

TRACK EVENT OFFICIATING

STARTING

Equipment

- Starting equipment (Electronic start equipment, amplifier, etc)
- White flag to indicate readiness to start.
- Programme of events.
- Cones.

Officials & the Duties

The Starter

- The Starter should be in a position beside the track and easily visible to the Recorder/Referee.
- It is important that the Starter can see all the runners, especially on staggered starts.
- The Starter has control of the athletes on their marks and is the sole judge of any fact connected with the start of the race.
- Advise the athletes to remain in their lanes at completion of a race

Starting procedure:

- Take up position
- Receiving an "All Clear" from the referee/recorder/timekeeper; waving of a white flag is the preferred method of indication.
- Blow a whistle so athletes and officials are aware a race is about to start. Athletes should remain a few metres back from the line until they are called to their mark.
- For events up to and including, 400m and all relay events:
 - Call "On your marks", - the athletes should walk up to the line and take their preferred position (standing for up to under 11, older athletes can stand or use crouch. Allow time for athletes to settle.
 - When all movement has ceased, raise gun and give the order, "Set", (NOT "get set")
 - When all athletes are steady, "fire" the gun or starting device.
- For events longer than 400m
 - Call "On your marks", - Allow time for athletes to settle.
 - When all athletes are steady, "fire" the gun or starting device.
- If the Starter is not satisfied that all athletes are ready for the start to proceed, in either the "on your marks" or "set" position, the Starter shall order all athletes to stand up and the start procedure shall recommence.
- The pause between the command "Set" and the firing of the gun is necessary to be sure all movement has ceased and to also allow athletes to reach full concentration. There is no determined time for the set position; however athletes must be still.
- If athletes are not steady on the "Set" command, they should be stood up again and moved back to the assembly line.

Basic Rules

- Athletes must start from behind the line (not touching it)
- If an athlete "breaks" before the gun is fired, the starter declares a false start.
- In the case of a false start the gun is fired a second time
- A crouch Start may only be used by U11 – U17 athletes for all track events up to and including the 400m event. However a three point crouch is not allowed