

HURDLES



What is Hurdling?

Hurdling is basically an extension of running. The first leg over the Hurdle is called the “lead” leg and the second leg is the “trail leg”

How do I Prepare for the Event?

- Ensure the correct number of Hurdles (flights) are on the track, on the correct mark and at the correct height for the age group.
- Check the track conditions. In wet conditions, grass tracks in particular can become very slippery, that can make Hurdles a very dangerous event for the athletes and you could decide not to conduct the event

What is the Minimum Equipment Required?

- The Hurdles shall be made of metal with the top cross-bar of wood or other suitable material with 2 feet and 2 uprights supporting the cross-bar.

What Officials are Required?

- Officials (Umpires) are required to stand approximately two (2) steps towards the finishing line from the Hurdle they are appointed to and observe any lane infringements or any interference with other athletes as the athlete approaches and passes the Official.

What are the General Rules?

- The feet of the Hurdle shall be at right angles to the cross-bar and shall be placed on the track, so that the edge of the cross-bar nearest the approaching athlete coincides with the track marking nearest the athlete.
- In order for the athletes to check their start and Hurdle clearance, athletes are normally permitted a practice trial over the first 2 Hurdle flights.
- All races shall be run in lanes and each athlete shall keep to their own lane throughout the race.

How can an Athlete be Disqualified in Hurdles?

If in the opinion of the Track Referee, after receiving an Umpire's report:

- an athlete deliberately knocks down a Hurdle by hand, body or upper side of the lead leg
- an athlete interferes or impedes another athlete's performance (including displacing a Hurdle in another athlete's lane)
- an athlete goes under or around a Hurdle
- an athlete's foot/leg, at the point of clearance, is below the top of the Hurdle
- an athlete jumps a Hurdle not in their own lane

What are some of the Safety Considerations?

- Make sure **ALL** Hurdles are facing the correct direction. Hurdles have stripes or markings on one side. These stripes or markings always need to face the athlete.
- All the legs of the Hurdles should be facing the direction from which the athlete runs.
- Never allow the athletes to jump Hurdles from the wrong direction.

What are the Hurdle Heights?

A separate sheet can be found on the Athletics Australia website that lists the Hurdle heights.

