UMPIRE INFORMATION

INFRACTIONS

1. When a race is run in lanes, competitors are expected to run the entire race in their assigned lanes. Competitors will not be in violation if they inadvertently run out of their lanes on a straightaway or in the lane to their outside on a curve, provided they do not interfere with another runner. A competitor shall be considered to be out of their lane, and shall be disqualified when:
    a. Without being fouled and while running around a curve, steps on or over the inside lane line or curb for three or more consecutive steps with either or both feet;
    b. While running on a straightaway, runs in an adjacent lane and interferes with another runner;
    c. While running around a curve, runs over the outside lane line and interferes with another runner;
    d. He/she does not finish the race in the assigned lane, or if while a member of a relay team does not make the pass in the assigned lane.
    e. He/she takes one or more steps inside the assigned lane line at the break line.

2. A competitor shall not deliberately run on or inside the track curb (or painted line) and thereby gain an advantage by improving position or shortening the course. A competitor may leave the track to retrieve a dropped relay baton provided no interference occurs and no advantage is gained. In a race involving a curve where lanes are not specified, a competitor may move toward the inside or outside of the track provided he/she is one full running stride (approximately seven 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's stride. A competitor shall not, when running around a curve, step on or over the curb, or painted curb, for three or more consecutive steps with either or both feet. There is also a concern on races finishing on the long straight. Once a runner has established hihe/sher path, he/she cannot force a runner to keep running further outside nor can he/she cut back inside to interfere with a runner. When a competitor interferes with another runner, direct contact is not necessary. Any action that causes one to break stride or lose momentum is a violation.

3. Relay Infractions
    a. Each competitor shall carry the baton by hand throughout the race and shall pass it to the succeeding teammate
    b. Baton dropped in exchange zone – either runner can retrieve it as long as they do not interfere and baton is retrieved within the limits of the original exchange zone extended across the track
    c. Baton dropped out of exchange zone – must be retrieved by runner who dropped it
    d. Relieved runner must stay in their lane until others go by and then step off the track when clear (inside or outside runners may move in or out).
    e. Passing Zone – baton must be passed within 30-meter exchange zone (incoming runners run 200m or less) or 20-meter exchange zone (incoming runners run 400m). Outgoing runner must start within the exchange zone and the baton must be exchanged within the exchange zone. NOTE: the incoming and outgoing runners shall not simultaneously touch the baton outside the exchange zone. **WATCH THE BATON AS IT DETERMINES THE INFRACTION.**
    f. Track rules relative to fouling, coaching or interference apply identically to relay races. Also, incoming competitors may not assist teammates by pushing them.
    g. Baton shall not be thrown following the finish of any relay

4. Hurdle Infractions – position yourself on each side of hurdles during all races
    a. Does not attempt to clear each hurdle
    b. Advances or trails a leg or foot alongside of hurdle and below the height of the hurdle gate
    c. Runs over a hurdle not in assigned lane
    d. Knocks down any hurdle by hand
    e. Interferes with another runner

5. Lapped Runners
    a. Lapped runners may continue their path and DO NOT have to move out

GENERAL

1. Placement – no magic spot, but always try to get an angle. Remember, Umpires do not disqualify, they just report. Do not discuss infraction until a decision is made. Obtain number, lane, foul, who is fouled, and what occurred. In the event of the need to re-run a race, the Referee needs to know how great of disadvantage the offended runner or team is placed.
2. Talk to the runners to help prevent a situation if possible, but do not coach.
3. As soon as runners go by your station, raise white flag if no foul. If there is an infraction, raise yellow flag immediately and report it to Head Umpire by completing the Umpire Report.

INSTRUCTIONS

1. Be available, at your assigned position, at all times during the meet. If you must leave your position, notify the Head Umpire.
2. Do not be afraid to make a call, but if you do, be able to justify it. If you do not make a call, and it is appealed, be prepared to justify why you did not make the call.
3. Do your very best to keep non-competing athletes away from the track.
4. Report to the exchange zones prior to the start of a relay.
5. During the sprint and hurdle events, position yourself along the inside of the track and watch for lane and hurdle infractions. Note <u>your</u> position for each hurdle race.
6. **NEVER** coach an athlete during the race.

