

# 2025 Pics after Howard Wood Dakota Relays

May 12<sup>th</sup>, 2025



## Umpires...

**read over**

Rule 5-1-107 NRS Track and Field Rules Page 40

- b. While running, a competitor, while in an adjacent lane and interferes with another competitor.
- c. While running around a curve, runs over the outside lane line and interferes with another competitor.
- d. The competitor does not finish the race in the assigned lane, or if while a competitor is in a race, does not make a pass in the assigned lane.
- e. The competitor crosses one or more steps over the assigned lane line at the beginning of the race.

**PENALTY: Disqualification from the event.**

**ART. 2 . . .** The break line is a place in each lane, usually at the point of curve, that marks the end of a lane. It may be a solid line painted on the track, or designated by a flag or cone located on the inside lane boundary of each lane. When utilized, competitors shall follow the break line to the break line in their assigned lanes before breaking into the pole position.

### SECTION 13 INFRACTIONS FOR RACES NOT RUN IN LANES

**ART. 1 . . .** Any competitor shall not deliberately run on or inside the track curb (or painted line), and thereby gain a meaningful advantage, including but not limited to improving position or shortening the course.

**ART. 2 . . .** 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.

**PENALTY: (Articles 1, 2) Disqualification from the event.**

**ART. 3 . . .** A competitor may leave the track to retrieve a dropped relay baton provided no interference occurs and no advantage is gained.

**ART. 4 . . .** In a race involving a curve where lanes are not specified, a competitor may move toward the inside or outside of the track provided the competitor is one full running stride, approximately 7 feet, in advance of the competitor whose path is crossed. It is not a foul if a competitor crosses to the inside or outside if this action does not interfere in any way with another competitor.

### SECTION 14 HURDLING INFRACTIONS

**ART. 1 . . .** It is an infraction if a competitor:

- a. Does not attempt to clear each hurdle.
- b. Knocks down or displaces any hurdle by hand.
- c. Advances or trails a leg or foot along the side of and below the height of the hurdle gate.
- d. Runs over a hurdle not in the assigned lane.
- e. Runs around a hurdle.
- f. Interferes with another hurdler.

**PENALTY: Disqualification from the event.**







**If these spikes have permanent 1/4" spikes, Illegal**



Tap to zoom



**Unisex Dragonfly 2 Elite**

**Same... if permanent 1/4" spikes, Illegal**



Tap to zoom



**Unisex Dragonfly 2 Elite**



**Reference rule 4.4.1 and note.** This guard/splint provides support for a pinned finger injury and athlete would not gain any advantage in an individual running event or relay. However, since the fingers cannot move independently, illegal in shot, discus, and javelin.