



## TRACK RULES & DISCIPLINE

### ***Track Rules***

1. Maximum permitted spike length -6mm.
2. No spikes are to be worn in the grand-stand or inside the building.
3. Lanes marked with bollards should not be used for training purposes.
4. No unauthorised persons will be allowed to cross the central (inner field) area.
5. All issued equipment must be returned to a member of staff in the equipment room.

### ***Lane Discipline***

1. All warming up (stretching etc) must be done **off the track** in the designated area.
2. **Lane 1 & 2:** to be used for overtaking and time trials only.  
**Lanes 3 & 4:** to be used for general group training.  
**Lanes 5 & 6:** to be used for sprinting and/or hurdling.  
**Lanes 7 & 8** are to be used for warm up/ warm down, and for use by the general public
3. Areas such as the long/triple jump and pole vault run-ups are not to be used for warm up/ down drills or skills sessions, when not in normal use, or when the track is congested.
4. Care should be taken when crossing the track to avoid collisions.

Athletes, particularly youngsters, should be aware that when “**track**” is shouted out, this is a verbal warning that faster runners are approaching and they should **move one lane to the right** to avoid collision.

### ***Field Event Rules***

1. All throwing event implements will only be issued to qualified UKA coaches or authorised senior athletes.
2. All throwing events will be strictly supervised by a qualified UKA coach.
3. All throwers must stand behind the appropriate circle or scratch line and remain there until the appropriate time to make a throw.
4. Throwing shall be suspended while throwing implements are being recovered.
5. At busy times, it may be necessary to restrict the long throwing events in the central arena. Athletes should check with coaches as to the availability of the central arena
6. Sandpits should be dug before and also at frequent intervals during use.
7. Anyone requiring specialist equipment such as pole vault stands, steeplechase water jump etc, should contact stadium staff in advance giving at least 24 hours' notice.
8. Pole vault and high jump can only be practised by persons under the super-vision of a qualified UKA coach.
9. The pole vault and high jump beds must **not** be used as gymnastic equipment.

All equipment must be treated with care and respect. In the case of wilful neglect or misuse, a charge of the full replacement cost of any damaged items will be made.

If anyone is in consistent breach of any of the above, they will be asked to leave the training area.