

2019 VICTORIAN ALL SCHOOLS TRACK RELAY CHAMPIONSHIPS

RULES OF COMPETITION

1. Ages are taken as at 31st December in the year of competition:

Age Group	Year of Birth
Under 14	2006, 2007 etc
Under 16	2004, 2005
Under 18	2002, 2003
Under 20	2000, 2001

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).
Note: Seeding Rules/Program Vary
3. A competitor may not enter the same event in more than one age group e.g. 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. The venue ruling for Lakeside Stadium is a maximum spike length of 7mm for all track events. Only conical & Pyramid (Christmas tree) allowed;



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 in their teams** by submitting their team sheets no later than **90 minutes prior** to each event. Substitutions can be done up to **45 minutes prior** to each event, but the running order cannot be changed. This is to be done at the **Team TIC Area (formerly check in)**.
9. All members of teams are to report to the Call Room (decking area, Level 1 Main Grandstand) **25 minutes before** the start time of the event.
10. If an event is declared a **Straight Final**, it will be held at the advertised **Heat Time** of the event.
11. **Timed Finals** will be held for the **4 x 400m, 4x800m Relays** and **Medley Relays (200/200/400/800)**.
12. Progression to Finals will be as follows:
- a. **4 x 100m**
- 2 Heats 1st 2 in each heat, next 4 fastest times into final.
 - 3 Heats 1st 2 in each heat, next 2 fastest times into final.
 - 4 Heats 1st in each heat, next 4 fastest times into final.
 - 5 Heats The 8 fastest times from the heats will progress into 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. Any enquiry regarding entry into these Championships will be handled by the AV COMPETITION DIRECTOR at the 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 the athlete wishes to appeal the decision of the Referee, an appeal must be made in writing, and submitted to the Competitions Director. 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 1st, 2nd and 3rd 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 1st =>8th.



ALL SCHOOLS TRACK RELAY CHAMPIONSHIPS

IAAF RULES PERTAINING TO RELAY RACES - Rule 170

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 and for the first and second changes in the Medley Relay, each takeover zone shall be 30m long, of which the scratch line is 20m from the start of the zone. For the third change in the Medley Relay and in the 4x400m and longer relays each takeover zone shall be 20m long of which the scratch line is the center. The zones shall start and finish at the edges of the zone lines nearest the start line in the running direction. For each takeover conducted in lanes, a designated official shall ensure that the athletes are correctly placed in their takeover zone.
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.
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.