



IAAF Starting Guidelines

For IAAF World Athletics Series Competitions

March 2015

IAAF STARTING GUIDELINES

1 Introduction

The need to improve the quality and consistency of the starters' performances during major IAAF competitions prompted the IAAF Council to take initiatives establishing a Panel from which International Starters for major international competitions would be appointed. IAAF Starting Guidelines have been developed with the aim of explaining a standardised starting procedure and thereby developing worldwide consistency in the way the start process is managed.

It is recommended that Member Federations adopt these Guidelines for the organisation of their own athletics competitions, thereby adding to the global improvement and practice of starting procedures.

2 International Starters' Panel

2.1 The IAAF Council approved the introduction of an International Starters' Panel at the 2005 Helsinki Congress and Rule 118 includes reference to the position and responsibilities of an International Starter.

2.2 A Panel of International Starters has been formed and appointments are made by the IAAF to designated IAAF competitions and Olympic Games from this Panel. International Starters attend workshops conducted by the IAAF.

2.3 Candidates to the Panel are proposed as follows:

- Previous experience as Chief Starter at an IAAF World Championships or Olympic Games in the past four years.
- Recommendation by the International Starter from experience at the event indicated above.
- Previous experience as a member of the International Starters Panel.
- Recommendation by the IAAF Technical Delegates from events as an International Starter.

2.4 The appointed International Starter should be included by the LOC as a full member of the starting team and included in the full range of starting duties. The International Starter will take direction about his duties, including which events he will start, from the Technical Delegates for the meeting. By being part of the team and performing a range of duties, the International Starter will be better placed to support local officials and report subsequently on performance.

2.5 The deployment of the International Starter is intended to:

- Add a consistent approach to the start process at all major competitions.
- Ensure the current Technical Rules concerned with starts are correctly interpreted and implemented at all major competitions.
- Influence the organisation and practice at starts around the world.
- Enhance the way in which the image of the sport is presented.

3 Deployment of the International Starter

- 3.1 The timescale for deployment should allow total familiarisation for the competition and all relevant briefings to take place. A desirable programme would ensure that:
- The International Starter visits the stadium at least the day before the start of the competition.
 - When appropriate, the international starter should be included in any “test event” team.
 - During that lead-in period, the International Starter can liaise with the company providing and installing the Start Information System (SIS) [currently called “False Start Control Apparatus” in the Rules]. That liaison will include positioning and operating procedures for technicians.
 - The International Starter will make sure the installation is correct and the equipment is operating reliably and correctly.
 - The International Starter will meet with the whole of the starting team and be part of their briefing sessions, identifying, finalising and agreeing:
 - general patterns of work for that country,
 - specific duties for each team member,
 - the role of the International Starter,
 - exact interpretations of the IAAF Rules.
- 3.2 The International Starter should be present at any meetings that the Technical Delegates deem it is useful for him to attend.
- The International Starter can brief the Technical Delegates about the starting arrangements and competencies before the competition commences.
 - The International Starter can begin to develop a strategy for cooperation with the nationally appointed team members.
 - The International Starter, in cooperation and agreement with the Technical Delegates, can amend local practices that do not meet IAAF requirements.
- 3.3 The implementation of this coordinated approach:
- Ensures a consistent, cross-referenced approach to the deployment of an International Starter.
 - Allows the Technical Delegates to have advanced, confidential discussions with the International Starter about the specific needs of the competition in a particular national environment (this will vary by nation).
 - Has the potential for the International Starter to be in communication with his starting team colleagues well before the event.
 - Enables the International Starter, if necessary, to deliver some level of training and instruction to the home nation team. In doing so, good practice is understood and well established.
 - Positions the International Starter as part of the team and enables him to support local officials and report subsequently on performance.
 - Enables improvement and development needs in a host nation’s starting practice to be identified.

4 Structure and Organisation of the Starting Team

4.1 Rules 129.1 and 129.7 give responsibility for the organisation and management of the starting team to the Start Coordinator. His role is crucial to the smooth running of the units that make up the starting team and the accurate, consistent implementation of the Technical Rules.

