

- 15.3** In competitions held under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition and for any performances submitted for ratification as a World Record under Rule 32 of the Competition Rules, the starting blocks shall be linked to a World Athletics certified Start Information System. This system is strongly recommended for other competitions.

*Note: In addition, an automatic recall system, within the Rules, may also be used.*

- 15.4** In competitions held under paragraphs 1. and 2. (a), (b) of the World Rankings Competition definition, athletes shall use starting blocks provided by the Organisers of the competition. In other competitions on synthetic surfaced tracks the Organisers may insist that only starting blocks provided by them may be used.

This Rule should also be interpreted so that:

- a. no part of the frame or footplates can overlap a start line;
- b. the frame only (but not any part of the footplate) can extend into the outer lane provided there is no obstruction. This reflects the long standing practice of athletes at the start of races on a bend placing their blocks at an angle to run the most direct line after the start.

The use of lights, by deaf or hearing impaired athletes only, at the start of races is allowed and is not considered assistance. It should however be the obligation of the athlete or their team for the financing and supply of such equipment and its compatibility with the start system in use, unless at a particular meeting where there is an appointed technical partner who can provide it.

## **16. The Start**

- 16.1** The start of a race shall be denoted by a white line 50mm wide. In all races not run in lanes, the start line shall be curved, so that all the athletes start the same distance from the finish. Starting positions in events at all distances shall be numbered from left to right, facing the direction of running.

*Note (i): In the case of events starting outside the stadium, the start line may be up to 0.30m in width and may be of any colour contrasting distinctively with the surface of the start area.*

*Note (ii): The 1500m start line, or any other curved start line, may be extended out from the outside lane to the extent that the same synthetic surface is available.*

It is anticipated that, in order to efficiently complete the start procedures and for larger meetings to appropriately introduce the competitors in the race, the athletes, when assembled, should be standing and facing in the direction of the race.

- 16.2** In competitions under paragraphs 1. (a), (b), (c), (d) and 2. (d) of the World Rankings Competition definition, the commands of the Starter shall be given in English only. In all other competitions, the commands of the Starter shall be given in the local language, in English or in French.

**16.2.1** In races up to and including 400m (including 4 × 200m, the Medley Relay as defined in Rule 24.1 of the Technical Rules and 4 × 400m), the commands (in English) shall be “On your marks” and “Set”.

**16.2.2** In races longer than 400m (except 4 × 200m, the Medley Relay and 4 × 400m), the command (in English) shall be “On your marks”.

**16.2.3** In any race when, under Rule 16.5 of the Technical Rules, the Starter is not satisfied that

all is ready for the start to proceed after the athletes are on their marks or they otherwise abort the start, the command (in English) shall be “Stand up”.

All races shall normally be started by the report of the Starter’s gun held upwards.

The Starter must not initiate the start procedures before they are sure that the relevant timing team is ready as well as the Judges at the finish and in races up to and including 200m, the Wind Gauge Operator. The communication process between the start and the finish area and the timing team varies according to the level of the competition. In events organised under paragraphs 1. and 2. (a), (b) of the World Rankings Competition definition and many other high level meetings there is invariably a service company responsible for the electronic timing and the Start Information System. In this case, there will be technicians who are responsible for communication. In other competitions, a variety of communication systems are used – radios, phones, or by using flags or flashing lights.

**16.3** In races up to and including 400m (including the first leg of 4 × 200m, the Medley Relay and 4 × 400m), a crouch start and the use of starting blocks are compulsory. After the “On your marks” command, an athlete shall approach the start line, assume a position completely within their allocated lane and behind the start line. An athlete shall not touch either the start line or the ground in front of it with their hands or their feet when on their mark. Both hands and at least one knee shall be in contact with the ground and both feet in contact with the foot plates of the starting blocks. At the “Set” command, an athlete shall immediately rise to their final starting position retaining the contact of the hands with the ground and of the feet with the foot plates of the blocks. Once the Starter is satisfied that all athletes are steady in the “Set” position, the gun shall be fired.

In all races using a crouch start, as soon as they are steady in their blocks, the Starter shall raise their arm in which they hold the gun, then they shall say “Set”. They shall wait then for all the athletes to be steady and shall then fire the gun.

The Starter must not raise their arm too early, especially when manual Timekeepers are being used. They are advised to raise their arm only when they feel they are about to give the command “Set”.

There is no rule that enables to determine the time that elapses between the commands “On your marks” and “Set” on one hand, and on the other hand, between the command “Set” and the gun shot. The Starter shall let the athletes go once they are all motionless in the correct starting position. Which means that they may have, for certain starts, to fire the gun quite quickly, but on the other hand, they may also have to wait longer in order to make sure that they are all steady in their starting position.

**16.4** In races longer than 400m (except 4 × 200m, the Medley Relay and 4 × 400m), all starts shall be made from a standing position. After the “On your marks” command, an athlete shall approach the start line and assume a starting position behind the start line (completely within their allocated lane in races started in lanes). An athlete shall not touch any part of the ground with their hand or hands and/or the start line or the ground in front of it with their feet when on their mark. Once the Starter is satisfied that all athletes are steady in the correct starting position, the gun shall be fired.

**16.5** On the command “On your marks” or “Set”, as the case may be, all athletes shall, at once and without delay, assume their full and final starting position. If, for any reason, the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks, they shall order all athletes to withdraw from their marks and the Starter’s Assistants shall assemble them again (See also Rule 23 of the Competition Rules).

Where an athlete in the judgement of the Starter,

**16.5.1** after the command “On your marks” or “Set”, and before the report of the gun, causes the start to be aborted, for instance by raising a hand and/or standing or sitting up in the case

of a crouch start, without a valid reason, (such reason to be evaluated by the relevant Referee); or

**16.5.2** fails to comply with the commands “On your marks” or “Set” as appropriate, or does not place themselves in their final starting position at once and without delay; or

**16.5.3** after the command “On your marks” or “Set” disturbs (an)other athlete(s) in the race through sound, movement or otherwise, resulting in such athlete(s) committing what would otherwise be a false start,

the Starter shall abort the start.

The Referee may warn the athlete for improper conduct (disqualify in case of a second infringement of the Rule during the same competition), according to Rules 7.1 and 7.3 of the Technical Rules. A green card shall not be shown. However, when an extraneous reason was **considered to be the cause for aborting the start, or the Referee does not agree with the Starter’s** decision, a green card shall be shown to all the athletes to indicate that a false start was not committed by any athlete. Alternate visual or audial indication may also be approved such as the use of widescreens or dedicated monitors, communication via speakers, use of light towers or similar devices, etc. The procedure shall first be coordinated between the Technical Delegate(s), the Start Referee and the Event Presentation Manager, and broadcaster should be informed.

