UMPIRING THE HURDLES

1. Refer to the Hurdle sheet in this packet for the marks, heights, and number of hurdles for the races.
2. When there is a limited number of Umpires, position yourself so you can cover as much of the flight as possible (a ‘flight’ refers to the entire row of hurdles).
3. Things you are looking for:
    a. Lead Leg
        i. Is the leg entirely in the lane, or is it sweeping around?
        ii. If they are hitting the hurdle, what part of the foot is hitting it? My rule of thumb is that if the area from the arch to the heel is hitting, they are making a valid attempt to clear. If the ball of the foot is hitting multiple times in a row, are they making a valid attempt to clear the hurdle?
    b. Trail Leg
        i. Is the trail leg sweeping around the hurdle in the other lane?
    c. Interference
        i. Elbowing
        ii. Lead leg or trail leg sweeping around the hurdle, either hitting the athlete in the other lane or causing them to change their steps/stride
        iii. If they knocked a hurdle down, and that hurdle went into another lane, did that action cause interference with the athlete assigned to that lane?

HURDLE MARKS, NUMBER, AND HEIGHTS

GIRLS MS

100m	YELLOW	10	30"
200m	**	5	30"

GIRLS HS

100m	YELLOW	10	33"
300m	RED/GREEN/BLACK	8	30"

BOYS MS

110m	BLUE	10	33"
200m	**	5	30"

BOYS HS

110m	BLUE	10	39"
300m	RED/GREEN/BLACK	10	36"

