

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 can become very slippery, that 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 crossbar of wood or other suitable material, with two feet and two uprights supporting the crossbar

What officials are required?

- Officials / Umpires are required to stand approximately two steps towards the finishing line from the hurdle they are appointed to
- Observe any lane infringements or any interference with other athletes as they approach and pass the official

What are the general rules?

- The feet of the hurdle shall be at right angles to the crossbar and shall be placed on the track, so that the edge of the crossbar nearest the approaching athlete coincides with the track marking nearest the athlete
- For the athletes to check their start and hurdle clearance, athletes are normally permitted a practice trial over the first two hurdle flights
- All races shall be run in lanes and each athlete shall keep to his own lane throughout the race

How can an athlete be disqualified in hurdles?

If in the opinion of the Track Referee, after receiving an umpires report:

an athlete 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 right 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