

Officiating the Track

A conversation on
prepping for the season



YAIAA Officials Chapter Meeting 3/11/2024
by Mike Eisenhart

What we're going to talk about

The agenda

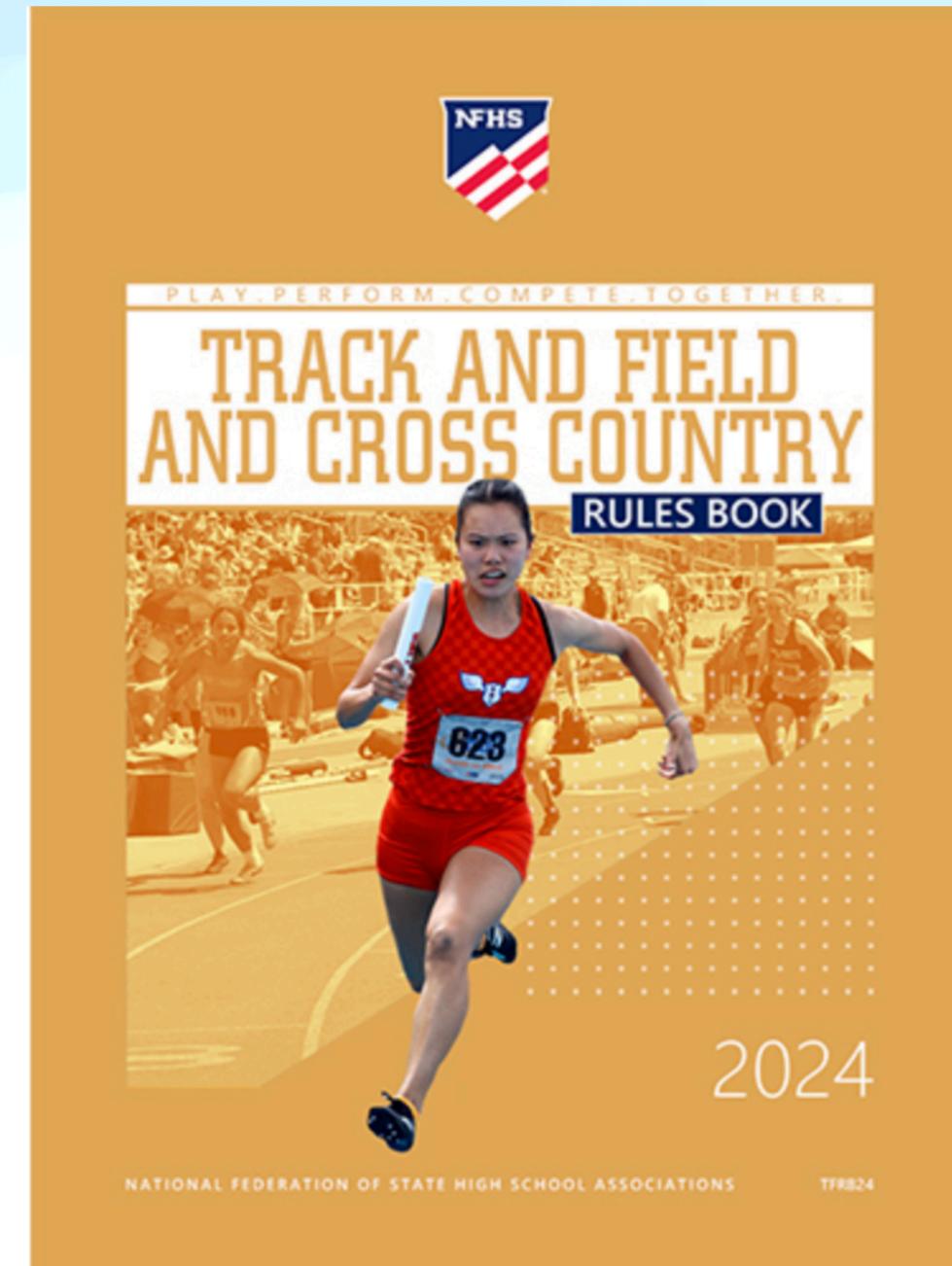
- Rules
- Resources
- Umpiring
- Know the track
- Running cases
- Random thoughts
- Appendix / time permitting



Rules

Know the applicable rules for the meet / event you're officiating

- NFHS Rules Book
- PIAA Modifications
- YAIAA By-laws (Junior High, Senior High)
- Host school Meet Conditions
- Pole Vault Verification Form
- Sportsmanship Message
- Know what's changed for the upcoming season



Rules

The Golden Rule for Track and Field officials

“No athlete is allowed to gain an unfair advantage and no athlete should have to suffer an unfair disadvantage.”



