



## ALL SCHOOLS TRACK RELAY CHAMPIONSHIPS RULES OF COMPETITION

1. All ages are taken as at 31 December in the year of competition.
2. All events are conducted under the rules of the International Amateur Athletics Federation (IAAF) and Athletics Victoria (AV). See IAAF Rules pertaining to relays (attached).
3. A competitor may not enter the same event in more than one age group. Eg U16 4x100m and U18 4x100m
4. School athletics/sports uniform must be worn. No club uniforms to be worn. If no school sports uniform exists, a white t-shirt is to be worn.
5. Only starting blocks provided by Athletics Victoria may be used. Blocks are not compulsory; however, a crouch start is required for the first runner in all events up to and including the 4 x 400m.
6. Spikes must be conical in shape and not exceed 7mm in length.
7. Relay batons will be provided for competition and must be used. Teams should provide their own batons for training.
8. Teachers / Team Managers must check their teams in by submitting their team sheets no later than **90 minutes before** each event. Substitutions can be done up to 45 minutes before each event but the running order cannot be changed. This is to be done at the **Team TIC Area (formerly check in)**.  
All members of teams are to report to the Call Room (in-field) **25 minutes before** the start time of the event.
9. **If an event is declared a "STRAIGHT FINAL", it will be held at the advertised "HEAT TIME" of the event.**
10. Timed finals will be held for the 4x800m Relays and Medley Relays.  
\* Depending on entries the 4x800m events may operate as HEATS and FINAL
11. Medley relay: The order of distances for the Medley relay is 200/200/400/800.
12. PROGRESSION TO SEMI-FINALS & FINALS

### 4 x 100m, 4 x 400m

- |               |  |
|---------------|--|
| 2 Heats       | 1 <sup>st</sup> 2 in each heat, next 4 fastest into final.       |
| 3 Heats       | 1 <sup>st</sup> 2 in each heat, next 2 fastest into final.       |
| 4 Heats       | 1 <sup>st</sup> in each heat, next 4 fastest into final.         |
| 5 Heats       | 1 <sup>st</sup> 2 in each heat, next 6 fastest into semi-final.  |
| 2 Semi Finals | 1 <sup>st</sup> 3 in each semi final, next 2 fastest into final. |

### 4 x 800m

- |         |             |
|---------|-------------|
| 2 Heats | Timed final |
|---------|-------------|

In the case of two teams vying for the eighth place in the final having identical times, the team with the higher placing will advance. In the case of these teams having identical times and placing, a coin may be tossed to decide the eighth finalist.

The Administration Delegate has the right to deviate from these guidelines if necessary.

13. The four competing members of a disqualified team shall be ineligible to compete further in that event.
14. Events may be given earlier starting times if cancellation or consolidation of previous heats events occurs. **ANY CHANGES WILL BE BROADCAST VIA THE P.A SYSTEM.**
15. PROTESTS  
Any enquiry regarding entry into these Championships will be handled by the AV COMPETITION DIRECTOR at the TEAM CHECK IN AREA. Any protest regarding the competition shall first be made to the Track Referee within 30 minutes of the official announcement of the result. The Referee may decide on the protest immediately, or may refer the matter to a jury.  
If you wish to appeal the decision of the Referee an appeal must be made in writing, and submitted to the AV Competitions Director, who will be located in the room over looking the finish line at the top of the grandstand. The protest must be accompanied by a fee of \$50 - which will be forfeited should the protest be ruled out.
16. Medallions will be awarded to the four members of the teams finishing 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each event, subject to protest.
17. The Winning Schools Overall will be awarded perpetual Trophies. First through to eighth will be awarded 10, 8, 6, 5, 4, 3, 2, 1 on the basis of points allocation for places 1<sup>st</sup> =>8<sup>th</sup>.



## ALL SCHOOLS TRACK RELAY CHAMPIONSHIPS

### IAAF RULES PERTAINING TO RELAY RACES

#### Rule 166

1. Lines 5cm wide shall be drawn across the track to mark the distances of the stages and the scratch line.
2. In races of 4 x 100m and 4 x 200m, members of a team other than the first runner may commence running not more than 10m outside the take-over zone (see Rule 161.9). A distinctive mark shall be made in each lane to denote this extended limit. 4 x 100m and, where possible, 4 x 200m relay races, shall be run entirely in lanes.

In 4 x 200m (if this event is not run entirely in lanes) and 4 x 400m relay races, the first lap, as well as that part of the second lap up to the line after the first bend (breakline), will be run entirely in lanes. However, in the 4 x 400m relay, at the first take-over, which is carried out with the athletes remaining in their lanes, the 2nd runner is not permitted to begin running outside his take-over zone, and shall start within this zone. Similarly, the 3rd and 4th runners shall begin running from within their take-over zones.

The 2<sup>nd</sup> runners in each team may break from their lanes immediately they have passed the line after the first bend (breakline) which will be marked with a curved line 5cm wide across the track and by a flag at least 1.50m high positioned on each side of the track.

*NOTE 1: To assist competitor identify the breakline, small cones or prisms (5cm x 5cm) and no more than 15cm high of the same colour as the breakline shall be placed on the intersection of each lane and the breakline.*

*NOTE 2: In the 4 x 200m and 4 x 400m relays, where not more than 3 teams are competing, it is recommended that only the first bend of the first lap should be run in lanes.*

3. **CHECK-MARKS** - When all or the first portion of a relay race is being run in lanes, a competitor may place one check-mark on the track within his own lane, by using self-adhesive tape, max. 5cm x 40cm, of a distinctive colour which cannot be confused with other permanent markings. For a cinder or grass track, he may make a check-mark within his own lane by scratching the track. In either case, no other check-mark may be used.
4. **THE BATON** - The baton shall be carried by hand throughout the race. If dropped, the athlete who dropped it shall recover it. He may leave his lane to retrieve the baton provided that, by doing so, he does not lessen the distance to be covered. Provided this procedure is adopted and no other athlete is impeded, dropping the baton shall not result in disqualification. In all relay races, the baton shall be passed within the take-over zone. The passing of the baton commences when it is first touched by the receiving runner and is complete the moment it is in the hand of the receiving runner only. Within the take-over zone, it is only the position of the baton which is decisive, and not the position of the body or limbs or the competitors.  
**BATON CONSTRUCTION** - The baton shall be a smooth hollow tube, circular in section, made of wood, metal or any other rigid material in one piece, the length of which shall not be more than 30cm and not less than 28cm. The circumference shall be 12cm to 13cm and it shall not weigh less than 50gm. It should be coloured so as to be easily visible during the race.
5. The runners in the third and fourth legs of the 4 x 400m relay shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they complete 200m of their legs. Once the incoming runners have passed this point, the waiting runners shall maintain their order, and not exchange positions at the beginning of the take-over zone. In other relay races, when lanes are not used, waiting runners can take an inner position on the track as incoming team members arrive, provided they do not jostle or obstruct another competitor so as to impede his progress.
6. Competitors, after handing over the baton, should remain in their lanes or zones until the course is clear, to avoid obstruction to other competitors. Should any competitor wilfully impede a member of another team by running out of position or lane at the finish of his stage, he is liable to cause the disqualification of his team.
7. Assistance by pushing-off or by any other method will result in disqualification.
8. Once a relay team has started in a competition, only two additional athletes may be used as substitutes in the composition of the team for subsequent rounds. Substitutions in a relay team may only be made from the list of athletes already entered for the meeting whether for that or any other event. The composition of the team and the order of running for a relay shall be officially declared before the start of each round of the competition. Once an athlete, who has started in a previous round, has been replaced by a substitute, he may not return to the team.