***** - The marks are the same for the 300m Hurdles. The hurdle mark closest to the start of the event is not used.***

UMPIRING THE TURNS, DISTANCE RACES, AND THE BREAK LINE

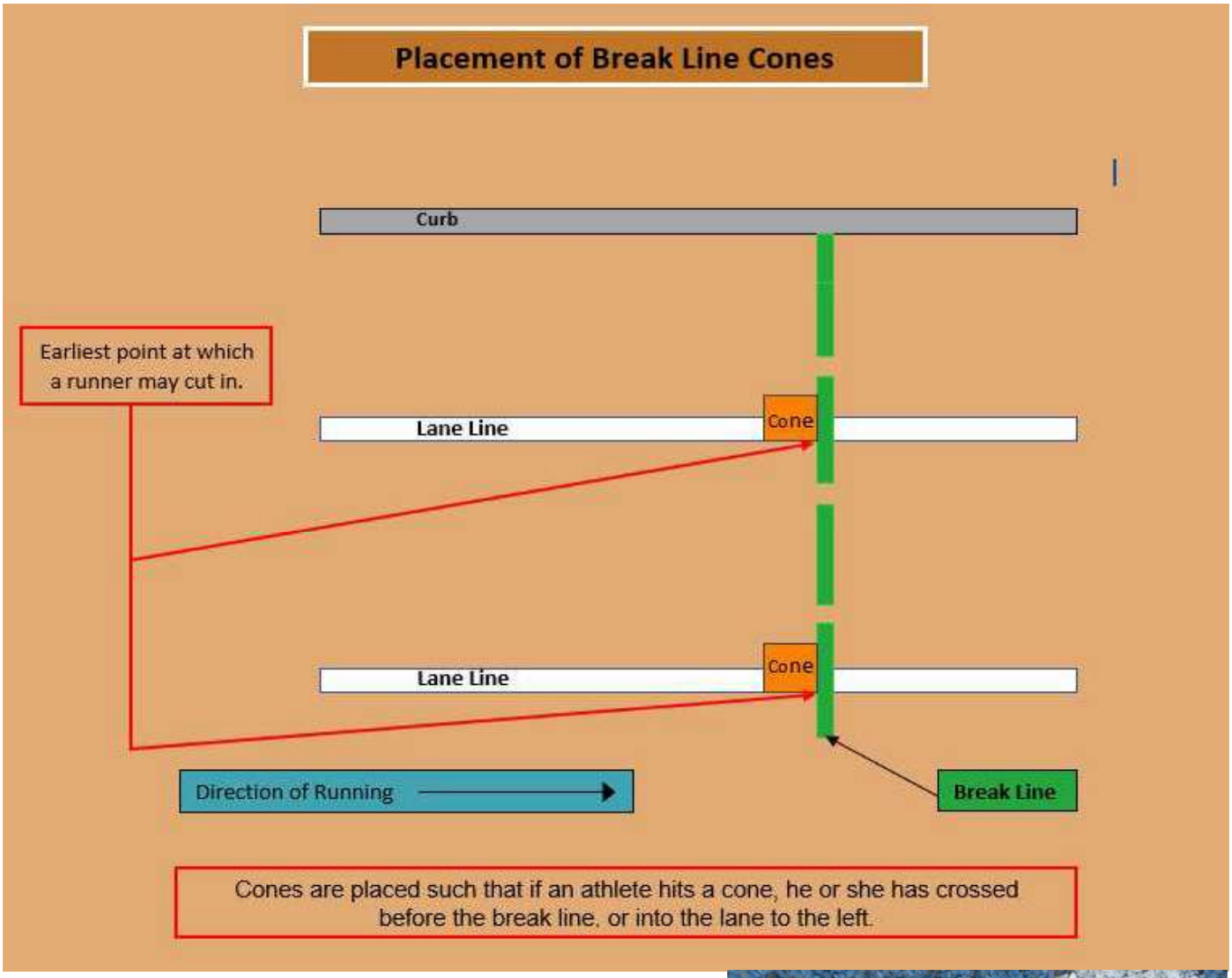
Break Line

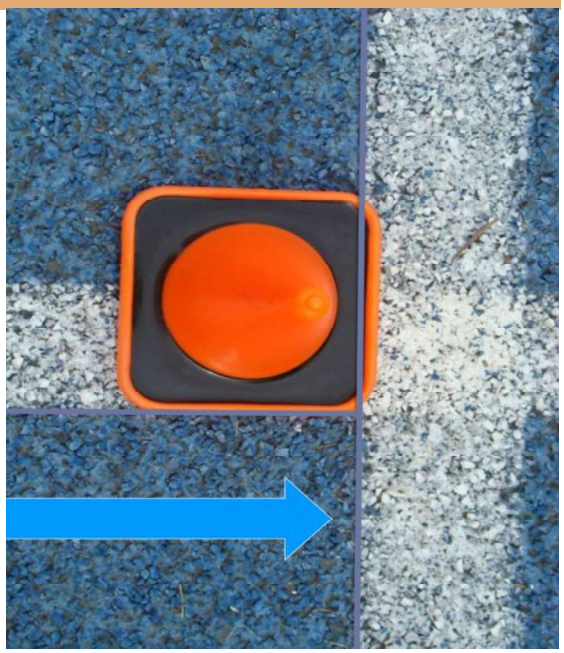
1. There are 5 races that have break lines: the 4x400 and 4x800 relays, and the 800, 1600, and 3200m runs.
2. The 4x800 and the 800 share the same break line, which is near the start of the 100m.
3. The 4x400 (2nd runner), 1600, and 3200 share the same break line, which is near the start of the 300m Hurdles.
4. Once the athletes cross the break line, they may then move down to lanes 1-2 for the remainder of the race. Refer to the separate sheet in this document for the proper placement of the cones at the break line.

Turns and Distance Races

1. When umpiring a turn, be aware of how close the athlete is to the lane line on their left. 3 or more consecutive steps on or over that line will result in a disqualification. The consecutive steps can be either a L-R-L/R-L-R or they can be 3 consecutive steps with just the left foot.
2. In a distance race, once the athletes cross the break line and are all running in the first couple of lanes, the consecutive steps now apply to lane 1 only on turns.
3. An athlete who steps inside the lane 1 left line on a straightaway has not violated any rules, unless they pass other runners before returning to the track; passing other runners on the infield during a race gives that runner an advantage, and therefore disqualifies them from the event.

CONE PLACEMENT FOR BREAK LINES





UMPIRING THE EXCHANGE ZONES

1. Exchange Zone colors:
    a. 4x100 – Yellow to Yellow
    b. 4x200 – Red/Black – Red/Black – Yellow
    c. 4x400 – Blue
    d. 4x800 – Green/Blue
2. The length of the exchange zones for the 4x100 and 4x200 is 30 meters. The length of the exchange zone for the 4x400 and 4x800 is 20 meters.
3. The outgoing runner must start completely inside the zone for the handoff.
4. It is the location of the baton and NOT the location of the runner that determines the legality of the handoff.
5. The 2nd and 3rd exchanges in 4x400, and all exchanges in 4x800 do not happen in lanes. The Umpire must be aware of any possible interference and impediment, intentional or not, before, during, and after the exchange.
6. In Medley relays where the incoming runner is handing off to a runner running a different distance, such as 200m to 400m, the length of the exchange zone is determined by the distance run by the INCOMING runner. So, when a 200m runner hands off to a 400m runner, the exchange zone length is 30m.
7. In any Mixed Relay (boys and girls), the running order must always be Girl-Girl-Boy-Boy; a Boy may never hand off to a Girl.
8. A baton that is dropped in the exchange zone can be picked up by either runner. A baton dropped outside of the exchange zone must be picked up by the runner who dropped it.
9. Batons may never be passed by throwing/tossing them, only by handing them.

10. Batons must always be carried by hand, not tucked into any part of the uniform.