The division of the start rules into disciplinary matters (under Rule 16.5 of the Technical Rules) and false starts (Rules 16.7 and 16.8 of the Technical Rules) ensures that the whole field was not penalised for the actions of a single athlete. It is important, in order to maintain the integrity of the intention of this division, that Starters and Referees are as diligent in the application of Rule 16.5 of the Technical Rules as in detecting false starts.

Such conduct, whether wilful or unintentional perhaps through nervousness, should cause Rule 16.5 of the Technical Rules to be applied although where the Starter is of the view that it was unintentional, the application of Rule 16.2.3 of the Technical Rules only may be appropriate.

Conversely, there will be instances in which an athlete is entitled to request a delay of the start for legitimate reasons. It is therefore vital that the Start Referee (in particular) pays attention to the environment and conditions surrounding the start, especially in relation to factors of which the Starter may not be aware because they are focussing on preparing themselves for the start and/or wearing headphones.

In all such cases, the Starter and Referee must act reasonably and efficiently and clearly indicate their decisions. If appropriate, the reasons for the decisions can be announced to the athletes in the race and, if possible or desirable, also to the announcers, television team etc. through the communication network.

A green card shall not be shown in any case when a yellow or red card has been issued.

### ***False Start***

**16.6** When a World Athletics certified Start Information System is in use, the Starter and/or an assigned Recaller shall wear headphones in order to clearly hear the acoustic signal emitted when the System indicates a possible false start (i.e. when the reaction time is less than 0.100 second). As soon as the Starter and/or assigned Recaller hears the acoustic signal, and if the gun was fired, there shall be a recall and the Starter shall immediately examine the reaction times and other available information from the Start Information System in order to confirm which, if any, athlete(s) is/are responsible for the recall.

*Note: When a World Athletics certified Start Information System is in operation, the evidence of*

*this equipment shall be used as a resource by the relevant officials to assist in making a correct decision.*

**16.7** An athlete, after assuming a full and final starting position, shall not commence their start until after receiving the report of the gun. If, in the judgement of the Starter (including under Rule 22.6 of the Competition Rules), they do so any earlier, it shall be a false start. The commencement of the start is defined:

**16.7.1** in the case of a crouch start, as any motion by an athlete that includes or results in one or both feet losing contact with the foot plate(s) of the starting blocks or one or both hands losing contact with the ground; and

**16.7.2** In the case of a standing start, as any motion that results in one or both feet losing contact with the ground.

If the Starter determines that prior to receiving the report of the gun an athlete initiated a movement that was not stopped and continued into the commencement of their start, it shall also be a false start.

*Note (i): Any other motion by an athlete shall not be considered to be the commencement of their start. Such instances may, if applicable, be subject to a disciplinary warning or disqualification.*

*Note (ii): As athletes starting races in a standing position are more prone to over-balance, if such a movement is considered to be accidental, the start should be regarded as “unsteady”. If an athlete is pushed or jostled over the line before the start, they should not be penalised. Any athlete causing such interference may be subject to a disciplinary warning or disqualification.*

Generally, no false start should be charged if the athlete has not lost contact with the ground or foot plates. For example, if an athlete moves their hips up, but then moves them down without their hands or feet losing contact with the ground or foot plates at any time, it should not result in a false start. It may be a reason to warn (or disqualify if there has been a previous warning) the athlete for improper conduct under Rule 16.5 of the Technical Rules.

However, in cases of a “rolling start” where the Starter (or Recaller) is of the opinion that an athlete has effectively anticipated the start through some continuous movement even if they did not move their hands or feet before the gun sounded, the race should be recalled. This can be done by a Starter or Recaller but it will be the Starter who is in the best situation to judge such a case as only they will know the position of their finger on the gun trigger when the athlete began their movement. In these cases where the Starter is sure that the athlete’s movement began before the report of the gun, a false start should be awarded.

In accordance with Note (ii) Starters and Referees should avoid being over-zealous in the application of Rule 16.7 of the Technical Rules to those events started from a standing position. Such instances are rare and usually occur unintentionally as it is easier to overbalance from a two-point start. It is not intended that same should be unduly penalised.

If such a movement was considered to be accidental, Starters and Referees are encouraged to first consider calling the start “unsteady” and proceed according to Rule 16.2.3 of the Technical Rules. However, repeat practices during the same event may entitle the Starter and/or Referee to consider applying either the false start or disciplinary procedures, as might best be applicable in the situation.

**16.8** Except in Combined Events, any athlete responsible for a false start shall be disqualified by the Starter.

For Combined Events, see Rule 39.8.3 of the Technical Rules.

*Note: In practice, when one or more athletes make a false start, others are inclined to follow and, strictly speaking, any athlete who does so has also made a false start. The Starter should warn or disqualify only such athlete or athletes who, in their opinion, were responsible for the false start. This may result in more than one athlete being warned or disqualified. If the recalled or aborted start is not due to any athlete, no warnings shall be given and a green card shall be shown to all the athletes. Alternate visual or audial indication may also be approved such as the use of widescreens or dedicated monitors, communication via speakers, use of light towers or similar devices, etc. The procedure shall first be coordinated between the Technical Delegate(s), the Start Referee and the Event Presentation Manager, and broadcaster should be informed.*

## **16.9** In case of a false start, the Starter's Assistants shall proceed as follows:

Except in Combined Events, the athlete(s) responsible for the false start shall be disqualified and a red and black (diagonally halved) card shall be raised in front of them.

In Combined Events, in case of a first false start, the athlete(s) responsible for the false start shall be warned with a yellow and black (diagonally halved) card raised in front of them. At the same time, all the other athletes taking part in the race shall be warned with the yellow and black card raised in front of them by one or several Starter's Assistants in order to notify them that anyone committing further false starts will be disqualified. In case of further false starts, the athlete(s) responsible for the false start shall be disqualified and the red and black card shall be raised in front of them.

If lane markers that provide for it are being used, then whenever a card is shown to the athlete(s) responsible for the false start, the corresponding indication should be shown on the lane marker(s).

Alternate visual or audial indication may also be approved such as the use of widescreens or dedicated monitors, communication via speakers, use of light towers or similar devices, etc. The procedure shall first be coordinated between the Technical Delegate(s), the Start Referee and the Event Presentation Manager, and broadcaster should be informed.

It is recommended that the size of the diagonally halved cards be A5 and that they be doubled sided. Note that the corresponding indication on the lane marker(s) may remain yellow and red as previously, in order to avoid unnecessary expense in modifying existing equipment.