The duties of a **Start Coordinator** are to:

- Allocate duties to team members (the duties of the International Starter, will be allocated under the direction of the Technical Delegates, in consultation with the Start Coordinator).
- Supervise the duties of each member of the team
- Control and manage the start process.
- Plan the position and movements at the start area of the Starter, Recallers and Starter's Assistants.
- Be the link to the Competition Management and the (Photo) Finish Judges, the Timing Company and, where appropriate Wind Gauge Operator and the Host Broadcaster.
- Keep the competition to time by working efficiently with the team and all other parties.
- Be the link to the providers of the SIS and other technology used for the start procedures and determine the operational protocols with those providers.
- Keep all relevant paperwork.
- Ensure Rule 162.8 is observed and followed.

There are two distinct ways that the role can be implemented:

- The Start Coordinator is a supervisory official who manages all aspects of the start process. He should be a senior starter with significant experience but he never starts a race when in the Start Coordinator's role for the whole competition.
- The Start Coordinator continues to implement his managerial role but also acts as the senior starter, thus giving an added dimension of expertise to the team's contributions. In this case, the Start Coordinator will delegate a team member to co-ordinate when he is starting.

4.2 The **Starter** remains the key person in the starting process. His judgement, supported by any available technology and the start team, is crucial.

The same Starter must start all rounds of the same event and similarly must start all heats within a round.

The Starter must ensure that:

- All Athletes have a fair start within the rules of the competition, specifically Rules 129.2, 129.3 and 129.6.
- He is the principal decision maker regarding false starts including occasions when an offence has been committed and the race is recalled by him or any Recallers. Consultation between team members on such decisions is vital. Such consultation should be done as quickly as possible in order to restart the race without undue delay.
- He is positioned so that he can see all Athletes in a similar, narrow angle of vision.
- The SIS control module is positioned close to him.
- His commands and the start and any recall signals are heard simultaneously by all Athletes (in all major competitions this should be assured by the use of a high quality sound system).
- He personally consults the information produced by the SIS and uses that to confirm a false start.

4.3 The **Recaller(s)** are deployed to specific positions to give an alternative and enhanced view of a race start. Their role is to support the starter and identify any offence or technical fault at a start that the Starter may not have observed.

If there is any doubt about the legality or fairness of the start, the Recaller must recall the race. Discussions within the team will determine the subsequent action (if any). After due deliberation, it is the starter who will decide if an offence has occurred.

4.4 The **Starter's Assistants** play an important role in the management of the Athletes, particularly in the preparation for the race. They must ensure that the relevant parts of Rules 130 and 162 are fully observed and implemented. In particular, they should check that:

- Athletes are in the correct heat and lane.
- Athlete bibs and hip number identifications are correct and correspond with the start list.
- Athletes assemble correctly before the Starter takes control of the start.
- Starting blocks, when applicable, are used in accordance with Rule 161.
- Batons are ready for Relay Races.
- Rules 162.3 and 162.4 are observed.
- In case of a false or otherwise recalled or stood-up start, Rule 162.8 is observed.

In relation to this last matter, the Starter's Assistant shall in particular ensure that:

- Correct warnings are given and that all Athletes understand the conditions under which subsequent starts will occur i.e. the recall did not warrant a warning (green card shown) or a disqualification has been made for false start (red and black card shown) or a warning was for a specific conduct offence (yellow card – or red if there has been a previous warning for that Athlete – shown by the Start Referee) or in the case of Combined Events, the next false start will accrue a disqualification (yellow and black card shown to all Athletes).
- Any disqualified Athlete immediately leaves the area of competition. If necessary, ensure the Athlete is escorted from the area.

4.5 The **Start Referee** plays an important role at all starts. Rule 125.2 requires the appointment of a "Track Referee" to oversee the start area. The appointed person should be a specialist and experienced starter, thus basing his observations on a technically sound background.

The Start Referee fulfils several obligations, specifically he:

- Works alongside and in support of all other members of the starting team.
- Does not interfere or comment on starts - except when issues need addressing.
- Is required to keep an accurate record of all starts.
- In conjunction with the Chief Photo Finish Judge and a Starter, carries out an initial check of the SIS and a zero gun test.
- Monitors the operation of SIS.
- Imposes and notifies the imposition to the Athletes of a "disciplinary" warning or disqualification under Rule 162.5. The Start Referee must therefore also be aware of any previous disciplinary warnings given to Athletes.
- Communicates with the Athletes when appropriate and/or necessary to ensure the good conduct of a competition - including his specific duties to deal with an official protest about a start, the failure of the Starter to recall or abort a start or a warning / disqualification.

