



Study Guide 1 - Umpire

Study Guide 1 – Umpire - Program Learning/Performance Objectives

Junior Official Program Study Guides

The purpose of the Study Guides in this program are to help you acquire the knowledge needed to be able to understand and create a brief statement of the information that you will need for course completion and future knowledge. You might think of this Study Guide as a mini-outline to the different official positions that are involved in Track and Field competitions. Consider this Study Guide as a condensed version of all the important information that you will need to complete the Junior Officials Program successfully.

Each Official's duties, skills, and behaviors are contained in the 17 different Study Guides offered in this program. These Study Guides are a combination of

- Adopted USATF 2020 Competition Rules.
- Best Practices (those skills that describe “what works best” in a particular situation or environment). These Study Guides are data supported successes and researched supported over time, as offered by Track & Field officials in the quest for accountability for reliable methods.
- USATF Code of Ethics
- USATF Professional Guidelines

Procedures

Once you have the Study Guide in front of you, do more than just read it. Take the time to look at the material to understand what you will be asked to do. Start by reading the description to formulate a big-picture idea of what your Mentors assessment will look like. Then, review the list of concepts.

Quizzing yourself is a highly effective study technique. Make a copy of the Mentors Checklist and carry it with you to the meets so you can review the questions and answers periodically throughout the day and across several days/meets. Identify the questions that you have and quiz yourself on only those questions. Say your answers aloud.

The important skills needed in this Guide correspond to the Learning and Performance Objective numbers that begin with the abbreviation **U (Umpire)**. Total LO/PO's (**U1-U24**).

Ask questions of your Mentors, they are there to answer your questions and guide you to learning and performing as a USATF official.

Good Luck to you on your journey to become a USATF Certified Official!



Study Guide 1 - Umpire

Skills Required to Advance (Upgrade) to Association Level:

Track Layout and Management
Determining Violations (lanes, hurdles, exchange zones, etc.)
Reporting Violations
Relay Zone
Hurdles
Basic Rule Interpretation
Event Safety
All Basic Apprentice Level Requirements

2020 USATF RULE 127 - Umpires

1. The Chief Umpire, who is directly responsible to the Referee, shall generally supervise Umpires. The Chief Umpire shall:
 - (a) Brief and review with Umpires the appropriate rules of competition and any special regulations established for the competition by the Games Committee or the Referee;
 - (b) Place Umpires at locations where they may best perform their duties;
 - (c) Secure from Umpires complete details, both orally and written, of any alleged violations and immediately submit the report of the alleged violation to the Referee; and
 - (d) Check the number, condition, and height of the hurdles and the placement and distance between hurdles .
2. Umpires are assistants to the Referee, to whom the Chief Umpire shall report, and have no authority to make final decisions.
3. Umpires, among other things, should be assigned to oversee the conduct of hurdle races and the passing of batons at the exchange zones in relay events.
4. It shall be the duty of an Umpire to:
 - (a) Stand at such point as the Referee or Chief Umpire may designate;
 - (b) Watch the competition closely and, in case of a foul or violation of the rules by a competitor or other person, communicate such breach by either raising a yellow flag or using other reliable means approved by the Games Committee; and
 - (c) Report, orally and in writing, to the Chief Umpire what he/she saw of the incident, even if the competitor or team does not finish the race.
5. When an Umpire observes that a competitor has run in a lane other than the assigned lane or that a relay baton has been passed outside the exchange zone, the umpire should immediately make a similar notation on paper.



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- In walking events, the assigned Umpires shall perform their duties as in any other event, but shall not be responsible for technique rules, which are the responsibility of the Judges of Race Walking.

USATF OFFICIALS BEST PRACTICES

UMPIRING – GENERAL INFO & RULES

(Also see detailed info in the USATF Umpire Manual / Monograph)

Personal Equipment: (U.1)

clipboard, pen/pencil, rulebook, paper or small notebook, clear plastic bag for clipboard clothing for all weather conditions.

Equipment from Meet Management: (U.2)

yellow flags, incident report forms, chairs.

Role of the Umpire (U.3)

Umpires observe track competitions to report apparent rule violations which can harm a competitor's opportunities or give unfair advantage to one runner over others. Umpires report possible violations of rules and other occurrences of note through the Head Umpire to the Track Referee. The Referee determines if a rules violation has occurred and takes appropriate action consistent with the applicable rules, including disqualification. Umpires observe and report violations of running in lanes, impeding other runners, illegal assistance, hurdling, and relay exchanges.

Prior to the Event (U.4)

- Umpires report to a designated meeting area not less than 30 minutes prior to the first running event.
- The Head Umpire conducts a meeting to: distribute flags, cones and reporting forms; assign umpires to cover specific positions to best observe each event and any needed re-positioning; review the schedule, the reporting procedure, review key rules to be applied and any special provisions established by Games Committee, hurdle placement and movement, and any other information needed for the umpires to perform their duties. This may include a walk of the track to review markings.
- Umpires should become thoroughly familiar with the sector of the track they are assigned to cover and determine the best points of observation for each event – if not assigned specific positions.

Location (U.5)

The Chief Umpire will determine positioning, with priority given to covering the four turns. The next priority is positions midway between the first four. Placement is generally on the outside of the track, but may be inside on occasions; positioning in the stands may also be appropriate in an area that is restricted and not accessible to spectators, athletes, or coaches. For hurdle and steeplechase races an umpire should be on each side of the track for each flight of hurdles or barrier if possible. For relays, umpires must cover the passing zones, with the priority being at the end of the zone.

Observation (U.6)

The umpire should be in a position to observe the competitors within her/his line of sight as the field passes, the hurdles are cleared, or the baton is exchanged.

Reporting Observations and Forms (U.7)



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- Only those specifically assigned to the umpiring task or requested by the Referee to observe all of the competitions may submit an observation form that may result in a disqualification
- A general rule of thumb is: if you think it happened, it didn't; if you're sure it happened, it did and report it.
- When a possible violation, or something outside of normal progress is observed, the umpire raises a yellow flag. Upon completion of the event and without consultation with any other person, the umpire completes a report form and provides it to the Head Umpire or Referee. The report should describe the what, where, when, & how of a violation, and the who - the event, heat #, lane #, bib #, and school or uniform color
- The Referee may ask clarifying questions or for collaborating observations from other umpires. If Referee judges there is not indisputable evidence of a violation, there may be a decision to take no action.

Follow-up (U.8)

Immediately following that day's meet or during a major break in the competition, the umpires should meet with the Head Umpire and Referee to debrief on the meet and lessons learned.

USATF OFFICIALS BEST PRACTICES

RULES INFORMATION FOR UMPIRES

Legal Running (U.9)

Running with Lanes In races run in lanes, competitors shall start and finish within their assigned lanes.

Note: If a runner runs outside the assigned lane in the straight-away or runs outside the outer line on the curve, with *no material advantage gained, and no other runner obstructed, no disqualification will take place.*

Legal Running Without Lanes The following situations will constitute legal running in non-lane events:

1. A competitor may run anywhere on the track at any pace or any change of pace as long as the competitor does not impede or obstruct by anybody or arm action the progress of another runner.
2. A competitor may pass another runner legally on EITHER the right or left side.
3. A competitor may cut in front of another runner, provided that the overtaking runner has one full stride. (This rule also applies to the curved line start.)
4. A competitor who is lapped in a distance race shall run a normal course.

Note: If a runner is required to withdraw, the runner shall exit to the inside of the track. The Games committee determines the number of lapped runners who shall remain in the competition.

Running Violations (U.10)

All Races When an athlete commits an infraction of the rules in a race to aid a teammate, all persons from the offending team in that race shall be disqualified. Such an infraction would be reported by the umpire and ruled on by the Referee.