## **16.10** The Starter or any Recaller, who is of the opinion that the start was not a fair one, shall recall the athletes by firing a gun or activating a suitable audible signal.

The reference to a fair start does not relate solely to cases of a false start. This rule should also be interpreted as applying to other situations such as blocks slipping, a foreign object interfering with one or more athletes during a start etc.

## **17. The Race**

### ***Obstruction***

#### **17.1** If an athlete is jostled or obstructed during an event so as to impede their progress, then:

**17.1.1** if the jostling or obstruction is considered unintentional or is caused otherwise than by an athlete, the Referee may, if they are of the opinion that an athlete (or their team) was seriously affected, in accordance with Rule 18.7 of the Competition Rules or Rule 8.4 of the Technical Rules, order that the race (for one, some or all of the athletes) be re-held or allow the affected athlete (or team) to compete in a subsequent round of the event;

**17.1.2** if another athlete is found by the Referee to be responsible for the jostling or obstruction,

such athlete (or their team) shall be liable to disqualification from that event. The Referee may, if they are of the opinion that an athlete (or their team) was seriously affected, in accordance with Rule 18.7 of the Competition Rules or Rule 8.4 of the Technical Rules, order that the race (for one, some or all of the athletes) be re-held excluding any disqualified athlete (or team) or allow any affected athlete (or team) (other than any disqualified athlete or team) to compete in a subsequent round of the event.

*Note: In cases considered serious enough, Rules 7.1 and 7.3 of the Technical Rules may also be applied.*

In both cases of Rules 17.1.1 and 17.1.2 of the Technical Rules, such athlete (or team) should normally have completed the event with bona fide effort.

Jostling should be understood as physical contact on one or more occasions with another athlete or athletes that results in an unfair advantage or causes injury or harm to them or, consequently, to another athlete or athletes.

## **17.2** In all races:

- 17.2.1** including at least one bend, the direction of the race shall be left-hand inside. The lanes shall be numbered with the left-hand inside lane numbered 1;
- 17.2.2** run entirely on the straight, the direction of the race may be either left-hand or right-hand inside, according to the available conditions;
- 17.2.3** run in lanes (or any part of a race run in lanes), each athlete shall keep within their allocated lane from start to finish and, when running on a bend, shall not step or run on or inside the left-hand lane line or in the case of the inside lane, the kerb or line marking the border of the inside of the track;
- 17.2.4** not run in lanes (or any part of a race not run in lanes), an athlete running on a bend, on the outer half of the track as per Rule 17.5.2 of the Technical Rules, or on any curved part of the diversion from the track for the steeplechase water jump, shall not step or run on or inside the kerb or line marking the applicable border (of the inside of the track, of the outer half of the track, or of any curved part of the diversion from the track for the steeplechase water jump).

## ***Lane Infringement***

- 17.3** In all races, if the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that an athlete has infringed Rule 17.2.3 or 17.2.4 of the Technical Rules, they or in the case of a relay race, their team shall be disqualified unless
  - 17.3.1** is pushed or forced by another person or object to step or run outside their lane or on or inside the kerb or line marking the applicable border; or
  - 17.3.2** steps or runs outside their lane in the straight, any straight part of the diversion from the track for the steeplechase water jump or outside the outer line of their lane on the bend; or
  - 17.3.3** in all races run in lanes (or any part of races run in lanes), touches once the line on their left, or the kerb or line marking the border of the inside of the track on a bend; or
  - 17.3.4** in all races not run in lanes (or any part of races not run in lanes), steps once on or completely over the kerb or line marking the applicable border (as defined in Rule 17.2.4

of the Technical Rules) on a bend;

and no other athlete being jostled or obstructed so as to impede the other athlete's progress (see Rule 17.1 of the Technical Rules) and no material advantage is gained (see Rule 17.4 of the Technical Rules).

In races with multiple rounds, any action defined in Rules 17.3.3 or 17.3.4 of the Technical Rules may be made only once during all rounds of an event by a particular athlete without the disqualification of that athlete. A second action will result in the disqualification of that athlete whether it was made in the same round or in another round of the same event.

In the case of Relay Races, any second action (as described in this Rule 17.3.3 and 17.3.4 of the Technical Rules) by an athlete who is a member of a team, regardless of whether committed by the same or different athletes, will result in the disqualification of the team whether it happens in the same round or in another round of the same event.

For the ratification of records, see Rule 31.14.4 of the Competition Rules.

- 17.4** If material advantage is gained by an athlete by improving their position by any means including under the exceptions in Rule 17.3 of the Technical Rules or by removing themselves from a “boxed” position in the race by having stepped or run inside the inside edge of the track at any point, the athlete (or team) shall be disqualified.

Rule 17.4 specifically outlaws the practice of an athlete seeking to improve their position in races by moving onto the inside of the track (whether intentionally or after being pushed or jostled there by another athlete) to get out of a boxed position by running on the inside until clear. Whilst normally running on the inside of lane 1 in the straight (as distinct from doing so on the bend) would not lead to mandatory disqualification, the Referee has the power to disqualify in their discretion if this occurs and the athlete is advantaged even if the initial reason for being there was the result of being pushed or jostled. In such cases the athlete should take immediate steps to return to the track without seeking or gaining any advantage.

Where a race is started in lanes and then continues not using separate lanes, Rules 17.2 and 17.3 of the Technical Rules apply accordingly to each such part of the race. Therefore, only one infringement according to Rules 17.3.3 or 17.3.4 is allowed. A second infringement in the same race will result in disqualification. When determining whether the exception in 17.3.3 applies in cases where some part of the shoe / foot is also to the left of the line, there is a requirement for at least some part of the outline of athlete's shoe / foot to be touching the line, i.e. some contact with the line (depicted by the outline of the relevant part of the shoe or foot) is required for this exception to apply. If this is not the case, then the exception does not apply.

All lane infringements should be tracked in the competition data systems and shown in the start lists and results. (See Rule 25.4 of the Competition Rules for the symbol to be used.)

The carry-forward rule only applies to the same event and not to a race of a different distance.

In Combined Events, an athlete should only be disqualified for more than one infringement, if it occurs during the same race. There is no carry-forward of the infringement to subsequent races within that Combined Event.

- 17.5** In competitions held under paragraphs 1. and 2. of the World Rankings Competition definition and where suitable in other competitions:

- 17.5.1** the 800m event shall be run in lanes as far as the nearer edge of the breakline where athletes may leave their respective lanes. The breakline shall be an arced line marked after the first bend, 50mm wide, across all lanes other than lane 1. To assist athletes identify



the breakline, small cones, prisms or other suitable markers, preferably of different colour from the breakline and the lane lines, shall be placed on the lane lines immediately before the intersection of the lane lines and the breakline.

