

THE UMPIRES

DUTIES OF UMPIRES DURING THE MEET

- a. Umpires report infractions directly to the Head Umpire.
- b. Procedures during a race
 1. Provide allowed marking material for relay exchange zones.
 2. Shall remain at their stations until a particular race is completed.
 3. Check with the head umpire at a pre-designated place before the next race is started.
- c. Any umpire observing an infraction shall
 1. Wave a yellow flag to indicate a possible violation
 2. Wave a white flag, if no infraction is observed.
 3. Record any infraction (competitor's number, lane, foul, etc.) and give the report to the head umpire.
- d. When lanes extend around a turn, umpires shall be assigned to 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.
- e. To prevent confusion and ill feelings, it is advisable not to discuss any observed infractions with coaches, athletes, or spectators until the referee has made a decision.
- f. Rule book will give instructions as to positions for each race.
- g. Relay races, which are run the entire distance in lanes, are considered successful, when:
 1. Teammates shall occupy and exchange in the same lane
 2. Each competitor shall carry the baton by hand
 3. An acceleration zone of 10m.(11yds) may be used in relay races, where the incoming competitor is running legs of 200 m. or less in lanes
 4. Baton must be passed, while baton is within a 20 m.(22 yd) exchange zone.
 5. A baton that leaves a runner's hand must be retrieved without interference.
 6. If a baton is dropped outside the exchange zone, it must be retrieved by the runner, who dropped it
 7. After passing the baton, the relieved runner should stand still or jog straight ahead
- h. In relays of 800 m. or longer, that are not run in lanes, the Game Committee shall determine the method of lining up competitors at each exchange zone.

HEAD UMPIRE DUTIES

- a. Has the general supervision over the other umpires and will assign them positions from which they may clearly carry out their responsibilities. The head umpire will give the umpires a diagram for their positions for each event.
- b. Must see that the umpires are in the proper location before each race.
- c. Provide allowed marking material to relay exchange zone umpires, as determined by the Games Committee (tape, chalk, half-tennis balls, etc.)
- d. Before each hurdle and sprint relay races, umpires will be instructed to indicate with yellow/white flags, that hurdles are properly set and relay zones are ready.. The head umpire shall inform the starter, that hurdle and relay races are ready.
- e. When a race is completed, the Head Umpire will report directly to the Referee any infractions reported from an umpire(s). The Referee makes final decision.
- f. Shall instruct the head finish judge not to announce results of any race, in which a jury of appeals renders the final decision; the announcement must be delayed until the jury makes a decision.

SUMMARY OF RULES INFRACTIONS

INFRACTIONS (penalty: disqualification from event)

1. Stepped on or over inside lane line or ran on / inside track curb for three (3) consecutive steps, which allows a competitor to gain advantage.
2. Interference is any action by a competitor that unfairly changes the course or natural running rhythm of a competitor during a race. This may include bumping, tripping, or running across the competitor's path.
3. Illegally ran outside the assigned lane or course

THE HURDLERS (penalty: disqualification from event)

1. Did not attempt to clear each hurdle
2. Deliberately knocks down any hurdle with hand or foot
3. Advanced or trailed a leg or foot along the side of and below the height of the hurdle gate.
4. Ran over a hurdle not in the assigned lane. Ran around a hurdle.
5. Impeded another hurdler (i.e. swinging arm wide into adjacent hurdler), that unfairly changes the course or natural running rhythm of a competitor.

RELAY RACES (penalty: disqualification from event)

1. Violation of substitution
2. Failure to pass baton in the exchange zone (i.e. 20 meters zone)
3. Baton not handed between runners
4. Incoming runner pushes outgoing runner
5. Throwing the baton after race is ended. Note the rules relative to fouling, coaching, or impeding applies in relay races.

RULES ON UNIFORMS (penalty: disqualification from event)

1. Failure to wear the school uniform, including assigned contestant number
2. The jersey (singlet) must hang below or be tucked in the waistband of shorts.
3. Failure of relay or cross country team to wear same school uniform.
4. Removing any part of the team uniform, excluding shoes, while in the area of competition, shall lead to warning, repeating will lead to disqualification.
5. Loose fitting boxer-type shorts are permitted for boys and girls; and closed-leg briefs / shorts are acceptable for girls.

CONDUCT UNSPORTSMANLIKE (penalty: disqualification from event and from the meet.)

1. Behavior that is unethical or dishonorable including disrespectfully addressing an official, any flagrant behavior. This shall apply to team/school personnel.
2. Taunting or criticizing an opponent or an official.

CONDUCT UNACCEPTABLE (penalty: disqualification from event)**

1. Willful failure to follow an official's directions
2. Using profanity as a competitor when it is not specifically directed
3. Pacing or assisting a competitor
4. Leaving track and re-entering to continue a race.
5. Competitors joining hands to finish in a tie.
6. Using an aid during a race.
7. Views a videotape, visual reproduction of competitor's performance or utilizes wireless communication device prior to the completion of competition.