



Races

- ❖ Hurdle Race
- ❖ Steeple Chase
- ❖ Relay Race
- ❖ Cross Country
- ❖ Road Race
- ❖ Walk run

Hurdle Race

Man- 110m , 400m

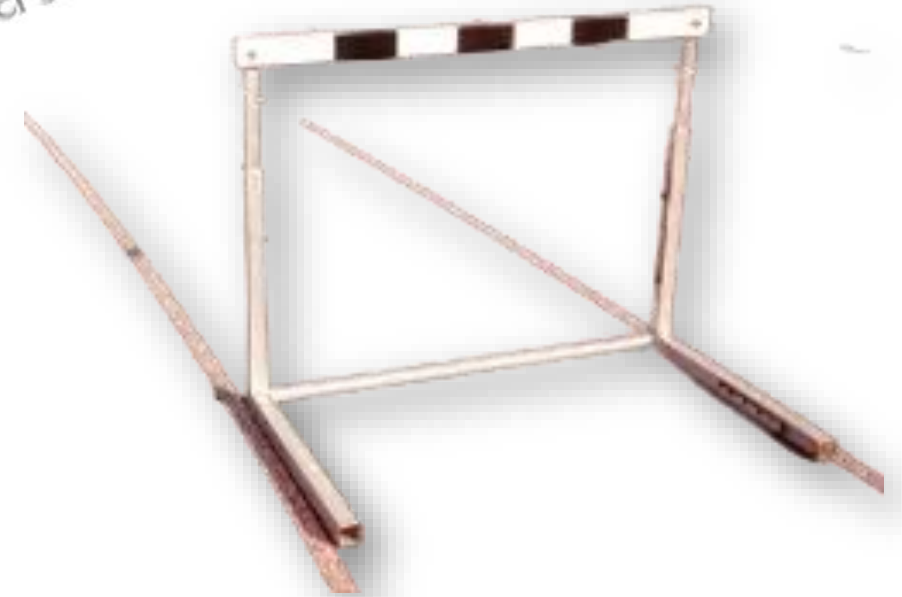
Woman- 100m , 400m

Width of Hurdle- **1.20m**

Weight of Hurdle- **Not less than 10kg**

The maximum length of the base shall be 70cm.

- Number of hurdle both man and woman race – **10**



Measurement of Hurdle



Man-

Race Distance	Hurdle Height	Distance from Start Line to 1 st Hurdle	Distance b/w Hurdle	Last hurdle to Finish Line
110m	1.067m	13.72m	9.14m	14.02m
400m	0.914m	45m	35m	40m

Woman-



Race Distance	Hurdle Height	Distance from Start Line to 1 st Hurdle	Distance b/w Hurdle	Last hurdle To Finish Line
100m	0.84m	13m	8.50m	10.50m
400m	0.762m	45m	35m	40m



Hurdle Race



110M 100M Start Line
Hurdle

Finishing Line

Basic Rules Hurdle Race

- In all levels of competition, runners are required to attempt to clear each hurdle.
- Runners who deliberately knock down a hurdle are disqualified.
- Runners who knock over a hurdle accidentally are not disqualified.
- Runners who trail a leg or foot below the horizontal plane of the hurdle's top at the moment of clearance also are disqualified
- Runners must stay in their own lane throughout the race.



