

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 there are an adequate numbers of hurdles (flights) on the track at the correct distance apart and at the correct height for the age group.
- Check the track conditions. In wet conditions, grass tracks in particular can become very slippery, which can make hurdles a very dangerous event for the athletes.

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 for this Event?

- Officials / Umpires are required to observe from directly down the track for any lane infringements, or to notice any interference with other athletes.
- Additionally, Officials / Umpires adjacent to the hurdle flights are required to observe athletes when they are attempting to clear the hurdles

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 his own lane throughout the race.

When can an Athlete be Disqualified in Hurdles?

- If in the opinion of the Track Referee, an athlete deliberately knocks down a hurdle by hand or foot
- If an athlete interferes or impedes another athlete's performance
- If an athlete goes under or around a hurdle
- If an athlete trails their foot around the side of a hurdle
- If 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 lists the hurdle heights, holes showing and track markings