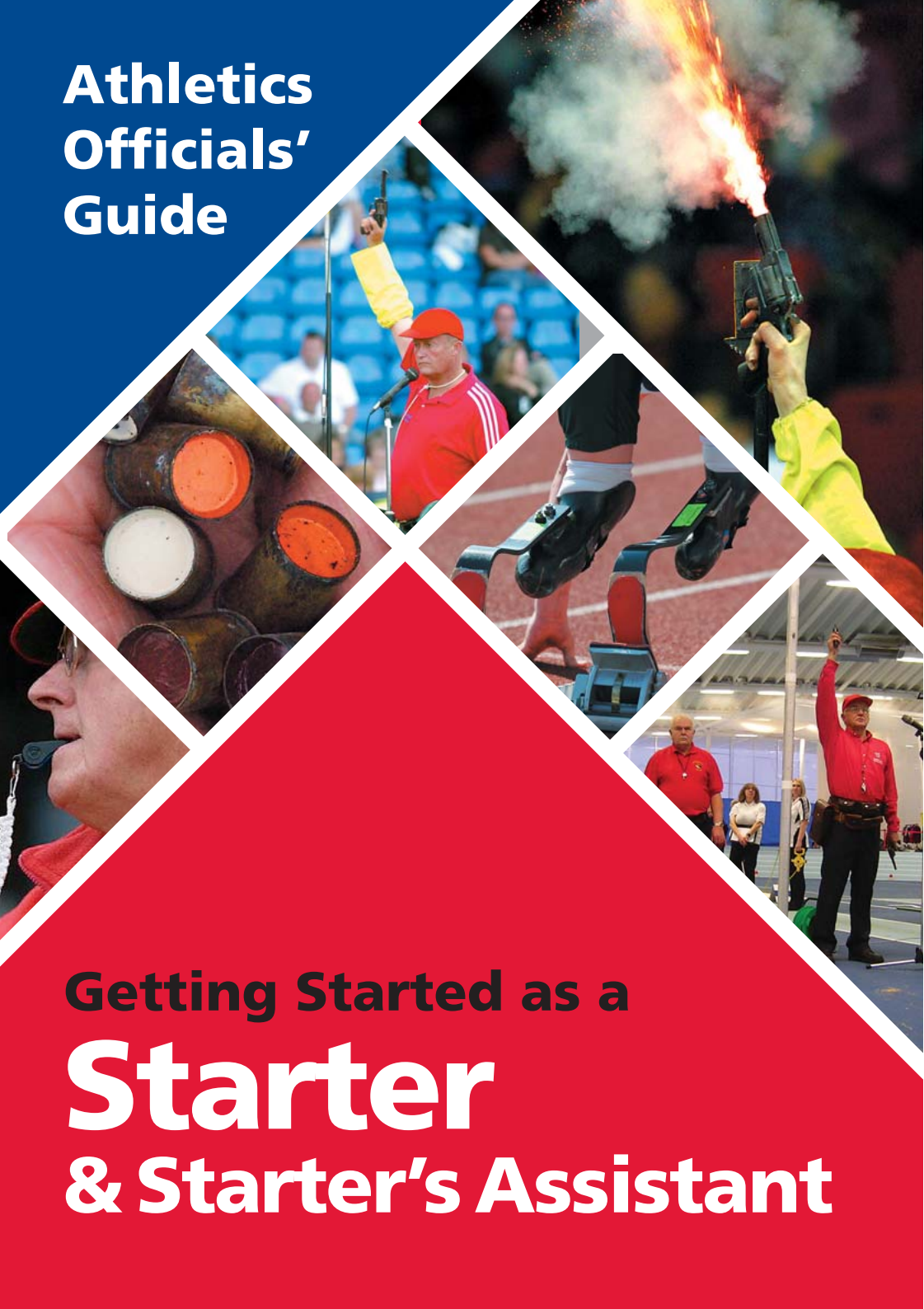


Athletics Officials' Guide



Getting Started as a
Starter
& Starter's Assistant

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Compiled by the South of England Athletics Officials' Association Starter/Marksman Sub Committee
From an original document by Keith Dearing
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On your marks ... set ... go!

This document is based on one initially prepared by the late Keith Dearing in 1994, with the help of Phil Tomkins and other experienced Starters and Starter's Assistants. We have adapted it to the latest rules of athletics, and to offer some insight into the day to day running of an athletic meeting from the aspect of Starters and Starter's Assistants. It is designed to aid any newcomers to the sport or those who wish to take up a *new challenge* as to the duties involved in this area of athletics.

The roles of the Starter and Starter's Assistant (previously referred to as 'Marksman') are crucial to keeping track events running to time. Neither can work properly without the other and the co-operation between both sets of officials is essential for the well-being of the athlete. An experienced Starter's Assistant will ensure athletes are 'ready' for the start and allow the Starter to concentrate on ensuring all athletes have a fair and even start.

