

DUTIES OF UMPIRES

1. You are requested to report to the Chief Umpire at least 30 minutes before the first running event of the day. ***Please be on time so that we may review the order of events and go over any changes that may occur in the meet schedule or umpire assignments.***
2. You may take a chair and a small bag onto the field with you.
3. Be sure to have all the necessary materials with you before you assume your assigned station (pen, pencil, paper etc.)
4. It shall be the duty of any Umpire to stand at such point as the Chief Umpire may designate; to watch the competition closely and, in case of foul or violation of the rules by a competitor or other persons, to indicate such foul or violation by raising a **YELLOW FLAG**, and to report orally, and in writing, to the Chief Umpire what he/she saw of the incident. ***Do not wave the flag; just hold it up. If you see a flag raised near you, please assist that umpire by holding the flag for him/her until the Chief Umpire arrives so that he/she can write the report. In some instances, a "relief umpire" may be asked to take the place of the umpire reporting the violation until the report is given.***
5. You will be given violation cards on which to write your report of an incident. Please fill the card out completely. It is of utmost importance to include the event, heat or section, athlete's bib and hip number, Section number, lane, color of uniform, the exact location on the track, and who was adversely affected. Your report may be discarded without complete information. Reports will be given to the Chief Umpire and the decision regarding the foul/violation will be made by the Referee. ***Please do not be insulted if the Referee does not uphold a foul/violation. It is no reflection on your ability.***
6. Speak to no one about the observed violation. ***It is important to have independent views of an incident.***
7. A **WHITE** flag will only be used at the beginning and end of a relay exchange zone to indicate that all is ready and clear in that zone.
8. If your position is on a break line, be sure that cones are in place and removed at the proper times.
9. Carefully observe runners for illegal passing, crowding, cutting in and jostling. Be versed in the rules. Pertinent rules are included. ***Take notice of whether or not a competitor gains an advantage or is impeded because of a possible foul/violation.***
10. During races around the track, one or more umpires will be stationed in positions so as to observe violations on the turns, on the backstretch, and at the finish.
11. In hurdle races, umpires will be placed on alternate sides of the track ***in between*** the flights of hurdles for the best view of the athlete approaching and leaving the hurdle. Umpires should be aware of hurdle heights and locations to help avoid possible errors.
12. Umpires will be assigned to relay zones - at each end covering both the inside and outside of the track.
13. No competitor may place any mark on the running surface or alongside it except as permitted in relays.

Be Alert - Be Professional - Have a great Meet!

RULES OF NOTE- from the National Federation 2007 Rules Book

Rule 4-5-1 Unsportsmanlike conduct is behavior that is unethical or dishonorable. It includes, but is not limited to, disrespectfully addressing an official, any flagrant behavior, intentional contact, taunting, criticizing, or using profanity directed toward someone.

Rule 4-5-2 Unacceptable conduct ...includes willful failure to follow directions of a meet official, using profanity not directed at someone or any action which could bring discredit to the individual or his/her school.

Rule 4-5-8 A competitor shall not compete while wearing an **illegal uniform**...

Rule 4-5-9 It is an unfair act when a competitor receives **assistance** from any other person... Assistance includes:

- i. Interference with another competitor.
- ii. Pacing by a teammate or persons not participating in the event.
- iii. Competitors joining or grasping hands with each other during a race.
- iv. Competitors using an aid during the race.
- v. Communicating with a competitor through the use of a wireless device.
- vi. Coaching a competitor from a restricted area.
- vii. A competitor views a videotape or any other visual reproduction of the competitor's performance prior to the completion of the competition.

Infractions for Races Run in Lanes

Rule 5-11-1...A competitor shall be considered to be out of lane when:

- a. Without being fouled and running around a curve, steps on or over the inside lane line or curb for three consecutive steps with either or both feet.
- b. While running on the straightaway, runs in an adjacent lane and interferes with or impedes another competitor.
- c. While running around a curve, runs over the outside lane line and interferes with or impedes another competitor.
- d. He/she does not finish the race in the assigned lane, or if while a member of a relay team, does not make the pass in the assigned lane.
- e. He/ she takes one or more steps inside the assigned lane at the break line.

Infractions for Races Not Run in Lane

Rule 5-12-1 Competitor shall not run on or inside the track curb (or painted line) and thereby gain an advantage by improving position or shortening the course. A competitor may leave the track to retrieve a dropped relay baton provided that no interference occurs and no advantage is gained.

Rule 5-12-2 ... a competitor may move to the inside provided he/she is one full stride, approximately 7 feet, in advance of the competitor whose path is crossed.

Hurdle Infractions

Rule 5-13-2 It is an infraction if a competitor:

- a. Does not attempt to clear each hurdle
- b. Deliberately knocks over a hurdle with hand or foot,
- c. Advances trail leg or foot along the side of and below the height of the hurdle gate
- d. Runs over a hurdle not in the assigned lane
- e. Runs around a hurdle
- f. Impedes another hurdler

Relay Infractions

Rule 5-9-5 ...Gloves are not permitted in relay events.

Rule 5-9-6 Each competitor shall carry the baton by hand throughout the race.... The baton must be passed while the baton is in the 30 meter exchange zone.

Rule 5-9-7 The baton shall not be thrown...If the baton is dropped in the exchange zone, either competitor may retrieve it, even from another lane, provided the competitor does not interfere with an opponent and the baton is retrieved within the limits of the original exchange zone (extended). If the baton is dropped outside the exchange zone, it must be retrieved by the competitor who dropped it.

Rule 5-9-8 After passing the baton, the relieved competitor should stand still or jog straight ahead and step off the track when clear.