RESPONSIBILITIES OF ALL UMPIRES

1. **Relay exchanges** – be familiar with the track markings and know the exchange zone colors for all relays. Position yourself inside and outside the track at the exchange zone. You should never try to watch more than four lanes and call for help if you need it. The baton must be passed within the passing zone, watch the baton!
2. **Pole (break line)** – watch for lane cuts, runners interfering with others, and make certain that runners do not cut prior to the line. Remember, one step on or over the line to the runners left can result in a disqualification.
3. **Curves** – watch for line infractions on the curves on all distance races including the 400m Dash. Umpires should be positioned to adequately observe the entire turn. Watch for runners stepping on the line to their left in lane races and on the <u>inside line</u> during non-lane races. Three steps with either foot can result in disqualification.
4. **Straightaways** – watch for runners cutting off the path of another, interfering with others, etc. Use common sense and preventative officiating.
5. **Hurdles** – watch the runner to see that he/she goes over, and not around, the hurdle. Watch the trailing leg during all hurdles, but especially the 300mm hurdles, as it must go OVER the hurdle. A runner can not push a hurdle with their hands or run through a hurdle,
6. **Indicating an infraction** – when an infraction or an irregularity is detected during a race, such as illegal crowding, running on or over the left line of a runner's lane, or violating the hurdle or relay rules, a **YELLOW** flag is waved overhead. When no infractions are observed, wave a **WHITE** flag after the runners have passed your area of responsibility.
7. **Reporting an infraction** – when the race is complete, **record** any infraction and **report** it to the **Head Umpire**. This report must include the competitor's number, uniform color, lane number, and the violation that was observed. The Head Umpire will report this information to the Meet Referee who will make the final decision.
8. **Communications** – to prevent confusion and ill-feelings, it is advisable to not discuss any observed infractions with coaches, athletes, or spectators until after the Referee has made a decision regarding any particular incident.
9. **Disqualification** – always remember, Umpires DO NOT disqualify teams or individuals. Umpires only **observe, detect, and report** infractions.

Umpire Positions and Responsibilities

#1 Position – Beginning of First Curve

1. 100/110m Hurdles – 10th row of hurdles (one or two at head of track with Head Umpire)
2. 300m Hurdles – 8th row of hurdles
3. 400m Relay – 1st exchange (yellow-yellow)
4. 800m Relay – Finish line exchange (red-red)
5. Medley Relay – 200/400 exchange and 400/800 exchange (common, green-green)
6. Distance Races – watch for lane infractions, bumping, pushing, cutting off

#2 Position – Head of First Curve

1. 100/110m Hurdles – 9th row of hurdles
2. 300m Hurdles – 1st row of hurdles on start side of track
3. 400m Relay – 1st exchange (yellow-yellow)
4. 800m Relay – Finish line exchange (red-red)
5. Medley Relay – 200/400 exchange and 400/800 exchange (common, green-green)
6. Distance Races – watch for lane infractions, bumping, pushing, cutting off

#3 Position – At "Break" Line

1. 100/110m Hurdles – 8th row of hurdles
2. 300m Hurdles – 2nd row of hurdles on start side of track
3. 400m Relay – 1st exchange (yellow-yellow)
4. 800m Relay – Finish line exchange (red-red)
5. Medley Relay – 200/400 exchange and 400/800 exchange (common, green-green)
6. Distance Races – watch for lane infractions, bumping, pushing, cutting off

#4 Position – Middle of Track

1. 100/110m Hurdles – 7th row of hurdles
2. 300m Hurdles – 3rd row of hurdles
3. 400m Relay – 2nd exchange (yellow-yellow)
4. 800m Relay – 1st/3rd exchange (red-red, then yellow-yellow)
5. Medley Relay – 1st exchange (yellow-yellow)
6. Distance Races – watch for lane infractions, bumping, pushing, cutting off

#5 Position – Corner of Track

1. 100/110m Hurdles – 6th row of hurdles
2. 300m Hurdles – 4th row of hurdles
3. 400m Relay – 2nd exchange (yellow-yellow)
4. 800m Relay – 1st/3rd exchange (red-red, then yellow-yellow)
5. Medley Relay – 1st exchange (yellow-yellow)
6. Distance Races – watch for lane infractions, bumping, pushing, cutting off

#6 Position – End of Track

1. 100/110m Hurdles – 5th row of hurdles
2. 300m Hurdles – 5th row of hurdles
3. 400m Relay – 2nd exchange (yellow-yellow)
4. 800m Relay – 1st/3rd exchange (red-red, then yellow-yellow)
5. Medley Relay – 1st exchange (yellow-yellow)
6. Distance Races – watch for lane infractions, bumping, pushing, cutting off

#7 Position – Corner Near Start

1. 100/110m Hurdles – 4th row of hurdles
2. 300m Hurdles – 6th row of hurdles
3. 400m Relay – 3rd exchange (yellow-yellow)
4. 800m Relay – 1st/3rd exchange (red-red, then yellow-yellow)
5. Medley Relay – 1st exchange (yellow-yellow)
6. Distance Races – watch for lane infractions, bumping, pushing, cutting off

#8 Position – Middle of Track/Front Straight

1. 100/110m Hurdles – 3rd row of hurdles
2. 300m Hurdles – 7th row of hurdles
3. 400m Relay – 3rd exchange (yellow-yellow, ask clerk to help with outgoing runners)
4. 800m Relay – 1st/3rd exchange (red-red, then yellow-yellow)
5. Medley Relay – 1st exchange (yellow-yellow)
6. Distance Races – watch for lane infractions, bumping, pushing, cutting off
7. Watch for interference as runners approach the finish line