*Note: In competitions under paragraphs 1. (e) and 2. (e) of the World Rankings Competition definition, the participating teams may agree not to use lanes.*

- 17.5.2** when there are more than 12 athletes in a race over 1000m, 2000m, 3000m, (optionally, 3000m Steeplechase with inside water jump), 5000m or 10,000m, they may be divided into two groups with one group of approximately two thirds of the athletes on the regular arced start line and the other group on a separate arced start line marked across the outer half of the track. The other group shall run as far as the end of the first bend of the race on the outer half of the track, which shall be marked by cones, flags or temporary kerbing as described in Rule 14.1 of the Technical Rules.

The separate arced start line shall be positioned in such a way that all the athletes shall run the same distance.

The breakline for 800m indicates where the athletes in the outer group in 2000m and 10,000m may join the athletes using regular start.

For group starts in 1000m, 3000m, (optionally 3000m Steeplechase with inside water jump) and 5000m, the track shall be marked at the beginning of the finish straight to indicate where athletes starting in the outer group may join the athletes using the regular start. This mark (breakpoint) shall be a 50mm × 50mm mark on the line between lanes 4 and 5 (lanes 3 and 4 in a six-lane track) immediately before which a cone or flag is placed until the two groups converge.

If an athlete does not follow this Rule they, or in the case of a relay their team, shall be disqualified.

The markers used on the breakline for the 800m and applicable relays should be 50mm × 50mm and no more than 0.15m high.

For clarity, when complying with Rule 25.4 of the Competition Rules when stating the Rule under which an athlete is disqualified:

- a. if an athlete steps on or inside the line, then state Rule 17.2.3 or 17.2.4 of the Technical Rules, as appropriate,
- b. if an athlete leaves the assigned lane or the outer half of the track to the inside before the breakline or the breakpoint, then state Rule 17.5 of the Technical Rules.

### ***Leaving the Track***

- 17.6** An athlete, after voluntarily leaving the track, except in compliance with Rule 24.6 of the Technical Rules, shall not be allowed to continue in the race and shall be recorded as not finishing the event. Should the athlete attempt to re-enter the race, they shall be disqualified by the Referee.

### ***Check-Marks***

- 17.7** Except as stated in Rule 24.4 of the Technical Rules, when all or the first portion of a Relay Race is being run in lanes, athletes may not make check-marks or place objects on or alongside the running track for their assistance. The Umpires shall direct the relevant athlete to adapt or remove any marks or objects not complying with this Rule. If they do not, the Umpires shall remove them.



*Note: Serious cases may further be dealt with under Rules 7.1 and 7.3 of the Technical Rules.*

### ***Wind Measurement***

**17.8** All wind gauge equipment shall be manufactured and calibrated according to international standards. The accuracy of the measuring equipment used in the competition shall have been verified by an appropriate organisation accredited by the national measurement authority.

**17.9** Non-mechanical wind gauges shall be used at all competitions under paragraphs 1. and 2. (a), (b), (c), (e) of the World Rankings Competition definition and for any performance submitted for ratification as a World Record.

A mechanical wind gauge should have appropriate protection to reduce the impact of any crosswind. Where tubes are used, their length on either side of the measuring device should be at least twice the diameter of the tube.

**17.10** The Running and Race Walking Events Referee shall ensure that the wind gauge for Track Events is placed beside the straight, adjacent to lane 1, 30m (50m and 60m races) or 50m (100m, 110m and 200m races) from the finish line. The measuring plane shall be positioned  $1.22\text{m} \pm 0.05\text{m}$  high and not more than 2m away from the track.

**17.11** The wind gauge may be started and stopped automatically and/or remotely, and the information conveyed directly to the competition computer.

**17.12** The periods for which the wind velocity shall be measured from the flash / smoke of the Starter's gun are as follows:

	Seconds
50m	5
50m Hurdles	5
60m	5
60m Hurdles	5
100m	10
100m Hurdles	13
110m Hurdles	13

In the 200m event, except for races on a 200m Standard Oval Track, the wind velocity shall normally be measured for a period of 10 seconds commencing when the first athlete enters the straight.

**17.13** The wind gauge shall be read in metres per second, rounded to the next higher tenth of a metre per second, unless the second decimal is zero, in the positive direction (that is, a reading of +2.03 metres per second shall be recorded as +2.1; a reading of -2.03 metres per second shall be recorded as -2.0). Gauges that produce digital readings expressed in tenths of metres per second shall be constructed so as to comply with this Rule.

### ***Indication of Intermediate Times***

- 17.14** Intermediate times and preliminary winning times may be officially announced and/or displayed. Otherwise, such times must not be communicated to the athletes by persons in the competition area without the prior approval of the appropriate Referee who may authorise or appoint no more than one person to call times at each of no more than two agreed timing points.

Athletes who receive intermediate times that have been communicated in violation of this Rule shall be considered to have received assistance and shall be subject to the provisions of Rule 6.2 of the Technical Rules.

*Note: The competition area, which normally also has a physical barrier, is defined for this purpose as the area where the competition is being staged and which has an access restricted to the competing athletes and personnel authorised in accordance with the relevant Rules and Regulations.*

### ***Drinking / Sponging and Refreshment Stations in Track Events***

- 17.15** Drinking / Sponging and Refreshment Stations in Track Events, as follows:

**17.15.1** In Running and Race Walking Events of 5000m or longer, the Organisers may provide water and sponges to athletes if weather conditions warrant such provision.

**17.15.2** In Running and Race Walking Events longer than 10,000m, refreshments, water and sponging stations shall be provided. Refreshments may be provided either by the Organisers or the athlete and shall be placed so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organisers from the time that the refreshments are lodged by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way.

**17.15.3** An athlete may, at any time, carry water or refreshment by hand or attached to their body provided it was carried from the start or collected or received at an official station.

**17.15.4** An athlete who receives or collects refreshment or water from a place other than the official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing a red card. The athlete shall then immediately leave the track.

*Note: An athlete may receive from or pass to another athlete refreshment, water or sponges provided it was carried from the start or collected or received at an official station. However, any continuous support from an athlete to one or more others in such a way may be regarded as unfair assistance and warnings and/or disqualifications as outlined above may be applied.*

## **18. The Finish**

- 18.1** The finish of a race shall be denoted by a white line 50mm wide.