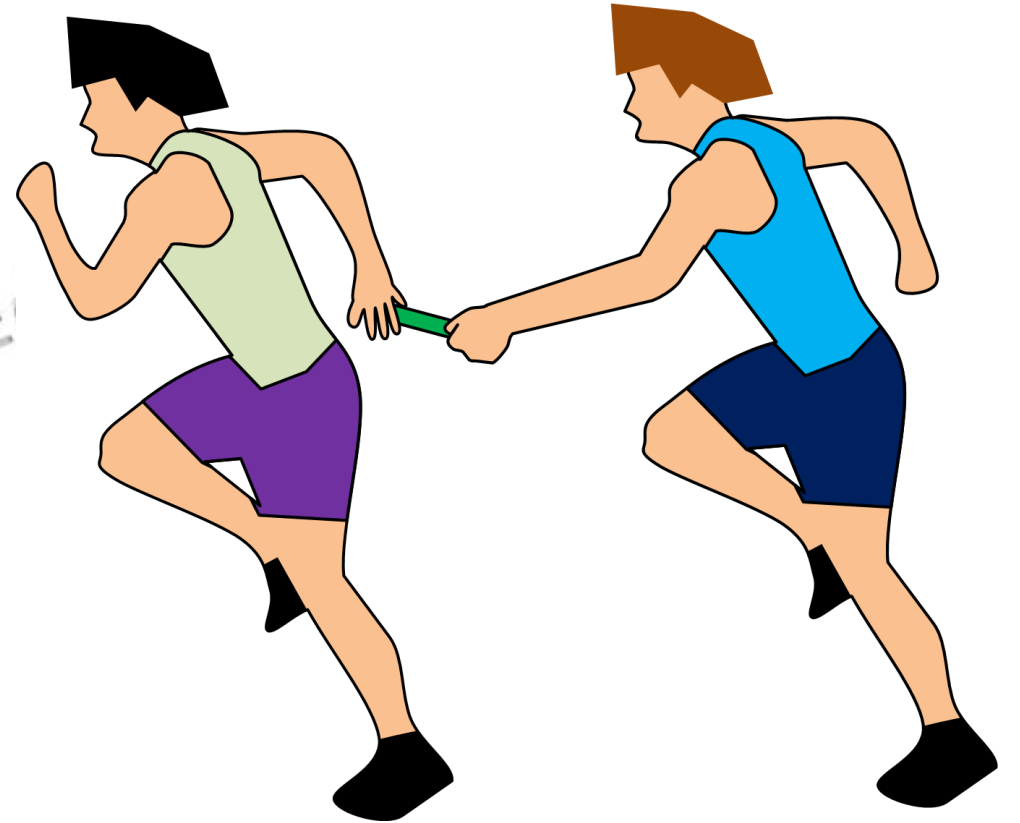
Relay Race

The standard distances shall be:

- ❖ 4x100m Relay
- ❖ 4 × 200m Relay
- ❖ 4x400m Relay
- ❖ 4 × 800m Relay
- ❖ 4 × 1500m Relay

 **Team Event**

1 Team → **4 Runners**





Baton

The relay baton shall be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece.

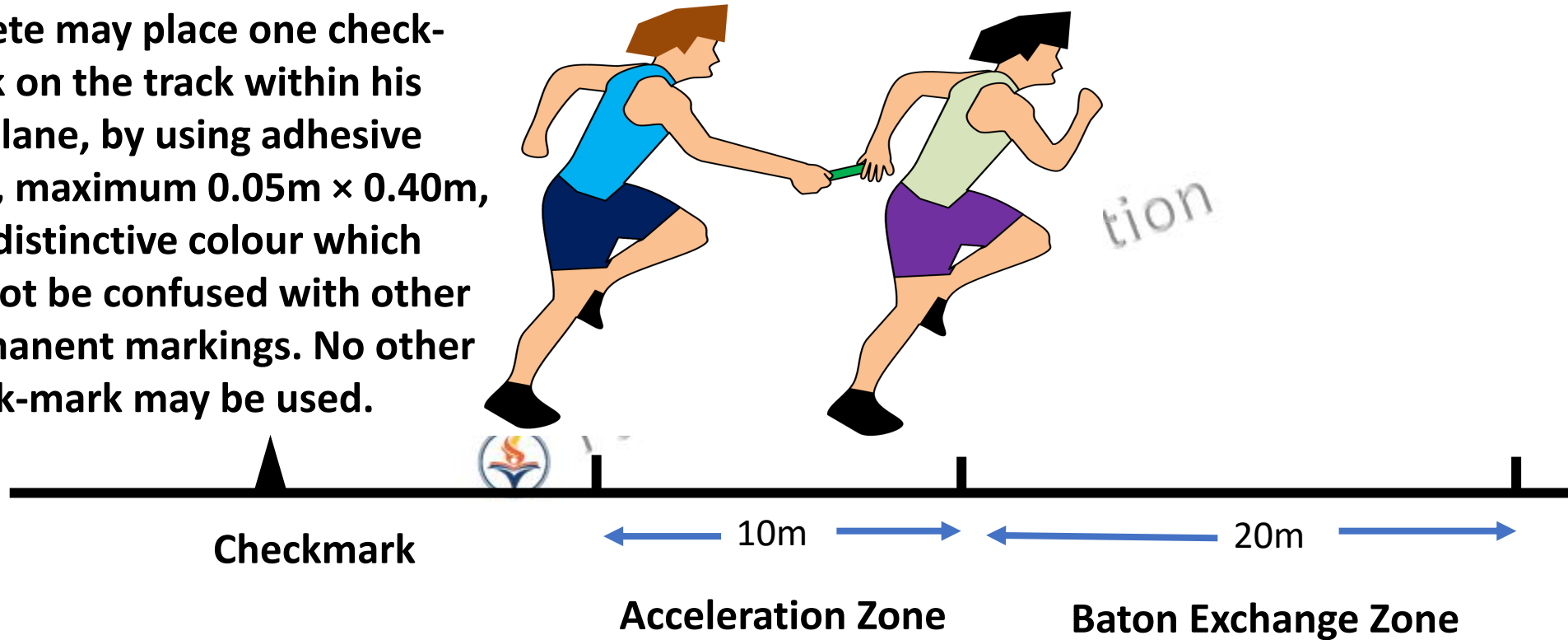
It should be coloured so as to be easily visible during the race.