Resources

Dual Meets, Invitationals, Championships

- NFHS Case Book
- PIAA Suggested Techniques for Track and Field Officiating ([Here](#))
- NFHS pre-meet notes ([Here](#))
- STARTERS, by Eric D. Zemper, Ph.d ([Here](#))
- Starter Information ([Here](#))
- The Starter's Casebook
- 2023 PIAA Officials Convention Presentations ([Here](#))
- Officiating techniques authored by our chapter members

Umpires

Observe races and report infractions

- Dual meets commonly have 3 non-PIAA umpires, one at each 4 x 100 exchange zone, also one at the break line for the 1600m relay
- District III Championships needs 12 **good** umpires
- Reference “Suggested Techniques for Track and Field Officiating” (**pages 17 - 28**)
- Referee determines disqualifications



Know the track

How many turns: 1, 2, 3, 4?



Know the track

How many turns: 1, 2, 3, 4?



Know the track

How many turns: 1, 2, 3, 4?



Know the track

How many turns: 1, 2, 3, 4? What's a 3-turn stagger?



Know the track

How many turns: 1, 2, 3, 4? What's a 3-turn stagger?



2

1 & 3

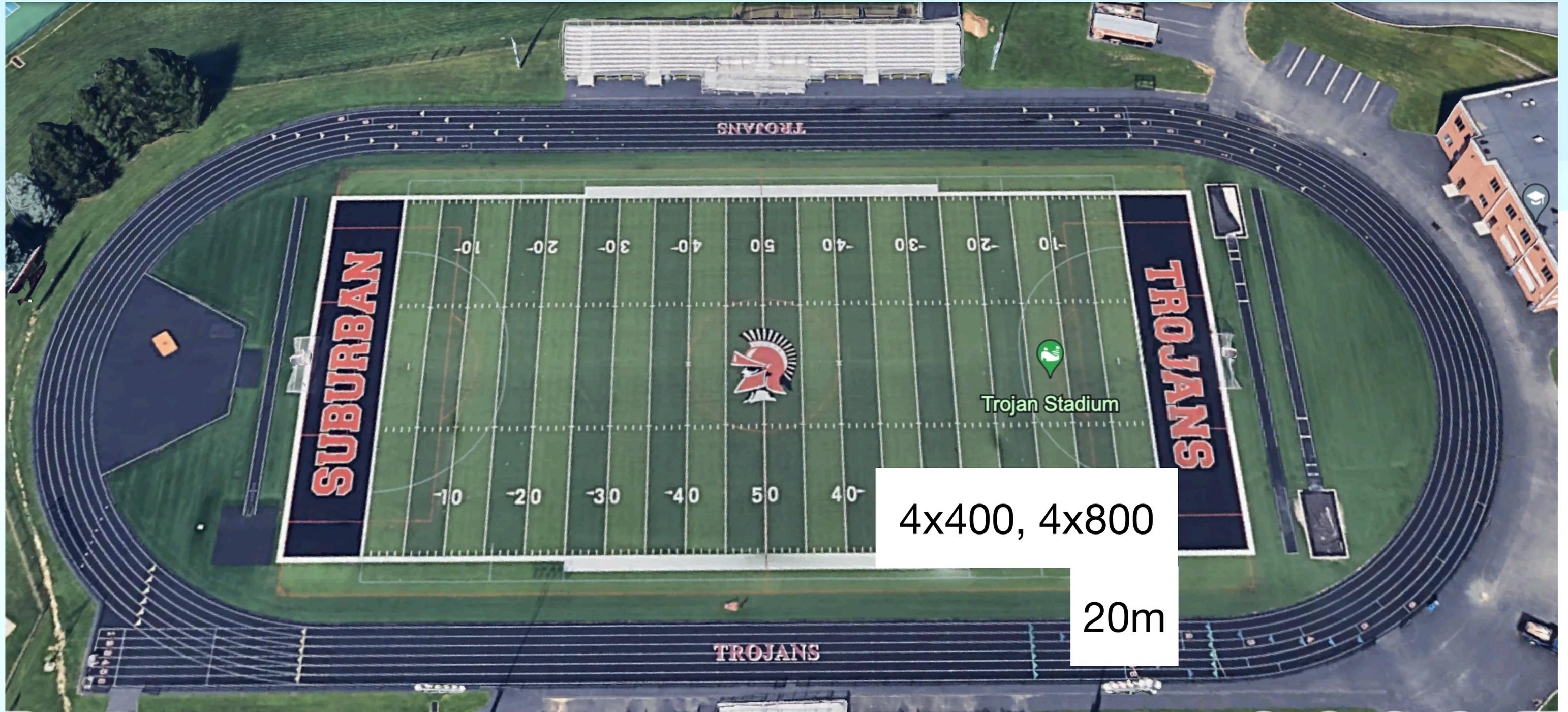
Know the track

How many meters in the exchange zone?



