



HURDLES



Hurdle races are sprints with obstacles (hurdles) placed in each lane. Hurdle sizes change with the age of the athletes. They start at 45cm in height and go up to 76 cm and beyond. Distances start from 60 metres. All hurdle races are run in lanes and the starter gives the same signals as for sprints. There are a minimum of six hurdles to clear.

Safety

- Athletes should wear closed in shoes. Spike shoes are only to be worn on the track
- Hurdles are built to tumble easily, when knocked, provided they are hurdled from the correct direction.
- Hurdles must never be jumped from the reverse direction as they will not tumble and could cause serious injury
- Hurdles have stripes or markings on one side. These markings always need to face the athlete.

The Competition

- All races are run in lanes and athletes keep to their own lanes throughout.
- A competitor purposely knocking a hurdle over with any part of the body or trailing the foot or leg alongside or below the hurdle will be disqualified.
- Apart from deliberate acts, the accidental knocking down of hurdles does not result in disqualification or prevent records being set.
- An athlete is disqualified for going under or around a hurdle.

Starting

- Athletes are to be organised into their heats and lanes, have them sit in lines behind their allocated lane ready to be called to the start line (200m or less only).
- The athletes are then called to their marks, using the words **on your marks**. Care should be taken to ensure no athlete places either fingers, hands or feet on or in front of the start line. The Starter will allow each competitor sufficient time to become settled and motionless after the command is given.
- Once all competitors are settled, the Starter shall give the command **set** for all sprinting events. On the command "**set**" all competitors shall at once assume their final position. The starter will not fire the pistol until all competitors are **absolutely motionless**. In the case of some unsteadiness or if the Starter considers the waiting time excessive, the command "**stand up**" shall be given. The starter can then speak to the athletes concerned. This is not considered a false start and the athletes are then commanded to position themselves **on their marks** again then **set**.
- When the competitors are **absolutely motionless** the gun is fired to start the race. If one or more athletes gains an advantage by starting before or with the gun, a second shot is fired to recall the competitors. Those athletes who false start are disqualified from the race however clubs can use discretion in disqualifying junior (U16) athletes.

Finish Line

- Timekeepers are required at the finish line. Timekeepers are allocated finish places/lanes and depress the timer button when the athlete crosses the finish line.