

# 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 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; Swedish
  - Four athletes per team
  - The baton is held at the base and passed to the outgoing runner within the takeover zone
  - The receiver must have full control of the baton by the time they leave the takeover zone

## Definitions

- **Takeover zones:** 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.

## What equipment do I need?

- **Umpire Folder** that has copies of the appropriate Relay Infringement form 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 the 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 takes place within the 30-metre takeover zone
- The position of the baton is decisive, not the athlete's body, head, feet, or legs

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## What happens if the baton is dropped during the changeover?

- 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 the place where the baton was dropped and continue with the race



## When could a team be disqualified?

- If the baton is thrown between runners
- If the baton is not carried by hand the entire race
- If an athlete interferes with any other competitor
- If the baton is not changed within the required takeover zone
- If athletes run on or over their inside lane line on the bend