

IMPORTANT NOTICE FOR
ATHLETES
COACHES
OFFICIALS

IAAF COMPETITION RULES 2010-2011
RULE 162.7

FALSE START

False Start

6. An athlete, after assuming a full and final set position, shall not commence his start until after receiving the report of the gun. If, in the judgement of the Starter or Recallers, he does so any earlier, it shall be deemed a false start.

Note: When an IAAF approved false start control apparatus is in operation (see Rule 161.2 for operational details of equipment), the evidence of this equipment shall normally be accepted as conclusive by the Starter.

7. **[From 1 January 2010]**

Except in Combined Events, any athlete responsible for a false start shall be disqualified.

In Combined Events, any athlete responsible for a false start shall be warned. Only one false start per race shall be allowed without the disqualification of the athlete(s) responsible for the false start. Any athlete(s) responsible for further false starts in the race shall be disqualified. (See also Rule 200.9(c).)

8. In case of a false start, the Starter's Assistants shall proceed as follows:

Except in Combined Events, the athlete(s) responsible for the false start shall be disqualified and a red card shall be raised in front of him and a corresponding indication shown on the respective lane marker(s).

In Combined Events, in case of a first false start, the athlete(s) responsible for the false start shall be warned with a yellow card raised in front of him and a corresponding indication shown on the respective lane marker(s). At the same time, all the other athletes taking part in the race shall be warned with a yellow card raised in front of them by one or several Starter's Assistants in order to notify them that anyone committing further false starts will be disqualified. In case of further