The role of Starter or Starter's Assistant is quite challenging, you are working with athletes who are 'hyped up' especially in sprint races. You need to be firm but diplomatic but overall an enjoyment of athletics is essential.

Rules are always changing and we can only advise new officials to keep up to date with the new rules as and when they are introduced and suggest they join their local Officials Association where help and advice is freely given.

If you would like to take an active part in this discipline then read on. Contact your local County Officials Secretary (or Home Country equivalent - see pages 20-21) or Officials' Association (see page 22) who can point you in the right direction.

Sheena Piper, Jemma Bates, Alan Minchin
SEAOA Starter/Marksman Sub Committee



References throughout this text are made to the UK: Athletics publication *Rules for Competition*. This rule book is published every two years and is available from:

UK Athletics Book Centre
5 Church Road, Great Bookham, Surrey KT23 3PN
www.ukathleticsbookcentre.co.uk
Tel: 01372 452804.

For disabled athletes the official International Paralympic Committee (IPC) *Athletics Rules and Regulations* with supporting documents are available from:

<http://ipc-athletics.paralympic.org/Rules>

A simplified version of rules for disabled athletes related to the UKA rules is included in the UKA rule book.

It is wise to read the relevant event rules before a competition which includes events for disabled athletes.

Other helpful reading matter includes:

IAAF Handbook, available from www.iaaf.org

Starting and Marksmanship, available from Neuff Athletic Equipment www.neuff.co.uk/books.html

The starting team

This comprises *both* Starters and Starter's Assistants (previously referred to as 'Marksmen').

There are Timekeepers, Judges for both Track and Field events, Recorders, Announcers, Officials who help with marshalling the athletes to the right place at the right time and numerous other posts which come together during a match, but as far as Track races are concerned, there has to be a Starter and, ideally, more than one Starter's Assistant to assist the starter get the race under way in a fair manner to all participants.

The composition varies according to the level of the meeting and the number of Officials that are available.

In most club meetings there might be only one or two Starter's Assistants and they will have to decide who will be 'Chief'. If you are the only Starter's Assistant try to get the local club to provide a parent or visiting official to help out. Even if they only ensure the athletes are in the right place with the correct number it is a step forward. The experienced Starter's Assistant can then ensure athletes are in the correct lanes and advise the Starter when ready.

- It is essential to have a Starter and at least one Starter's Assistant

At important meetings the following composition is ideal:

- **A Chief Starter and two other Starter's Assistants**
 - Between them it is usual for the duties of Starter, Start Recaller and Block Recaller to be allocated in a 'shared' convention. It may even be possible to have *two* Start Recallers if there is a fourth person or if the race does not involve Blocks. The duties would be allocated so that each Starter has to attend to each duty at some time during the meeting.
 - A typical Duty Sheet appears in the Appendix A.
- **A Chief Starter's Assistant and two other Starter's Assistants**
 - It is now usual at Area meetings and above for at least *three* Starter's Assistants to be appointed to support the Chief Starter's Assistant – this allows for one of them to move to the next event and commence the initial preparations.
 - Between them it is usual for the various duties to be allocated in a 'shared' convention, varying with the progress of the races so that each Starter's Assistant has to attend to each duty at some time during the meeting.
 - A typical Duty Sheet appears in the Appendix B.

The clothing of the Starter and Starter's Assistant is covered later but at this stage it is as well to note that the Starter wears a **distinctive red top and cap**.

Basic duties

OK, so you may be interested in helping to start a track race properly.

Now, why do we need a 'Starter' and a 'Starter's Assistant' – what do they both do – why are there so many of them at some meetings?

A good **Starter** will have experience as a **Starter's Assistant**, so it is sensible to have a try at this discipline in the beginning – of course, experience as a competing athlete, especially in sprint races, helps in a practical way.

It does help but it is not so essential for a **Starter's Assistant** to have experience as a **Starter**.

The Starter

The Starter has absolute control over all matters relating to the start of a race. His or Her decision IS FINAL and cannot be overruled by any one else.

The **Starter** has to ensure that all of the competitors have a good and fair start with no one 'slipping up' because of something outside their control. This could be identified as a faulty or unfair start, in reality a perfect start is possible but difficult to achieve. If a competitor does try to take some advantage at the start then they will be responsible for a **False Start** and the **Starter** must warn or disqualify them in accordance with the rules governing the meeting.

The Starter plays the crucial role in ensuring that the meeting progresses according to the proper timetable.

The **Starter** needs to have a sound basic appreciation of the relevant Rules, there are not too many, and a great deal is common sense.

Ideally, the **Starter** must be alert, calm, confident, patient, impartial, decisive, clear speaking, react quickly and needs to be able to 'see everything'. He should issue his commands in a distinctively clear, calm and authoritative but not bullying manner. Of course, all these attributes and others are what the starter should seek but may not always achieve.