- **Length** – 28cm to 30cm.
- **Diameter** – 4cm
- **Weight**- less than 50g



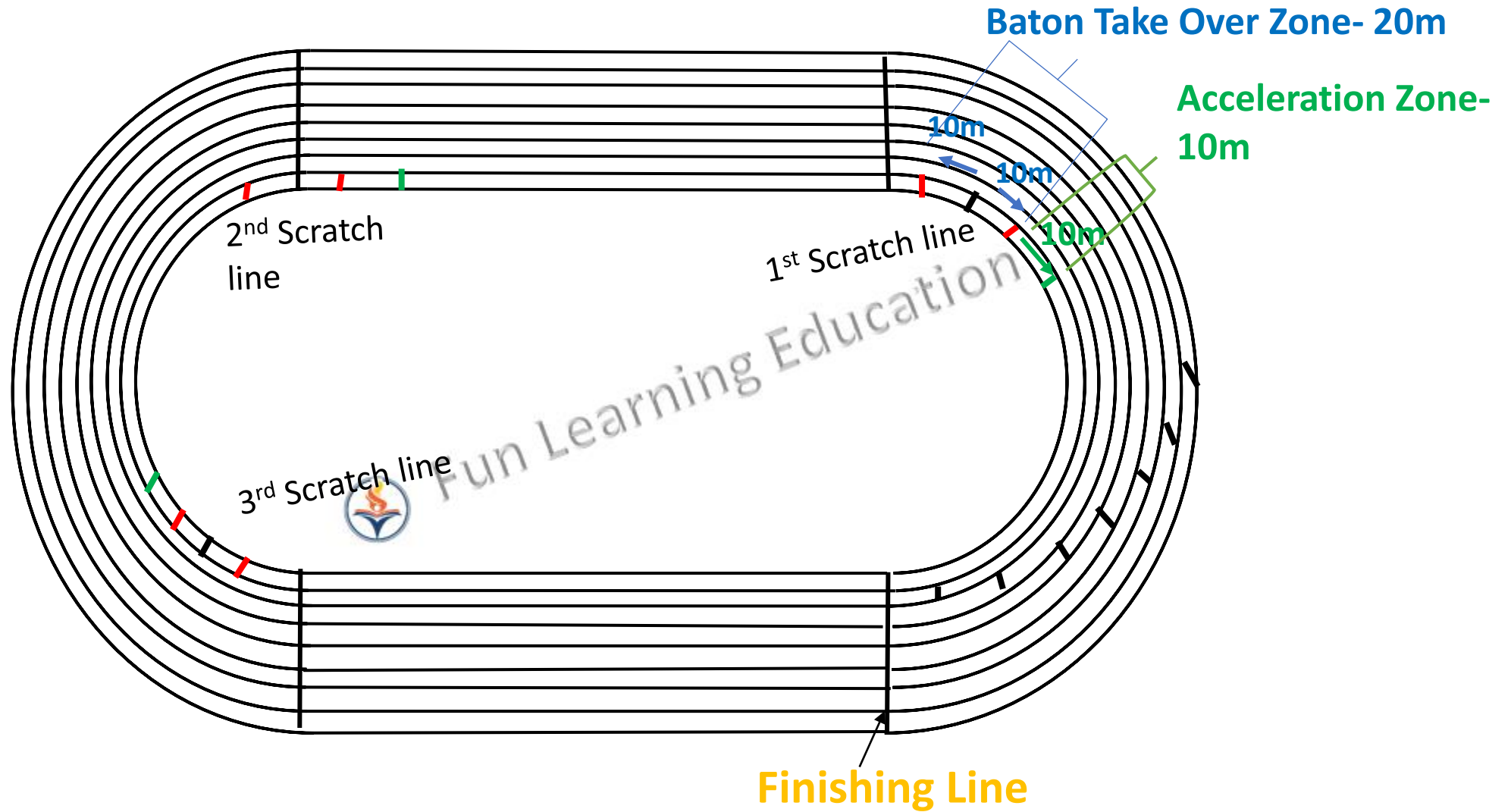
Baton Exchange

Athlete may place one checkmark on the track within his own lane, by using adhesive tape, maximum $0.05\text{m} \times 0.40\text{m}$, of a distinctive colour which cannot be confused with other permanent markings. No other checkmark may be used.





4x100m Relay





Basic Rules of Relay Race

- The baton shall be carried by hand throughout the race.
- The baton shall be passed within the takeover zone.
Passing of the baton outside the takeover zone shall result in disqualification.
- Athletes are not permitted to wear gloves or to place material or substances on their hands in order to obtain a better grip of the baton.
- If dropped, it shall be recovered by the athlete who dropped it.
- The athlete who dropped it, after retrieving it, must return at least to the point where it was last in his hand, before continuing in the race.
- If an athlete willfully impedes a member of another team by running out of position or lane at the finish of his leg, his team shall be disqualified.

Steeple Chase Run

▪ 3000m



- 28 Hurdle/ barriers
- 7 Water Jump

▪ 2000m



- 18 Hurdle
- 5 Water Jump

- Weight of Hurdle- 80 to 100kg
- Height of Hurdle(men)- 36 inch(91.4cm)
- Height of Hurdle(women)- 30 inch(76.2cm)