In Lanes Disqualification shall be ruled by the Referee when a competitor:

1. Flagrantly (as determined) by the Referee) impedes another runner.
2. In a race run on a curve, steps on or over the lane line to the left with two consecutive steps with either both feet or a single foot. (NCAA)
3. In a race run on a curve, steps on or over the lane line to the left (USATF and IAAF)
4. In a race run on a curve, steps on or over the lane line to the left with three or more consecutive steps with either or both feet (NFSHSA)
5. In a race starting but not finishing in lanes, the athlete does not cross the break line with the assigned lane;
or



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6. Does not start and finish within the assigned lane.

Note: The Referee, after consulting with the appropriate officials, *shall not* D.Q. competitors who: 1. Are pushed or forced by another runner to step on or over the lane line to the left with no material advantage gained, or 2. Step out of their lanes on the straightaway.

Not in Lanes Disqualification shall be ruled by the Referee when a competitor:

1. Each competitor shall run in a direct line after entering the final straightaway in all races of more turns unless there is another competitor in his or her path.
2. Jostles, cuts across or obstructs another competitor so as to impede the other runner's progress. Direct contact is not necessary; any action that causes another runner to break stride or lose momentum can lead to D.Q.
3. Veers to the right or to the left so as to impede a challenging runner and causes the challenging runner to run a greater distance.
4. Voluntarily leaves the track and presumably the race, then returns later to continue the race.
5. Tries to force a way between two runners, and makes direct contact so as to impede the progress of either.

Note: The Referee, after consulting with the appropriate officials, shall not D.Q. competitors who: 1. Are pushed or forced by another runner to step on or over the curb with no material advantage gained. 2. Step on or over the curb on the straightaway unless an advantage is gained by improving position.

USATF OFFICIALS BEST PRACTICES

Illegal Assistance (U.11)

On the report of an official, D.Q. shall be ruled by the Referee when a competitor has been aided by a coach, a lapped teammate pacing, teammate not in the race, or a non-competitor connected with the competitor's team, directly or indirectly, who is on the track or within the infield track area.

1. Advances or trails a leg or foot outside the hurdle width and below the top horizontal plane at the instant of hurdle clearance.
2. Does not hurdle each hurdle within the competitor's lane.
3. Runs over a hurdle not in the hurdler's lane.
4. Impedes another hurdler, or
5. Deliberately knocks down any hurdle

The Steeplechase (U.12)

D.Q. shall be ruled by the Referee when a competitor:

1. Does not attempt every hurdle.
2. Advances or trails a leg or foot outside the hurdle width and below the top horizontal plane at the instant of clearance.
3. Does not traverse over each hurdle, or
4. Does not go over or entirely through the water.

The Relays

Passing the Baton (U.13)

The baton must be passed, not thrown, by each runner to the succeeding runner. If, in a genuine attempt to pass the baton, it is dropped within the passing zone, either runner may retrieve it in high school or NCAA competitions but only the runner who dropped it in USATF and IAAF competitions. A baton dropped outside the



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passing zone must be recovered by the person who dropped it in all competitions. A member of the relay team may not run outside the passing zone for the purpose of taking the baton from a faltering or fallen teammate. After passing the baton, competitors must remain in their lanes or established path until the course is clear in order to avoid contact with the other competitors. The wearing of gloves, or use of materials or substances to obtain a better grip of the baton is not permitted.

Relay Racing Violations (U.14)

The Referee shall disqualify a relay team when:

1. During a relay race, any member of that team is Disqualified.
2. The baton is passed outside the 20 meter passing zone for the 4X400 and longer relays (30 meter passing zone for 4x100 and 4X200 relays).
3. The baton is recovered illegally after being dropped.
4. While running, a team member transports the baton in some manner other than in hand.
5. The last runner of the team finished the race without the baton.
6. After passing the baton, a runner veers out of the passing lane or from a straight course, and flagrantly impedes an opposing runner.
7. Assuming a preparatory position in any race run in lanes, any part of the outgoing runner breaks the plane of the adjacent lane lines so as to interfere with another runner.
8. The outgoing runner waiting for the baton does not take a position within the passing zone.

Check Marks (U.15)

Except in the case of relay races run in lanes, competitors may NOT make check marks or place objects on or alongside the running track for their assistance.

Note: Some materials may be supplied by the organizers and may be used at the discretion of the judge. The runner must be positioned entirely inside the zone within the runner's lane. Outgoing runners *may mark* a takeoff point on the track with a material flush with, but not harmful to the surface, preferably tape. Depending on the rulebook there are some limitations on the size/number of marks.

RULE 168 HURDLES (U16)

1. For outdoor competition, the standard distance for hurdle races, which shall have 10 flights of hurdles in each lane and set out in accordance with the following table, shall be:
- 2.

	Distance of Race	Height of Hurdle	Distance from Start to First Hurdle	Distance Between Hurdles	Distance from Last Hurdle to Finish
U20 Men	110m	0.995m (+0.005)	13.72m	9.14m	14.02m
Men	110m	1.067m (+0.003)	13.72m	9.14m	14.02m
Men	400m	0.914m (+0.003)	45m	35m	40m
Women	100m*	0.840m (+0.003)	13m	8.5m	10.5m
Women	400m*	0.762m (+0.003)	45.	35m	40m
*For experimental purposes, women's events may be conducted with a hurdle height of 0.914m (36 inch).					



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NOTE: For Indoor specifications, see Rule 217. For specifications for Masters races, see Rule 332.2(j). For specifications for Youth Athletics, See Rule 302.4

2. A hurdle shall be of such strength and stability as not to be broken easily by a competitor hitting the same, and if of the reversible or adjustable type, shall be rigid when so adjusted.
3. All races shall be run in lanes. Each athlete shall go over each hurdle and shall keep to his or her own lane throughout. In addition to the applicable provisions of Rule 163, a competitor shall be disqualified if:
 1. (a) His/her leg or foot is, at the instant of clearance, beside the hurdle (on either side) below the horizontal plane of the top of any hurdle; or
 2. (b) In the opinion of the Referee, he/she deliberately knocks down any hurdle.

NOTE: Provided that this Rule is otherwise observed and the hurdle is not displaced or its height lowered in any manner including tilting in any direction, a competitor may go over the hurdle in any manner.

3. (c) He/she directly or indirectly knocks down or significantly displaces a hurdle in another lane (unless there is no effect or obstruction upon any other competitor(s) in the race).
4. Except as provided in paragraph 3 above, the knocking down of one or more hurdles does not disqualify the athlete nor prevent a record provided standard 3.6kg pull-over weight hurdles have been used.

NOTE: Under IAAF Rule 168.9, in establishing a world record a complete set of hurdles of the international type must have been used. For specification of the hurdles, see USATF Rule 168.5 - 168.11.

5. **Construction** - The hurdles shall be made of metal or some other suitable non-metallic material with the top bar of wood or some other suitable material and shall consist of two bases and two uprights supporting a rectangular frame reinforced by one or more crossbars, the uprights to be fixed at the extreme end of each base. The hurdles shall be of such design that a force of at least 3.6kg (8 lb.) applied horizontally to the center of the top edge of the crossbar is required to overturn it. The hurdles may be adjustable in height for each event. The counterweights must be adjustable so that at each height a horizontal force of at least 3.6kg (8 lb.) and not more than 4.0kg is required to overturn it. **NOTE:** A diagram showing the design of approved hurdles appears in Figure 1.
6. **Width** - The maximum width shall be 1.20m.
7. **Length** - The maximum length of the base shall be 70cm.
8. **Top Bar** - The top bar shall be 7cm wide and shall be striped in black and white or in some other strong distinctive contrasting colors, also in contrast with the surrounding environment, in such a manner that the lighter stripes appear for at least 22.5cm at each end of the bar. The thickness of this bar shall be between 10 and 25mm and the top edges should be rounded. The bar should be firmly fixed at the extremities. The top bar shall be of a length equal to the width of the lane in which it is placed.



