

# Hurdles

## What Is Hurdling?

**Hurdling** is the act of running and jumping over an obstacle at speed. Hurdling forms the basis of a number of track and field events which are a highly specialized form of obstacle racing. In these events, a series of barriers known as hurdles are set at precisely measured heights and distances which each athlete must pass by running over. Failure to pass over, by passing under, or intentionally knocking over hurdles will result in disqualification. Accidental knocking over of hurdles is not cause for disqualification, but the hurdles are weighted to make doing so disadvantageous.

## Safety When Hurdling!

Safety is very important when hurdling.

- Only hurdle on a dry surface not on any slippery surface and it is especially dangerous on wet grass.
- Make sure children jump over hurdles in the right direction.
- Start at a low hurdle height and work your way up based on the athletes' ability.

## Distances

Hurdling has many different distances for both men and women.

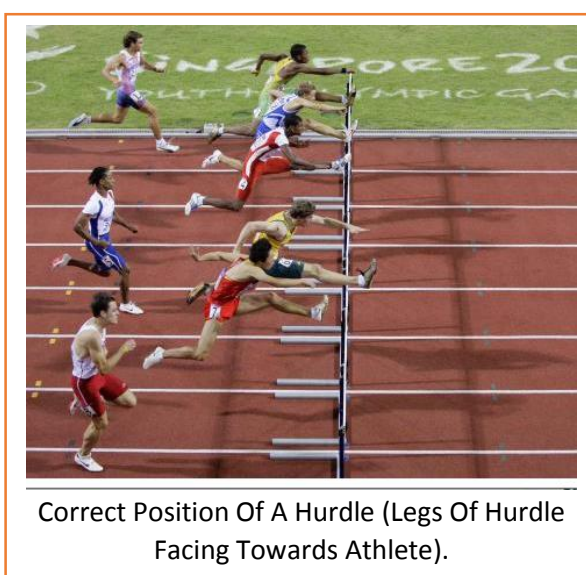
The following are the distances for both categories.

- Metres
- 60 Metres
- 100 Metres (Only Women)
- 110 Metres (Only Men)
- 300 Metres
- 400 Metres

How To Hurdle – 7 Steps – WikiHow Website – [Click Here!](#)

## 1. Approach & Take Off

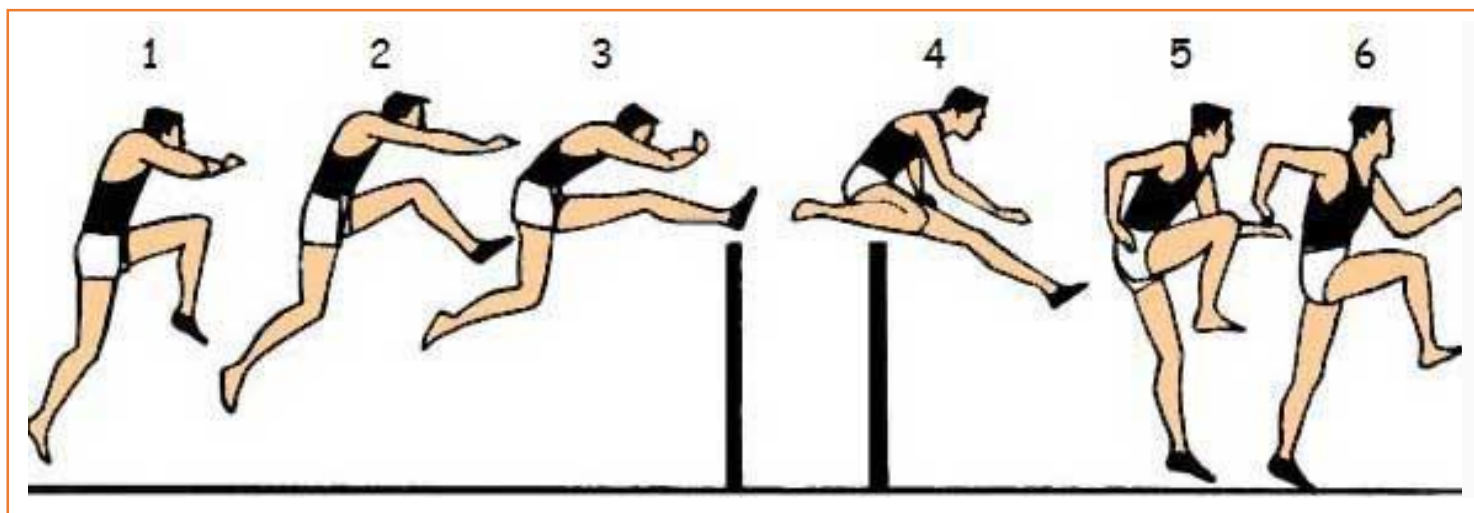
In hurdling the first hurdle is only about seven or eight strides away so the athlete must come upright at the 3rd or 4th stride after starting, this is much earlier than the sprinter. To enable this to happen the block spacing's will have to be slightly altered. When using an eight stride approach the **take-off foot** is placed in the **front block**.