However, the **Starter** should not panic, not be aggressive, not give any indication of loss of control, not shout nor do anything that will have the effect of diluting the trust that the athletes would normally place in the **Starter**.

The **Starter** has special responsibilities in society for his guns, ammunition etc., these involve the Police, Registration and costs are involved, particularly if something goes wrong, **great care of equipment is essential** – its common sense. The Starter *must* know how to handle, care for and properly maintain their guns, ammunition etc., and when necessary have their guns checked, overhauled etc., by a competent gunsmith. After all the guns could be worth a lot of money.

Senior Starters need to know how to allocate duties to a team of starters, the use of Recallers and the use of fully automatic timing systems.

The Starter's Assistant

The **Starter's Assistant** is complementary to the Starter and essential for the smooth running of a meeting. Ideally, there will be two or more to share the detailed aspects of preparing athletes for their races.

Starter's Assistants need to work as a team and to consider themselves as a part of the whole starting team – the more efficiently they do this, the easier it is to progress through a meeting without any hitches.

Starter's Assistants need to check and re-check by reference to the programme that everything and everyone at the start is in the right place at the right time:

- Is the track clear?
- Are you (the Starter's Assistant) at the correct start area?
- Are there adequate starting blocks?
- Have you got everything you should have/need?
- Are you in the right place for the particular race?
- Are the athletes ready?
 - Track suits off, properly attired, shoes, correct numbers, pins, correct lanes/positions, correct heat
 - Is the athletes' clothing conforming with UKA Rules regarding advertising, sponsorship logos, etc?
- Is the Starter ready? (perhaps he/she is waiting for another official to be ready)

Starter's Assistants need to follow a predetermined sequence of duties all geared to ensuring that the race starts on time.

Starter's Assistants need to move quickly and efficiently on to the next duty which could be at the other side of the track or different to that which they have just completed.

Starter's Assistants need to be well-organised, patient, firm, act in an authoritative and helpful manner to secure the co-operation of the athletes.

Senior Starter's Assistants need to know how to allocate duties to a team of Starter's Assistants.

Of course!

There are formal rules to cover all this but sometimes Organisers of specialist meetings, league matches, etc., introduce additional requirements which do *not* contravene the formal rules but may enhance them for the purpose of the event.

Occasionally the layout of the track may require different approaches – guns of a certain calibre may not be permitted for environmental or community reasons.

Specific rules relate to the participation of disabled athletes. Visually impaired athletes running with a guide will require two lanes. A four point stance is not required in sprint starts for amputee athletes or those with short arms. Pads may be used to rest these on or to improve balance but must be completely behind the start line and not interfere with other athletes. It is wise to read the relevant event rules before a competition which includes events for athletes with a disability.

The Starting Process

The **Starter** has overall control of the starting team and his/her experience needs to come to the fore if other inexperienced members of the team need guidance. However, the **Starter** needs to check both their own equipment and the Stadium equipment (e.g. rostrum, amplification and the layout of the track) in order to take up the best position to do his/her job, ideally positioned on a rostrum, the higher the better so as to avoid and overlook any interference with the line of sight and be better noticed by the Timekeepers and other Officials. The Starter needs to make sure the rostrum is safe.

The Start

The **Starter must**:

- Be in a clear area free from obstruction and any forms of interference or distraction.
- Be seen clearly by the Timekeepers.
- Be easily heard by the athletes.
- See the athletes clearly.
- Treat all athletes in an impartial manner, only addressing them in exceptional cases. Young inexperienced athletes may need a little attention but only in the interests of maintaining overall control of any potential difficulty.
- Follow a 'standard race starting procedure' for races up to and including 400m and 4 x 400m relay which includes:
 - Ensuring, where relevant, that the Photofinish transducer is correctly positioned, and that the connection has been tested.
 - Getting in position, preferably on a rostrum (podium) or other raised base so that he can see clearly all round.
 - Waiting for the Starter's Assistant's signal that athletes are ready and acknowledging that signal.
 - Alerting the Timekeepers normally by whistle and acknowledging and return signal from the *Chief* Timekeeper that his team is ready (occasionally, the timekeepers may not be ready and a practical method of pausing until they are ready needs to be in place).
 - Making sure the amplification system is 'live'.
 - Checking that the track is clear of any obstructions including other athletes/officials etc. (the Starter's Assistant will normally monitor this aspect).
 - Cocking the starting gun (*do not cock* the recall gun).
 - Rechecking by visual observation from the rostrum that the athletes are ready.
 - Generally being alert to all forms of activity around (e.g. field events in progress, athletes who may attempt a 'practice start' etc.).
 - Issuing the first command:
 - “On your marks”
 - whilst watching for any infringement and being prepared to ask the athletes to “Stand up” to be reassembled if something is wrong.
 - When all athletes are settled and all movement has ceased he/she should raise the starting gun through an arc to above the head as high as possible and after a short pause (to allow the Timekeepers to concentrate on the gun) issue the second command:
 - “Set”

- After a brief pause and when there is absolutely no motion among the athletes the Starter fires his gun by a positive squeeze of the trigger, without any jerking or movement of the hand which might be disconcerting to the Timekeepers:

!!!!