*Note: In the case of events finishing outside the stadium, the finish line may be up to 0.30m in width and may be of any colour contrasting distinctively with the surface of the finish area.*

- 18.2** The athletes shall be placed in the order in which any part of their bodies (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the

finish line as defined above.

- 18.3** In any race decided on the basis of the distance covered in a fixed period of time, the Starter shall fire the gun exactly one minute before the end of the race to warn athletes and Judges that the race is nearing its end. The Starter shall be directed by the Chief Timekeeper and, at exactly the appropriate time after the start, they shall signal the end of the race by again firing the gun. At the moment the gun is fired to signal the end of the race, the Judges appointed for that purpose shall mark the exact spot where each athlete touched the track for the last time before or simultaneously with the firing of the gun.

The distance achieved shall be measured to the nearest metre behind this mark. At least one Judge shall be assigned to each athlete before the start of the race for the purpose of marking the distance achieved.

[Guidelines for the conduct of the One Hour Race may be downloaded from the World Athletics website.](#)

## **19. Timing**

- 19.1** Three methods of timekeeping shall be recognised as official:

**19.1.1** Hand Timing;

**19.1.2** Fully Automatic Timing obtained from a Photo Finish System;

**19.1.3** Timing provided by a Transponder System for competitions held under Rules 54 (races not held completely in the stadium), 55, 56, and 57 of the Technical Rules only.

- 19.2** Under Rules 19.1.1 and 19.1.2 of the Technical Rules, the time shall be taken to the moment at which any part of the body of an athlete (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line.

- 19.3** Times for all finishers shall be recorded. In addition, whenever possible, lap times in races of 800m and over and intermediate times at every 1000m in races of 3000m and over shall be recorded.

### ***Hand Timing***

- 19.4** The Timekeepers shall be in line with the finish and, where possible, they should be placed at least 5m from the outside lane of the track. In order that they may all have a good view of the finish line, an elevated stand should be provided.

- 19.5** Timekeepers shall use manually operated electronic timers with digital readouts. All such timing devices are termed “watches” for the purpose of the Rules.

- 19.6** The lap and intermediate times as per Rule 19.3 of the Technical Rules shall be recorded either, by designated members of the timekeeping team using watches capable of taking more than one time, or by additional Timekeepers, or by transponders.

- 19.7** The time shall be taken from the flash / smoke of the gun.

- 19.8** Three official Timekeepers (one of whom shall be the Chief Timekeeper) and one or two additional Timekeepers shall time the winner of every event and any performances for record purposes. (For Combined Events, see Rule 39.8.2 of the Technical Rules.) The times recorded by the additional Timekeepers’ watches shall not be considered unless one or more of the official Timekeepers’ watches fail to record the time correctly, in which case the additional Timekeepers shall be called

upon, in such order as has been decided previously, so that in all the races, three watches should have recorded the official winning time.

**19.9** Each Timekeeper shall act independently and without showing their watch to, or discussing their time with, any other person, shall enter their time on the official form and, after signing it, hand it to the Chief Timekeeper who may examine the watches to verify the reported times.

**19.10** For all hand-timed races, times shall be read and recorded as follows:

**19.10.1** For races on the track, unless the time is an exact 0.1 second, the time shall be converted and recorded to the next longer 0.1 second, e.g. 10.11 shall be recorded as 10.2.

**19.10.2** For races partly or entirely outside the stadium, unless the time is an exact whole second, the time shall be converted and recorded to the next longer whole second, e.g. 2:09:44.3 shall be recorded as 2:09:45.

*Note: For the Road Mile, the conversion shall be done to the next longer 0.1 second.*

**19.11** If, after converting as indicated above, two of the three watches agree and the third disagrees, the time recorded by the two shall be the official time. If all three watches disagree, the middle time shall be official. If only times from two watches are available and they disagree, the longer time shall be official.

**19.12** The Chief Timekeeper, acting in accordance with the Rules mentioned above, shall decide the official time for each athlete and provide the results to the Competition Secretary for distribution.

### ***Fully Automatic Timing and Photo Finish System***

#### ***The System***

**19.13** A Fully Automatic Timing and Photo Finish System must have been tested, and have a certificate of accuracy issued within 4 years of the competition, including the following:

**19.13.1** The System must record the finish through a camera positioned in the extension of the finish line, producing a composite image.

- a. For competitions under paragraphs 1. and 2. of the World Rankings Competition definition, this composite image must be composed of at least 1000 images per second.
- b. For other competitions, this composite image must be composed of at least 100 images per second.

In each case, the image must be synchronised with a uniformly marked time-scale graduated in 0.01 seconds.

**19.13.2** The System shall be started automatically by the Starter's signal, so that the overall delay between the report from the muzzle or its equivalent visual indication and the start of the timing system is constant and equal to or less than 0.001 second.

**19.14** In order to confirm that the camera is correctly aligned and to facilitate the reading of the Photo Finish image, the intersection of the lane lines and the finish line shall be coloured black in a suitable design. Any such design must be solely confined to the intersection, for no more than 20mm beyond, and not extended before, the nearer edge of the finish line. Similar black marks may be

placed on each side of the intersection of an appropriate lane line and the finish line to further facilitate reading.

**19.15** The placing of the athletes shall be identified from the image by means of a cursor with its reading line guaranteed to be perpendicular to the time scale.

**19.16** The System must automatically determine and record the finish times of the athletes and must be able to produce a printed image which shows the time of any athlete. Additionally, the system shall provide a tabular overview which shows the time or other result of every athlete. Subsequent changes of automatically determined values and manual input of values (such as start time, finish time), shall be indicated by the system automatically in the time scale of the printed image and the tabular overview.

**19.17** A system which operates automatically at the finish, but not at the start, shall be considered to produce Hand Times provided that the system was started in accordance with Rule 19.7 of the Technical Rules or with equivalent accuracy. The image may be used as a valid support in order to determine placings and adjust time intervals between athletes.

*Note: If the timing mechanism is not started by the Starter's signal, the time-scale on the image shall indicate this fact automatically.*

**19.18** A system, which operates automatically at the start but not at the finish, shall be considered to produce neither Hand nor Fully Automatic Times and shall not therefore be used to obtain official times.

### **Operation**

**19.19** The Chief Photo Finish Judge shall be responsible for the functioning of the System. Before the start of the competition, they will meet the technical staff involved and familiarise themselves with the equipment, checking all applicable settings.

In cooperation with the Start Referee (or if one is not appointed, the relevant Running and Race Walking Events Referee) and the Starter, they shall initiate a zero control test, before the beginning of each session, to ensure that the equipment is started **automatically by the Starter's signal** within the limit identified in Rule 19.13.2 of the Technical Rules (i.e. equal to or less than 0.001 second).