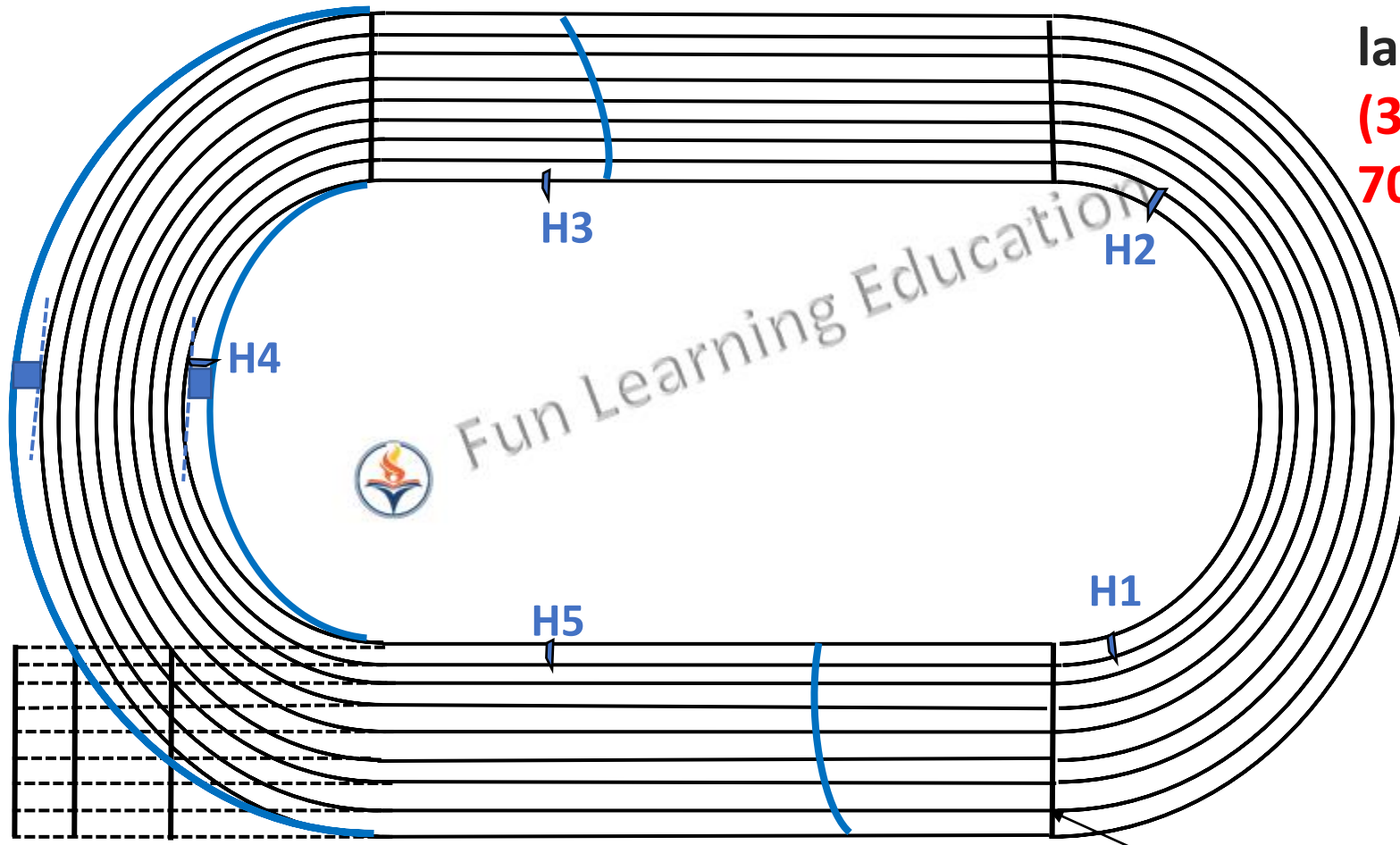




Steeple Chase

(2000m , 3000m)

3000m Steeple chase



The water jump's landing area is **12ft (3.66m)** long and **70cm** at its deepest.

2000m Steeple chase Finishing Line



Cross Country

The course must be designed on an open or woodland area, covered as far as possible by grass, with natural obstacles,

Distances

- Men - **12km**
- Women- **10km**



Under 20

- Men - 8km
- Women - 6km

Under 18

- Boys - 6km
- Girls - 4km



Cross Country

- The races shall be started by the firing of a gun.
- On the command “On your marks”, the starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.
- Water and other suitable refreshments shall be available at the start and finish of all races. For all events, a drinking / sponging station shall be provided every lap
- If athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.





Road Races

- 5km, 10km, 15km, 20km, 25km, 30km ,100km and Road Relay.
- **Half-Marathon,**
- **Marathon (42.195km),**

- ❖ The races shall be run on made-up roads.
- ❖ Bicycle path or footpath alongside the road.
- ❖ But not on soft ground such as grass verges or the like.
- ❖ The start and finish may be within an athletic Field of Play.



Road Races

- The start and finish may be within an athletic Field of Play.
- In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given.
- On the command “On your marks”, the athletes shall assemble on the start line in the manner determined by the organizers. The Starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.





Road Races

- Water and other suitable refreshments shall be available at the start and finish of all races.
- For all events, water shall be available at suitable intervals of approximately 5km. For events longer than 10km, refreshments other than water may be made available at these points.
- An athlete may leave the marked course with the permission and under the supervision of an official, provided that by going off course he does not shorten the distance to be covered.