## 2. Clearance - Technique

The technique for clearance is split into using your two legs:

- A. The Leading Leg
- B. The Trail Leg



### A. Technique – Lead Leg

- The knee must be picked up fast. (1)
- The knee is driven at the hurdle. (1&2)
- The lower part of the leg is left low and extends once the knee reaches the height of the barrier. (1&2)
- The knee must be picked up in line with the vertical centre line of the body.
- The foot of the lead leg reaches its highest point about 15 to 30 centimetres in front of the hurdle rail.
- As the heel of the lead leg passes the barrier it must be pulled down and back to land under the body. (3&4)
- It is not necessary for the lead leg to be straight over the top of the hurdle. (3)
- The leg straightens as it descends towards the ground. (4)

### B. Technique – Trail Leg

- The trailing leg drives the body at the hurdle as the lead leg rises. (1)
- The athlete should feel the trailing knee sweeping wide and flat over the hurdle. (4)
- As the leg crosses the hurdle, the foot must be turned at the ankle so that the foot does not hit the barrier. (4)
- After crossing the barrier, the knee continues to rise and comes round in front of the body. (5)

### 3. Landing

The objective after passing the hurdle is to make a fast transition back to running. Landing should be on the ball of the foot and the body should not lean backwards. Trail leg is tucked until touchdown then it pulls quickly and actively moves forward back to sprinting. Contact with the ground is brief and the first stride is aggressive.

### What Happens Between Hurdles – 3 Stride Rhythm?

The 3 stride rhythm is the amount of strides between each hurdle, I recommend the first step in introducing hurdles is the concept of the event not the 3 stride rhythm I recommend introducing this after they understand how to jump over the hurdle. It is hugely recommend to jump over each hurdle with the same leg and that's what the 3 stride rhythm.



### What Happens If You Knock Over A Hurdle?

Athletes must attempt to clear every hurdle in their path. Knocking over hurdles is permitted accidentally but not deliberately, which can result in disqualification. This is at the discretion of the referee. Knocking over hurdles considerably slows the athlete down.

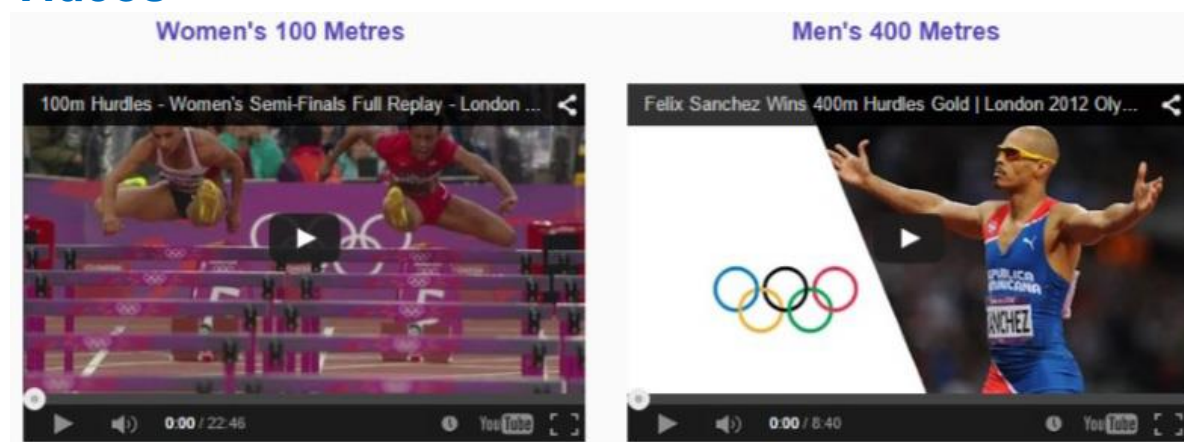
## Specification Of Hurdling

The specification for the hurdle height depends on the event distance, gender and age.

Gender/Age	11— 12	13 — 14	15 — 16	17 — 19	20 — 34
Male	75 Metres (76.2cm)	80 Metres (84cm)	100 Metres (91.4cm)	110 Metres (1.067m)	110 Metres (1.067m)
			400m (84cm)	400 Metres (91.4cm)	400 Metres (91.4cm)
Female	70 Metres (68.2cm)	75 Metres (76.2cm)	80 Metres (76.2cm)	100 Metres (84cm)	100 Metres (84cm)
			300 Metres (76.2cm)	400 Metres (76.2cm)	400 Metres (76.2cm)

Evan Mahon - Coaching Athletics ©

## Videos



## More Resources

International Association Athletics Federation - 100 Metres - [Click Here!](#)

110 Metres - [Click Here!](#)

400 Metres - [Click Here!](#)

Wikipedia - Hurdles - [Click Here!](#)

Brian Mac Website - Hurdles - [Click Here!](#)