

Umpires

Role

The head umpire shall have general supervision over the umpires and be responsible for assigning the umpires to positions from which they shall carry out their responsibilities. The head umpire in hurdles races shall signal when the hurdles are set properly and umpires are properly positioned. When lanes extend around a turn, umpires shall be assigned to adequately observe the entire turn. Each umpire on a turn near the finish line should move toward the finish line as the race is ending and watch for possible infractions. The umpire shall be equipped with both a yellow and white flag. When an infraction or irregularity is detected during a race, the umpire shall immediately signal by waving a yellow flag overhead. When the race is completed, the umpire shall report the infraction to the head umpire, who shall report to the referee. When no infraction is observed, the umpire shall signal by waving the white flag.

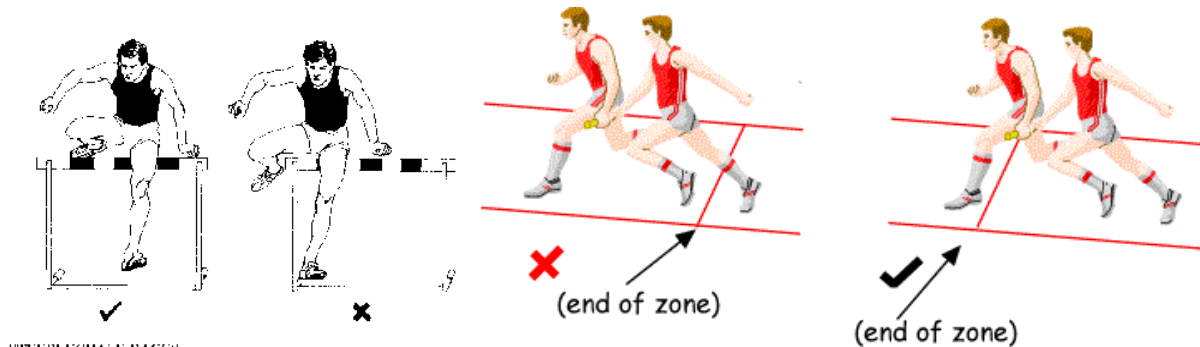
Considerations, Tips and Techniques

Minimum Coverage. There should be a minimum of four (4) Umpires assigned to the meet. They are to stand in a position just outside of track on each curve to observe the runners and at least one should be assigned to each relay zone to observe for zone violations.

Noting a Possible Violation. Each umpire should be equipped with a yellow and white flag. If an apparent violation is observed, the yellow flag is raised and the violation is reported. (Wave the white flag when no violations occurs) The reporting form should note the race, location, lane, athlete number and/or school, and a clear description of what was observed. Give this form to the Referee who will determine if a disqualification is necessary.

Common Violations. The main violations to watch for are: (*see State meet schedule for additional details*)

- **Lane Line.** An athlete taking three or more consecutive steps with either or both feet on or over the **inside** lane line while running in an assigned lane on the curve shall be disqualified. This rule is applied to the following events: 200 meters, 400 meters, 300 meter hurdles, 1st 100 meters of the 800, 1600, 3200 meter run, 1st 100 meters of the 3200 relay, 800 relay and the 1st 400 meters of any relay.
- **Interference/Impedance.** While running on the straight or the curve in any race, a competitor interferes with, cuts off or impedes another runner shall be reported for that violation.
- **Finishes Out of Lane.** In events that are run entirely in lanes a competitor does not finish the race in her/his assigned lane shall be reported for that violation.
- **Dropped Baton.** When retrieving a dropped baton, the competitor who dropped the baton outside the exchange zone must retrieve the baton provided they do not interfere or impede other competitors. A baton dropped within the exchange zone, may be retrieved by either competitor provided they retrieve the baton within the exchange zone or exchange zone extended and they do not interfere or impede other competitors.
- **Illegal Hurdling.** Advances or trails a leg or foot along the side of and below the height of the hurdle gate. Intentionally knocks down a hurdle by hand or foot. Runs around a hurdle. Jumps a hurdle not in their assigned lane. Finishes the race not in their assigned lane. Impedes another runner.



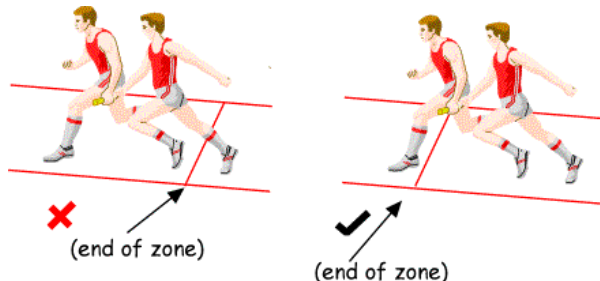
Umpiring Relay Races

Roles

Umpiring relay races require special attention since the Umpire serves multiple roles—instructor, supervisor and competition observer.

Considerations, Tips and Techniques

1. Relay races are comprised of four (4) runners each who run one (1) leg of the race.
2. The baton is carried by each runner and passed to the next runner within a 20 meter exchange zone.
3. The designate *exchange zone* is the width of the track and 20 meters long. The line marking the ends of the zone are included in the 20 meters.
4. At the exchange, it is the position of the baton, not the runner that is essential. The baton must be within the exchange zone when the outgoing runner's hand closes on the baton.