In this context and in accordance with Rule 146.4(a), the Start Referee can allow an Athlete, who immediately protests, to run the race, subject to the protest being considered afterwards. Similarly in accordance with Rule 146.4(b), the Start Referee may be asked to consider a protest based on the failure of the Starter to recall a false start or in accordance with Rule 162.5, to abort a start.

When considering protests as to whether a start contravened the rules or was otherwise unfair, the Start Referee's judgement is crucial. He may:

- If he is in any doubt, allow Athletes to run "under protest" [Rule 146.4(a)] if the SIS indicates an illegal start and there is good reason to suggest that the information is inaccurate, or there is an equipment malfunction. No protest will be allowed if the SIS is working correctly and a false start has been indicated.

Referees and others must be aware that it is possible that the SIS may be working correctly but "incorrectly" indicate a false start – because motion by an Athlete that does not include or result in the Athlete's foot / feet leaving contact with the foot plate / plates of the starting blocks, or the Athlete's hand / hands losing contact with the ground, shall not be considered the commencement of the start.

- Retrospectively disqualify an Athlete [Rule 146.4(b)] for a false start or warn / disqualify an Athlete under Rule 162.5 when a race is completed, a protest is lodged about the start and it is upheld. The Start Information System [SIS] (where available) must be considered.
- Consider if there are other irregularities at the start that can merit an "allowable protest" i.e. blocks slipping or crowd disturbance.
- In the need for justice, declare a race void and order a re-run when the SIS is faulty and a false start appears to have been committed.
- When no SIS is in place, he must make his own judgement on the legality of each start. This adds greater importance to the background of the Start Referee as an experienced starter.

4.6 The success of a good start procedure depends on how the team works together and ensures that the process is efficient, fair and within the relevant rules for competition. The team should know the role they are all playing. They should understand the signals they are to use and what they indicate and, above all, they should relay all information they have to each other to ensure the start is conducted fairly.

5 Team Positioning

5.1 The Start Coordinator must ensure that all team members know their role and assume positions that allow them to implement the Rules.

5.2 Crouch starts

Ideally, there should be three Starters per race. One will take up a position in which he has a clear view of all Athletes. He is the Starter. The other two will act as Recallers and position themselves as allocated to oversee assigned lanes (usually from different angles of vision to the Starter). The team of three will rotate through those duties throughout a competition as determined by the Start Coordinator. For the 4 × 200m and 4 × 400m Relays, it is recommended to use three Recallers.

The Starter's Assistants will position themselves, in good time before the first command, to ensure a clear view of the position Athletes take before and during the start procedure.

For straight starts, this will require at least three Assistants – one to observe front line positions and two to watch for rear infringements concerned with feet contacts on starting blocks (Rule 162.3).

For staggered starts, this will require at least three Assistants (one more for 4 × 200m and 4 × 400m Relays) – each one to observe both the positioning of the hands behind the start line and the feet contacts on starting blocks in the lanes assigned to him.

5.3 Staggered standing starts

Same positioning of the Starters (including the Recaller) as at the staggered crouch start. Two or three Starter's Assistants are required to observe the feet positions of the Athletes after the "On your marks" command.

5.4 Group starts

There should be two Starters per race. For single curve starts, the Starter will take up a position where he has a clear view of the start line and all the Athletes assembled for the start. The Recaller will position himself in a different angle to the starter, ideally on the opposite side.

The two Starter's Assistants have to check that the Athletes are placed in the correct order of the start list and about 3m behind the start line. After the command "On your marks" and once it is confirmed to the Starter that the Athletes are positioned according to the rules and ready, the Assistants should move outside the track.

In races with two curved start lines, one more Recaller and one more Assistant will be necessary. Each Recaller will only oversee the Athletes starting from the curved start line assigned to him. At the start line assigned to him, each Assistant will act as at the single curve start.

6 The Start

6.1 In events up to and including 400m, on receipt of the agreed signals that all parties (Athletes, (Photo) Finish Judges, the Timing Company, Competition Management, Track Officials and, where appropriate, the Wind Gauge Operator and the Host Broadcaster) are ready, the Start Coordinator will inform the Starter to issue the first command – "On your marks".

