in front of it with their hand or foot after the word “Set”
- If a competitor leaves his mark with hand or foot after the word “Set” but before the shot is fired, it shall be considered a false start (This is ‘unfair start’ and is also called “Beating the Pistol”). For this the athlete shall be disqualified.
- As 2010, any athlete making a false start is disqualified.

except in combined events



General Rules Of Track Events

❑ Athlete bibs-

- Every athlete shall wear a distinct mark (a number) on his chest and back. Without a number he will not be allowed to participate.

❑ shoes-

- In track events sole of the shoes shall have maximum thickness of no more than 40mm and with spikes 30mm.

❑ Number of spikes-

- Any number of spikes upto 11 may be used but shall not exceed 11.



General Rules Of Track Events

□ Lane Infringement-

- For sprinting events each athlete must run the race within their allocated lane from start to finish.
- If an athlete step or run outside the his lane in the straight with no material advantage gain and no other athlete is affected the such athlete is not liable for disqualification.
- If an athlete 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.



General Rules Of Track Events

❑ Obstruction-

- If an athlete or team is obstructed during the event unintentionally, the referee may re-run the event for one or some or all.
- If the obstruction is deliberate, the such athlete or team shall be liable for disqualification.

❑ Leaving the Track-

- An athlete after voluntarily leaving the track shall not be allowed to continue in the race and will be marked DNF (Did not Finish)
- If an athlete attempts to re-enter after voluntarily leaving the track shall be disqualified.



General Rules Of Track Events

□ Time Between Two Round-

- Upto including 200m- 45 minutes
- Over 200m and upto 10000 - 90 minutes
- Over 10000 – Not on the same day



□ Cards (Track and field)

- Yellow – for warning
- Red – disqualify
- Green – When there is a technical fault and no athlete are punished.

□ Flags

- **Red** – Starter दिखाता है।
- **Yellow** – umpire दिखाता है अगर कोई नियम टूट रहा है तो।
- **White** – Starter दिखाता है।



Officials For Track And Field Event

1. Management Officials

2. Jury or Appeal

3. Competition Officials

4. Additional Officials



- 1) Announcer- 1 or more.
- 2) Statistician - 1 or more.
- 3) Advertising Commissioner – 1
- 4) Doctor- 1 or more.

- 1) Competition director – 1
- 2) Manager-1
- 3) Technical Manager-1
- 4) Call Room Manager – 1
- 5) Technical Delegate – 1 or more.

-Protest का निर्णय लेती है।

- इसके मेम्बर 3, 5 या 7 होते हैं।

- इसमें एक चेयरमेन तथा 1 सेक्रेटरी होता है।

- इसमें 1 चेयरमेन IAAF का सेक्रेटरी जनरल होता है।

Competition Officials



- 1) **Reference for track Event – 1 or More than one.**
- 2) **Referee for Field Event - 1 or More**
- 3) **Referee for Combined Event - 1 or More**
- 4) **Referee for Event outside the stadium- 1 or More**
- 5) **Chief Judge For Track Event -1**
- 6) **Judges For track Event – 3 or more than 3**
- 7) **Chief Judge For Field Event -1**
- 8) **Judges for Field Event -3 or more than 3**
- 9) **Chief Judge for Walking Event inside the Stadium – 1**
- 10) **Judges For Walking Event inside the Stadium – 5**
- 11) **Chief Judge for Walking Event outside the Stadium – 1**
- 12) **Judges For Walking Event outside the Stadium - 1.**

Competition Officials



- 13) Walking Competition** – Recorders, Warning, Posting board operator.
- 14) Chief Umpire For Track Event - 1**
- 15) Umpire for Track Event - 3 or more than 3**
- 16) Chief Time Keeper- 1**
- 17) Time Keeper- 3 or more**
- 18) Starter- 1 or more**
- 19) Recaller- 1 or more**
- 20) Starter Assistant- 1 or more**
- 21) Lap Scorer- 1 or more**
- 22) Competition Secretary- 1 or more**



Fun Learning Education

Competition Officials



23) Marshal- 1 or more

24) Wind Gauge Operator - 1 or more

25) Chief Photo Finish Judge - 1 or more

26) Photo Finish Judge, Assistant Photo Finish Judge - 2

27) Measurement Judge (Electronics) - 1 or more

28) Call Room Judge - 1 or more

29) Markes men- 2 to 3