5. The baton must be handed to the next runner, it is not to be thrown.
6. For races where the incoming runner has run 200 meters or less, a 10 meter *acceleration zone* can be used. This area precedes the exchange zone entrance. The baton is **not** to be exchanged in the *acceleration zone*.
7. The 4 X 400 and 4 X 800 meter relays have *no acceleration zone*. Athletes must remain within the exchange zone while waiting for the baton and must receive the baton within the exchange zone.
8. In the 4 x 400 meter relay, the exchange zone starts 10 meters prior to the start/finish line. The athletes must remain within the exchange zone while waiting for the baton and must receive the baton while it is in the exchange zone. The runners may then break to the inside so long as they do not impede or interfere with other competitors.
9. The 4 X 100 and 4 X 200 meter relays are run completely in lanes—the Umpire is to watch for lane violations on the curves.
10. In the 4 X 400 relay, the first runners are to run in their assigned lanes. After the exchange, the second runner must run 1 turn in their lane and may break to the inside lane in a manner which does not impede a runner to the inside of them, after they have passed the cut line. The third and fourth legs are not staggered, but rather are organized by the position of the incoming runner.
11. When the baton exchange is completed, incoming runners should be instructed to stay in the lane in which they ran , then avoid outgoing competitors exiting the exchange zone and clear the track without interfering or impeding the other competitors.
12. Ideally, Umpires are assigned to each end of the zone and one to the top of each curve.
13. When there are 6 or less Umpires, priority should be given to placement at the entrance and exit end of the zone and the umpire should stand on the outside of the track just beyond track.

These violations are applicable at all time during a Track and Field meet

Unfair Act

- ___ Pacing by a teammate or person not participating in the event (4-5-9b)
- ___ Competitor was coached from restricted area (4-5-9f)
- ___ Competitors join or grasps hands with each other during a race (4-5-9c)

- ___ Competitor using an aid during the race (4-5-9d)
- ___ Jewelry shall not be worn except for religious or medicals medals (4-3-4)

Unacceptable conduct (4-5-2) (disqualified from event)

- ___ Willful failure to follow directions of a meet official
- ___ Using profanity not directed at someone
- ___ Any action which could bring discredit to the individual or his/her school

Uniforms

- ___ The competitor's uniform shall be issued by the school (4-3-1)
- ___ Any visible shirt(s) worn under the uniform must be unadorned and of a single color and hue. (4-3-1-d-1)
(Visible garments worn under the jersey and shorts do not have to be the same color (4-3-1-d-2))
- ___ In relay races and cross country competition, each team member shall wear the same color and design of school uniform although the length of the shorts may vary (4-3-2a)
- ___ Removing any part of the team uniform, excluding shoes, while in the area of competition (4-3-3)

Unsportsmanlike conduct (4-5-1) (disqualified from meet)

- ___ Conduct which is unethical or dishonorable
- ___ Disrespectfully addressing an official
- ___ Flagrant behavior , intentional contact, taunting, criticizing, or using profanity directed toward someone

Running Infraction(s)

- ___ Stepped on or over inside line for three (3) or more steps with either or both feet (5-11-1a, 5-12-2)
- ___ Interference by a competitor (4-5-4) (This may include bumping, tripping or running across the competitor's path.)
- ___ Interference by a non-competitor (4-5-7)
- ___ When a race is run in lanes,... He or she does not finish the race in the assigned lane (5-11-1d)
- ___ One or more steps inside the assigned lane line at the break line (5-11-1e)

Event specific running violations (State Meet Order of Events)

400 Meter relay

Running Infraction(s)

- ___ When a race is run in lanes,... He or she does not make the pass (baton) or does not finish the race in the assigned lane (5-11-1d)
- ___ Without being fouled and while running around a curve, step on or over the inside lane or curb for three or more consecutive steps with either or both feet (5-11-1a)

Relay Infraction(s)

- ___ Violation of substitution rule (5-9-2)
- ___ Gloves are not permitted in relay events (5-9-5)
- ___ The baton must be passed while the baton is within the 20-meter exchange zone (5-9-6)
- ___ The baton actually shall be handed , not thrown, from the competitor to the succeeding teammate (5-9-7)
- ___ Incoming competitors may not assist teammates by pushing them (5-10-1)
- ___ The baton shall not be thrown following the finishing of any relay (5-10-2)

3200 Meter Relay

Running Infraction(s)

- ___ A competitor shall not, when running around a curve, step on or over the curb, or painted curb line, for three or more consecutive steps with either
or both feet (5-12-2)
- ___ One or more steps inside the assigned lane line at the break line (5-11-1e)

Relay Infraction(s)

- ___ Violation of substitution rule (5-9-2)
- ___ Gloves are not permitted in relay events (5-9-5)
- ___ The baton must be passed while the baton is within the 20-meter exchange zone (5-9-6)
- ___ The baton actually shall be handed , not thrown, from the competitor to the succeeding teammate (5-9-7)
- ___ Use of acceleration zone (5-9-9,10)
- ___ Incoming competitors may not assist teammates by pushing them (5-10-1)
- ___ The baton shall not be thrown following the finishing of any relay (5-10-2)