They shall supervise the testing of the equipment and ensure that the camera(s) is (are) correctly aligned.

**19.20** There should be at least two Photo Finish cameras in action, one from each side. Preferably, these timing systems should be technically independent, i.e. with different power supplies and recording and relaying of the Starter's signal, by separate equipment and cables.

*Note: Where two or more Photo Finish cameras are used, one should be designated as official by the Technical Delegate(s) (or World Athletics Photo Finish Judge where appointed) before the start of the competition. The times and places from the images of the other camera(s) should not be considered unless there is reason to doubt the accuracy of the official camera or if there is need to use the supplementary images to resolve uncertainties in the finishing order (i.e. athletes wholly or partially obscured on the image from the official camera).*

**19.21** In conjunction with an adequate number of assistants, the Chief Photo Finish Judge shall determine the placing of the athletes and, as a consequence, their official times. They shall ensure that these results are correctly entered in or transferred to the competition results system and conveyed to the Competition Secretary.

At major events where the technology is available, the Photo Finish image is often immediately provided on the video board or published on the internet. It has become the practice to provide athletes, or persons on their behalf, who are considering making a protest or appeal the opportunity to see the photo, in order to avoid time being spent on any unnecessary protests or appeals.

**19.22** Times from the Photo Finish System shall be regarded as official unless for any reason the appropriate official decides that they obviously must be inaccurate. If such is the case, the times of the back-up Timekeepers, if possible adjusted based on information on time intervals obtained from the Photo Finish image, shall be official. Such back-up Timekeepers must be appointed where any possibility exists of failure of the timing system.

**19.23** Times shall be read and recorded from the Photo Finish image as follows:

**19.23.1** For all races on the track up to and including 10,000m, unless the time is an exact 0.01 second, the time shall be converted and recorded to the next longer 0.01 second, e.g. 26:17.533 shall be recorded as 26:17.54.

**19.23.2** For all races on the track longer than 10,000m, all times not ending in two zeroes shall be converted and recorded to the next longer 0.1 second, e.g. 59:26.322 shall be recorded as 59:26.4.

**19.23.3** For all races held partly or entirely outside the stadium, all times not ending in three zeroes shall be converted and recorded to the next longer whole second, e.g. 2:09:44.322 shall be recorded as 2:09:45.

*Note: For the Road Mile, the conversion shall be done to the next longer 0.01 second.*

*Note: Events held according to Rule 11.2 of the Technical Rules shall be considered to be conducted inside the stadium for timing and recording of performance.*

### **Transponder System**

**19.24** The use of Transponder Timing Systems complying with the Rules in events held under Rules 54 (races not held completely in the stadium), 55, 56, and 57 of the Technical Rules is permitted provided that:

**19.24.1** None of the equipment used at the start, along the course or at the finish line constitutes a significant obstacle or barrier to the progress of an athlete.

**19.24.2** The weight of the transponder and its housing carried or worn by the athlete is not significant.

**19.24.3** The System is started by the Starter's gun or synchronised with the start signal.

**19.24.4** The System requires no action by an athlete during the competition, at the finish or at any stage in the result processing.

**19.25** For all races, all times not ending in zero shall be converted and recorded to the next longer whole second, e.g. 2:09:44.3 shall be recorded as 2:09:45.

*Note (i): The official time shall be the time elapsed between the firing of the starting gun (or the synchronised start signal) and the athlete reaching the finish line. However, the time elapsed between an athlete crossing the start line and the finish line can be made known to them, but will not be considered an official time.*

*Note (ii): For the Road Mile, the conversion shall be done to the next longer 0.1 second.*

- 19.26** Whilst the determination of the finishing order and times may be considered official, Rules 18.2 and 19.2 of the Technical Rules must be applied where required.

*Note: It is recommended that Judges and/or video recording(s) also be provided to assist in determining the finishing order and the identification of athletes.*

It is important that when using Transponder Timing that appropriate back-up systems are put in place by the Organisers, especially to respect Rule 19.26 of the Technical Rules. The provision of back-up Timekeepers, and more importantly Finish Judges to adjudicate on close finishes (which might not be differentiated by chip timing) is strongly recommended.

- 19.27** The Chief Transponder Timing Judge shall be responsible for the functioning of the System. Before the start of the competition, they will meet the technical staff involved and familiarise themselves with the equipment, checking all applicable settings. They shall supervise the testing of the equipment and ensure that the passing of the transponder over the finish line will record the athlete's finish time. In conjunction with the Referee, they shall ensure that provision is made for the application, when necessary, of Rule 19.26 of the Technical Rules.

## **20. Seedings, Draws and Qualification in Track Events**

### ***Rounds and Heats***

- 20.1** Qualification Rounds shall be held in Track Events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round (final). Where Qualification Rounds are held, all athletes must compete in, and qualify through, all such rounds except that the relevant governing body may, for one or more events, authorise the conduct of additional qualification round(s) either at the same competition or at one or more earlier competitions to determine some or all of the athletes who shall be entitled to participate and in which round of the competition. Such procedure and any other means (such as achieving entry standards during a specified period, by specified placing in a designated competition or by specified rankings) by which an athlete is entitled to participate, and in which round of the competition, shall be set out in the regulations for each competition.

*Note (i): See also Rule 8.4.3 of the Technical Rules.*

*Note (ii): Additional qualification round(s) may include preliminary qualification round(s) and/or Repechage Round(s).*

- 20.2** The Qualification Rounds for Track Events shall be arranged as follows by the appointed Technical Delegates. If no Technical Delegates have been appointed, they shall be arranged by the Organisers.

- 20.2.1** The regulations for each competition should include tables which shall, in the absence of extraordinary circumstances, be used to determine the number of rounds, the number of heats in each round and the qualification procedure, i.e. those to advance by place and time. Such information shall also be provided for any additional qualification round(s).

*Note (i): Tables which may be used in the absence of any provision in applicable regulations or other determination by the Organisers are published on the World Athletics website.*

*Note (ii): The applicable regulations may specify how vacant positions due to withdrawals in semi-finals and finals may be filled in by athletes ranked next following the previous*



*round after those qualified.*

**20.2.2** Whenever possible, athletes of each Member or team and the best performed athletes shall be placed in different heats in all Qualification Rounds of the competition. In applying this Rule after the first round, the required exchanges of athletes between heats should, to the extent possible, be made between athletes seeded in the same “group of lanes” according to Rules 20.4.3 to 20.4.5 of the Technical Rules.

