

	hurdle		
100m	13.00m	8.50m	10.50m
300m	50.00m	35.00m	40.00m
400m	45.00m	35.00m	40.00m

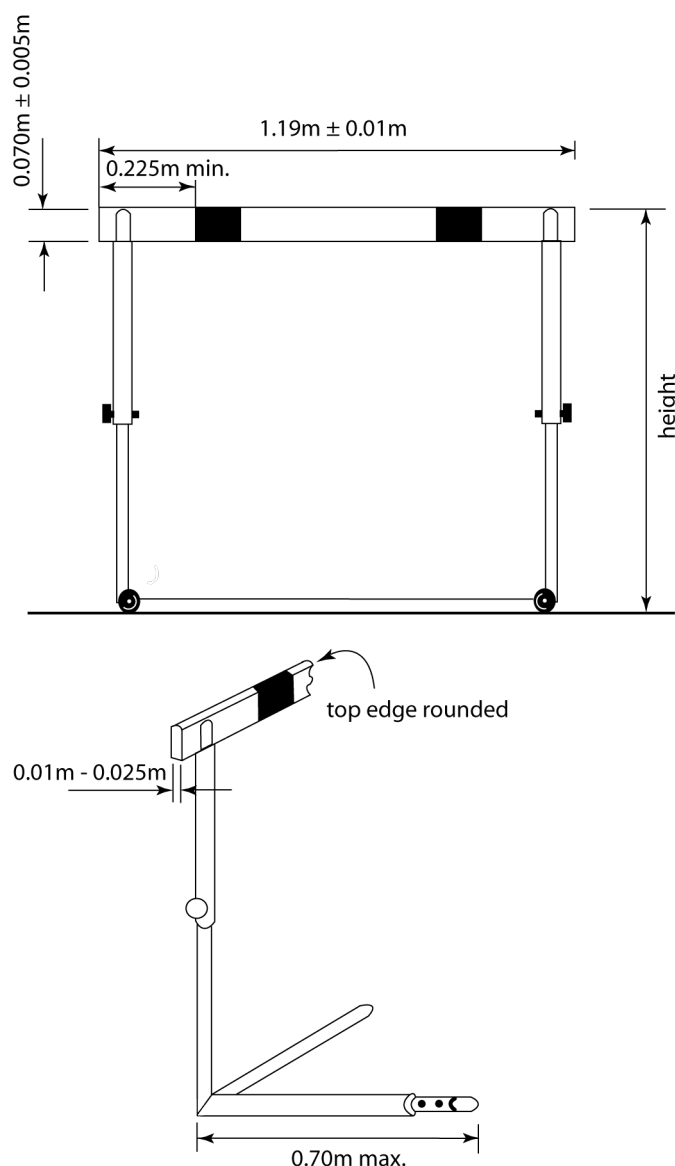


Figure TR22 - Example of a hurdle

Each hurdle shall be so placed on the track that the feet shall be on the side of the approach by the athlete. The hurdle shall be so placed that the vertical plane of the side of the top bar nearer to the approaching athlete coincides with the track marking nearest the athlete.

- 22.2 The hurdles shall be made of metal or some other suitable material with the top bar of wood or other non-metallic suitable material. They shall consist of two feet and two uprights supporting a rectangular frame, reinforced by one or more cross bars, the uprights to be fixed at the extreme end of each base. The hurdle shall be of such a design that a force at least equal to the weight of 3.6kg applied horizontally to the centre of the top edge of the top bar is required to tilt it. The hurdle may be adjustable in height for each event. The counterweights shall be adjustable so that at each height a force at least equal to the weight of 3.6kg and not more than 4kg is required to

tilt it.

The maximum horizontal deflection of the top bar of a hurdle (including any deflection of the uprights) when subject to a centrally applied force equal to the weight of 10kg shall not exceed 35mm.

22.3 Dimensions: The standard heights of the hurdles shall be:

Distance of race	Men	U20 Men	U18 Men	Women/U20	U18 Women
110m/100m	1.067m	0.991m	0.914m	0.838m	0.762m
300m	0.914m	0.914m	0.838m	0.762m	0.762m
400m	0.914m	0.914m	0.838m	0.762m	0.762m

Note: Due to manufacturing variations, hurdles up to 1.000m are also acceptable in the U20 110m Hurdles.

In each case, there shall be a tolerance allowance of 3mm, above and below the standard heights, to allow for variation in the manufacture. The width of the hurdles shall be from 1.18m to 1.20m. The maximum length of the base shall be 0.70m. The total weight of the hurdles shall be not less than 10kg.

22.4 The height of the top bar shall be 70mm \pm 5mm. The thickness of this bar should be between 10mm and 25mm, and the top edges should be rounded. The bar should be firmly fixed at the extremities.

22.5 The top bar should be painted with white and black stripes, or with other strong distinctive contrasting colours (and also in contrast with the surrounding environment), such that the lighter stripes, which should be at least 0.225m wide are on the outside. It shall be coloured so as to be visible to all sighted athletes.

22.6 All races shall be run in lanes and each athlete shall go over each hurdle and keep to their own lane throughout. Failure to do so will result in a disqualification, unless Rule 17.3 of the Technical Rules applies.

In addition, an athlete shall be disqualified, if:

22.6.1 their foot or leg is, at the instant of clearance, beside the hurdle (on either side) and below the horizontal plane of the top of any hurdle; or

22.6.2 they knock down or displace any hurdle by hand, body or the front side of the lead lower limb; or

22.6.3 they directly or indirectly knock down or displace a hurdle in their or in another lane in such a manner that there is effect or obstruction upon any other athlete(s) in the race, and/or another Rule is also infringed.

Provided that this Rule is otherwise observed and the hurdle is not displaced or its height lowered in any manner including tilting in any direction, an athlete may go over the hurdle in any manner.

The requirement to go over each hurdle should not be read as requiring the athlete to go over each hurdle in their own lane - provided always the intention of Rules 17.1 and 17.3 of the Technical Rules is followed.

But if an athlete knocks down or displaces a hurdle in another lane and thereby affects the progress of another athlete they shall be disqualified.

Situations when an athlete knocks down or displaces a hurdle in another lane should be interpreted in a logical way. For example, an athlete who knocks down or displaces a hurdle in the lane of an athlete who has already gone over that hurdle, should not necessarily be disqualified unless they otherwise infringe the Rules, e.g. by moving to an inside lane on the bend or having their foot or leg, at the instant of clearance, beside the hurdle (on either side) and below the horizontal plane of the top of any hurdle. The intent of this Rule is to make it clear that an athlete who in making such action affects another athlete should be considered for disqualification.

Referees and Umpires must nonetheless be alert and be sure that each athlete has kept to their own lane. Additionally, it is common in hurdle races that athletes stretch their arms widely while going over the hurdle, thus hitting or hampering the athlete in the next lane. This can best be noticed by Umpires standing or a video camera being placed head-on to the athletes. In this regard Rule 17.1 of the Technical Rules may be applied.

Rule 22.6.1 of the Technical Rules applies to both the athlete's "lead" and "trail" legs.

"Knocking down" a hurdle does not in itself result in disqualification. The previous reference in the Rule to deliberately knocking down a hurdle has been removed. In Rule 22.6.2, it is replaced by some more objective factors to be considered by the Referee. The most obvious example is where the athlete uses their hand but could also be for example by their chest if they "ran through" the hurdle. The front side of the lead lower limb includes all front facing parts of the leg from the top of the thigh to the end of the foot.

In relation to the Note, it will mainly be relevant to competitions at a lower level but is nonetheless applicable to all. Essentially, it permits an athlete, often one who has fallen or lost their stride pattern, to for example place their hands on the hurdle and "climb over".

22.7 Except as provided in Rules 22.6.2 and 22.6.3 of the Technical Rules, the knocking down of hurdles shall not result in disqualification nor prevent a Record being made.

23. Steeplechase Races

23.1 The standard distances shall be: 2000m and 3000m.

23.2 For the 3000m event, there shall be 28 hurdle jumps and 7 water jumps. The distance from the start to the beginning of the first lap shall not include any jumps, those hurdles not being placed until the athletes have entered the first lap.

23.3 For the 2000m event, there shall be 18 hurdle jumps and 5 water jumps. The first jump is at the third hurdle of a lap. The previous hurdles shall be removed until the athletes have passed them for the first time.

Note: In the 2000m event, if the water jump is on the inside of the track, the finish line has to be passed twice before the first complete lap with five jumps.

23.4 For the Steeplechase Events, there shall be five jumps in a complete lap, with the water jump as the fourth. The jumps should be evenly distributed, so that the distance between the jumps shall be approximately one fifth of the nominal length of the lap.

Note: Adjustment to the hurdle spacing may be necessary to ensure that safe distances from a hurdle / start line to the next hurdle are maintained before and after the finish line, respectively, as indicated in the World Athletics Track and Field Facilities Manual.

- 23.5 The hurdles shall be $0.914\text{m} \pm 0.003\text{m}$ high for Senior and U20 Men's events, $0.838\text{m} \pm 0.003\text{m}$ high for U18 Men's events and $0.762\text{m} \pm 0.003\text{m}$ for Senior, U20 and U18 Women's events and shall be at least 3.94m wide.

The section of the top bar of the hurdles, and the hurdle at the water jump, shall be $0.127\text{m} \pm 0.003\text{m}$ square.

The weight of each hurdle shall be between 80kg and 100kg . Each hurdle shall have on either side a base between 1.2m and 1.4m (see Figure (a) TR23).

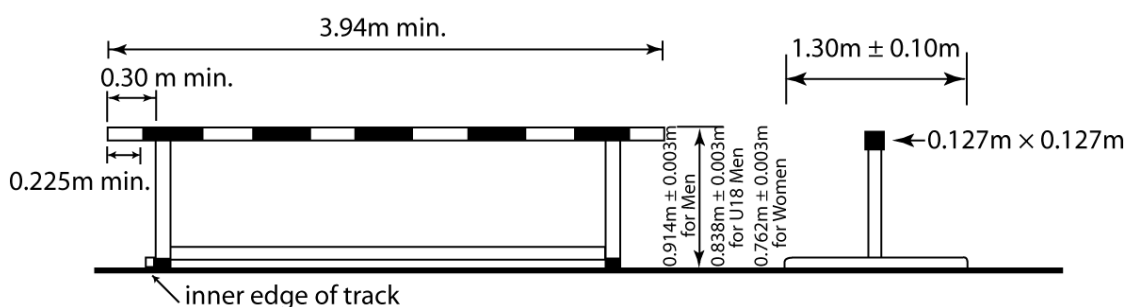


Figure (a) TR23 - Example of a steeplechase hurdle

The hurdle at the water jump shall be $3.66\text{m} \pm 0.02\text{m}$ wide, and shall be firmly fixed in or to the pit concrete walls, so that minimal only horizontal movement is possible.

The top bars shall be made of wood or other suitable material and should be painted with white and black stripes, or with other strong distinctive contrasting colours (and also in contrast with the surrounding environment), such that the lighter stripes, which should be at least 0.225m wide, are on the outside and shall be coloured so as to be visible to all sighted athletes.

The hurdle shall be placed on the track so that at least 0.30m of the top bar will extend inside the inner edge of the track.

Note: It is recommended that the first hurdle taken in the race should be at least 5m in width.

- 23.6 The water jump, including the hurdle, shall be $3.66\text{m} \pm 0.02\text{m}$ in length and the water pit shall be $3.66\text{m} \pm 0.02\text{m}$ in width.

The bottom of the water pit shall consist of a synthetic surface, or matting, of sufficient thickness to ensure safe landing, and allow for the spikes to grip satisfactorily. The depth of the water closest to the hurdle shall be $0.50\text{m} \pm 0.05\text{m}$ for approximately 1.20m . From there, the bottom shall have a uniform slope of $12.4^\circ \pm 1^\circ$ upwards to the level of the track at the farther end of the water pit. At the start of a race, the surface of the water shall be level with the surface of the track within a margin of 20mm .

Note: Pits to the 2018/19 specifications remain acceptable.

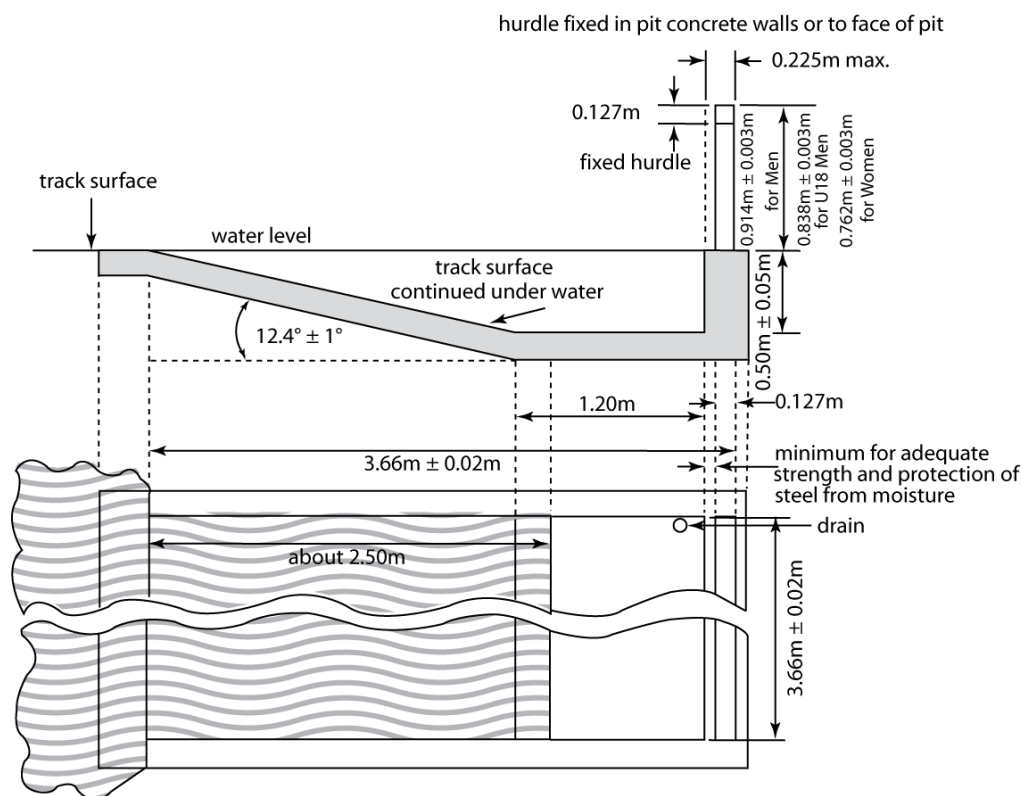


Figure (b) TR23 - Water jump

- 23.7 Each athlete shall go over or through the water and shall go over each hurdle. Failure to do so will result in a disqualification.

In addition, an athlete shall be disqualified, if

23.7.1 they step to one side or other of the water jump, or

23.7.2 their foot or leg is, at the instant of clearance, beside the hurdle (on either side), and below the horizontal plane of the top of the hurdle.

Provided this Rule is observed, an athlete may go over each hurdle in any manner.

24. Relay Races

- 24.1 The standard distances shall be: 4 × 100m, 4 × 100m Mixed, 4 × 200m, 100m-200m-300m-400m Medley Relay (Medley Relay), 4 × 400m, 4 × 400m Mixed, 4 × 800m, 1200m-400m-800m-1600m Distance Medley Relay (Distance Medley Relay), 4 × 1500m.

Note: The Medley Relay may be run with the legs in a different order in which case the appropriate adjustments should be made to the application of Rules 24.3, 24.16 and 24.22 of the Technical Rules.

- 24.2 Lines 50mm wide shall be drawn across the track to mark the start of each leg distance (scratch line).

- 24.3 In the 4 × 100m, 4 × 100m Mixed and the 4 × 200m relays, and for the first and second changes in the Medley Relay, each takeover zone shall be 30m long, of which the scratch line is 20m from the beginning of the zone. For the third change in the Medley Relay and in the 4 × 400m, 4 ×

400m Mixed and longer relays, each takeover zone shall be 20m long of which the scratch line is the centre. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each takeover conducted in lanes, a designated Umpire shall ensure that the athletes are correctly placed in their takeover zone. The designated Umpire shall also ensure that Rule 24.4 of the Technical Rules is observed.

The Umpires must ensure that each athlete from each team takes their position in the correct lanes or position. The Starter's Assistants will be responsible for the positioning of the first runners and for ensuring that each is supplied with a baton. They may also be assigned to assist at any takeover zones which subsequently occur at the start line. Chief Umpires for each takeover zone and the umpires placed at their disposal will be responsible for the positioning of the subsequent runners. When all athletes are correctly positioned the zone Chief Umpire should advise the relevant other officials by the agreed means of communication – which for major competitions would usually be by radio.

They must also ensure that for all takeovers the receiving athletes' feet are completely inside the zone before they commence their movement which eventuates in the taking of the baton. This movement may not commence at any point outside the zone.

- 24.4 When all or the first portion of a Relay Race is being run in lanes, an athlete may place one check-mark on the track within their own lane, by using adhesive tape, maximum 0.05m × 0.40m, of a distinctive colour which cannot be confused with other permanent markings. No other check-mark may be used. The Umpires shall direct the relevant athlete(s) to adapt or remove any marks 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.

- 24.5 A baton shall be used for all Relay Races held in the Stadium and shall be carried by hand throughout the race. At least for competitions conducted under paragraphs 1 (a), (b), (c) and 2. (a), (b) of the World Rankings Competition definition, each baton shall be numbered and of a different colour and may include a timing transponder.

The relay baton shall be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which shall be 0.28m to 0.30m. The outside diameter shall be 40mm ± 2mm and it shall not weigh less than 50g. It should be coloured so as to be easily visible during the race.

Athletes are not permitted to wear gloves or to place material (other than those permitted by Rule 6.4.3 of the Technical Rules) or substances on their hands or on the baton in order to obtain a better grip of the baton.

If an athlete does not follow this Rule, their team shall be disqualified.

Note: If possible, the allocation of the colour to each lane or starting order position should be shown on the start list.

- 24.6 If dropped, the baton shall be recovered by the athlete who dropped it. They may leave their lane to retrieve it provided that, by doing so, they do not lessen the distance to be covered. In addition, where the baton is dropped in such a way that it moves sideways or forward in the direction of running (including beyond the finish line), the athlete who dropped it, after retrieving it, must return at least to the point where it was last in their hand, before continuing in the race. Provided these procedures are adopted where applicable and no other athlete is impeded, dropping the baton shall not result in disqualification.

But if an athlete does not follow this Rule, their team shall be disqualified.

- 24.7 The baton shall be passed within the takeover zone. The passing of the baton commences when it is first touched by the receiving athlete and is completed the moment it is in the hand of only the receiving athlete. In relation to the takeover zone, it is only the position of the baton which is decisive. Passing of the baton outside the takeover zone shall result in disqualification. Rule 17.3.2 of the Technical Rules shall apply when relevant.

The application of Rule 17.3.2 of the Technical Rules may be necessary when an athlete, during the takeover, steps outside the allocated lane inside the takeover zone without material advantage gained and other athletes obstructed.

In determining the position of the baton, it is the whole baton which must be considered.

Umpires must be diligent to ensure that they observe any contact with the baton prior to the baton entering the takeover zone. If the receiving athlete even touches the baton prior to the baton being inside the zone, the team will be subject to disqualification. They must also ensure that the baton is only in the hand of the receiving athlete before it “leaves” the takeover zone.

- 24.8 Until the moment when the baton is in the hand of only the receiving athlete, Rule 17.3 of the Technical Rules shall be applicable only to the incoming athlete. Thereafter it shall be applicable only to the receiving athlete.