- The Starter should continue to watch the athletes until after they have left the starting line in case any one or more should anticipate the gun by the smallest of margins or some other form of unsettling intervention occurs. In that is the case, fire a recall and proceed with steps for a false start. If not, first switch off any amplification and then move the rostrum if it could impede the race (e.g. the end of a 400m race).
- Then carry on with preparation for the next race, reload the starting gun(s) etc. (It is good practice to reload the starting gun after each start – also the recall gun if it has been fired).

The starting process for sprint relays is the same but, in addition, the Starter needs to check that the athletes are ready at each of the take-over positions. Normally an agreed procedure results in the Take-over Judges signifying this to the Starter.

The process for races exceeding 400 metres, except the 4 x 400m relay *excludes* the "Set" command with the gun being fired as soon as all athletes are motionless following the "On our marks" command.

Stand up

A simple command to allow a race process to re-commence if the proceedings are not satisfactory, for example:-

- A Starter's Assistant signals that something is wrong
- An athlete signals that something is wrong
- An athlete takes too long to settle (this could result in a warning to the athlete - see False Start)
- An athlete is unsteady or 'tumbles over' in the "Set" position
- The athletes are held too long in the "Set" command
- One or more athletes 'break' (See criteria for False Start rules)
- The Starter loses concentration
- There is an interruption which could cause the athletes to lose concentration – a noise from the spectators, public address system, aircraft, even a blast from a Field Judge's horn etc.

In such cases the Starter should not hesitate to say "Stand up" and re-commence the start process.

False Start

The start of a race is made *to the actual report of the gun*.

What this means is that if any athlete 'beats the gun' i.e. 'breaks' then they have committed a false start and must be recalled. It is worth at this point to remind all new Starters to look at UKA Rule 111 sections 12 – 16 on Starts*. See also Appendix C.

The Starter decides who is responsible for the false start and ascertains the reason for the false start (he or she may wish to consult Starter's Assistants). Of course the warning must be fair to all competitors. If there is a False Start the Starter will ask the Chief Starter's Assistant to take appropriate action.

- A false start could be someone who 'triggers off' another athlete but does not actually leave the starting line.
- A false start might be a result of a tap or click from the spectators in which case the athletes must not be warned but the Starter's Assistant may be able to help in avoiding a recurrence.
- False starts can also occur if there are unreasonable delays on the part of the athletes to the command "track suits off" or assume their "Set" position; in these circumstances a warning would normally be given. If an athlete in the "Set" position disturbs other competitors by making a noise or unnecessary movement etc., or seeking to gain some advantage over other athletes then a disqualification should occur.
- If a starting block collapses then a recall should be fired and no warning given.

Starters who wish to progress to Level 3 will need to be familiar with the operation of false start detection equipment, which is likely to be in use at higher level meetings.

* The Rules Revision Group will be revisiting the False Start Rule for Age Groups as per the timeline for the UKA 2012-14 Rules For Competition.

Recalls

Start recallers may spot something that the Starter missed and will fire their gun(s). The recaller must tell or indicate to the Starter which athlete(s) has (have) offended and the Starter decides whether or not to issue a warning. Start recallers should not cock their guns but pause for just a fraction of a second in order to give the Starter an opportunity to fire a recall.

In straight line sprint starts (100m, 110m Hurdles etc.) it is now the practice at important meetings to appoint a Block Recaller, whose responsibility is to watch the starting blocks and to fire a recall if a block collapses or slips, thereby causing an unfair or faulty start which is not detected by the Starter or Recaller. The Block Recaller should immediately inform the Starter of what happened. As this does not constitute the accepted understanding of a False Start a warning would not normally be given.

Start recallers and Block recallers *must* remove their caps whilst recalling so as to avoid confusion to the Timekeepers.

Safety Considerations

The personal equipment of the **Starter** is specific to the job of starting and requires his careful attention particularly with regards to his guns and ammunition, their maintenance, registration (if necessary) and their USE. It cannot be over emphasised that these items *must* be treated with extreme caution, as their misuse can be lethal.

