**Key Rules and Regulations – Relating to the Start –**

**2022-2024**

**Black** – Rule, **Purple** – UKA Domestic Ruling, **Green** – Guidance

**All** taken directly from current UKA Rule book.

Full, in-depth rulings can be found and should be taken directly from the current Rule book.

**Track Measurements (TR14.4)**

In all races up to and including 400m, each athlete shall have a separate lane, with a width of 1.22m ± 0.01m, including the lane line on the right, marked by white lines 50mm in width.

RULE T24 S1 UKA SUPPLEMENT - RELAY RACES

(1) On completion of the final leg the baton is to be handed to an official by the last runner. It is not to be dropped or thrown from the hand. Failure to comply with this instruction may lead to disqualification. (See also Rule T7)

(2) The 4 x 300m Relay uses the 800m start line with the first leg being run in lanes until the break line described in Rule T17.5.1 (one bend in lanes).

The takeover zones for the 2nd, 3rd and 4th legs will be 30 metres, with no acceleration permitted (Rule T24.19). Athletes for the 2nd, 3rd and 4th legs will be lined up by a designated official in the order (inside to out) of their respective team members as they enter the last bend (Rule T24.20).

**Starting Blocks (TR15)** (15.1)

Starting Blocks Starting blocks shall be used for all races up to and including 400m (including the first leg of the 4 × 200m, the Medley Relay and 4 × 400m) and shall not be used for any other race. When in position on the track, no part of the starting block shall overlap the start line or extend into another lane, with the exception that, provided there is no obstruction to any other athlete, the rear part of the frame may extend beyond the outer lane line.

TR15 S1 UKA SUPPLEMENT - STARTING BLOCKS

The use of starting blocks is optional, except where blocks incorporating false start detection equipment are in use when all competitors shall be required to use only the starting blocks provided. If false start detection equipment is not in use, athletes may use their own starting blocks, but such starting blocks must be approved by the Starter.

For the avoidance of doubt in races up to and including 400m if the use of starting blocks is not compulsory (except as defined in Rule T15) then a crouch start does not have to be applied.

NOTE: On synthetic surfaced tracks the Competition Provider may insist that only starting blocks provided by them shall be used.

**The Start (TR16)** (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.

**False Start** **(TR16.6)**

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.

**Conduct Warnings (CR18.5)**

The applicable Referee shall have authority to warn or exclude from competition, any athlete or relay team guilty of acting in an unsporting or improper manner or under Rules 6, 16.5, 17.14, 17.15.4, 25.5, 25.19, 54.7.6, 54.10.8 or 55.8.8 of the Technical Rules. Warnings may be indicated to the athlete by showing a yellow card, exclusion by showing a red card. Warnings and exclusions shall be entered on the result card and communicated to the Competition Secretary and to the other Referees.

In disciplinary matters, the Call Room Referee has authority starting from the Warm-up Area up to the competition area. In all other instances, the Referee applicable to the event in which the athlete is or was competing, shall have authority. The applicable Referee (where practicable after consulting the Competition Director) may warn or remove any other person from the competition area (or other area related to the competition including the Warm-up Area, Call Room and coaches seating) who is acting in an unsporting or improper manner or who is providing assistance to athletes that is not permitted by the Rules.

Note (i): The Referee may, where the circumstances justify it, exclude an athlete or relay team without a warning having been given. (See also Note to Rule 6.2 of the Technical Rules)

Note (ii): The Referee for events outside the stadium shall, wherever practicable (e.g. under Rules 6, 54.10 or 55.8 of the Technical Rules), give a warning prior to disqualification. If the Referee’s action is contested, Rule 8 of the Technical Rules will apply.

Note (iii): When excluding an athlete or relay team from competition under this Rule, if the Referee is aware that a yellow card has already been given, they should show a second yellow card followed immediately by a red card.

Note (iv): If a yellow card is given and the Referee is not aware that there is a previous yellow card, it shall, once this is known, have the same consequence as if it was given in association with a red card. The relevant Referee shall take immediate action to inform the athlete or relay team or their team of their exclusion.

The below key points are made to provide guidance and clarity in relation to the way in which cards are shown and recorded:

a. Yellow and red cards can be given either for disciplinary reasons (refer mostly to Rule 18.5 of the Competition Rules and Rule 7.2 of the Technical Rules) or for technical infringements in case they are serious enough to be considered unsporting manners (e.g. a serious and clear deliberate obstruction in a race).

b. Whilst it is normal and usually expected that a yellow card would have been given before a red card, it is envisaged that in the cases of particularly bad unsporting or improper behaviour a red card can be given immediately. It should be noted that the athlete or relay team has in any case the opportunity to appeal such a decision to the Jury of Appeal.

c. There will be also some cases in which it is not practical or even logical for a yellow card to have been issued. For example the note to Rule 6.2 of the Technical Rules specifically allows for an immediate red card if justified in cases covered by Rule 6.3.1 of the Technical Rules such as pacing in races.

d. A similar situation might also follow when a Referee issues a yellow card and the athlete or relay team responds in such an inappropriate manner that it is justified to then immediately give a red card. It is not essential for there to be two completely different and distinct in time instances of inappropriate behaviour.