When all Athletes are clearly settled, correctly positioned (as indicated by the Starter's Assistants) and still, the Starter will issue the second command – "Set". When the Athletes have all assumed their final starting position, and are steady, the gun will be fired.

In events of 800m and over, once the Athletes have all assumed their final starting position after the "On your marks" command, and are steady, the gun will be fired.

6.2 There is no perfect holding time in the set position. In reality, there must be a discernible hold to ensure all Athletes are steady and in the correct starting position.

The Starter must abort a start or recall a race if:

- He is not satisfied that all is ready for the start when the Athletes are on their marks or in their final starting position.
- In his judgement an Athlete causes the start to be aborted, fails to comply with the start commands or disturbs other Athletes.
- He observes that an Athlete, after assuming a full and final starting position, commences his start before receiving the report of the gun (Rule 162.6).
- He receives a signal from the SIS.
- He observes that the start was otherwise unfair (Rule 162.9)
- Any Recaller observes an irregularity with a start.

The reference in Rule 162.9 to a fair start does not relate solely to cases of a false start. This rule should also be interpreted as applying to other situations such as blocks slipping, a foreign object interfering with one or more Athletes during a start, etc.

In addition, not all movements in the “set” position are to be regarded as “commencing the start” and thereby potentially leading to a false start.

As mentioned previously, motion by an Athlete that does not include or result in the Athlete’s foot / feet leaving contact with the foot plate / plates of the starting blocks, or the Athlete’s hand(s) losing contact with the ground, shall not be considered the commencement of the start.

Such instances should be dealt with either by standing the field up or they may constitute a violation of Rule 162.5(b) or (c) invoking the disciplinary provisions.

When it is available, the wave form images must be consulted to avoid the incorrect disqualification (or warning in the case of a first false start in Combined Events) particularly in cases of movement that does not result in loss of hand or foot contact.

Starters and Referees – while ensuring compliance with Rule 162.4 – should avoid being over-zealous in the application of the “zero false start rule” to those events not started from a crouch start, i.e. for events longer than 400m. Athletes starting races in a standing position are more prone to over-balance than those starting from a crouch position. If considered accidental, such a start should be regarded as “unsteady” and the Athletes should be “stood up” and the start process commenced again.

If an Athlete were pushed or jostled over the line before the start, he should not be penalised. (However if the action was considered wilful / deliberate, the “pusher” might be subject to a disciplinary warning or disqualification.) If such a movement was considered to be accidental, starters and referees are encouraged to first consider calling the start “unsteady” before taking any more severe action.

Repeat practices during the same event may, of course, entitle the Starter and/or Referee to consider applying either the false start or disciplinary procedures, as might best be applicable in the situation.

6.3 In theory, a Starter can award a false start to several Athletes if it is indicated that their movement was more or less simultaneous. Otherwise, the false start must go to the Athlete observed or indicated as making the first movement. (See note to Rule 162.8)

In all cases, the team must:

- Consider all evidence readily available including the SIS analysis.
- Show the correct coloured warning cards to demonstrate the decision.

6.4 The Starter shall abort the start if in his judgement an Athlete causes the start to be aborted, i.e., by holding up his hand or standing / sitting up, deliberately delays in response to the commands or moves or makes noise after the Athletes have settled into the “On your marks” or “Set” position thus disturbing the concentration of fellow Athletes. In these cases, the Start Referee may award a personal warning (for improper conduct) to that Athlete and he will be shown a yellow card (or red card in the case of a second disciplinary offence in that competition) followed by a green card shown by a Starter’s Assistant for all. The Start Referee must be satisfied that the Athlete’s action was not justified by an acceptable reason i.e. crowd noise, block movement or external interruption. In this case, all Athletes will be shown a green card by a Starter’s Assistant.

In all cases, the showing of any card must be seen by all Athletes so that no-one is in doubt about the consequences of further rule violations. The recommended minimum size of the warning / disqualification cards is A5, double sided.

In the case of a false start warning / disqualification, the “corresponding indication” on the lane marker box required by Rule 162.8 remains full yellow / red.

- 6.5 For deaf only Athletes, who are participating in competitions under IAAF rules, the use of lights at the start should be allowed and not considered assistance. For international competitions, it should, however, be the obligation of the National Federation of the Athlete to supply / finance such equipment unless the technical partner can provide it. For other competitions, provision shall be the responsibility of the Athlete.