

Hurdle Rules

2023 NCAA Rule Book – Rule 7.6.1&2, page 65 and Rule 15.6.1 &2, page 150

SECTION 6. Hurdles

Hurdle Placement

ARTICLE 1. In order to assure equitable competition:

- a. Hurdles may be run in alternate or consecutive lanes, as determined by the games committee; and
- b. Hurdles shall be placed in all lanes.

Violations

ARTICLE 2. The referee, after consulting with the appropriate officials, shall disqualify a competitor who:

- a. Advances or trails a leg or foot outside the hurdle width and below the top horizontal plane or plane extended of the hurdle;
- b. Does not hurdle each hurdle within the competitor's lane;
- c. Deliberately knocks down any hurdle; or
- d. Deliberately knocks down any hurdle by hand.

USATF Rule 168 - HURDLES

3. All races shall be run in lanes. Each athlete shall go over each hurdle and shall keep to his or her own lane throughout. Failure to do so shall result in a disqualification unless Rule 163.5 applies.

In addition to the applicable provisions of Rule 163, a competitor shall be disqualified if:

(a) His/her leg or foot is, at the instant of clearance, beside the hurdle (on either side) below the horizontal plane of the top of any hurdle; or

(b) He/she knocks down or displaces any hurdle by hand, torso or the front side of the lead lower limb; or

NOTE 1: The front side of the lead lower limb includes all front facing parts of the leg from the top of the thigh to the end of the foot.

NOTE 2: Provided that this Rule is otherwise observed and the hurdle is not displaced or its height lowered in any manner including tilting in any direction, a competitor may go over the hurdle in any manner

(c) He/she directly or indirectly knocks down or displaces a hurdle in his/her or in another lane in such a manner that there is effect or obstruction upon any other competitor(s) in the race and/or another rule is also infringed.

4. Except as provided in paragraph 3 above, the knocking down of one or more hurdles does not disqualify the athlete nor prevent a record provided standard 3.6kg pullover weight hurdles have been used.

NFHS Rule 5

Section 14 HURDLING INFRACTIONS

ART.1 Hurdling is a technique in which the competitor attempts to clear each hurdle by jumping or striding over the hurdle.

ART.2 It is an infraction if a competitor:

- a. Does not attempt to clear each hurdle.
- b. Knocks down any hurdle by hand.
- c. Advances or trails a leg or foot along the side of and below the height of the hurdle gate.
- d. Runs over a hurdle not in the assigned lane.
- e. Runs around a hurdle.
- f. Interferes with another hurdler.

PENALTY: Disqualification from the event