**20.2.3** When Qualification Rounds are being arranged, as much information as possible about the performances of all athletes should be considered and the heats drawn so that, normally, the best performed athletes reach the final.

This includes avoiding where possible the clashing of the best performed athletes (determined generally on performance in the qualification period but also on outstanding recent career records) in the same heats as also applies to athletes from the same Member or team.

In all such cases, adjustments of the seeding should be made after the initial allocation to the heats but before any draw is made for the lanes. After these changes are made, a final check should be made to ensure that the heats are as equal as possible.

In applying these principles, exchanges of athletes should be made:

a. in the first round, between athletes with a similar ranking on the list of best valid performances during the pre-determined period; and

b. in subsequent rounds, between athletes seeded in the same “group of lanes” according to Rules 20.4.3 to 20.4.5 of the Technical Rules.

Unless the applicable regulations provide otherwise, for major competitions, at least, the basis of the seeding should be the best times achieved by each athlete in valid conditions (including with wind readings for the relevant events) during the pre-determined period. This period may be specified in the applicable regulations or in the document setting out the entry conditions and standards for the competition. Where there is no such specification, then the “Season Best” should be used unless the Technical Delegate(s) or the Organisers decide that for one, some or all events the circumstances justify an alternate period or other criteria being applied.

Such factors as performances achieved during training or tests, even if they appeared to look like competition or notions about what an athlete might “be worth” but has never achieved, should not be taken into account in seeding.

The requirements of the Rule in relation to the “best performed athletes” does require some deviation from the strict protocol outlined above. For example, an athlete who might normally be seeded in a high position might not have any, or only a poor, valid performance in the predetermined period (through injury, illness, ineligibility or in the case of Short Track meetings only have 400m Standard Oval Track Stadium results). Whilst they would normally be placed lower or at the bottom of the seeding list, adjustment should be considered by the Technical Delegate(s). Similar principles should be applied to avoid a clash in a Qualification Round between athletes considered to be the favourites to place highly in the event if the results of the previous round would strictly dictate that they should be in the same heat. At this same time any adjustments to ensure as much as possible that athletes from the same Member or team are in different heats should also be made.

Following these principles is more important in competitions in which the number of rounds has been reduced in some events - making accurate and well considered seeding vital to achieving both a fair and an athletically appealing outcome.

For lower level competitions, the Technical Delegate(s) or the Organisers may consider using different principles to achieve a similar final outcome.

### *Ranking and Composition of Heats*

#### **20.3** Ranking and Composition of Heats, as follows:

**20.3.1** For the first round, the athletes shall be ranked with the seeding determined from the relevant list of valid performances achieved during the predetermined period or in accordance with the applicable regulations.

**20.3.2** After the first round:

- a. for events up to and including 400m, and relays up to and including 4 × 400m, seeding shall be based upon placings and times of each previous round. For this purpose, athletes shall be ranked as follows:

Fastest heat winner

2nd fastest heat winner

3rd fastest heat winner, etc.

Fastest 2nd place

2nd fastest 2nd place

3rd fastest 2nd place, etc.

(Concluding with)

Fastest time qualifier

2nd fastest time qualifier

3rd fastest time qualifier, etc.

- b. for other events, the original performance lists shall continue to be used for seeding, modified only by improvements in performances achieved during the earlier round(s).

**20.3.3** In each case the athletes shall then be placed in heats in the order of seeding in a zigzag distribution, e.g. three heats will consist of the following seedings:

A	1	6	7	12	13	18	19	24
B	2	5	8	11	14	17	20	23
C	3	4	9	10	15	16	21	22

**20.3.4** In each case, the order in which heats are to be run shall be determined by draw after the composition of the heats has been decided.

For the first round, in order to reduce the number of heats required, it is acceptable and normal for additional available lanes (for example a ninth lane on a straight or oval track) to be used in races up to and including 400m and to have more than one athlete in a lane at the start of an 800m race.

The random draw to determine the order in which the heats are conducted is based on fairness. In middle and long distance races the athletes running in the last heat will know as far as qualifying by times the performance they have to realise in order to qualify. Even with the shorter races there is a fairness aspect as weather conditions can change (rain suddenly falling or an alteration in wind strength or direction). Fairness dictates that order be determined by chance.

### *Draw for Lanes*

**20.4** For events up to and including 800m, and relays up to and including 4 × 400m, where there are several successive rounds of a race, lanes will be drawn as follows:

**20.4.1** Unless the applicable regulations provide otherwise, for the first round and any additional qualification round as per Rule 20.1 of the Technical Rules, the lane order shall be drawn by lot.

**20.4.2** For any round after the first round, athletes shall be ranked in accordance with the procedure shown in Rule 20.3.2(a) or, in the case of 800m, 20.3.2(b) of the Technical Rules.

For an eight-lane track, three draws for lanes will then be made. When there are fewer or more than eight lanes, the principles in the following system with the necessary modifications should be used.

**20.4.3** For straight races:

- a. one draw for the four highest ranked athletes or teams to determine placings in lanes 3, 4, 5 and 6;
- b. another for the fifth and sixth ranked athletes or teams to determine placings in lanes 2 and 7, and
- c. another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 8.

**20.4.4** For 200m races:

- a. one draw for the three highest ranked athletes or teams to determine placings in lanes 5, 6 and 7;
- b. another for the fourth, fifth and sixth ranked athletes or teams to determine placings in lanes 3, 4 and 8, and
- c. another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 2.

**20.4.5** For 400m races, all relays up to and including 4 × 400m and 800m races started in lanes:

- a. one draw for the four highest ranked athletes or teams to determine placings in lanes 4, 5, 6 and 7;

- b. another for the fifth and sixth ranked athletes or teams to determine placings in lanes 3 and 8, and
- c. another for the two lowest ranked athletes or teams to determine placings in lanes 1 and 2.

*Note (i): The 800m event may be run with one or two athletes in each lane. However, in competitions under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, assigning two athletes in one lane should normally only be done in the first round, unless because of ties or advancement by the Referee or the Jury of Appeal, there are more athletes in a race of a subsequent round than lanes available. In competitions under paragraphs 1. (e), 2. (e) and 3. of the World Rankings Competition definition, 800m races may also be run without lanes using an arced start line or group starts.*

*Note (ii): In any 800m race, including a final, where for any reason there are more athletes competing than lanes available, the Technical Delegate(s) shall determine in which lanes more than one athlete will be drawn.*

*Note (iii): When there are more lanes than athletes, the inside lane(s) should always remain free.*

With regard to Note (ii), there is no exact specification as to how the Technical Delegates should act as the situations which may give rise to it may vary greatly. However, this issue only affects the running of the first bend of the race and is not as important as the allocation of lanes in a shorter race. Technical Delegate(s) are advised to place the additional athlete(s) in the lane(s) where the “double-up” will cause least inconvenience - usually the outer lanes so that the athletes are not running around a tighter bend together.

