

# DTE - DC - PHYSICAL EDUCATION

## FURTHER READING

### CATEGORIES OF MIDDLE DISTANCE RACES

#### Rules and regulations of middle distance races

A middle distance race is a medium race, run from the beginning to the end at a regular pace with a great deal of endurance.

Nature of the Race. The middle distance races include 800m, 1,500m, and 3000m steeplechase events.

#### Equipment

The facility for the middle distance race is the usual 400m oval track with tartan. It has a common finish line on one side of the straights.

Bell, whistle, flags, recording materials, stop watches, photo finish, lap score card etc.

#### Starting Rules

##### Starting Positions:

1. In **800m races**, athletes start from staggered lanes and may have a break-in zone after the first 100m.
2. In **1500m and 3000m races**, runners begin from a **curved starting line** and can immediately take their preferred position on the track.

##### Starting Signal:

1. Athletes must remain still in their designated starting positions until the official gives the **“On your marks”** and **“Set”** commands (if applicable).
2. The race starts with the firing of a **starting pistol**.

#### 2. Lane Usage and Break-in Rules

##### 800m Races:

1. Runners **must stay in their assigned lanes for the first 100m**. After reaching the designated break-in line, they can move to the inside lane for a better position.

##### 1500m and 3000m Races:

1. Athletes can freely move to the **inside lane** after the start, as long as they do not **cut off or obstruct** other runners.

#### 3. Pacing and Race Conduct

##### Obstruction and Impeding:

1. Runners must not block, push, trip, or **impede** another competitor's progress.
2. Intentional physical contact or interference can result in **disqualification**.

##### Pacemakers:

1. In official competitions, pacemakers (rabbits) are sometimes used to set an early race tempo but must leave before the final laps.

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#### Overtaking:

1. Runners must overtake from the **outside lanes** to avoid cutting off competitors.

#### 4. Track and Equipment Rules

##### Running Surface:

1. Standard middle-distance races take place on **400m tracks** with marked lanes.

##### Footwear Regulations:

1. Athletes must wear **approved running shoes** with a **maximum spike length of 9mm** for track races.

#### 5. Timing and Race Completion

##### Finish Line Regulations:

1. A runner is judged as finished when their **torso (not arms or legs) crosses the finish line**.

##### Photo Finish Technology:

1. In close races, **electronic timing systems and photo finishes** are used to determine winners.

#### 6. False Start Rules

1. A **false start** occurs if an athlete leaves their position before the starter's gun.
2. Athletes **are immediately disqualified after one false start** (World Athletics Rule).

#### 7. Disqualification Criteria

1. False starts
2. Stepping outside the track boundary (crossing the inner lane line)
3. Obstructing or pushing competitors
4. Receiving outside assistance (coaching signals, hydration, or pacing help)