



GOVERNMENT ENGINEERING COLLEGE, VAISHALI

HURDLE RACE RULES

What is hurdling?

Hurdling is basically an extension of running. The first leg over the hurdle is called the “lead” leg and the second leg is the “trail leg”

What are the general rules? .

The feet of the hurdle shall be at right angles to the crossbar and shall be placed on the track, so that the edge of the crossbar nearest the approaching athlete coincides

with the track marking nearest the athlete • For the athletes to check their start and hurdle clearance, athletes are normally permitted a practice trial over the first two hurdle flights • All races shall be run in lanes and each athlete shall keep to his own lane throughout the race

Simplified Rules of Hurdle:

The start For events up to 100m the starters commands shall be “on your marks”, “set”, & when all the competitors are “set”, the gun shall be fired. For more than 100m “on your marks & when all the competitors are steady the gun shall be fired. Any competitor making a false start shall be warned. Only one false start per race shall

be allowed without the disqualification of athlete(s) making the false start . Any athlete(s) making further false start shall be disqualified. There will be two track for running on the ground and on each track hurdle will be placed. The distance between hurdles will be 40-50m apart.

ELIGIBILITY AND PARTICIPATION:

- 1. Any student is eligible to participate.**
- 2. Faculty and staff members are also eligible to play.**
- 3. Players may be added to rosters during the first week of the sports fest, not after that.**
- 4. All players must be recorded on the game sheet before they are allowed to participate.**

RACES RUN IN LANES:

In all races run in lanes each competitor shall keep within his allocated lanes from start to finish. Except as stated below, if the Referee satisfied on the report of Umpire/Judge, that a competitor has run outside his lane ,he shall be disqualified

Exception:

If competitor is pushed/forced by another person to run outside his lane if no material advantage is gained , the competitor shall not be disqualified. □ If an athlete either (i) runs outside his lane , no material advantage is gained in the straight ,or (ii) runs outside the outer line of his lane on the bend, with no material advantage and no other runner is obstructed then he shall likewise not be disqualified..

LEAVING THE TRACK:

A competitor, after voluntarily leaving the track shall not be allowed to continue in the race.

CHECKMARKS IN TRACK:

Only in relay events, within his own lane two check marks shall be allowed.

ROUNDS & HEATS:

Seeding in a Zig- Zag distribution according to the best timings.

Disqualification in Hurdle Race:

(i) A competitor who trails his foot or leg below the horizontal plane of the top of any hurdle at the instant of the clearance or (ii) Jumps any hurdle not in his own lane

or (iii) In the opinion of the Referee deliberately knocks any hurdle by hand or foot shall be disqualified

What are some of the safety considerations?

- Make sure ALL hurdles are facing the right direction.

Hurdles have stripes or markings on one side. These stripes or markings always need to face the athlete. • All the legs of the hurdles should be facing the direction from which the athlete runs • Never allow the athletes to jump hurdles from the wrong direction

FOR ANY MORE INFORMATION AND ANY QUERY CONTACT

✚ SUSHIL KUMAR SINGH: 7761883836

✚ RISHI: 6206044434

Thank You

TARANG2.0