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9. **Placement** - The hurdles shall be so placed on the track that the feet of the hurdles shall be on the side of the approach by the competitor. The hurdle shall be so placed that the edge of the bar nearest the approaching hurdler coincides with the track marking nearest the approaching hurdler.
10. **Weight** - The total weight of the hurdle shall be not less than 10 kilograms.
11. **Testing** - To check the resisting force of hurdles, a simple spring balance should be used to apply a pulling force horizontally to the center of the crossbar. Alternatively, use a cord with a hook applied horizontally to the center of the crossbar; take the cord along over a pulley fixed appropriately and load the other end of the cord with weights.

NOTE: *The so-called "rocker" hurdle does not comply with the above specifications.*



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USATF OFFICIALS BEST PRACTICES

HURDLE PLACEMENT & HEIGHT COMPARISON – (U17)

Organiz./Age Group	Distance	Number	Height	Dist. To 1st	Between	Last to Finish	Typical Mark
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MEN - OUTDOOR							
Jr. High	110	10	33"	13.72m	9.14m	14.02m	Blue
High School	110	10	39"	13.72m	9.14m	14.02m	Blue
NCAA, USATF, IAAF	110	10	42"	13.72m	9.14m	14.02m	Blue
Jr. High	200	5	30"	50m	35m	40m	Green
High School	300	8	36"	45m	35m	40m	Green
NCAA, USATF, IAAF	400	10	36"	45m	35m	40m	Green
NCAA, USATF, IAAF	3000 SC	4 barriers, 1 water jump/lap	36"	No barrier until past finish line 1st time			Black

WOMEN - OUTDOOR							
Jr. High	100	10	30"	13m	8.5m	10.5m	Yellow
High School	100	10	33"	13m	8.5m	10.5m	Yellow
NCAA, USATF, IAAF	100	10	33"	13m	8.5m	10.5m	Yellow
Jr. High	200	5	30"	50m	35m	40m	Green
High School	300	8	30"	45m	35m	40m	Green
NCAA, USATF, IAAF	400	10	30"	45m	35m	40m	Green
NCAA, USATF, IAAF	3000 SC	4 barriers, 1 water jump/lap	30"	No barrier until past finish line 1st time			Black

MEN - INDOOR							
High School	55	5	39"	13.72m	9.14m	4.72m	Blue
NCAA	55 / 60	5	42"	13.72m	9.14m	4.72/9.72m	Blue
USATF	50	4	42"	13.72m	9.14m	8.86m	Blue
USATF	55 / 60	5	42"	13.72m	9.14m	4.72/9.72	Blue
IAAF	50 / 60	4 / 5	42"	13.72m	9.14m	8.86/9.72m	Blue

WOMEN - INDOOR							
High School	55	5	33"	13m	8.5m	8m	Yellow
NCAA	55 / 60	5	33"	13m	8.5m	8/13m	Yellow
USATF	50	4	33"	13m	8.5m	11.5m	Yellow
USATF	55 / 60	5	33"	13m	8.5m	8/13m	Yellow
IAAF	50 / 60	4 / 5	33"	13m	8.5m	11.5/13m	Yellow

YOUTH OUTDOOR							
11-12 Girls & Boys	80	8	30"	12m	7.5m	15.5m	
13-14 Girls	100	10	30"	13m	8m	15m	
13-14 Boys	100	10	33"	13m	8.5m	10.5m	Yellow



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15-18 Girls	100	10	33"	13m	8.5m	10.5m	Yellow
15-18 Boys	110	10	39"	13.72	9.14	14.02m	Blue
13-14 Girls & Boys	200	5	30"	20m	35m	40m	Green
15-18 Girls	400	10	30"	45m	35m	40m	Green
15-18 Boys	400	10	36"	45m	35m	40m	Green
15-18 Girls	2000 SC	4 barriers, 1 water jump/lap	30"	No barrier in 1st 200 meters of 1st lap			Black
15-18 Boys	2000 SC	4 barriers, 1 water jump/lap	36"	No barrier in 1st 200 meters of 1st lap			Black

YOUTH - INDOOR							
11-12 Girls	50	4	30"	12m	7.5m	15.5m	
11-12 Girls	55/60	5	30"	12m	7.5m	13 / 18m	

Hurdle Plcmt and Hts., USATF Best Practices, Apr 17 (Credit: I. Ikstrums)

MASTERS MEN OUTDOOR							
30-49	110	10	39"	13.72m	9.14m	14.02m	Blue
50-59	100	10	36"	13m	8.5m	10.5m	Yellow
60-69	100	10	33"	12m	8m	16m	
70-79	80	8	30"	12m	7m	19m	
80 +	80	8	27"	12m	7m	19m	
30-49	400	10	36"	45m	35m	40m	Green
50-59	400	10	33"	45m	35m	40m	Green
60-69	300 **	7	30"	50m	35m	40m	Green
70-79	300 **	7	27"	50m	35m	40m	Green
80 +	200 *	5	27"	20m	35m	40m	Green
30-59	3000 SC	4 barriers, 1 water jump/lap	36"	No barrier until past finish line 1st time			Black
60 +	2000 SC	4 barriers, 1 water jump/lap	30"	No barrier in 1st 200 meters of 1st lap			Black

MASTERS WOMEN OUTDOOR							
30-39	100	10	33"	13m	8.5m	10.5m	Yellow
40-49	80	8	30"	12m	8m	12m	Black
50-59	80	8	30"	12m	7m	19m	
60 +	80	8	27"	12m	7m	19m	
30-49	400	10	30"	45m	35m	40m	Green
50-59	300 **	7	30"	50m	35m	40m	Green
60 - 69	300 **	7	27"	50m	35m	40m	Green
70 +	200 *	5	27"	20m	35m	40m	Green



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All Ages	2000 SC	4 barriers, 1 water jump/lap	30"	No barrier in 1st 200 meters of 1st lap	Black
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MASTERS MEN INDOOR							
30-49	60	5	39"	13.72m	9.14m	9.72m	
50-59	60	5	36"	13m	8.5m	13m	
60-69	60	5	33"	12m	8m	16m	
70-79	60	5	30"	12m	7m	20m	
80 +	60	5	27"	12m	7m	20m	

MASTERS WOMEN INDOOR							
30-39	60	5	33"	13m	8.5m	13m	
40-49	60	5	30"	12m	8m	16m	
50-59	60	5	30"	12m	7m	20m	
60 +	60	5	27"	12m	7m	20m	

* Locations of the 200m hurdles are the same as the last 5 hurdles of the 400m hurdle event.

** Locations of the 300m hurdles are the same as the last 7 hurdles of the 400m hurdle event.

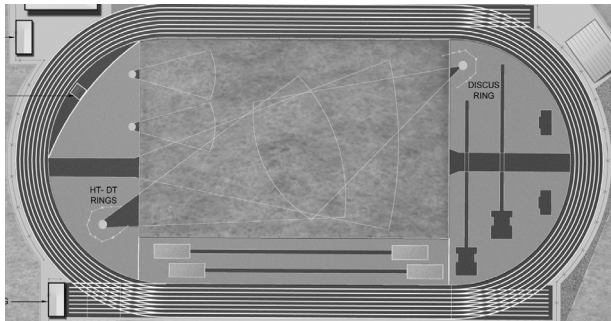
Hurdle Plcmt and Hts., USATF Best Practices, Apr 17 (Credit: I. Ikstrums)



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Common Referee & Umpire Rules 2020

<u>Hurdling Violations</u>	<u>NFHS</u>	<u>NCAA</u>	<u>USATF</u>
Hooking/lead leg outside	5-14-2c	5-6a	168.3a
Hands on hurdle	5-14-2b	5-6d	N/A
Intentionally knocking down	N/A	5-6c.d	168.3b
<u>Running Violations</u>			
On or inside lane line/curb	5-12-1a/5-13-1	5-5.2b,3d,g	163.5
Flagrantly impeding	5-9-1	5-5.1/2a,e	163.3 & .4
Exchange zone	5-10-7	5-8.5	170.16,17
Break line	5-12-1e	5-.5.2.d	163.5
<u>Miscellaneous</u>			
Honest effort	4-5.5/4-6.5	4-2.1,2	142.3c
Illegal Assistance	4-6-5	4-2.3	144.3
Unsportsmanlike/misconduct	4-6-.1	4-2.1	145.2
Uniforms	4-3.1b7	4-2.1 & .2	142.3 & .4



UMPIRE'S INCIDENT REPORT (U.18)

EVENT: _____ HEAT/ SECTION: _____ LANE: _____ HIP NUMBER: _____
 BIB NUMBER: _____ TEAM: _____ LOCATION: _____ TIME: _____ AM PM
 COLOR OF JERSEY: _____ COLOR OF SHORTS: _____ MEN _____ WOMEN _____ Age Grp

DESCRIPTION OF INFRACTION (who, what, where, when) & RULE

UMPIRE SIGNATURE: _____ DATE: ____ / ____ / ____

REFEREE'S DECISION:

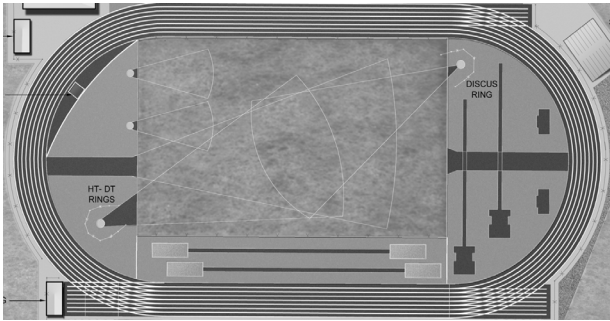
DATE: ____ / ____ / ____ TIME: _____ AM PM REFEREE SIGNATURE _____



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Common Referee & Umpire Rules 2020

<u>Hurdling Violations</u>	<u>NFHS</u>	<u>NCAA</u>	<u>USATF</u>
Hooking/lead leg outside	5-14-2c	5-6a	168.3a
Hands on hurdle	5-14-2b	5-6d	N/A
Intentionally knocking down	N/A	5-6c.d	168.3b
<u>Running Violations</u>			
On or inside lane line/curb	5-12-1a/5-13-1	5-5.2b,3d,g	163.5
Flagrantly impeding	5-9-1	5-5.1/2a,e	163.4
Exchange zone	5-10-7	5-8.5	170.16,17
Break line	5-12-1e	5-5.2.d	163.5
<u>Miscellaneous</u>			
Honest effort	N/A	4-2.1,2	142.3c
Illegal Assistance	4-6-5	4-2.3	144.3
Unsportsmanlike/misconduct	4-6-.1	4-2.1	145.2
Uniforms	4-3	4-3	143.1



UMPIRE'S INCIDENT REPORT – CROSS COUNTRY – (U.19)

Meet: _____ Men ____ Women ____ Age Group _____
 Team: _____ Bib Number: _____ Color of Top: _____ Color of Bottom: _____

Violation Location: _____

DESCRIPTION OF VIOLATION (who, what, when, and who was impacted) & **RULE #** _____

UMPIRE SIGNATURE: _____ TIME: _____ AM PM DATE: ____ / ____ / ____

REFEREE'S DECISION: _____

REFEREE SIGNATURE _____ TIME: _____ AM PM DATE: ____ / ____ / ____

A runner is subject disqualification (Rule 5.5.3) if they:

- Jostle, cut across or obstruct another competitor so as to flagrantly impede the other runner's progress. (Direct contact is not necessary action that causes another runner to break stride or lose momentum is grounds for DQ.)
- Cut in front of another runner without proper clearance.
- Veer to the left or right so to flagrantly impede a challenging runner or forces the challenging runner to run a greater distance.
- Voluntarily leave the course or clearly abandon the race, then return to continue the race.
- Try to force their way between two leading runners and make direct contact so as to impede the progress of either.
- Gain a meaningful advantage by failing to complete the prescribed course defined by a legal marking system



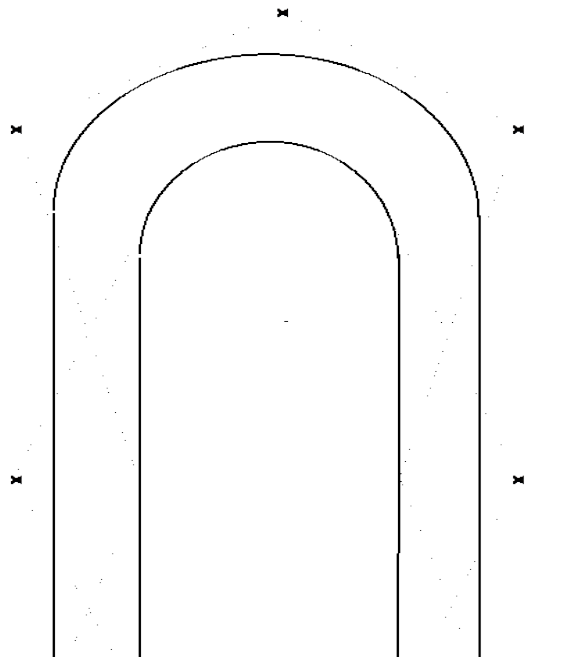
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Possible relay violations that Umpires should be alert for: (U.20)

1. Runners must stay in their lanes after passing the baton until all runners have passed.
2. In the 4 X 400 meters relay, runners are allowed to move to an inner position for the second and third take-over. Watch for unfair jostling and/or obstruction.
3. Assistance by pushing-off or by any other method should be reported.
4. The baton is thrown not passed to the next runner.
5. While running, a team member transports the baton in some manner other than in the hand.
6. The last runner of the team finishes the race without a baton.
7. After passing the baton, a runner veers out of the passing lane or from a straight course and impedes an opposing runner.
8. Assuming a preparatory position in any race run in lanes, any part of the outgoing runner breaks the plane of the adjacent lane lines so as to interfere with another runner. (NCAA Rule 5-9-g)
9. The outgoing runner waiting for the baton does not take a position entirely within the 20 meter (65.62-ft.) passing zone (exception, see NCAA Rule 5-8-4).
10. A team member runs more than one leg.
11. After handing off baton, the incoming runner impedes another runner other than another incoming runner who has already handed off the baton.

Position of Umpires – Minimum Coverage – See Next Page

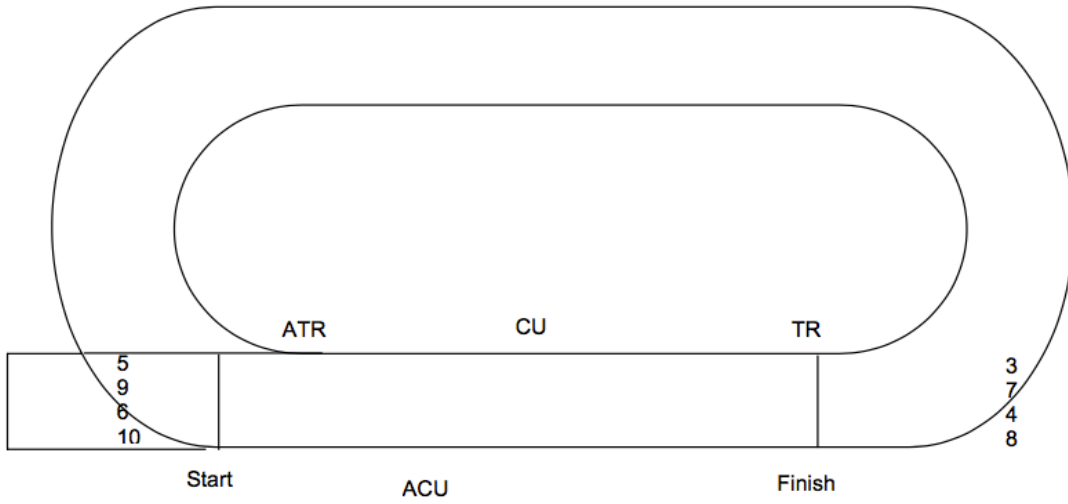
Position of Umpires- Minimum Coverage (C21)



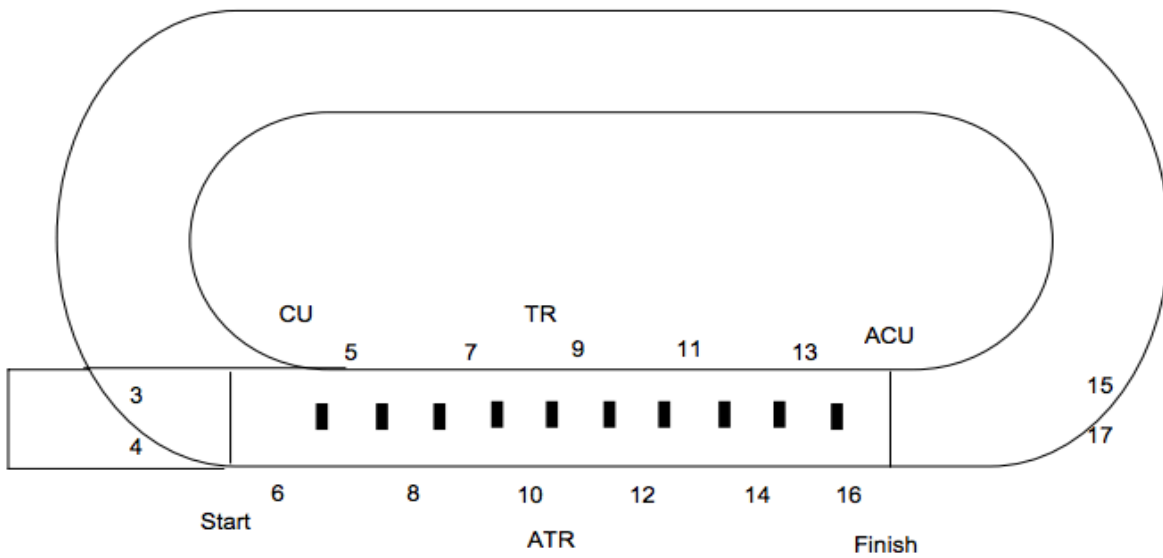


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100 Meters



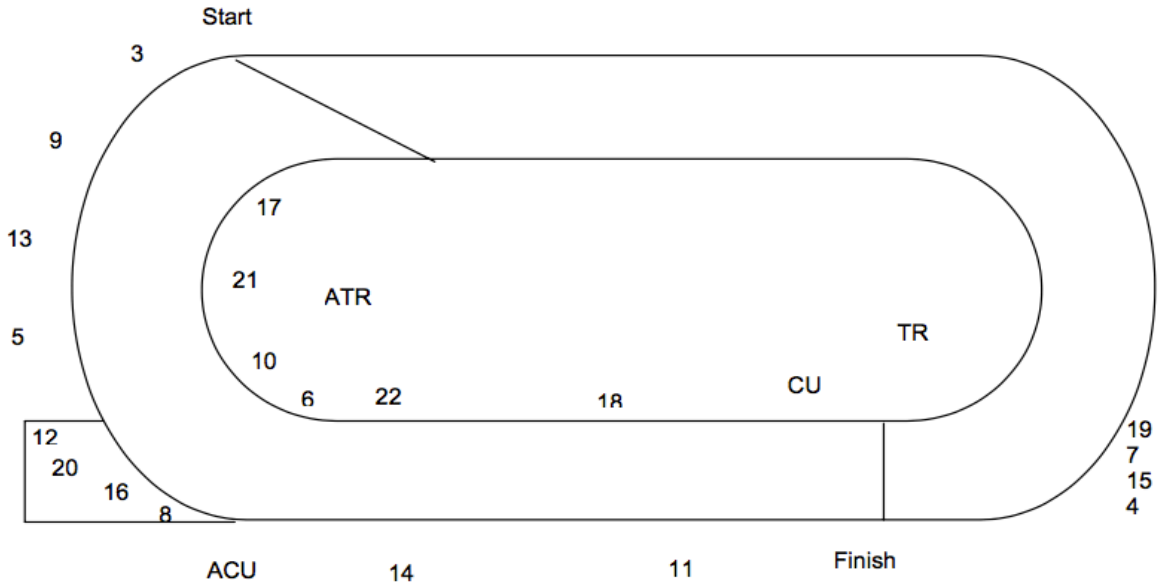
110/100 Meter Hurdles



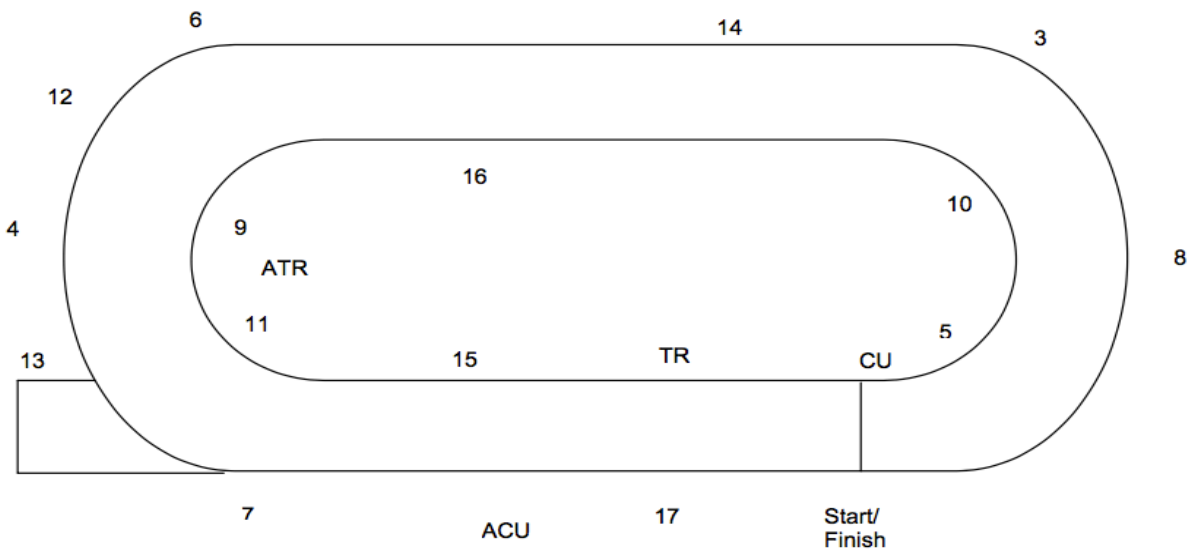


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200 Meters

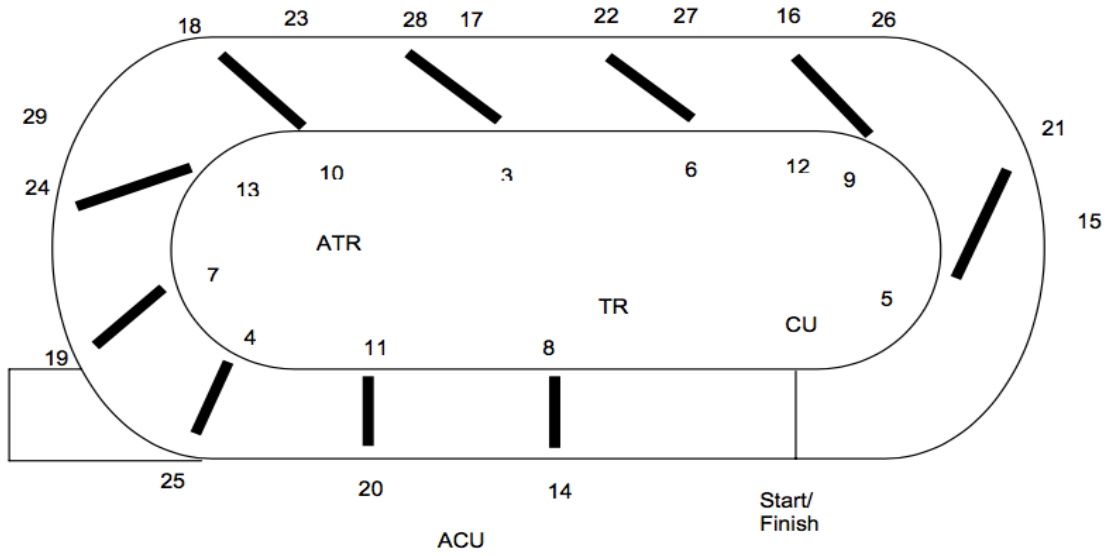


400 Meters

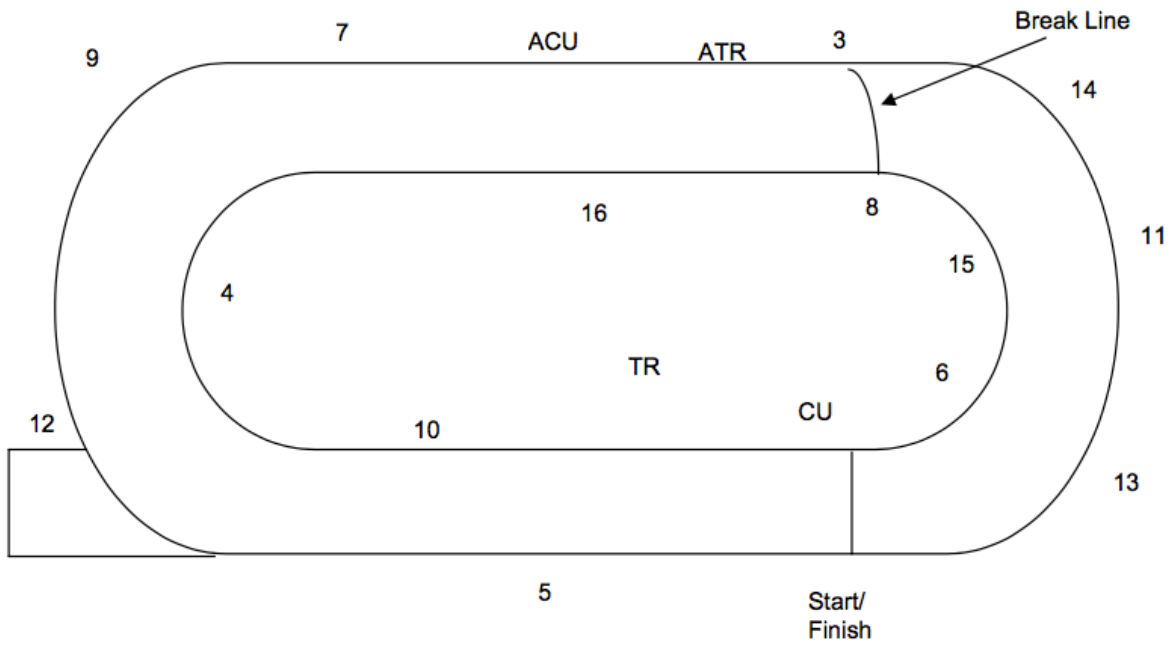


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400 Meter Hurdles



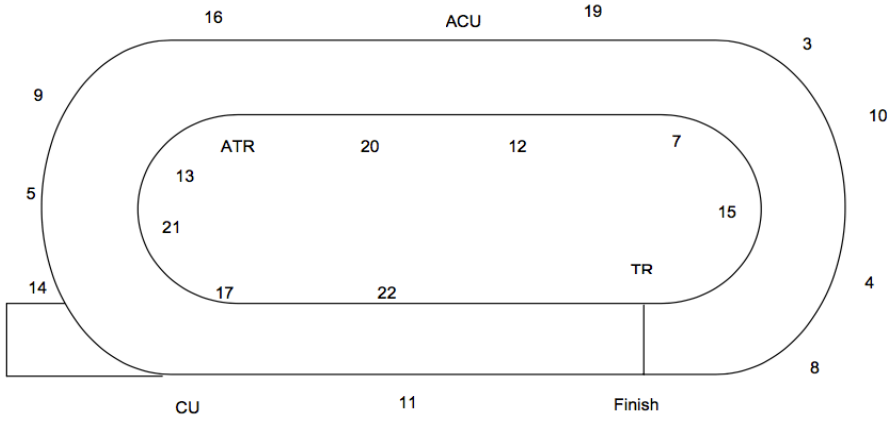
800 Meters



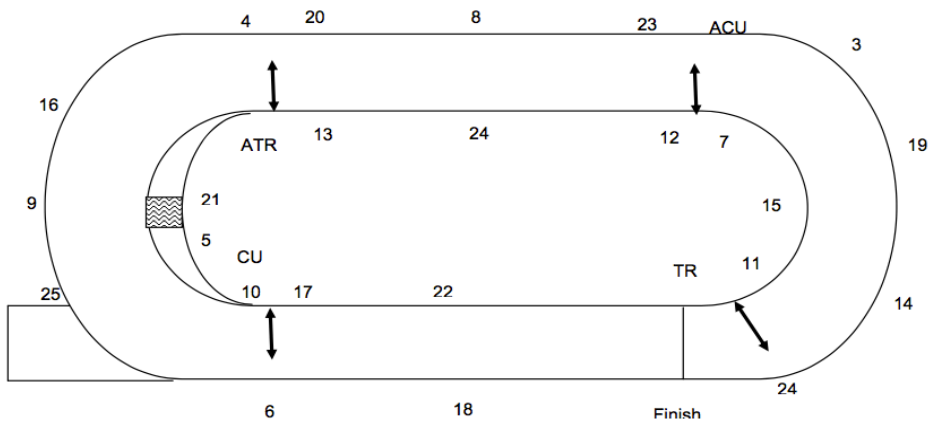


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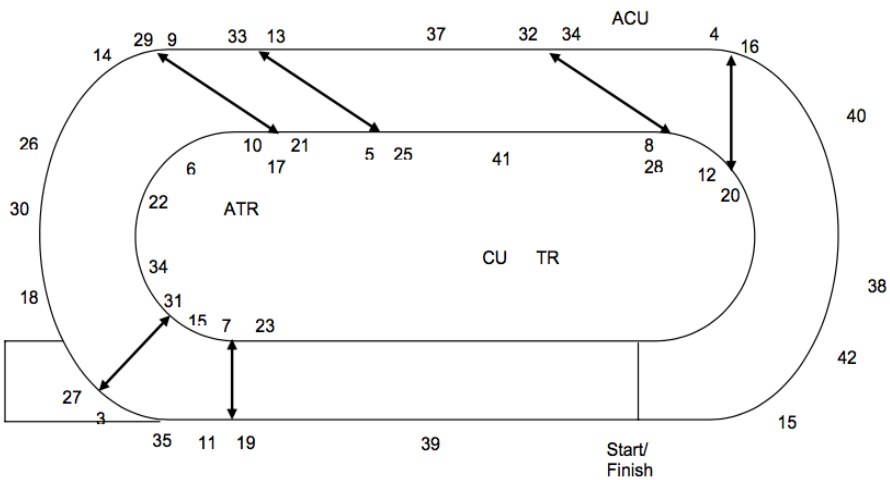
1500 Meters and Longer



Steeplechase

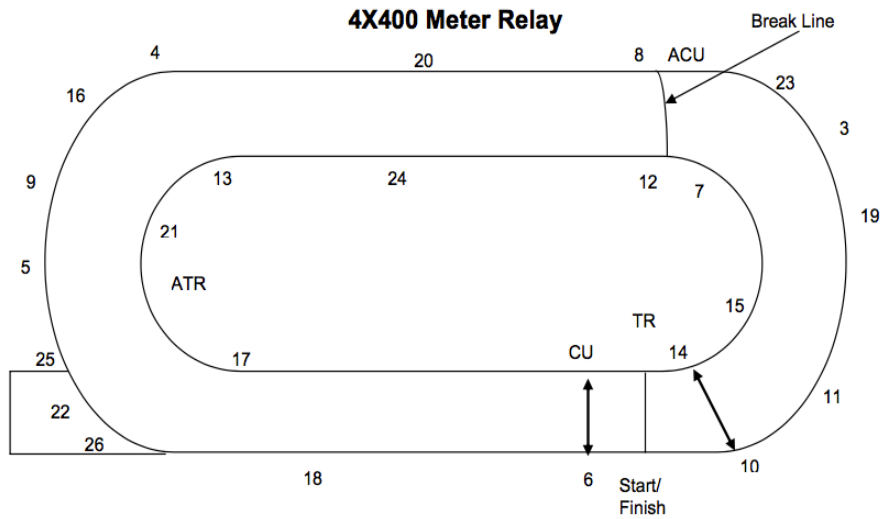


4X100 Meter Relay





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Some general rules to remember when umpiring track events: (U.22)

1. Follow the umpire's motto: Triple A: Be Awake, Be Aware, Be Alert.
2. Remember "ONLY THE REFEREE CAN DISQUALIFY AN ATHLETE". Your job is to report the infraction.
3. The umpire's job begins the moment the race starts and ends when the finish line results are complete. Make sure your post is attended at all times.
4. Carry a note pad and pencil/pen to record information.
5. Raise a yellow flag to signal an "infraction" at once.
6. If you think it happened, it didn't, and if you know it happened, it did.
7. Be able to describe to the referee what happened.
8. Report to the Head Umpire, any foul or other infraction including use of a communication device.
9. Record the uniform number of the competitor who committed the infraction or foul, the color of jersey, the number of the lane (if in lanes) and the number of the competitor fouled if foul has occurred.
10. Verbally reporting any infraction to the Chief Umpire and/or Referee. Do not discuss with other umpires-at least until a debriefing session so as to not give the appearance of collusion. It is also important to just tell your own version of events if called before a Jury of Appeals.
11. Providing verbal aid to runners IS LEGAL if no mechanical device is used and the aid is given from an area OUTSIDE the area of competition.
12. Another athlete does not have to be touched for a violation to occur. On the other hand, there can be contact without a foul occurring.
13. Be firm, but respectful, in dealing with athletes such as instructions for relays etc. Do this also with the coach, if the referee requests that you talk to him (her).
14. *Refer a coach, athlete or spectator, to the referee if they have a question about a call.*
15. Let the section-heads answer the questions asked at relays.
16. Make sure only approved markings are allowed on or off the track.
17. Straighten the hurdles after the last warm-up and replace the hurdles that were knocked down.
18. Verify correct positioning of the hurdles after the facilities crew has placed them.



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19. Take a crouched position to observe the hurdle events. Use the sound of the gun as your signal.
20. Most relay fouls occur as the runners enter or exit the exchange zone.
21. Carefully observe runners when they may be hidden behind obstacles or in the middle of packs. 22. Competitors, who commit infractions, quite often hinder themselves as well as others.
23. Conduct yourself in a professional manner. Look and be sharp.
24. KNOW THE INTENT OF THE RULES UNDER WHICH THE COMPETITION IS BEING HELD AND BE ALERT.
25. PRACTICE PREVENTIVE OFFICIATING, BE VISIBLE.

ASSEMBLY TIMES: (U.23)

At the officials' quarters, 60 min. before the events.

At the track entrance, 20 min. before the events.

At the track position, 10 min. before the events.

ASSIGNED POSITIONS (U.24)

Umpires will stand for all events except the 5 km. and 10 km. races.

They sit until the announcer calls the event, when they all rise.

After the race is completed, umpires will, as a group sit down, except of course, those umpires who witnessed an infraction.

The Referee has approved the track positions. Do not modify the position, without consultation with the Referee or Chief Umpire. Determine your exact position by locating your number on the event track diagram for each event.

TRACK REPORT DICTIONARY: (U.25)

Bend: There are two on a track (usually split into two), the first bend extends from the finish line to the cut-in line, and the second bend, from the 200 m. start to the end of the last 4X100 exchange.

Enter 1st Bend: About 30 m. going in.

In 1st Bend: The 40 m. in the middle.

Exit 1st Bend: The last 30 m. of the bend.

Step on Line: Stepping on the left-hand line.

Out of Line: Stepping over the left-hand line, or inside line, but the runner returns to his/her lane

Exchange Before: The relay baton was exchanged before the Exchange zone. *Exchange After:* and exchange after the zone.



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RESOURCES:

Best Practices

- Hurdle Placement & Heights, April 2017
- Referee Quick Reference Card, Feb. 2017
- The Umpire Manual, Dec. 2006
- Umpire Evaluation Form, Oct. 2009
- Umpire Incident Reporting Form, Apr 2018
- Umpire Incident Reporting Form – Full, Nov. 2014
- Umpire Locations and Coverage.
- Umpire X-C Incident Reporting Form, Dec 2017
- Umpiring General Info, Nov. 2014
- Umpiring Relay Exchanges, Mar. 2012
- **All of the above at(March 2020) :**
- <https://www.flipsnack.com/USATF/umpiring/full-view.html>

- USATF Officials Code of Ethics and Performance Guidelines .
[USATF Code of Ethics and Performance Guidelines](#)

Other Resources:

- USATF Rules of Competition – Rulebook 2017-2020
- [Umpire Booklet with 12 Positions for printing back-to-back 16December2019 pdf version](#)
- [One-page Umpire Assignments with Track Layouts, with options for the back of the page: \(a\) hurdle heights and distances, \(b\) diagrams of break-line cone and hurdle placements, 16December2019 docx version](#)
- [One-page Umpire Assignments with Track Layouts, with options for the back of the page: \(a\) hurdle heights and distances, \(b\) diagrams of break line cone and hurdle placements, 16December2019 pdf version](#)



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REMINDER MAP - Common Learning/Performance Objectives (PO's) for all Junior Official Participants

Mentors will be concentrating on the areas in gray to determine your Checklist and Field of Play Evaluation during and at the end of your individual time-line in the program.

Code of Ethics/Performance Objectives (PO's)	PO #	Assessment Evaluation Criteria (P.O.'s)	PO #
Be fair, consistent, and impartial to ensure equitable treatment for all competitors.	PO1	Arrives on time for meetings and events.	AEC1
Have a thorough knowledge of the rules and procedures for the particular event or position assigned and review them prior to a competition.	PO2	Properly wears officials' uniform; presents a professional appearance.	AEC2
Cooperate with fellow officials to conduct competition in a safe and professional manner. Be courteous and avoid confrontations or making derogatory comments to athletes, coaches, spectators, or other officials.	PO3	Knows and applies rules correctly and consistently.	AEC3
Demonstrate respect and courtesy for other officials. Avoid interfering with duties assigned to other officials or publicly questioning the performance of other officials. Assist in correctly applying rules and support final decisions rendered by chief officials. Provide and accept performance feedback in a positive manner.	PO4	Treats all personnel with respect and professionalism	AEC4
Honor all assignments and agreements made for performance of officiating and support duties.	PO5	Communicates effectively with competitors.	AEC5
Not discriminate against any individual or group on the basis of race, color, religion, gender, national origin, age, or other protected characteristic.	PO6	Stays alert to the competition, potential problems, and the athletes.	AEC6
Not engage in harassment by making unwelcome advances, remarks, or display of materials where such would create an intimidating, hostile, or offensive environment.	PO7	Works well with other officials for success of the crew.	AEC7
Not fraternize with athletes or coaches, provide tips or comments which could be construed as coaching for any athlete, nor cheer for or provide encouragement to particular athletes or teams during a competition.	PO8	Willing to pitch in and help wherever needed or directed.	AEC8
Not use tobacco products while in the field of competition, nor consume alcoholic products before or during a competition.	PO9	Has applicable rule books and necessary personal equipment.	AEC9
Not seek recognition or attention during a competition.	PO10	Correctly and efficiently prepares the venue; maintains safety	AEC10
Conduct an honest self-evaluation after each competition, to identify errors made and areas for improvement; and be receptive to suggestions for conducting events in the best possible manner in the future.	PO11	Conducts complete, accurate briefings for athletes.	AEC11



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Comply with the USA Track & Field Officials Code of Ethics	PO12	Effectively manages volunteers	AEC12
Be punctual in reporting for assigned officiating duties, including allowing adequate time for venue inspection and set-up prior to the warm-up period and competition.	PO13	Completes event forms properly and neatly	AEC13
Possess the appropriate rule book(s) for the competition.	PO14	Demonstrates good decision-making and problem-solving skills.	AEC14
Possess and maintain appropriate uniform items and wear the national uniform or other dress prescribed by meet management, and be prepared to continue duties in all types of weather.	PO15	Accepts & responds to feedback, contributes to post-event review	AEC15
Inspect assigned venues to ensure the safety of athletes, officials, and spectators. Correct or report apparent or suspected dangers to meet management before beginning a competition.	PO16		
Be calm, positive, and polite. Refrain from dialog with athletes and coaches regarding disputed calls or decisions, and instead refer them to the referee, protest table, or games committee for resolution. Report abusive behavior toward officials to meet management.	PO17		
Not use any electronic or photographic devices, including cell phones, while officiating.	PO18		
Assist in submitting competition results, cleaning the event area, and returning equipment. Before departing the site, determine if any other venues need officiating assistance.	PO19		
Attend periodic training sessions or clinics to maintain or update officiating skills. Assist, as appropriate, in developing and presenting training materials.	PO20		
Keep physically fit, and advise their association or coordinator of officials of physical limitations on their ability to perform any assigned duty.	PO21		
Mentor less experienced officials by sharing information and techniques, demonstrating use of equipment, identifying potential problems or issues and recommending solutions, and encouraging questions.	PO22		
Assist in recruiting new officials.	PO23		
Consider active involvement with the officials' committees of the local association and USATF.	PO24		
Make recommendations for rules changes as appropriate.	PO25		



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Study Guide 1 – Umpire – Learning Objectives – Mentor Checklist

Participant's Name: _____ Mentor Name _____

Evaluate applicable areas, based on assignment(s) for this meet/some areas will be Non-Applicable (NA)

INSTRUCTIONS: All items on this Checklist must be completed during the timeline of the program. Some participants are in the program for one-to-four years. All items/objectives should be checked when the item is successfully completed. Not all items will be completed at any particular meets but over a series of meets. Enter the date of the completed PO/LO, your initials for verification, and any comments that you may have. Make three (3) copies when the form is completed. Keep one (1) copy for yourself. Distribute one (1) to the participant. Send one (1) to your Certification chairperson or to your Junior Officials Program coordinator as per your specific Association designee. All Objectives must be met before submission. Note: Some of the items on the checklist maybe "Not Applicable (NA) but those items are very limited. Ex. A 14 year-old JOP Participant will not be a Starter at a meet or assigning other officials to duties. These type criteria will be marked NA. NA's should be used sparingly.

Learning Objectives – Umpire – Module 1 What should JOP candidate be able to do:?	PO /LO #	Date Completed	Mentor Initials
USATF RULE 127	Rule		
Personal Equipment	U1		
Equipment from Meet Management	U2		
Role of the Umpire	U3		
Prior to the Event	U4		
Location Position	U5		
Observation	U6		
Reporting Observations and Forms	U7		
Follow-Up	U8		
Legal Running w/lanes; wo/lanes	U9		
Running Violations	U10		
Illegal Assistance	U11		
The Steeplechase	U12		
Relays – Passing the Baton	U13		
Relay Racing Violations	U14		
Check Marks	U15		
Umpire's Incident Report	U16		
Umpire's Incident Report – Cross Country	U17		
Possible Relay Violations to be alert to	U18		
Umpire Location and Coverage	U19		
General Rules to Remember - Umpiring	U20		
Assembly	U21		



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Positions - standing	U22		
Track Report Dictionary	U23		
Read and Study the Umpire Manual as per Best Practices.	U24		

Comments: _____



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Study Guide 1 - UMPIRE – Program Learning/Performance – Mentor Assessment Field of Play Evaluation

Participant Name _____ Mentor Name _____

MENTORS – All items on this Checklist must be completed during the timeline of the program. Some participants are in the program from one-to-four years. All items/objectives should be checked when the item is successfully completed. Not all items will be completed at any particular meet but over a series of meets. Checkoff the rating that you give to the JOP Participant, enter the date of completion and enter your initials as a verification that the objective was completed. If you have assigned a rating of Fair* - Please add your rationale to the *Area for Improvement space. *Please submit a copy of this Field of Play Evaluation/Assessment final form with the completion dates and your Mentor signature, to the Association Certification Chairperson or JOP Designee in your Association.* Please make 3 copies -One (1) for your records, one (1) for the Association Chair/JOP Designee, and one (1) to give to the JOP Participant for their records. Hardcopies or electronic copies are acceptable. All Objectives must be met before submission.

Code of Ethics/Professional /Learning/Performance Objectives	PO#	Fair* (check)	Good (check)	Excellent (check)	Date Completed	Mentor Initials
1. Arrives on time for meetings and events.	AEC1					
*Area for Improvement (Fair or below):						
2. Properly wears officials' uniform: presents a professional appearance.	AEC2	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
3. Knows and applies rules correctly and consistently.	AEC3	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
4. Treats all personnel with respect and professionalism.	AEC4	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
5. Communicates effectively with competitors.	AEC5	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
6. Stays alert to the competition, potential problems, and the athletes.	AEC6	Fair*	Good	Excellent		



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*Area for Improvement (Fair or below):						
7. Works well with other officials for success of the crew.	AEC7	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
8. Willing to pitch-in and help wherever needed or directed.	AEC8	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
9. Has applicable rulebooks and necessary personal equipment.	AEC9	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
10. Correctly and efficiently prepares the venue and maintains a high level of safety.	AEC10	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
11. Conducts complete, accurate briefings for athletes.	AEC11	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
12. Effectively works with volunteers.	AEC12	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
14. Completes event forms properly and neatly.	AEC13	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
15. Demonstrates good decision-making and problem-solving skills.	AEC14	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
15. Accepts and responds to feedback in an appropriate manner.	AEC15	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
17. Not discriminate against any individual or group on the basis of race, color, religion, gender, national origin, age, athletic ability or other protected characteristic.	PO6	Fair*	Good	Excellent		



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*Area for Improvement (Fair or below):						
18. Not engage in harassment by making unwelcome advances, remarks, or display of materials where such would create an intimidating, hostile, or offensive environment.	PO7	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
19. Not use tobacco products while in the field of competition, nor consume alcoholic products before or during a competition.	PO9	Fair*	Good	Excellent		
Area for Improvement (Fair or below):						
20. Be calm, positive, and polite. Refrain from dialog with athletes and coaches regarding disputed calls or decisions, and instead refer them to the referee, protest table, or games committee for resolution. Report abusive behavior toward officials to meet management.	PO17	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
21. Not use any electronic or photographic devices, including cell phones, while officiating.	PO18	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
22. Keep physically fit, and advise their association or coordinator of officials of physical limitations on their ability to perform any assigned duty.	PO19	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
23. Presentation of JOP Log of meet experiences containing the number of Hours based on age group.	Program Requirement	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
24. Presentation of Journal or "Briefcase of acquired materials indicating the participants knowledge of growth over the length of the program.	Program Requirement					
*Area for Improvement (Fair or below):						



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Comments _____
