

Five Rules to Know

TRACK



Starting Rules

Athletes must remain in the starting position until the starting signal is given. A false start (e.g., starting too early) results in immediate disqualification.

Lane Discipline

In events up to and including 400m (and hurdle races up to 400m), athletes must stay within their assigned lane. Leaving the lane or stepping into another competitor's lane leads to disqualification.

Hurdles and Obstacles

In hurdle and steeplechase events, athletes must clear all hurdles or obstacles correctly. Intentionally knocking over a hurdle is not allowed but may be tolerated if unintentional and without gaining an advantage.

Steady Running

In long-distance races (800m and above), athletes may change lanes when it is safe to do so. However, they must not obstruct or push other competitors, as this may result in disqualification.

Relay Baton Exchange

In relay races (4x100m, 4x400m, mixed), the baton must be exchanged within the marked changeover zone. Leaving the zone or dropping the baton leads to disqualification unless the baton is correctly recovered.