

**UMPIRE INFORMATION**  
**Updated 2021**

**INFRACTIONS:**

1. When a race is run in lanes, competitors are expected to run the entire race in their assigned lanes. Competitors will not be in violation if they inadvertently run out of their lanes on a straightaway or in the lane to their outside on a curve, provided they do not interfere with another runner. A competitor shall be considered to be out of their lane, and shall be disqualified when:
  - a. Without being fouled and while running around a curve, steps on or over the inside lane line or curb for three or more consecutive steps with either or both feet, or;
  - b. While running on a straightaway, runs in an adjacent lane and interferes with another runner, or;
  - c. While running around a curve runs over the outside lane line and interferes with another runner, or;
  - d. He/she does not finish the race in their 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 line at the break line.
  
2. A competitor shall not deliberately 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 no interference occurs and no advantage is gained. In a race involving a curve where lanes are not specified, a competitor may move toward the inside or outside of the track provided he/she is one full running stride, approximately 7 feet, in advance of the competitor whose path is crossed. It is not a foul if a competitor crosses to the inside or outside if this action does not interfere in any way with another competitor's stride. A competitor shall not, when running around a curve, step on or over the curb, or painted curb, for three or more consecutive steps with either or both feet. There is also a concern on races finishing on the long straight. Once a runner has established his/her path, he/she cannot force a runner to keep running further outside nor can he/she cut back inside to interfere with a runner. When a competitor interferes with another runner, direct contact is not necessary, any action that causes one to break stride or lose momentum is a violation.
  
3. Relay Infractions.
  - a. Each competitor shall carry the baton by hand throughout the race and shall pass it to the succeeding teammate.
  - b. Baton dropped in exchange zone. Either runner can retrieve it as long as they do no interfere and baton is retrieved within the limits of the original exchange zone extended across the track.
  - c. Baton dropped out of exchange zone. Must be retrieved by runner who dropped it.
  - d. Relieved runner must stay in their lane until others go by them, and then step off the track when clear. Inside or outside runners can move in or out.
  - e. Passing Zone -- Baton must be passed within 20M exchange zone. When incoming runners runs 200M or less, 10M acceleration zone can be used. (1st two exchanges on Medley OK) Must start within zone. Races where acceleration zone is not used, runner must be within 20M exchange zone to start. Baton must be exchanged within 20M exchange zone.  
NOTE – The incoming and outgoing runners shall not simultaneously touch the baton outside the 20-meter exchange zone. **WATCH THE BATON AS IT DETERMINES THE INFRACTION.**
  - f. Track rules relative to fouling, coaching or interference apply identically to relay races. Also, incoming competitors may not assist teammates by pushing them.
  - g. The baton shall not be thrown following the finish of any relay.
  
4. Hurdle Infractions. Position yourself on each side of hurdles during all races.
  - a. Does not attempt to clear each hurdle.
  - b. Advances or trails a leg or foot along side of hurdle and below the height of the hurdle gate.
  - c. Runs over a hurdle not in assigned lane.

- d. Knocks down any hurdle by hand.
  - e. Interferes with another runner.
5. Lapped Runners.
- a. Lapped runners continue their path. They do not have to move out.

**GENERAL:**

1. Placement - no magic spot - but always try to get an angle. Remember, umpires do not disqualify, they just report. Do not discuss infraction until a decision is made. Obtain number, lane, foul, who is fouled, and what occurred. In case a decision has to be made on a rerun of a race, the referee needs to know how great a disadvantage the offended runner or team is placed at.
2. Talk to the runners, prevent a situation if possible (but do not coach).
3. As soon as runners go by your station, raise white flag if no foul. If there is an infraction, raise yellow flag immediately and report it to head umpire by completing the Umpires Report.