

Umpires' Positions

Hurdle Infractions:

NNTOA v.9Nov2020

YELLOW FLAG for possible infraction or relay zone not ready

- Foot or leg below top of hurdle (hooks hurdle) [Rule 5.14.2.c]
- Didn't jump each hurdle (ran around or hand pushed over) [Rule 5.14.2.a.b.e]
- Deliberately knocked down hurdle [Rule 5.14.2.a]
- Didn't stay in lane (interfered {with whom?} or shortened race) [Rule 5.14.2.f]
- Runs over hurdle not in the assigned lane [Rule 5.14.2.d]

Interference – who did it and who was impacted?

- Jostled, ran across, or obstructed so as to impede another competitor [Rule 5.9.1]

Assistance – who provided it to whom?

- Pacing by persons not participating in the event [Rule 4.6.5.b]
- Possession or use by athlete of video, audio, or communication device [4.6.5.f]
- Aided by technology or appliance [Rule 4.6.5.d & f]
- Receiving assistance from another competitor [Rule 4.6.5.g]
- Competitors joining or grasping hands with each other during a race [4.6.5.c]

& Common Infractions

WHITE FLAG for no infraction or relay zone ready

Lane Violations:

- 3 or more consecutive steps of any feet inside lane line on curve [Rule 5.12.1.a]
- Cut in before break line with one or more steps [Rule 5.12.1.e]
- Did not finish in correct lane [Rule 5.12.1.d]

Failure to participate (after clerk closes entries in a run or judge starts field event) [Rule 4.1.3]

- Unsporting conduct** (disrespectfully addressing an official; flagrant behavior, intentional contact, taunting, criticizing, or using profanity directed toward someone)
- Unacceptable conduct** (willful failure to follow official's directions, using profanity not directed to someone else, action that brings discredit to individual or school) [Rules 4.6.1 & 4.6.2]

Relay Violations: see back of this page

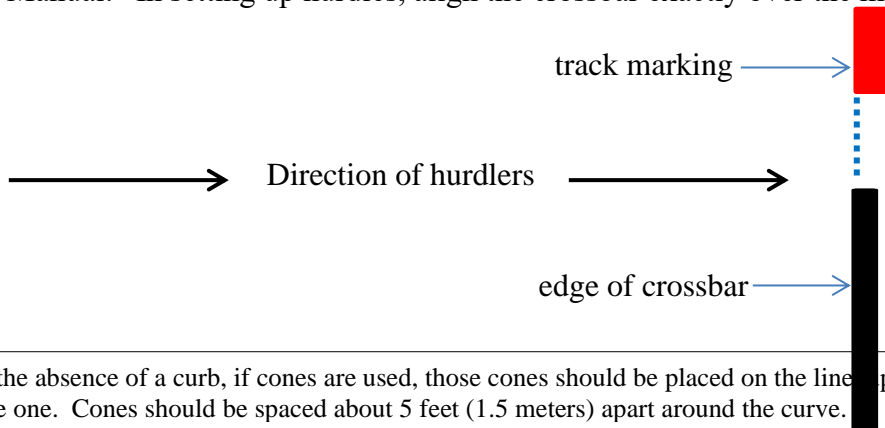
SUBMIT WRITTEN INCIDENT/INFRACTION REPORT TO THE CHIEF UMPIRE, WHO SUBMITS IT TO THE REFEREE.

Hurdle Placement and Height Comparison – Outdoor Meets - Rule 5.3.7

Group	Distance	Number	Height	To 1 st	Between	Last to Finish	Standard color
BOYS							
Junior High	110	10	33"	13.72 m	9.14 m	14.02 m	BLUE
High School	110	10	39"	13.72 m	9.14 m	14.02 m	BLUE
Junior High	200	5	30"	50 m	35 m	10 m	RED
High School	300	8	36"	45 m	35 m	10 m	RED
GIRLS							
Junior High	100	10	30"	13 m	8.5 m	10.5 m	YELLOW
High School	100	10	33"	13 m	8.5 m	10.5 m	YELLOW
Junior High	200	5	30"	50 m	35 m	10 m	RED
High School	300	8	30"	45 m	35 m	10 m	RED

Placements of Hurdles Relative to Track Markings

(NFHS Officials Manual: "In setting up hurdles, align the crossbar exactly over the mark on the track.")



Rule 5.1.3 . . . In the absence of a curb, if cones are used, those cones should be placed on the line up to the edge of lane one. Cones should be spaced about 5 feet (1.5 meters) apart around the curve.

Relay Exchange Zones

4 x 100-meters (400 meters)

4 x 200 meters (800 meters)

4 x 400 meters (1600 meters)

4 x 800 meters (3200 meters)

Standard color for triangles indicating the zones

YELLOW Δ

RED Δ for 1st and 2nd exchanges (RED/YELLOW in Lane 1)

YELLOW Δ for 3rd exchange zone (same as 4 x 100)

BLUE Δ (staggered for 1st exchange zone)

GREEN Δ

Common Relay Infractions

Exchanged before or after the relay exchange zone (both runners have hands on the baton outside the zone) Rule 5.10.6 & 7

Outgoing runner starts running before the exchange zone – Rule 5.10.9

Incorrect recovery of dropped baton – Rule 5.10.7

Interference/impeded other runners – Rule 5.10.4, 7 & 8

Baton not passed in the assigned lane [Rule 5.12.1.d]

Incoming runner assisted the outgoing runner by pushing them – Rule 5.11.1

Baton not carried by hand – Rule 5.10.6

Throwing the baton following the finishing of the relay race – Rule 5.11.2

Break line (used at end of the first turn in the 800-m run; and only the second runner in the 4x400-m relay).

Small orange or red cones are placed such that if the athlete hits the cone, he/she has crossed the line before the break line or into the lane to the left and violated the rules. – Rules 5.12.1.e & 5.12.2

The **cones** should be placed as shown for all eight or nine lanes:

