

# Relays

## Preparation for Event

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



## What are the Different Types of Relays?

- *Shuttle relays:*
  - 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; Swiss*
  - Four athletes per team
  - The baton is held at the base and passed in a non-visual downward pass.
  - The receiver has their arm outstretched behind with the palm facing up and the thumb towards the body.
  - The incoming runner then places the baton downwards into the receiver's hand.

## Definitions

- **Change-Over zones:** 20 metres in length and one lane in width, in which the baton must be passed.
- **Acceleration zone (U12-U16 only):** A zone in each lane 10 metres in length, prior to the beginning of the change-over zone, where the receiving athlete may begin to accelerate prior to the passing of the baton. (The Baton must not be passed within this zone).
- **Check Mark:** Marker placed within a lane to denote where the athlete's acceleration is to begin.

## What Equipment Do I Need?

- **Baton:** smooth hollow tube, circular in cross section, made of a rigid material.
- **White Flags or approved method:** White flag to signal 'all clear'
- **Yellow Flags or approved method:** To indicate 'infringement' has taken place.

## What Officials are Required?

- One Official at each end of the change-over zone.
- Can use only two officials if necessary – one on inside and another on the outside of the lanes

# Relays

## General Rules

- The baton shall be carried in the hand during the event
- U9 – U11 athletes commence running from inside the change-over zone.
- U12 – U16 athletes may commence running from inside the acceleration zone.
- The baton passing takes place within the 20 metre change-over zone.
- The position of the baton is decisive, not the athletes body, head, feet or legs.



## What Happens if the Baton is Dropped during Change-over?

- If the baton is dropped, it must be picked up by the athlete, who dropped it, not by another athlete in the same team.
- Athletes may leave their lane to do this as long as they do not interfere with any of the other runners on the track.
- Once the baton has been retrieved, the athlete can return to their lane and continue with the race.
- Provided this is done within the change-over zone, there will be no disqualification

## When Will a Team Be Disqualified?

- If the baton is thrown between runners
- If the baton is not carried by hand the whole way
- If an athlete interferes with any other competitor
- If the baton is not changed in the 20 metre change-over zone
- If athletes rims on or over their inside lane line