Additionally, athletes before receiving and/or after handing over the baton, should keep in their lanes or maintain position until the course is clear to avoid obstruction to other athletes. Rules 17.2 and 17.3 of the Technical Rules shall not apply to these athletes. If, however, an athlete impedes a member of another team, including by running out of position or lane, Rule 17.1 of the Technical Rules shall be applied.

- 24.9 If during the race an athlete takes or picks up the baton of another team, their team shall be disqualified. The other team should not be penalised unless an advantage is obtained.

- 24.10 Each member of a relay team may run one leg only. Any four athletes from among those entered for the competition, whether for that or any other event, may be used in the composition of the relay team for any round. However, once a relay team has started in a competition, up to a total of four additional athletes may be used as substitutes in the composition of the team. If a team does not follow this Rule, it shall be disqualified.

- 24.11 In the 4 × 100m Mixed, each team has to be composed of two men and two women. The running order shall be Woman, Woman, Man, Man.

- 24.12 In the 4 × 400m Mixed, each team has to be composed of two men and two women. The running order shall be Man, Woman, Man, Woman.

- 24.13 The composition of a team and the order of running for a relay shall be officially declared no later than the published first call time (the time by which the athletes must be present in the Call Room) for their respective heat in each round of the competition. The team shall compete as named and in the declared order. If a team does not follow this Rule, it shall be disqualified.

- 24.14 The 4 × 100m and the 4 × 100m Mixed races shall be run entirely in lanes.

- 24.15 The 4 × 200m race may be run in any of the following ways:

24.15.1 where possible, entirely in lanes (four bends in lanes),

24.15.2 in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their

respective lanes (three bends in lanes),

24.15.3 in lanes for the first leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (one bend in lanes).

Note: Where not more than four teams are competing and Rule 24.15.1 is not possible, Rule 24.15.3 should be used.

24.16 The Medley Relay race should be run in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (two bends in lanes).

24.17 The 4 × 400m and the 4 × 400m Mixed races may be run in either of the following ways:

24.17.1 in lanes for the first leg, as well as that part of the second leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (three bends in lanes);

24.17.2 in lanes for the first leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (one bend in lanes).

Note: Where not more than four teams are competing, Rule 24.17.2 should be used.

24.18 The 4 × 800m race may be run in either of the following ways:

24.18.1 in lanes for the first leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (one bend in lanes);

24.18.2 without the use of lanes.

24.19 If an athlete does not follow Rule 24.15, 24.16, 24.17 or 24.18.1 of the Technical Rules their team shall be disqualified.

24.20 The Distance Medley Relay race and the 4 × 1500m race shall be run without the use of lanes.

24.21 For all takeovers, athletes are not permitted to begin running outside their takeover zones, and shall start within the zone. If an athlete does not follow this Rule, their team shall be disqualified.

24.22 In the Medley Relay, the athletes running the final leg and in the 4 × 400m and the 4 × 400m Mixed races, the athletes running the third and fourth legs (or under Rule 24.17.2 of the Technical Rules, also the second leg) shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they enter the last bend. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, their team shall be disqualified.

Note: In the 4 × 200m race (if this event is not run entirely in lanes) where the previous leg is not run in lanes, the athletes shall line up in the order of the start list (inside to out).

24.23 In any race, when lanes are not being used, including when applicable, in 4 × 200m, the Medley Relay, 4 × 400m and 4 × 400m Mixed, waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete so as to impede their progress. In 4 × 200m, the Medley Relay, 4 × 400m and 4 × 400m Mixed, waiting athletes shall maintain the order in accordance with Rule 24.22 of the Technical Rules. If an athlete

does not follow this Rule, their team shall be disqualified.

- 24.24 In the case of relay events not covered by this Rule, the relevant competition regulations should specify any particular rules that should be applied and the method by which the relay should be conducted.

Chief Umpires must remain at the zone to which they and their Umpires have been assigned. Once the athletes are correctly placed in their lanes and the race has started, zone Chief Umpires and those Umpires assigned to them are responsible for reporting any infringements of both these Rules as well as any other infringements particularly those under Rule 17 of the Technical Rules.