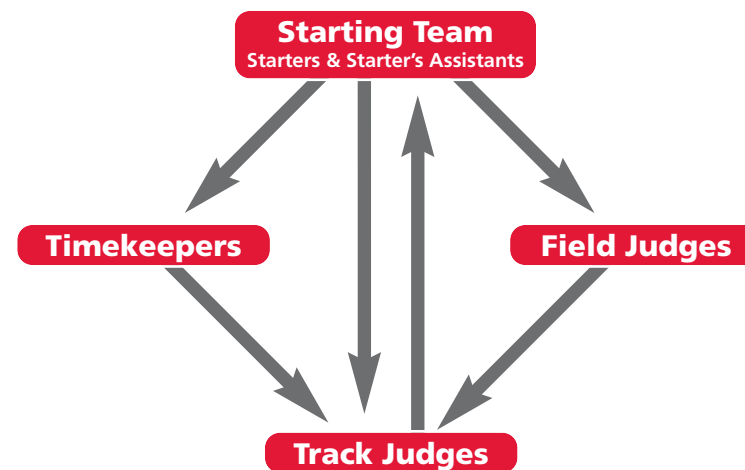
It is best always to assume that a gun is loaded, so:

- DON'T point it at anyone
- DON'T arm it (cock it) until necessary
- DON'T get it anywhere near your own face
- DON'T leave it lying around
- DON'T tamper with it or the ammunition
- DON'T loan it to anyone
- DON'T leave it loaded when it is finished with
- DO clean it and check it after use
- DO have it serviced at least once a year by a gunsmith
- DO dismantle it when it is not required if possible
- DO secure it in a safe, locked, strong gun box

DO TAKE EVERY STEP NECESSARY FOR AND INCIDENTAL TO LOOKING AFTER WHAT COULD BE A POTENTIALLY DANGEROUS WEAPON

Liaison with other Officials

Briefly, the full complement of Officials that are 'active' on the track and field area includes:



It is easily understood from the minimum of experience that it is *essential* for the Starting Team to react to and with the Timekeepers who, in turn, work closely with the Track Judges. Don't forget that it is helpful for the Track Officials to know how many athletes are competing in a race and if there is no programme or formal rules that govern the number of participants in a race it may be useful for the Starter to agree a method of limit in each race with the Track Judges and Timekeepers.

Co-operation between the Starting Team and Field Judges is vital when a track event is to start where a field event is taking place. A Field Judge blowing his horn as the athletes are in a **"Set"** position could put athletes off with disastrous effects.

It is important for all officials to co-ordinate their efforts and duties in mutual interest of the athletes.

Progressing through the levels

Although the Starter/Starter's Assistant discipline is generally regarded as one, although it is possible (uncommon but quite acceptable) to become a Starter's Assistant and not a Starter (for example if you not wish to handle a gun) or vice versa. It is important to note that to qualify as both a Starter and a Starter's Assistant at any level you'll need to log experiences as both. For example, to achieve Level 2 Club you need four experiences as a Starter and four as a Starter's Assistant, and so on through the levels. However, these don't need to be at separate meetings but could be experiences in both disciplines at the same meeting.

Generally, the Starter/Starter's Assistant team have a rotation of duties so that you get a variety of roles at any one event – you probably won't be starting every race yourself. However at lower level meetings you may find your team is very small!

The Level 2 Starter/Starter's Assistant course is one day. Following attendance at this course you will have knowledge and understanding in the following areas:

- Ability to keep the meeting to time
- Positioning at starts
- Voice and clarity of instructions/signals
- Ability to make quick and correct decisions/deal with problems
- Ability to follow duty sheet.
- Knowledge and application of rules
- Knowledge & understanding of the role
- Appropriate attire/equipment

Following completion of the course you will then be required to operate under the supervision of a qualified technical official and submit log book records to gain a formal technical official's qualification as follows:

Level 2a (Club)

- Complete the competition experience form for four meetings as a Starter or four meetings as a Starter's Assistant depending on which qualification you wish to attain. You need four of each if you wish to qualify as both.

Level 2b (County) (or Home Country equivalent)

- Officials who show a total of 10 successful experiences in their log book will progress to become County Officials (or Home Country equivalent). You must complete all relevant questions in your logbook and have your log book assessed by an appointed assessor.

Level 2c (Regional) (or Home Country equivalent)

- Officials who show a further 10 successful experiences in their log book (this will include meetings at a higher level) plus one positive report on their competence from a higher graded official will be able to progress to become Regional Officials (or Home Country equivalent). Your logbook must be submitted to the Tri-Regional National Group for assessment.

National (Level 3)

- Officials who show at least a further 10 successful experiences in their log book, and produce a minimum of six required reports, as well as attending relevant course modules, will progress to Level 3 and become National Officials. It is usual (but not compulsory) to be able to be both Starter and Starter's Assistant at national level.

A Starter's checklist

Before the meeting

- A **Starter** should report (normally to the **Chief Starter**) at least 30 minutes (sometimes one hour) before the meeting is to start depending on instructions received and the type of meeting. If in doubt, check with the organiser.
- Do make early contact with the **Chief Timekeeper** and **Track Referee**.
- The **Chief Starter's Assistant** will want to discuss the programme with you and it would be best if the two of you familiarise yourselves with the Track layout etc., at the earliest opportunity, if necessary.
- It would be as well to seek out the **Field Referee** for mutual co-operation when the Track events coincide with Field events in the 'start area'.
- If **Indoors** – check 400m breaking points, normally after two bends (i.e. 200m) with the rest of the race being a 'free for all'. Also where finish line occurs.
- If **Photofinish** is available then establish what liaison with Photofinish team is required and remember to ensure that photofinish equipment is correctly positioned and activated. Liaise with Chief Starter's Assistant if you need to.
- It is useful to arrive early to, in particular, 'walk the track' – i.e. become familiar with start lines, echelon stagers, relay stations, and to see if any are 'missing' or in an unexpected place – e.g. 1500m, 300m, Steeplechase starts. Also to see what can be done to provide any temporary lines that may be required, and to check and/or set out any p/a system used, to assist in checking any electronic timing/photo finish equipment that may be in use.

