

Scottishathletics Start Team

Rule of the Month – December 2022

TR16.1 – The Start

TR16.1 covers the Start of the race, width of the Start line inside the stadium and out with.

It also looks at the extension of the start line and the direction athletes should face prior to the start procedures commencing.

UKA/World Athletics Rule – TR16.1

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.

World Athletics Guidance – TR16.1

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.

In Practice

Athletes' are positioned in their lane, after trail starts out of blocks and/or over hurdles.

Ideally athletes should be 2-3 meters behind their Start line in preparation for athlete introduction and Starters' commands.

Starters' Assistants will ask and inform athletes' to follow this instruction.

On Track – Straight Race View



On Track – Echelon Race View



The In-Charge (IC) Starters' Assistant will remain at the side and at the head of the echelon to show the Starter their white board when athletes' are ready and to allow the Starter to commence the Starting procedure.

To ensure no athlete gains an advantage over their opponents, the IC will inform any athlete that strays out of 'line' and where they have been asked to remain to move back in line in a polite and professional manner.

On Track – Echelon Extension view



- The start line can be extended as long as the same surface is available.
- Yellow Lines on track highlight how the Start line can be extended