Know the track

How many meters in the exchange zone?

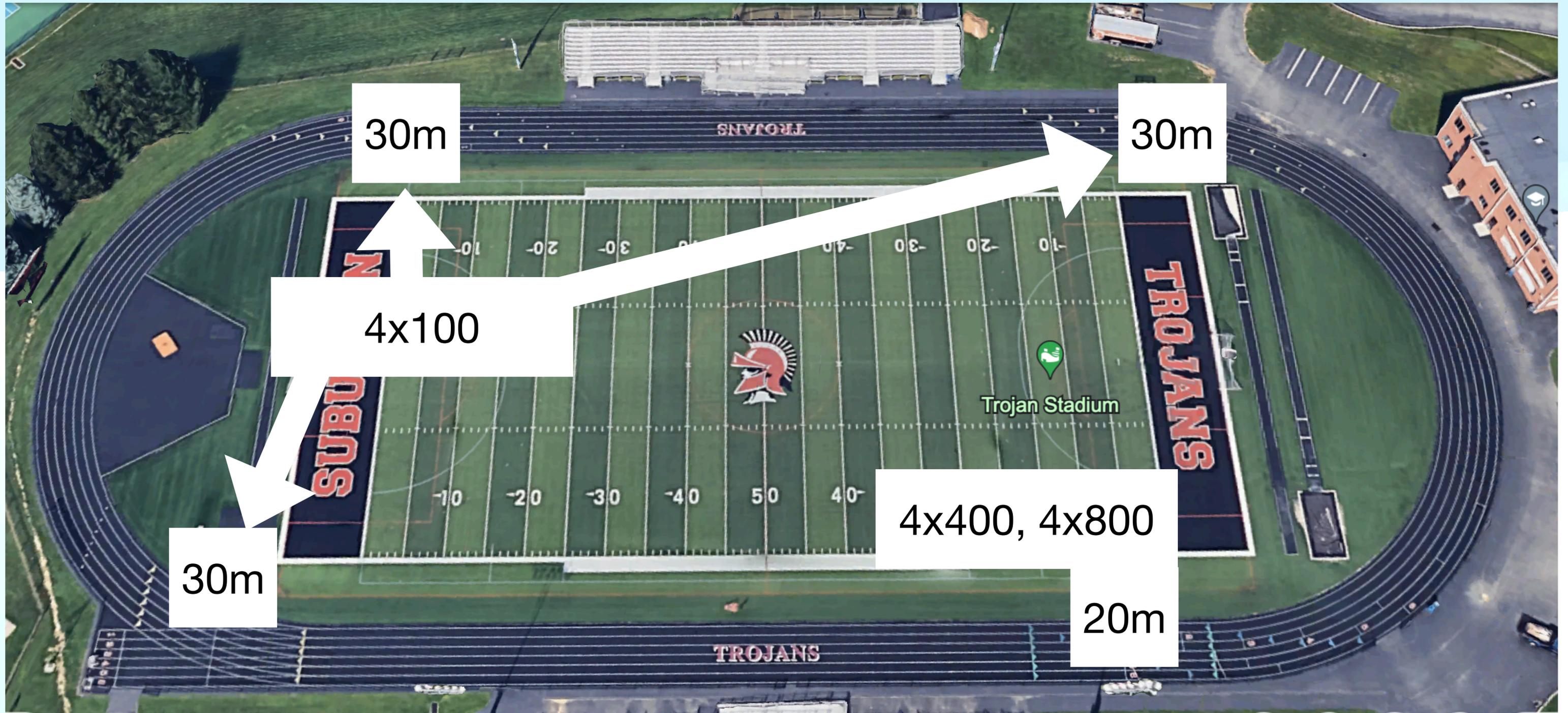


4x400, 4x800

20m

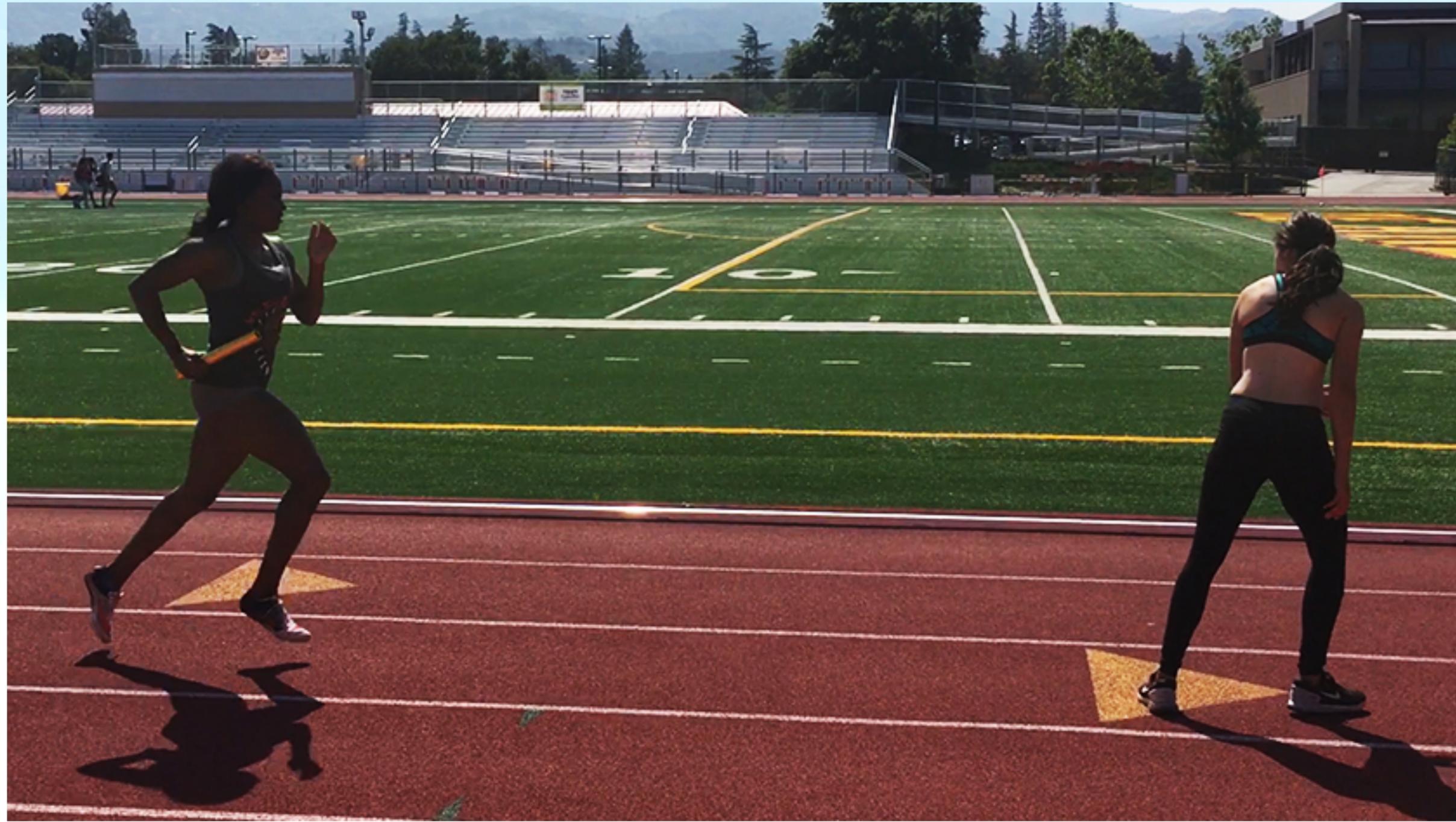
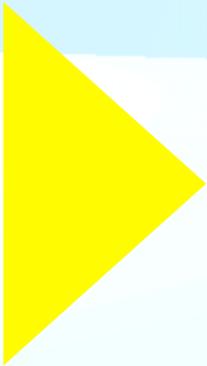
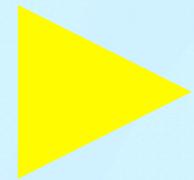
Know the track

How many meters in the exchange zone?



Know the track

Which triangles define the 4 x 100 exchange zone?



Know the track

Triangles defining the 4 x 100 exchange zone may vary by track



10M



20M



Know the track

Triangles defining the 4 x 100 exchange zone may vary by track



Know the track

What are the correct hurdle heights?

- Junior High Girls 100M
- Junior High Boys 110M

- Girls 100M
- Boys 110M

- Girls 300M
- Boys 300M



Know the track

What are the correct hurdle heights?

- Junior High Girls 100M
 - Junior High Boys 110M
 - Girls 100M
 - Boys 110M
 - Girls 300M
 - Boys 300M
- 30 in.
 - 33 in.
 - 33 in.
 - 39 in.
 - 30 in.
 - 36 in.