As to Note (iii), where a stadium has more than eight lanes available, the Technical Delegate(s) (or if none the Organisers) should decide in advance which lanes are to be used for this purpose. For example, in the case of a nine-lane oval track, lane one would not be used in cases where less than nine athletes are taking part in a race. Consequently, for the purposes of Rule 20.4 of the Technical Rules, lane 2 is regarded as lane 1 and so on.

- 20.5** In competitions under paragraphs 1. (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, for events longer than 800m, relays longer than 4 × 400m and any event where only a single round (final) is required, lanes / starting positions shall be drawn by lot.
- 20.6** Where it is decided to conduct a series of races in an event rather than rounds and finals, the regulations for the competition shall set out all relevant considerations including seedings and draws and the method by which the final results will be determined.
- 20.7** An athlete shall not be allowed to compete in a heat or lane other than the one in which their name appears, except in circumstances which, in the opinion of the Technical Delegate(s) or the Referee, justify an alteration.

### *Progression*

- 20.8** In all Qualification Rounds, the tables should, where practicable, allow at least the first and second places in each heat to qualify for the next round and it is recommended that, where possible, at least three in each heat should qualify.

Except where Rule 21 of the Technical Rules applies, any other athletes may qualify by place or by time according to Rule 20.2 of the Technical Rules, the applicable Technical Regulations, or as determined by the Technical Delegate(s). When athletes are qualified according to their times, only one system of timing may be applied.

*Note: In races longer than 800 metres where rounds are conducted, it is recommended that only a small number of athletes qualify by time.*

Where tables are prescribed in the regulations for a competition, it is usual that the principle set out in Rule 20.8 of the Technical Rules will have been incorporated. Where not, the Technical Delegates or Organisers should follow same when establishing the progression table to be used.

There will, however, be occasions when Rule 21 of the Technical Rules may cause a variation to be applied, particularly where there is a tie for the last qualifying position based on place. In such cases, it may be necessary for one less athlete to progress on time. In circumstances where there are sufficient additional lanes available, or in the case of the 800m (where a lane at the start may be used for more than one athlete) or a non-laned race, the Technical Delegate(s) may decide to progress an additional athlete(s).

Because of the provision within Rule 20.8 of the Technical Rules that for time qualification only one system of timing may be applied it is important for back-up timing systems to be available for Qualification Rounds in case the primary system (usually Photo Finish) fails. In the event that only times from different timing systems are available for two or more heats, the Technical Delegates, in conjunction with the Running and Race Walking Events Referee, should determine, within the circumstances of the particular competition, the fairest method for determining those athletes who should proceed to the next round. Where additional lanes are available, it is recommended that this option be considered first.

### ***Invitation Meetings***

**20.9** In competitions held under paragraphs 1. (d) and 2. (d) of the World Rankings Competition definition athletes may be seeded, ranked and/or allocated to lanes in accordance with the applicable regulations for the competition or any other method determined by the Organisers but, preferably, notified to the athletes and their representatives in advance.

In invitation meetings, if there is only a “final” round but with more than one race, the races should be arranged according to any applicable regulations for the meeting or the series of meetings of which it is a part. If there are none then it is usual for allocation of athletes to the various “races” to be undertaken by the Organisers or if requested by the appointed Technical Delegate(s).

Similar considerations apply to how the final ranking of the athletes in such events will be made. In some meetings the “race(s)” other than the main race are regarded as separate races and are not considered for the overall ranking but in others the results of more than one race are “combined” to give the overall ranking. It is highly advisable to ensure that whichever is to apply for the competition is also notified to the participants in advance as it may affect prizes and other considerations.

### ***Minimum Times between Rounds***

**20.10** The following minimum times must be allowed, when practicable, between the last heat of any round and the first heat of a subsequent round or final:

Up to and including 200m	45 minutes
Over 200m up to and including 1000m	90 minutes
Over 1000m	Not on the same day

## **21. Ties**

**21.1** If the Judges or the Photo Finish Judges are unable to separate the athletes for any place according to Rules 18.2, 19.17, 19.21 or 19.26 of the Technical Rules (as may be applicable), it shall be determined to be a tie and the tie shall remain.

*Tie for ranking position (according to Rule 20.3.2 of the Technical Rules)*

- 21.2** If there is a tie for any ranking position under Rule 20.3.2 of the Technical Rules, the Chief Photo Finish Judge shall consider the actual times recorded by the athletes to 0.001 second and if it is equal, the tie shall remain and lots shall be drawn to determine the higher ranking position.

*Tie for last qualifying position based on place*

- 21.3** If after the application of Rule 21.1 of the Technical Rules, there is a tie for a last qualifying position based on place, if there are lanes or positions available (including lane sharing in 800m races) the tying athletes shall be placed in the next round. If that is not practicable, lots shall be drawn to determine which athlete(s) shall be placed in the next round.
- 21.4** Where qualifying for the next round is based on place and time (e.g. the first three in each of two heats plus the next two fastest), and there is a tie for the last qualifying position based on place, placing the tied athletes in the next round shall reduce the number of athletes qualifying based on time.

*Tie for last qualifying position based on time*

- 21.5** If there is a tie for a last qualifying position based on time, the Chief Photo Finish Judge shall consider the actual times recorded by the athletes to 0.001 second and if it is equal, the tie shall remain. If there are lanes or positions available (including lane sharing in 800m races) the tying athletes shall be placed in the next round. If that is not practicable, lots shall be drawn to determine which athlete(s) shall be placed in the next round.

**22. Hurdle Races**

- 22.1** The standard distances shall be:

Men, U20 Men and U18 Men: 110m, 300m, 400m

Women, U20 Women and U18 Women: 100m, 300m, 400m

For 100m, 110m and 400m hurdle races, there shall be ten flights of hurdles in each lane, for 300m hurdle races, there shall be seven flights of hurdles in each lane. The hurdles shall be set out in accordance with the following table:

*Men, U20 Men and U18 Men*

Distance of race	Distance from start line to first hurdle	Distance between hurdles	Distance from last hurdle to finish line
110m	13.72m	9.14m	14.02m
300m	50.00m	35.00m	40.00m
400m	45.00m	35.00m	40.00m

*Women, U20 Women and U18 Women*

Distance of race	Distance from start line to first hurdle	Distance between hurdles	Distance from last hurdle to finish line
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