

RELAYS



Preparation for Event

- Ensure that all aspects of the track and takeover zones are safe for athletes.
- Ensure the athletes are aware of the area in which the baton must be passed (takeover zone).

What are the Different Types of Relays?

- **Shuttle relay:**
 - Four athletes line up opposite one another.
 - The baton is carried up and down the track, passing the baton to the next person in line.
 - The baton is held vertically at the base.
 - It is received at chest height by the receiver holding their arms outstretched and hands making a big "V".
- **Circular Relay:** 4x100; 4x200; 4 x400; Medley; Swedish
 - Four athletes per team
 - The baton is held at the base and passed to the outgoing athlete within the Takeover Zone
 - The receiver must have full control of the baton by the time they leave the Takeover Zone

Definitions

- **Takeover Zone:** Area in which the baton must be passed.
 - 4 x 100m and 4 x 200m relays – 30 metre Takeover Zones
 - 4 x 400m and longer relays – 20 metre Takeover Zones
- **Check Mark:** Athletes may place one check mark (piece of tape) on the track within the lane they are running. This only applies to those relays when all or the first portion of a relay race is being run in lanes

What Equipment Do I Need?

- **Umpire Folder:** Has copies of the appropriate Relay Infringement forms for the event being run.

What Officials are Required?

- One Official at each end of the takeover zone: Can use two Officials if necessary – one on inside and another on the outside of the lanes
- Official in charge of the Takeover Zone will allocate duties to Officials appointed to their team.

General Rules

- The baton shall be carried in the hand during the event
- The baton passing **MUST** take place within the Takeover Zone. The passing of the baton commences when it is first touched by the receiving athlete and is completed the moment it is in the hand of only the receiving athlete.
- The position of the baton is decisive, not the athlete's body, head, feet or legs.
- Athletes are not permitted to wear gloves.
- If during a race and athlete takes or picks up the baton of another team, their team shall be disqualified. Then other team should not be penalised unless an advantage is obtained.
- If the baton is dropped, it shall be recovered by the athlete who dropped it but NOT lessening the distance to be covered or interfering with any other athletes.