e. As per Note (iii), in cases where a Referee is aware that the athlete or relay team in question has already received a yellow card during the competition and they propose to issue a red card, the Referee should first show a second yellow card and then the red card. However if a referee does not show the second yellow card, it will not invalidate the issuing of the red card.

f. In cases where a Referee is not aware of a pre-existing yellow card, and he shows only a yellow card, once this becomes known, the appropriate steps should be taken to disqualify the athlete as soon as possible. Normally, this would be done by the Referee advising the athlete directly or through his team.

g. In cases of relay events, cards received by one or more members of the team during any round of the event shall count against the team. Therefore, if one athlete receives two cards or two different athletes receive a yellow card in any round of the particular event, the team shall be regarded as having received a red card and shall be disqualified. Cards received in relay events are only applicable to the team and never applicable to an individual athlete.

**Protests and Appeals (TR8.4.1/8.4.2/8.4.3)**

**8.4.1** In a Running or Race Walking Event, if an athlete makes an immediate oral protest against having been charged with a false start, the Start Referee (or if one is not appointed, the relevant Running and Race Walking Referee) may, if they are in any doubt, allow the athlete to compete “under protest” in order to preserve the rights of all concerned. Competing “under protest” shall not be allowed if the false start was indicated by a World Athletics certified Start Information System, unless for any reason the Referee determines that the information provided by the System is obviously inaccurate.

**8.4.2** a protest may be based on the failure of the Starter to recall a false start or, under Rule 16.5 of the Technical Rules, to abort a start. The protest may be made only by, or on behalf of, an athlete who has completed the race. If the protest is upheld, any athlete who committed the false start or whose conduct should have led to the start being aborted, and who was subject to warning or disqualification according to Rules 16.5, 16.7, 16.8 or 39.8.3 of the Technical Rules, shall be warned or disqualified. Whether or not there may be any warning or disqualification, the Referee shall have the authority to declare the event or part of the event void and that it or part of it shall be held again if in their opinion justice demands it. Note: The right of protest and appeal in Rule 8.4.2 of the Technical Rules shall apply whether or not a Start Information System is used.

**TR8.4.3** if a protest or appeal is based on an athlete’s incorrect exclusion from an event due to a false start and it is upheld after the completion of the race, then the athlete should be afforded the opportunity to run on their own to record a time in the event and consequently, if applicable, to be advanced to subsequent rounds. No athlete should be advanced to a subsequent round without competing in all rounds unless the Referee or Jury of Appeal determines otherwise in the particular circumstances of the case, e.g. the shortness of time before the next round or the length of the race. Note: This Rule may also be applied by the Referee, the Jury of Appeal in other circumstances where it is deemed appropriate (see Rule 17.2 of the Technical Rules)

When the Start Referee decides on an immediate oral protest made by an athlete for being charged with a false start, they have to consider all the available data and in case of only a reasonable possibility that the athlete’s protest may be valid, they should allow the athlete to compete under protest. After the race, a final decision must be taken by the Referee, a decision that may be subject of an appeal to the Jury. But to be clear, the Referee should not allow an athlete to compete under protest if the false start has been detected by a Start Information System that appears to be working properly or in cases where it is very clear by visual observation that the athlete has committed a false start and there is no valid reason to allow the protest. These rules not only apply where a Starter failed to recall a false start but where also a Starter failed to correctly “abort” a start. In both cases the Referee must consider all factors involved in the particular case and must decide if the race (or part of it) has to be re-held. Giving two examples of extreme situations, it will not be logical or necessary to re-run a Marathon race in a case where an athlete who finishes was responsible for a non-recalled false start. But the same will probably not be the case in a sprint event where an athlete was responsible for a non-recalled false start as this may have affected the start and subsequent race of other athletes. On the other hand, if for example in a preliminary round, or perhaps even more so in a race within a Combined Event, it was clear that only one or some athletes were disadvantaged by a failure to recall a false start or to abort a start, a Referee could decide that only those athletes be given the opportunity to run again – and if so under what conditions. Rule 8.4.3 of the Technical Rules covers the situation in which an athlete is wrongly given a false start and excluded from a race.

**RULE T8 S1 UKA SUPPLEMENT PROTESTS AND APPEALS**

For meetings where there is no Jury of Appeal and / or Technical Information Centre the following provisions shall apply:

(iv) Where protests are made in respect of the Start, the Starter’s decision is final.

**CR18.5 and Unsporting or Improper Behaviour and TR7 S1(2) Misconduct**

**(Within June 2022 Supplementary Guidance Notes)**

Spitting (or similar) in warm up, call room, competition or any other public area may be regarded as acting in an unsporting or improper manner and treated as a conduct offence and will be dealt with by a warning or disqualification (yellow card and / or red card offence). The Event Referee will determine whether a yellow or red card is shown. This determination may apply a red card where spitting directly towards an individual or persistent spitting but yellow for less serious offences. Athletes should be aware that different interpretations may apply from event to event. Warnings or disqualifications under this rule cannot be appealed as the Referee’s decision is final (Rule TR8 S1(2)(iii)).