Allocatable duties

[i.e. duties that can be shared between more than one Starter]

- Start the race after receiving 'clearance' from the Chief Starter's Assistant and alerting the Timekeepers.
- Recall the athletes if there is a false start.
- Recall the athletes if there has been a block failure.
- Issue warnings/disqualifications to the athletes as required.
- Remain alert to the duties performed by Starter's Assistants.

Position at start of race

[i.e. where you should be standing when the race gets under way]

- At Sprint Straight Line Starts
- At 200m Starts (principle can be used for 800m echelon starts)
- At 400m Starts
- At 800/1500m Curved Line Starts

Clothing

Starters need to be conspicuous so that they can be seen by Timekeepers, this helps other officials to be aware of events that are or will be taking place on the track.

- Normally a red cap and red shirt and blue trousers are worn at club level.
- Remember that you will need red waterproof clothing as well because you will be out in all weathers!

Items you must have with you

- **Guns*** - for starting and recalling (for those with a gun licence then preferably matched and open-ended). A minimum of two revolvers should be available, one for starting and one for recall.
Remember – if indoors you will not need large calibre guns such as .44" or greater – normally .38" (9mm) is used but even .32" may be effective (0.22 if starting at Special Olympics)
- **Ammunition** – Plenty of the appropriate ammunition which is capable of producing a good flash and smoke.
Remember – if indoors you could be using smaller calibre blanks
- **Whistle** – A whistle on a lanyard used for attracting the attention of the Timekeepers (also have a spare one)
- **The Rule Book** – this could be UKA Rule Book and any special rules relevant to the meeting
* You will use blank firing guns until you reach Level 3 where open ended guns are a necessity. When, at Level 3, you decide to go to open ended guns then a Firearms Licence is needed (available through the Police Firearms Department) together with a Gun Cabinet which must be secured against theft.

Items you should have with you

- **Tools** – for any temporary repair
- **Chalk** – for marking any 'missing' start lines
- **Waterproof clothing** – to stop getting caught out by bad weather – remember you are out in it all, probably without any quick cover
- **Clipboard**
- **Watch** – good watch as it is the Starter's responsibility to keep the meeting to the pre-set timetable.
- **A robust container** to carry the guns/ammunition in and suitable tools needed to resolve mechanical problems that might occur.
- **Firearm certificate** – if using open-ended guns
- As many of the items included in the Starter's Assistant's checklist (see page 15) as would appear to be necessary for the meeting being serviced

And finally

Above all

- *Keep control of your equipment, especially your guns*
- *Try to minimise fuss, keep athletes calm*
- *Provide help when needed, watch the timetable*
- *Keep an eye on athletes and officials at other nearby field events*

A Starter's Assistant's checklist

Before the meeting

- **A Starter's Assistant should report [normally to the Chief Starter's Assistant] at least 30 minutes [sometimes one hour] before the meeting is to start depending on instructions received and type of meeting. If in doubt, check with the organiser or Chief Starter's Assistant or Starter.**

Allocatable duties

[i.e. duties that can be shared between more than one Starter's Assistant]

- Call-up the competitors approximately 10 minutes before the race is due to start and advise then that no further assistance must be arranged or given by anyone other than the Starter's Assistant
- Advise athletes of heats/lanes allotted
- Draw for lanes if not pre-arranged
- Check clothing, shoes and numbers
- Issue leg numbers for right leg of shorts if required for photo finish
- Advise athletes of qualifying conditions if heats are to be held; likewise for quarter/semi finals.
- Advise Starter of number of heats.
- Check positioning of starting blocks and establish whether Starter needs to know if personal blocks are being used.
- Advise athletes of 'break points' for echelon starts.
- Tell the athletes to "Remove Track Suits" approximately 3 minutes before the race is due to start, marshal them to approximately 3 metres behind their start line in their correct lane.
- **As soon as the athletes are ready and not before the race is timed to start the designated Starter's Assistant for this duty must advise the starter clearly** (usually by raising a noticeable clipboard above their head). At this point all Starter's Assistants have concurrent duties which include:
 - Watch the start line on straight starts for hand faults etc.
 - Watch 'inside' athletes from rear on straight starts for hand faults etc. i.e. hands inside lanes
 - Watch 'outside' athletes from rear on straight starts for hand faults etc. i.e. hands inside lanes
 - Watch lanes 1 – 3 on echelon starts for hand faults etc.
 - Watch lanes 4 – 6 on echelon starts for hand faults etc.
 - Watch lanes 7 – 8 on echelon starts for hand faults etc.

