

RELAYS to be reviewed

PREPARATION FOR EVENT

- Ensure that all aspects of track area and change over zone are safe for athletes.
- Emphasise to athletes the area in which the baton must be changed over.

DEFINITIONS

- Change box/change over zones: They are 20m in length and one lane in width, in which the change over of the baton must take place.
- Acceleration zone (U/11-U/15 only): A zone in each lane of a maximum 10 metres in length, prior to the beginning of the change box, where the receiving athlete may begin to accelerate prior to the change over of the baton. (The Baton must not be changes within this area)
- Check marks: a marker placed within a lane to denote where the athlete's acceleration is to begin.
- Cross Over Point: the point where the athlete may leave their respective lanes and cross to the inside of the track.

EQUIPMENT

- Baton: smooth hollow tube, circular in cross section, made of a rigid material.
- Yellow (**DO WE USE RED?**) Flags: To indicate infringement has taken place.
- White Flags: White flag to signal 'all clear'.

OFFICIALS REQUIRED

- One official at each change box

GENERAL RULES

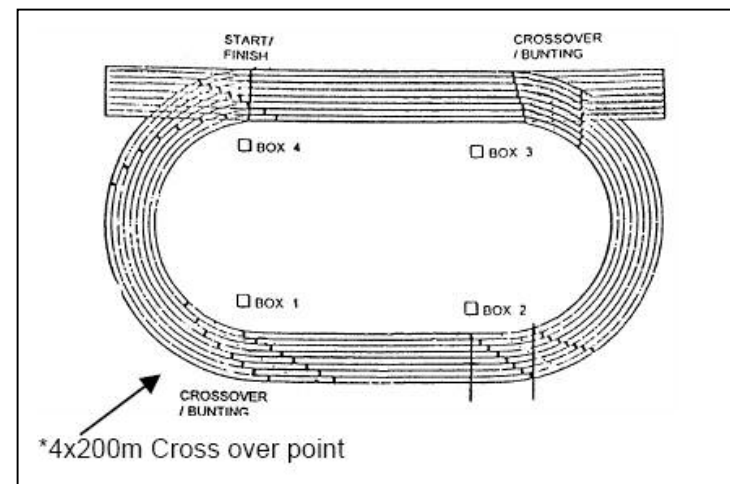
- The baton shall be carried in the hand during the event.
- U/9 & U/10 athletes commence running from inside the change box. U/11 – U/15 children may commence running from inside the acceleration zone. The baton change takes place within the 20m change box. The position of the baton is decisive, not the athlete's body, head, feet or legs.
- If the baton is dropped, it must be picked up by the athlete, who dropped it, not by another athlete in the same team or any other person.
- Assistance to athletes in the form of pacing, pushing off or other methods is not allowed and may lead to team disqualification.
- Athletes are not to run more than one section (leg) of a relay.

LANED AND UNLANED CHANGE OVERS

- **Laned Change Overs (4 x 100, 4 x 200 & Medley)**
 - The change over must commence when both athletes are in contact with the baton – such contact must occur inside the change box - and is completed when the baton is in the sole possession of the receiving athlete
 - The baton change over must not commence in the acceleration zone. NOTE: U/9 & U/10 athletes do not use the acceleration zone.
 - Athletes should remain in their lanes after handing over the baton until the track is clear in order to avoid obstructing other runners.
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- **Unlaned Change Overs (Medley & 4 x 200 - 3rd changes)**
 - Athletes are lined up in lanes 4-8 in lane draw order on a line inside the beginning of the change over zone. The line is indicated by the placement of cones on the inside and outside of the track.
 - After incoming athletes have passed the crossover point, the awaiting athletes should take up their receiving positions in the order of the positions held by incoming runners.
 - Athletes are free to take their positions anywhere within the changeover zone.
 - On completing the change, incoming runners must clear the track quickly, endeavoring to ensure that no interference is caused to other teams.
 - There is no acceleration zone at the unlaned change over
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- NOTE: Officials are not to physically assist children during unlaned changeovers

POSITION OF CROSS OVER POINTS

- The position of the cross over points differs depending on the event:
 - 4 x 200: at the beginning of the back straight on the third leg of the event.
 - Medley: at the beginning of the front straight on the third leg of the event.



REPORTING PROCEDURES FOR OFFICIALS

- If an infringement is noted at a change box, the official will raise a yellow (**RED?**) flag and report to the Referee.
- Any infringements observed by officials should be noted on a pre-printed form (?) and collected by the Referee to adjudicate on the infringement.

STARTING POSITIONS

- 4 x 100m – on 400m stagger start lines.
- 4 x 200m – on 4 x 400m stagger start lines.
- Medley – on 400m stagger start lines.