

## QUICK SAFETY

- **Hurdle Feet:** The base legs must point towards the finish line in the direction from which the athlete runs. Never let an athlete jump a hurdle from the wrong direction.

## TRACK SETUP

- **Hurdle Alignment:** Place the front edge of the cross-bar so it perfectly aligns with the marked track line nearest to the approaching runner.
- **Practice Runs:** Athletes are normally permitted a practice trial over the first 2 hurdle flights to check their clearance.

## RACE RULES

- **Terminology:** The first leg to cross the barrier is the "lead leg"; the second leg over is the "trail leg".
- **Lane Discipline:** All races must be run entirely within designated lanes. Every athlete must stay strictly inside their own lane for the whole race.

## DISQUALIFICATION CRITERIA

- Deliberately knock down a hurdle using their hand or foot.
- Interfere with or impede the lane performance of another competitor.
- Pass under or around any hurdle.
- Trail their foot or leg around the outer side of the hurdle rather than clearing over the top bar.
- Jump a hurdle that is positioned in an adjacent runner's lane.

<https://cdn.revolutionise.com.au/cups/waathletics/files/9hadw0zztssuuggee.pdf>



# HURDLES

## TRACK TRACKING & COLOUR CODES

| Distance | Tape Colour | Boys Age Groups | Girls Age Groups |
|----------|-------------|-----------------|------------------|
| 110m     | Blue        | Boys U17 – U18  | —                |
| 100m     | Yellow      | Boys U16        | Girls U17 – U18  |
| 90m      | White       | Boys U15        | Girls U16        |
| 80m      | Red         | Boys U12 – U14  | Girls U12 – U15  |
| 60m      | Black       | Boys U7 – U11   | Girls U7 – U11   |

