

Muggs Guide to Umpiring

Know Which Rule Book to Use:

NFHS – National Federation of State High School Associations

NCAA – National College Athletic Ass'n

USATF – USA Track & Field

IAAF – International Amateur Athletic Ass'n

Umpires: Needed Equipment: yellow/white flag

- **“The eyes and ears of the Referee” Observe & report.**
- **Umpires do not disqualify athletes; they report what they see to the Referee (and the Referee makes the decision).**
- **If you see an infraction, raise the yellow flag and stay at your position until the Referee (or Chief Umpire) comes to you.**
- **Be prepared to give a full (written) description of who did what to whom and when.**
- **If you're not sure, don't make the call.**
- **If you see a situation you know is not a foul, but there may be a question, write a report to pass on to the Referee.**

What to watch for:

- Impeding, jostling, veering
- Assisting
- Hurdle violations
- Relay team uniforms
- Unacceptable conduct
- Unsportsmanlike conduct
- Uniforms and jewelry
- Lane Violations
- Relay zone violations

Equipment Needs:

- ☐ . . . Clipboard or weather writer
- ☐ . . . Pencils
- ☐ . . . Flags and Rubber bands
- ☐ . . . Meet Credentials and holder

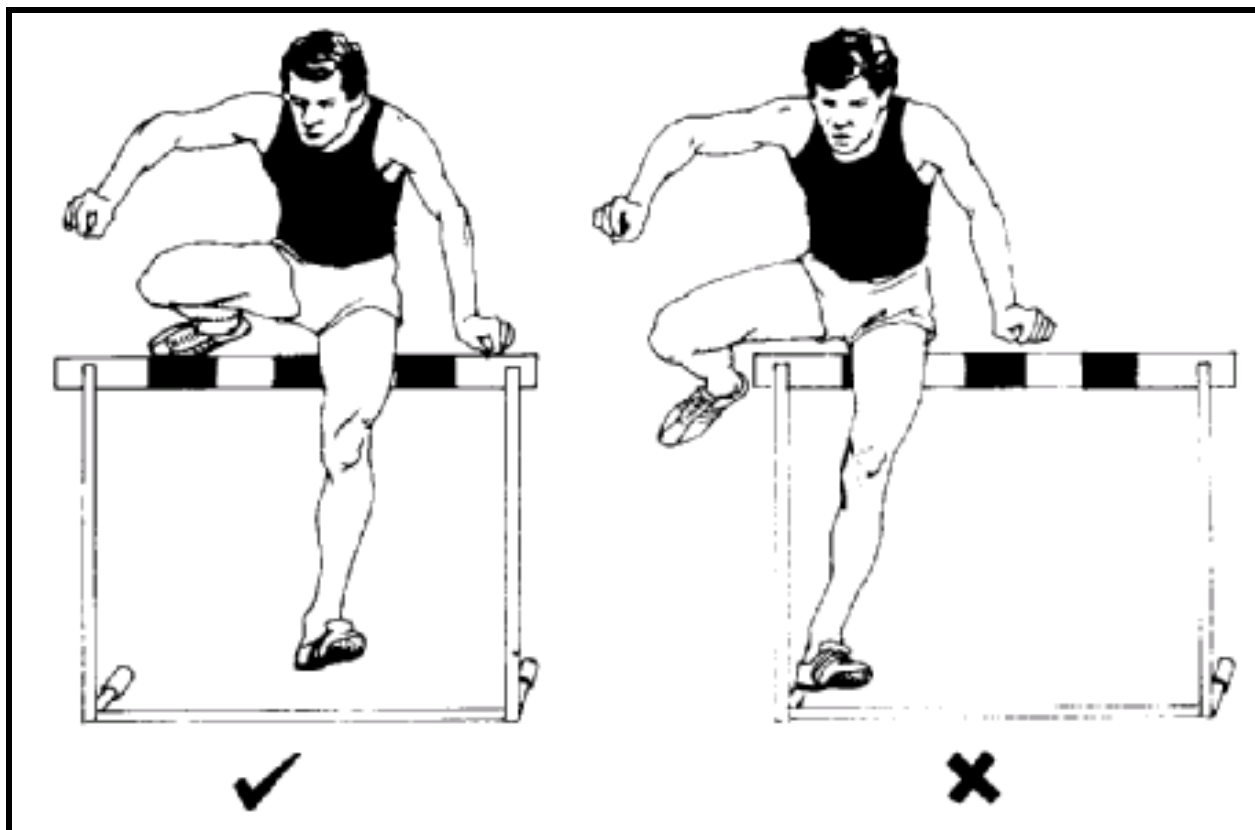
- ☐ . . . Sunblock/Chapstick
- ☐ . . . Hat or Visor
- ☐ . . . Necessary Paper
- ☐ . . . Water and Holder
- ☐ . . . Rule Book
- ☐ . . . Incident Cards