Clothing

- Starter's Assistants normally wear white shirts, blue trousers and blue waterproofs as necessary.

Items you should have with you

- **A waterproof clipboard**, writing paper, pens or pencils able to work in the rain. You need to note any problems, false starts, what, when, where.
- **Red, Yellow and Green laminated card** (A5 size is satisfactory for most meetings) for no-warnings, warnings and disqualification as instructed by the Starter.
- **Lane drawing equipment** such as marked ice lolly sticks or garden plant labels suitably numbered 1-8.
- **Safety pins** for numbers/letters not secured properly – a pin at each corner- Numbers must not be defaced or folded
- **Spare cards** to replicate numbers where necessary.
- **Blank card** and thick marker for any missing numbers/letters
- **Programme**
- **Your Rule Book**

And finally

Please

- Be alert to everything and anything that might cause a problem.
- Be alert to Numbers being pinned on properly, back and front
- If you see that support on any duty at any time would be helpful then please 'step forward' to assist
- If a problem occurs and you judge it prudent to help out then please do.
- Watch out for any athlete not competing in the race about to start who might stray into the view of the Starter (especially at straight sprint starts) then ease them out of the way. This includes anybody in the 'start area' who may be 'behind' the track perimeter fencing.
- Check for, stop and move any 'practice starts' that might cause a problem, i.e. ask the athlete(s) to get well out of the Starter's vision – if they don't, then **stop them**.
- Ensure that Clothing, Bags etc. are deposited tidily. **Keep the Start Line area clear.**
- If any problems etc. do occur then please advise the Chief Starter's Assistant when necessary.

**Appendix A:
Simple Duty Sheet for a team of Starters**

This uses a typical timetable which does *not* involve heats. Most meetings are only for half a day but if the meeting extends over two or more days it may be practical to 'swap' responsibilities.

Remember that if heats are involved the *same* Starter does *both heats and finals* of an event.

Time	Event	Group	No of Starts	TOM	DICK	HARRY
09.30	300m Hurdles	U17 W	2	S	R1	R2
09.45	400m Hurdles	SW	2	R2	S	R1
09.55	400m Hurdles	SM	2	S	R2	R1
10.05	100m	Females	6	B	R	S
10.20	100m	Males	8	R	S	B
10.40	800m	Females	4	S	R	*
11.00	5000m	SM	1	*	*	S
11.20	800m	Males	6	R	*	S
12.00	200m	Females	6	R1	S	R2
12.20	200m	Males	8	S	R2	R1
13.00	LUNCH BREAK					
13.30	70m Hurdles	U13W	1	R	B	S
13.35	1500m	U17W	3	S	*	*
13.50	75m Hurdles	Girls	1	R	B	S
13.55	1500m	U13B	1	*	S	*
14.05	80m Hurdles	Boys	2	S	B	R
14.15	1500m	Boys	1	*	*	S
14.25	100m Hurdles	SL	1	S	B	R
14.30	1500m	U17 B	1	*	*	S
14.40	110m Hurdles	JM	1	B	S	R
14.45	110m Hurdles	SM	1	B	R	S
14.50	400m	Females	3	S	R2	R1
15.00	400m	U17/JM	3	R1	S	R2
15.10	400m	SM	4	R2	R1	S
15.15	3K S/Chase	SM	1	*	S	*
15.30	1500m	JM/SM	2	*	*	S
15.50	300m	U17 W	1	S	R2	R1
16.05	4x100m Relay	All	4	R2	S	R1
16.25	4x400m Relay	SW/JW	2	R2	R1	S
16.40	4x400m Relay	SM/JM	2	S	R2	R1
Total Starts			80	28	26	26

Key:

S = Starter R = Recalls all lanes B = Block Recall:
R1 = Recall on Lanes 1-4 R2 = Recalls Lanes 5-8

Notes:

It would be normal for Senior Starter to start first sprint race
Only ONE Recaller for 800m
No Recaller for 1500m and above
If only 6 lanes then R1 recalls on Lanes 1-3 and R2 on Lanes 4-6

Appendix B: Simple Duty Sheet for a team of Starter's Assistants

This uses a typical timetable which does *not* involve heats. Most meetings are only for half a day but if the meeting extends over two or more days it may be practical to 'swap' responsibilities.

Remember that if heats are involved the *same* Starter does *both heats and finals* of an event.

