



Visalia Elementary Track Association



Track and Field Rules

[Running Events](#) • [Relays](#) • [Hurdles](#) • [Long Jump](#) • [High Jump](#) • [Shot Put](#) • [Discus](#)

Note: Rules listed here will be the rules followed in most cases and in most meets; this document does ***not*** prevent meet managers from altering ways in which some of the events may be conducted to allow for the efficient management of the meet. Meet managers bear the burden of communicating any changes to all teams/coaches.

Basic Rules for the Running Events:

In races run in lanes:

- the competitors must remain in their respective lanes throughout the race and remain in their lanes until dismissed by the head finish judge;
- running outside the lane for three (3) consecutive strides will be considered a foul and grounds for possible disqualification;
- running out of the lane and interfering or impeding another runner is considered a foul and grounds for possible disqualification.

In races ***not*** run in lanes:

- each competitor must remain in his/her relative position until instructed by an official to break for the pole, or until he/she is two (2) full strides ahead or behind the runner next to him and can move to the inside without interfering with another runner.
- when passing a slower runner the passing needs to be done on the outside unless sufficient space on the inside permits passing.
- when being passed by another runner, whether on the outside or the inside, the runner being passed must remain in his relative position and may not move in either direction to impede the passing runner.

In all running events:

- competitors must take their respective places behind the starting line when the starter calls them on their marks;
- competitors need to become set and motionless when the starter commands "set";
- once set, athletes must not make any motion until the command "go" or the firing of the starting gun;
- any motion before the gun is called a false start;
- disqualification occurs after the runner's second false start in a race.

Rules for the Relay Events (in addition to Running Rules above)

- The exchange of the relay baton must be by handing; it is a foul and cause for disqualification if the baton is tossed or thrown from one competitor to another.
- The exchange of the baton must be made while both participants are clearly within (as defined by the position of the feet) the 20 m. exchange zone; failure to execute the exchange within the zone is a foul and cause for disqualification.
- If dropped, the baton may be retrieved and the race continued as long as the other provisions for passing the baton (see #1 and #2 above) are followed, and as long as the act of retrieval does not interfere or impede any other team.
- In exchanges where the participants are not in lanes the rule of maintaining relative position applies.
- Throwing down the baton at the conclusion of the race is considered unsportsmanlike and cause for disqualification.

Rules for the Hurdle Events (in addition to Running Rules above)

- The hurdlers must pass over the hurdles with both lead leg and trail leg at a height above the cross piece; it is considered a foul and cause for disqualification for the runner to drag either leg around the hurdle in such a way as to have the foot below the level of the cross piece.

- Hurdlers must not run around any hurdle.
- While it is not a foul to knock over any hurdle, it shall be considered a foul and cause for disqualification *if in the judgment of the officials* the participant deliberately kicks over the hurdles.

Basic Rules for the Long Jump

- Each competitor is allowed three (3) attempts to make a legal jump.
- A legal jump is made from a running approach with a one-foot take off and a two-foot landing in the sand.
- The take-off foot must be on or behind the take-off board with no part of the foot extending over the board at the time of the jump; such extension of the foot is called a foul.
- Measurement of the jump shall be from the point of landing in the sand closest to the take-off board; if the athlete should fall back the measurement is made from that part of the body landing closest to the board; the tape shall be perpendicular to the board and measurement shall be to the nearest 1/4 inch.
- Running through the pit without attempting to jump or running to the outside of the pit to avoid a jump shall be called a foul.
- All legal jumps shall be measured and recorded; foul jumps are recorded as "F"; the best of the competitor's three jumps shall be used to determine the placing in the competition; in the event of a tie, the second-best (or third best, if necessary) jump shall be used to break the tie.
- Any attempt to distract another competitor or interfere with another's attempts shall be considered unsportsmanlike conduct and grounds for disqualification from the event.

Basic Rules for the High Jump

- Each competitor is allowed three (3) attempts to clear each height of the bar.
- A legal clearance of the height includes an approach toward the bar and a one-foot take off and jump over the bar with landing on the mat.

- No part of the body may extend under the bar or touch the mat or standard at any time prior to the jump; such action is called a foul.
- Any action by the jumper that causes the bar to fall from the standards is considered a "miss" regardless of how long the bar takes to fall.
- A competitor is eliminated from the competition after three consecutive misses.
- If the competitor leaves the competition for another event, he/she must continue jumping at the current height of the bar when he/she returns; once raised, the bar will not be lowered.
- The height of the bar is raised when all of the present competitors have had three attempts at the height.
- The winner shall be the jumper who clears the highest height;
 - in the case of a tie the winner shall be the jumper who has had the fewest misses at that height or the previous height;
 - if still tied, the winner shall be the competitor with the fewest total misses in the competition;
 - if still tied, the winner shall be the competitor with the fewest total attempts in the competition.
- Any attempt to distract another competitor or interfere with another's attempts shall be considered unsportsmanlike conduct and grounds for disqualification from the event.

Basic Rules for the Shot Put

- Each competitor is allowed three (3) attempts at the event; each fair attempt is eligible to be marked for measurement (see #5 below).
- The competitor must enter and exit from the back of the throwing ring.
- The competitor must execute a put (push) movement; the implement must not be thrown (i.e. the elbow must always be behind the implement; when the elbow precedes the implement it is considered a throw and therefore a foul).

- The competitor must execute the entire attempt from within the ring (circle); should any part of the body touch on or extend outside the ring (circle), including the top of the toe-board, it shall be considered a foul and not marked for measurement.
- The shot must land within the throwing sector as marked on the field; event officials will mark with a numbered peg the point at which the shot first lands; implements landing outside the sector will be considered foul attempts and not marked for measurement.
- The event officials will use numbered markers to mark the point where the shot lands; if on a succeeding attempt the shot lands at a greater distance from the circle, then the marker will be moved; if necessary the officials will mark both attempts to accurately measure the farthest put.
- At the conclusion of the competition the fair attempts, as indicated by the markers, will be measured to the nearest 1/2 inch; the winner shall be the athlete who has the farthest put; in the case of a tie the second-best measurement will be considered to break the tie; if no second-best measurement is available, then each athlete who is involved in the tie will take one additional attempt to break the tie.
- Any attempt to distract another competitor or interfere with another's attempts shall be considered unsportsmanlike conduct and grounds for disqualification from the event.

Basic Rules for the Discus

- Each competitor is allowed three (3) attempts at the event; each fair attempt is eligible to be marked for measurement (see #5 below).
- The competitor must enter and exit from the back half of the throwing ring.
- The competitor must execute the entire attempt from within the ring (circle); should any part of the body touch or extend outside the ring (circle) it shall be considered a foul and not marked for measurement.
- The discus must land within the throwing sector as marked on the field; event officials will mark with a numbered peg the point at which the discus first lands; implements landing outside the sector will be considered foul attempts and not marked for measurement.

- Numbered markers will be used to mark each competitor's first fair attempt where the discus lands; if on a succeeding attempt the discus lands at a greater distance from the circle, then the marker will be moved; if necessary the officials will mark both attempts to accurately measure the farthest throw.
- At the conclusion of the competition the throws, as indicated by the markers, will be measured to the nearest 1/2 inch; the winner shall be the athlete who has the farthest throw; in the case of a tie the second-best measurement will be considered to break the tie; if no second-best measurement is available, then each athlete who is involved in the tie will take one additional attempt to break the tie.
- Any attempt to distract another competitor or interfere with another's attempts shall be considered unsportsmanlike conduct and grounds for disqualification from the event.