Races on Straightaway:

- **Best View from behind start**

Frequent Violations

- **Unstable Blocks &/or unstable block holding**
- **Block slippage**
- **If you see this either of these, alert starter!**
- **Hurdles: Check Height & Placement- alignment (next to each other)**
- **Hurdles: back in position after race comes through**
- **Hurdles: Umpire Task: Observe for & report if competitor fails to clear horizontal plain of the hurdle or intentionally knocks down a hurdle- Note:** Sometimes hard to see. Watch athletes warm up and you will get a hint as to who might do this



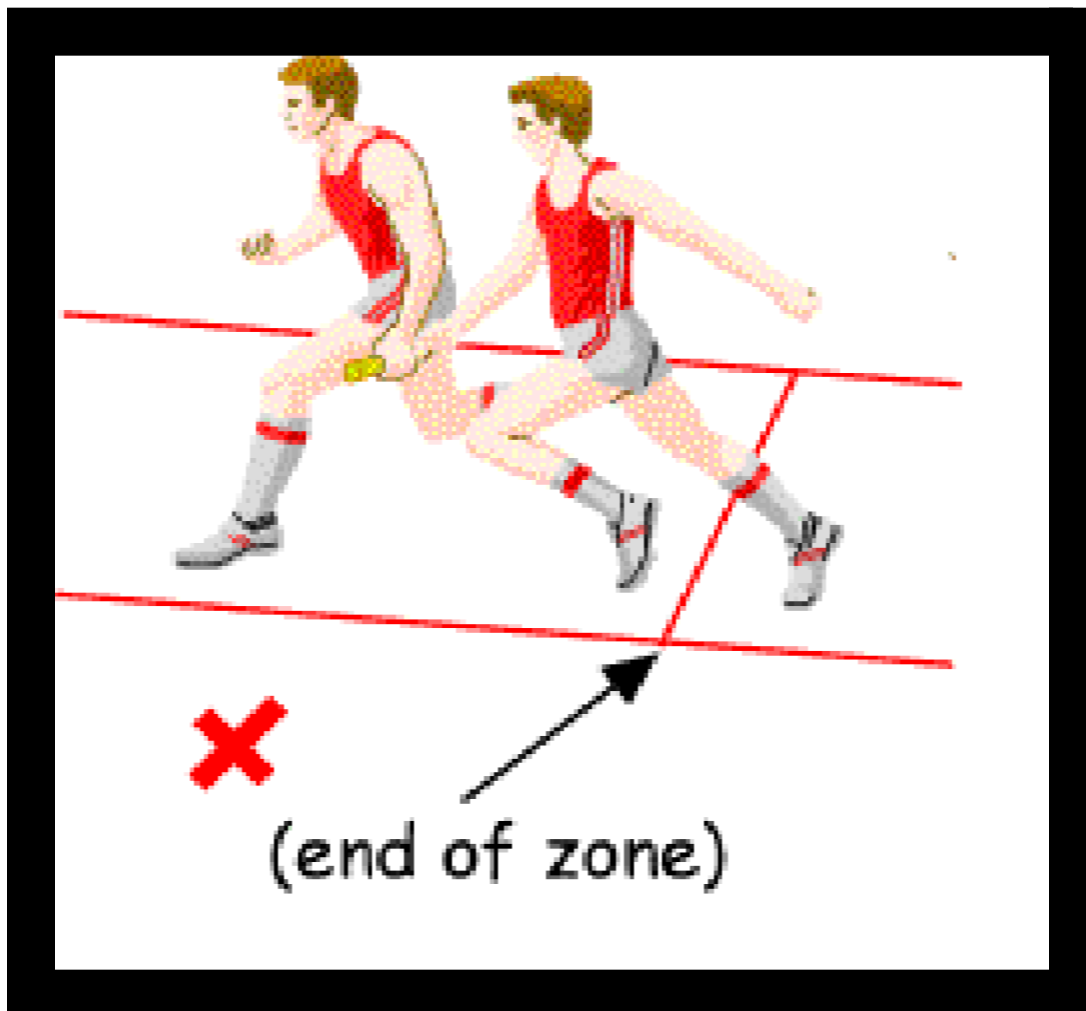
More "Normal" Calls:

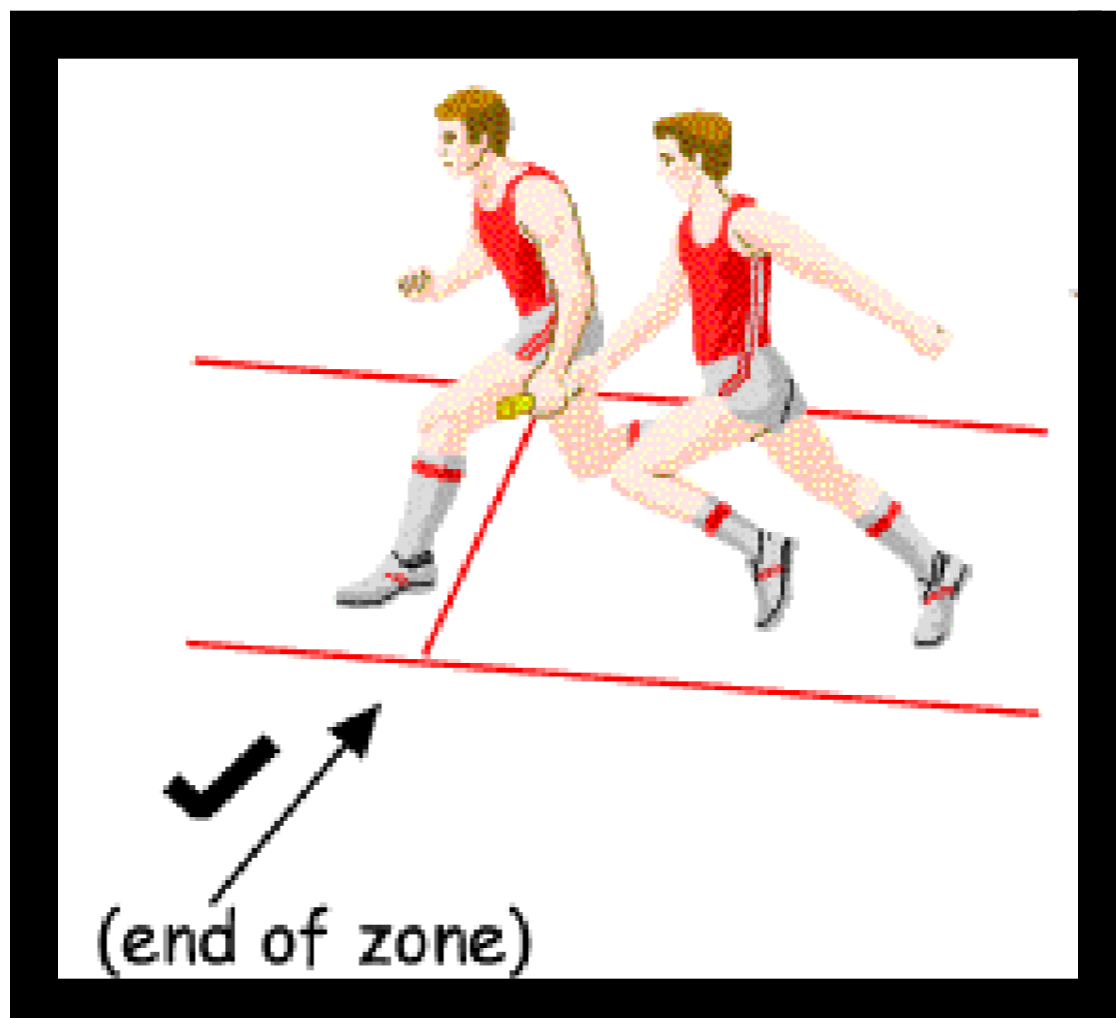
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Breaklines: cones are to be on the inside edge of line so that runner in outer lane has the max room.

Relays/Exchange Zones

- All batons must be passed in a 20 Meter exchange zone. Or 30 meter exchange zone for legs less than 201 meters.





The Incident Report Form

- Needs to be complete
- What event, heat, lane, hip number
- Who did what and who was affected
- Describe color of uniform, bib number, school name, athlete names
- Where did it happen
- What rule was violated
- Report is given to Chief Umpire or Referee
- Referee makes the decision to disqualify an athlete – not the umpire.