Running

Scoring hand times (It's not what you learned in 4th grade math)

Watch Result FAT = +.24

- 11.40
- 11.41
- 11.45
- 11.49



Running

Scoring hand times (It's not what you learned in 4th grade math)

Watch Result FAT = +.24

- 11.40 11.4
- 11.41 11.5
- 11.45 11.5
- 11.49 11.5



Running

Scoring hand times (It's not what you learned in 4th grade math)

Watch Result FAT = +.24

- 11.40 11.4 11.64
- 11.41 11.5 11.74
- 11.45 11.5 11.74
- 11.49 11.5 11.74



Running

Scoring hand times (It's not what you learned in 4th grade math)

Watch Result FAT = +.24

- 11.40 11.4 11.64
- 11.41 11.5 11.74
- 11.45 11.5 11.74
- 11.49 11.5 11.74

Finish place trumps time. 2nd heat may place.



Running Infractions

- What is the one infraction common to all races; regardless of running in lanes, not in lanes, relays or hurdles?



Running Infractions

- What is the one infraction common to all races; regardless of running in lanes, not in lanes, relays or hurdles?

Interference



Running Infractions

- What is the one infraction common to all races; regardless of running in lanes, not in lanes, relays or hurdles?



Interference

- How many running infractions are documented in the Rules?... 5, 10, 15, more?

Running Infractions

- What is the one infraction common to all races; regardless of running in lanes, not in lanes, relays or hurdles?



Interference

- How many running infractions are documented in the Rules?... 5, 10, 15, more?

All races	1
Relays	2
In lanes	5
Not in lanes	2
Hurdles	6
	<hr/>
	16

Running Infractions

- What would you think is the most common violation?



Running

Infractions

- What would you think is the most common violation?
- What's the call if the runner in Lane 2 takes 3 steps on this line?



Running

Infractions

- What would you think is the most common violation?
- What's the call if the runner in Lane 2 takes 3 steps on this line?
- What's the call if the runner in Lane 2 takes 3 steps on this line?



Running Infractions

- What's the call if the runner in Lane 2 takes 3 steps on this line?



Running Infractions

- What's the call if the runner in Lane 2 takes 3 steps on this line?
- What's the call if the runner in Lane 2 takes 3 steps on this line?



Running Infractions

- Eastern's 4x400 team started in lane 3, the anchor finished here. What's the call?



Running Infractions

- Eastern's 4x400 team started in lane 3, the anchor finished here. What's the call?
- Dallastown's 100m runner in lane 6 finishes with 1 foot here. (No interference) What's the call?



Running Infractions

- How many steps are permitted inside the assigned lane before crossing the break line?



Running Infractions

- How many steps are permitted inside the assigned lane before crossing the break line?
- 300m Intermediate Hurdles:
The runner assigned to lane 3 clears the 8th hurdle in lane 4 without causing interference.
What's the call?



Running

Legal running

- Running outside assigned lane on a curve - without interference



Running

Legal running

- Running outside assigned lane on a curve - without interference
- Passing another runner on the inside or the outside



Running

Legal running

- Running outside assigned lane on a curve - without interference
- Passing another runner on the inside or the outside
- Dropped baton - with proper retrieval



Random thoughts on mistakes to avoid

Please don't do this...

- Call “Mark” for a Fair jump or throw
- Walk in front of sprinters or hurdlers
- Stand unprotected at the throws cage
- Allow unsupervised warm-ups, especially throws
- Ignore a False Start, or any rule...



What we talked about

- Rules
- Resources
- Umpiring
- Know the track
- Running cases
- Random thoughts
- Appendix / time permitting



Rules - NFHS

False starts (Reference Spring Grove FS photo)

- 5-7-4 THE START - Starting violations
 - ELIMINATED: “Failure to remain motionless after assuming the set position...”
 - c. “... leaves their mark with a hand or foot after the set command...”
 - d. “... leaves their mark with a forward motion...” “
 - NOTE: Extraneous motion does not necessarily require a false start unless criteria in the rule is met... If the starter thinks the movement creates unfairness, the starter may cancel the start... or recall the race as unsteady or unfair.

Know the track

How to instruct the 1600m Relay, 3-turn stagger

- Lead off runner: Your start is the staggered blue start line. You must run in your lane the entire lap.
- 2nd runner: Take a starting position on the staggered exchange zone triangle (or within the zone.) You must run in your lane until crossing the break line.
- 3rd and 4th runners: You are not in lanes and may run entirely on the inside of the track (without stepping on the inside lane line.)