
RULE 168 HURDLES

- For outdoor competition, the standard distance for hurdle races, which shall have 10 flights of hurdles in each lane and set out in accordance with the following table, shall be:

| | Distance of Race | Height of Hurdle | Distance from Start to First Hurdle | Distance Between Hurdles | Last Hurdle to Finish |
|------------|-------------------------|-------------------------|--|---------------------------------|------------------------------|
| Junior Men | 110m | 0.995m (± 0.005) | 13.72m | 9.14m | 14.02m |
| Men | 110m | 1.067m (± 0.003) | 13.72m | 9.14m | 14.02m |
| Men | 400m | 0.914m (± 0.003) | 45m | 35m | 40m |
| Women's | 100m* | 0.840m* (± 0.003) | 13m | 8.5m | 10.5m |
| Events | 400m | 0.762m (± 0.003) | 45m | 35m | 40m |

NOTE: *For Indoor specifications, see Rule 216. For specifications for Masters races, see Rule 332.2(i). For specifications for Youth Athletics, See Rule 302.4*

- A hurdle shall be of such strength and stability as not to be broken easily by a competitor hitting the same, and if of the reversible or adjustable type, shall be rigid when so adjusted.
- All races shall be run in lanes. Each athlete shall jump each hurdle and shall keep to his or her own lane throughout. Except as provided in Rule 163.5, a competitor shall be disqualified if he/she:

- (a) does not jump any hurdle;
 - (b) trails the leg or foot below the horizontal plane of any hurdle at the instant of clearance;
 - (c) jumps any hurdle not in his/her own lane; or
 - (d) in the opinion of the Referee, deliberately knocks down any hurdle.
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 8-lb. hurdles have been used.
- NOTE:** *Under IAAF Rule 168.9, in establishing a world record a complete set of hurdles of the international type must have been used. For specification of the hurdles, see USATF Rule 168.7 - 168.14.*
5. **Construction** - The hurdles shall be made of metal or some other suitable material with the top bar of wood or some other suitable material and shall consist of two bases and two uprights supporting a rectangular frame reinforced by one or more crossbars, the uprights to be fixed at the extreme end of each base. The hurdles shall be of such design that a force of at least 3.6kg (8 lb.) applied horizontally to the center of the top edge of the crossbar is required to overturn it. The hurdles may be adjustable in height for each event. The counterweights must be adjustable so that at each height a horizontal force of at least 3.6kg (8 lb.) and not more than 4.0kg is required to overturn it.
6. **Width** - The maximum width shall be 1.20m.
7. **Length** - The maximum length of the base shall be 70cm.
8. **Top Bar** - The top bar shall be 7cm wide and shall be striped in black and white or in some other contrasting colors in such a manner that the lighter stripes appear at each end of the bar. The thickness of this bar shall be between 10 and 25mm and the top edges should be rounded. The bar should be firmly fixed at the extremities. The top bar shall be of a length equal to the width of the lane in which it is placed.
9. **Placement** - The hurdles shall be so placed on the track that the feet of the hurdles shall be on the side of the approach by the competitor. The hurdle shall be so placed that the edge of the bar nearest the approaching hurdler coincides with the track marking nearest the approaching hurdler.

10. **Weight** - The total weight of the hurdle shall be not less than 10 kilograms.
11. **Testing** - To check the resisting force of hurdles, a simple spring balance should be used to apply a pulling force horizontally to the center of the crossbar. Alternatively, use a cord with a hook applied horizontally to the center of the crossbar; take the cord along over a pulley fixed appropriately and load the other end of the cord with weights.

NOTE: *The so-called "rocker" hurdle does not comply with the above specifications.*