

HCG Sports Meet: KREEDA 2024

Track Events

Playing Rules

BOYS

100 m, 200 m, 400 m,

GIRLS

100 m, 200 m, 400 m

The Track Events will be conducted in the below Age Categories.

- **45Years and Below**
- **45 Years 1 day and above.**

The Track events for Male and Female participants will be conducted separately. Mixed event participation is NOT part of the tournament.

General Rules:

- Barefoot Participation is NOT allowed.
- Participants are advised to wear the spikes or appropriate shoes while on the track
- The Decision of referee shall be final
- In case of any disputes the local organizing committee shall take the decision.

SPECIFIC RULES

- Each athlete is allowed to have 1 false start in track events. A second false start by the same competitor will result in disqualification.
- The distance of the race shall be measured from the edge of the start line farther from the finish to the edge of the finish line nearer to the start.
- In all races up to and including 400m, each athlete shall have a separate lane, with a width of $1.22\text{m} \pm 0.01\text{m}$, including the lane line on the right, marked by white lines 50mm in width. All lanes shall be of the same nominal width.
- No part of the frame or footplates can overlap a start line;
- 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.
- Start: Starting positions in events at all distances shall be numbered from left to right, facing the direction of running.
- On the command "On your marks" or "Set", as the case may be, all athletes shall, at once and without delay, assume their full and final starting position. If, for any reason, the Starter is not satisfied that all is ready for the start to proceed after the athletes are on their marks,

they shall order all athletes to withdraw from their marks and the Starter's Assistants shall assemble them again.

- **False Start:**
 - An athlete, after assuming a full and final starting position, shall not commence their start until after receiving the report of the gun. If, in the judgement of the Starter, they do so any earlier, it shall be a false start.
 - The commencement of the start is defined: in the case of a crouch start, as any motion by an athlete that includes or results in one or both feet losing contact with the foot plate(s) of the starting blocks or one or both hands losing contact with the ground; and In the case of a standing start, as any motion that results in one or both feet losing contact with the ground.
 - If the Starter determines that prior to receiving the report of the gun an athlete initiated a movement that was not stopped and continued into the commencement of their start, it shall also be a false start.
- Any athlete responsible for a false start shall be disqualified by the Starter.
- **In all races:**
 - Including at least one bend, the direction of the race shall be left-hand inside. The lanes shall be numbered with the left-hand inside lane numbered 1;
 - Run entirely on the straight, the direction of the race may be either left-hand or right-hand inside, according to the available conditions;
 - Run in lanes (or any part of a race run in lanes), each athlete shall keep within their allocated lane from start to finish and, when running on a bend, shall not step or run on or inside the left-hand lane line or in the case of the inside lane, the kerb or line marking the border of the inside of the track;
 - Not run in lanes (or any part of a race not run in lanes), an athlete running on a bend, on the outer half of the track as per Rule, or on any curved part of the diversion from the track for the steeplechase water jump, shall not step or run on or inside the kerb or line marking the applicable border (of the inside of the track, of the outer half of the track, or of any curved part of the diversion from the track for the steeplechase water jump).
- **Lane Infringement is NOT allowed.**
- **Leaving the Track**
 - An athlete, after voluntarily leaving the track, except in compliance with Rules, shall not be allowed to continue in the race and shall be recorded as not finishing the event. Should the athlete attempt to re-enter the race, they shall be disqualified by the Referee.
- **The Finish**
 - The finish of a race shall be denoted by a white line 50mm wide.
 - The athletes shall be placed in the order in which any part of their bodies (i.e. torso, as distinguished from the head, neck, arms, legs, hands or feet) reaches the vertical plane of the nearer edge of the finish line as defined above.
- **Rounds and Heats**
 - Qualification Rounds shall be held in Track Events in which the number of athletes is too large to allow the competition to be conducted satisfactorily in a single round

(final). Where Qualification Rounds are held, all athletes must compete in, and qualify through, all such rounds except that the relevant governing body may, for one or more events, authorise the conduct of additional preliminary qualification round(s) either at the same competition or at one or more earlier competitions to determine some or all of the athletes who shall be entitled to participate and in which round of the competition. Such procedure and any other means (such as achieving entry standards during a specified period, by specified placing in a designated competition or by specified rankings) by which an athlete is entitled to participate, and in which round of the competition, shall be set out in the regulations for each competition.

- When heats are being arranged, as much information as possible about the performances of all athletes should be considered and the heats drawn so that, normally, the best performed athletes reach the final.

NOTE: The rules of events will be followed in accordance with the rules and guidelines as per World Athletics 2024 COMPETITION AND TECHNICAL RULES 2024 Edition