

Scottishathletics Start Team

Rule of the Month – October 2022

TR15.1 - Starting Blocks

UKA/World Athletics Rule - TR15.1

Starting blocks shall be used for all races up to and including 400m (including the first leg of the 4 x 200m, the Medley Relay and 4 x 400m) and shall not be used for any other race. When in position on 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.

A ruling and guidance that is lesser known and not commonly used amongst athletes, Starting Blocks are allowed to overlap the outer edge of an athlete's lane and out into the lane next to them.

Here are some extracts from the current rule book along with clarification text and images showing acceptable block placement on echelons. Hopefully after reading, you will gain a better understanding of exactly where they can be placed to aid an athletes own personal start.

World Athletics Guidance for Implementation

This rule should also be interpreted so that:

- a. No part of the frame or footplates can overlap a start line;
- b. The frame only (but not any part of the footplate) can extend into the outer lane provided there is no obstruction. This reflects the long standing practice of athletes at the start of races on a bend placing their blocks at an angle to run the most direct line after the start.

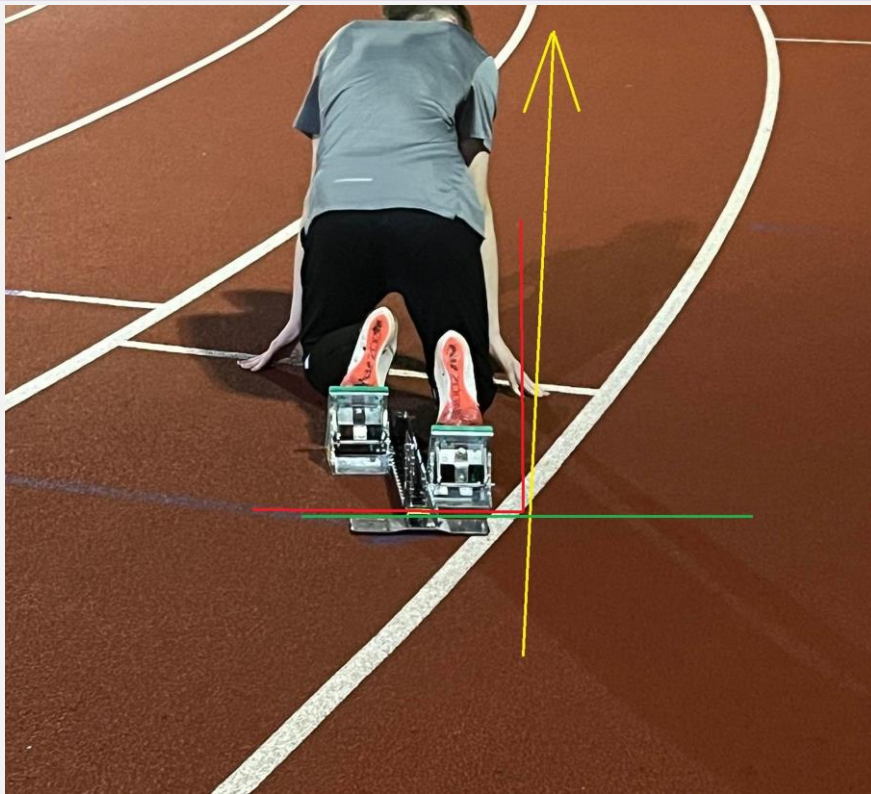
In Practice

The athlete/s in practice must only have the frame entering the outer lane if no obstruction the athlete in that lane is taking place.

Under no circumstances shall any part of the starting block cross the start line.

The athletes using this in practice gain a straighter run into the echelon, thus able to accelerate quicker.

On Track – Rear view

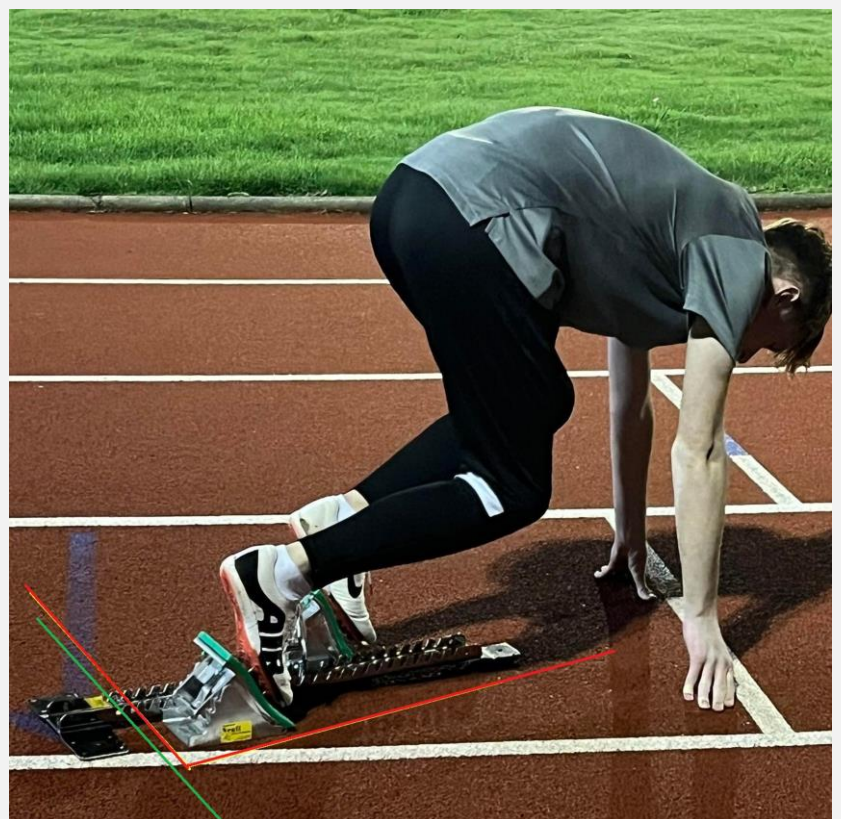


-Having Starting blocks out into the next lane allows for a straighter start into the echelon (yellow arrow).

-Footplate must remain within the athlete's lane (red line).

-The 'T' frame can extend out into the outer lane, provided that it does not obstruct any athletes (green line).

On Track – Side view



*Photos courtesy of Sophie Allan