Race Walking

Distances

- **Indoor-**

3km, 5km

- **Outdoor-**

5km, 10km, 20km, 30km, 40km, 50km.

- 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. The advancing leg must be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.



Race Walking

- The races shall be started by the firing of a gun.
- In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given.
- On the command “On your marks”, the athletes shall assemble on the start line in the manner determined by the organizers. The Starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.



Race Walking

- The Organizers of Race Walking events shall ensure the safety of athletes and officials. The Organizers shall ensure that the roads used for the competition are closed to motorized traffic in all directions.
- Water and other suitable refreshments shall be available at the start and finish of all races.
- For all events of 5km or longer up to and including 10km, water only drinking / sponging stations shall be provided at suitable intervals if weather conditions warrant such provision



Fun Learning Education



Race Walking

- Authorized persons may not enter the course nor obstruct any athlete. They may hand the refreshment to the athlete either from behind, or from a position no more than one meter to the side, but not in front, of the table.
- A maximum of two officials per Member may be stationed at any one time behind the table. No official or authorized person shall, under any circumstances, move beside an athlete while he is taking refreshment or water.
- An athlete may, at any time, carry water or refreshment by hand or attached to his body provided it was carried from the start or collected or received at an official station.



Race Walking

- An athlete who receives or collects refreshment or water from a place other than the official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card.
- For a second offence, the Referee shall disqualify the athlete, normally by showing a red card.
- The athlete shall then immediately leave the course.