100 Meter High Hurdles

Running Infraction(s)

- ___ When a race is run in lanes,... He or she does not finish the race in the assigned lane (5-11-1d)

Hurdling Violation(s)

- ___ Did not attempt to clear each hurdle (5-13-2a)
- ___ Deliberately knocked down a hurdle by hand or foot (5-13-2b)
- ___ Advanced or trails a leg or foot along the side and below the height of the hurdle gate (5-13-2c)
- ___ Ran over hurdle not in the assigned lane (5-13-2b)
- ___ Ran around a hurdle (5-13-2e)
- ___ Impedes another hurdler (5-13-2f)

110 Meter High Hurdles

Running Infraction(s)

- When a race is run in lanes,... He or she does not finish the race in the assigned lane (5-11-1d)

Hurdling Violation(s)

- Did not attempt to clear each hurdle (5-13-2a)
- Deliberately knocked down a hurdle by hand or foot (5-13-2b)
- Advanced or trails a leg or foot along the side and below the height of the hurdle gate (5-13-2c)
- Ran over hurdle not in the assigned lane (5-13-2b)
- Ran around a hurdle (5-13-2e)
- Impedes another hurdler (5-13-2f)

3200 Meter Run

Running Infraction(s)

- A competitor shall not, when running around a curve, step on or over the curb, or painted curb line, for three or more consecutive steps with either
or both feet (5-12-2)
- One or more steps inside the assigned lane line at the break line (5-11-1e)

800 Meter Relay

Running Infraction(s)

- When a race is run in lanes,... He or she does not make the pass (baton) or does not finish the race in the assigned lane (5-11-1d)
- Without being fouled and while running around a curve, step on or over the inside lane or curb for three or more consecutive steps with either or both feet (5-11-1a)

Relay Infraction(s)

- Violation of substitution rule (5-9-2)
- Gloves are not permitted in relay events (5-9-5)
- The baton must be passed while the baton is within the 20-meter exchange zone (5-9-6)
- The baton actually shall be handed, not thrown, from the competitor to the succeeding teammate (5-9-7)
- Incoming competitors may not assist teammates by pushing them (5-10-1)
- The baton shall not be thrown following the finishing of any relay (5-10-2)

800 Meter Run

Running Infraction(s)

- A competitor shall not, when running around a curve, step on or over the curb, or painted curb line, for three or more consecutive steps with either
or both feet (5-12-2)
- One or more steps inside the assigned lane line at the break line (5-11-1e)

100 Meter Dash

Running Infraction(s)

- When a race is run in lanes,... He or she does not finish the race in the assigned lane (5-11-1d)

400 Meter Dash

Running Infraction(s)

- When a race is run in lanes,... He or she does not finish the race in the assigned lane (5-11-1d)
- Without being fouled and while running around a curve, step on or over the inside lane or curb for three or more consecutive steps with either or both feet (5-11-1a)

300 Meter Hurdles

Running Infraction(s)

- When a race is run in lanes,... He or she does not finish the race in the assigned lane (5-11-1d)
- Without being fouled and while running around a curve, step on or over the inside lane or curb for three or more consecutive steps with either or both feet (5-11-1a)

Hurdling Violation(s)

- Did not attempt to clear each hurdle (5-13-2a)
- Deliberately knocked down a hurdle by hand or foot (5-13-2b)
- Advanced or trailed a leg or foot alongside and below the hurdle gate (5-13-2c)
- Ran over hurdle not in the assigned lane (5-13-2b)
- Ran around a hurdle (5-13-2f)

200 Meter Dash

Running Infraction(s)

- When a race is run in lanes,... He or she does not finish the race in the assigned lane (5-11-1d)
- Without being fouled and while running around a curve, step on or over the inside lane or curb for three or more consecutive steps with either or both feet (5-11-1a)

1600 Meter Run

Running Infraction(s)

- A competitor shall not, when running around a curve, step on or over the curb, or painted curb line, for three or more consecutive steps with either
- or both feet (5-12-2)
- One or more steps inside the assigned lane line at the break line (5-11-1e)

1600 Meter Relay

Running Infraction(s)

- When a race is run in lanes,... He or she does not make the pass in the assigned lane (5-11-1d) (first leg of the race)
- Without being fouled and while running around a curve, step on or over the inside lane or curb for three or more consecutive steps with either or both feet (5-11-1a)
- One or more steps inside the assigned lane line at the break line (5-11-1e)

Relay Infraction(s)

- Violation of substitution rule (5-9-2)
- Gloves are not permitted in relay events (5-9-5)
- The baton must be passed while the baton is within the 20-meter exchange zone (5-9-6)
- The baton actually shall be handed , not thrown, from the competitor to the succeeding teammate (5-9-7)
- Use of acceleration zone (5-9-9,10)
- Incoming competitors may not assist teammates by pushing them (5-10-1)
- The baton shall not be thrown following the finishing of any relay (5-10-2)
- Violation of substitution rule (5-9-2)