Time	Event	Group	No of Starts	TOM	DICK	HARRY
09.30	300m Hurdles	U17 W	2	A	C	B
09.45	400m Hurdles	SW	2	C	A	B
09.55	400m Hurdles	A	2	C	B	A
10.05	100m	Females	6	B	A	C
10.20	100m	Males	8	A	C	B
10.40	800m	Females	4	B	A	C
11.00	5000m	A	1	C	B	A
11.20	800m	Males	6	B	C	A
12.00	200m	Females	6	B	A	C
12.20	200m	Males	8	A	C	B
13.00	LUNCH BREAK					
13.30	70m Hurdles	U13W	1	B	C	A
13.35	1500m	Females	3	C	B	A
13.50	75m Hurdles	Girls	1	B	C	A
13.55	1500m	U13B	1	C	A	B
14.05	80m Hurdles	Boys	2	A	C	B
14.15	1500m	Boys	1	C	B	A
14.25	100m Hurdles	SL	1	A	C	B
14.30	1500m	U17 B	1	C	B	A
14.40	110m Hurdles	JM	1	C	B	A
14.45	110m Hurdles	A	1	C	B	A
14.50	400m	Females	3	A	C	B
15.00	400m	U17/JM	3	B	A	C
15.10	400m	A	4	C	B	A
15.15	3K S/Chase	A	1	B	A	C
15.30	1500m	JM/A	2	C	B	A
15.50	300m	U17 W	1	A	C	B
16.05	4x100m Relay	All	4	C	A	B
16.25	4x400m Relay	SW/JW	2	C	B	A
16.40	4x400m Relay	A/JM	2	A	C	B
Total Starts			80	27	27	26

Key:

A = Line on straight starts; Lanes 7/8 on echelon and advise Starter when athletes are ready

B = Call-up; Lane draw: Advise qualifications; strip off; lanes 1-3 at rear and echelon

C = Check clothing; spikes, numbers; lanes 4-6 at rear and on echelon

Appendix C: False Starts*

False Starts – UNAFFECTED (UKA Rules 111.14 & 111.15)

- Open graded meetings
- Masters meetings – their own rules apply
- Meetings where no Senior athletes are competing
- Meetings where no Junior athletes are competing as Seniors
- Young Athletes League meetings
- Races exclusively for age groups U20 or younger

EFFECTIVE April 2010 'Senior meetings' i.e. UKA Rules meetings for Seniors regardless of whether false start equipment is being used.

- All competitions for Seniors (including races where other age groups compete as Seniors)
- BAL and UKWL
- Southern Women's T&F League except for U15's
- Southern Men's League

Single event: An athlete responsible for a false start shall be disqualified. Thus, any false start attributed to an athlete results in a red card being shown to that athlete.

Combined event: Only one false start in total shall be allowed per race before athletes are disqualified. At first false start every athlete in the race is shown a yellow card, the card being shown first to the athlete(s) responsible for that false start. Any athlete(s) responsible for subsequent false starts shall be disqualified with the showing of a red card.

* The Rules Revision Group will be revisiting the False Start Rule for Age Groups as per the timeline for the UKA 2012-14 Rules For Competition.

Conduct warnings

All 'Senior Meetings' under UKA rules:

See rules 111.5 (late compliance), 111.9 (late rising) and 111.12 (disturbing other athletes in the race) – there is a tendency now to award Conduct warnings for these. Also, where call rooms are being used in domestic meetings, the Call Room Manager or Call Room Referee can issue a Conduct Warning. (Refer to Technical meeting).

Other Major UKA Rule changes 2010

Rule 21.2 – ASSISTANCE

The Competition Area has been defined as 'the area where the competition is being staged and which has access restricted to the competing athletes and appropriate officials.

[Many thanks to Doug Scott for the above information].

UK and Home Country Officials' contacts

UK Athletics

Website: www.uka.org.uk/competitions/officials

England Athletics

Website: www.englandathletics.org/officials

England Athletics Officials' Education Contacts

North: officials-north@englandathletics.org 07968 498704.

Midlands: officials-midlands@englandathletics.org 07725 457823

South West: officials-sw@englandathletics.org 07921 049048

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Courses: www.englandathletics.org/officials-courses

For County Officials' Secretaries see page 17

Scottish Athletics

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Scottish Athletics Officials' Coordinator

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Education contact

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Welsh Athletics

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Derek Crowder – derek.crowder@welshathletics.org

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South: Derek Crowder – derekcrowder@btinternet.com

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West: Ken Bennett – kenhb@tiscali.co.uk

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Website: www.niathletics.org

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Jenni Black – jenni@niathletics.org 028 9060 2707

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Chairman Stanley Hall – stanleyhall37@btinternet.com

Secretary Bob Brodie – bbrodie677@btinternet.com

County Officials' Secretaries (England)

Your County Officials' Secretary (COFSec) is an important link. They can supply you with details of County events, particularly County Championships, at which you are welcome to officiate. There may well be other events within your County. Your COFSec will also be able to provide help and support during your Officiating career.

Contact details are listed below, but an up to date list can be found on the England Athletics website www.englandathletics.org – click 'Your area' and then on the appropriate area on the map. Then click 'Officials' and scroll down for COFSecs for your area. Your County AA website should also have details for your County.

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