

# CYO Relay Rules

## Exchange Zone Judges Guidelines

### Relays commonly run in CYO include:

- a.) 400-Meter Relay (4 x 100 meters)
- b.) 800-Meter Relay (4 x 200 meters)
- c.) 1,600-Meter Relay (4 x 400 meters)

### Positions for Receiving the Baton

In the sprint relays, outgoing runners, while waiting for the baton, may use the acceleration zone if the incoming runner is running a leg of 200 meters or less. If the outgoing runner elects to use the acceleration zone, the runner must be positioned entirely inside the acceleration zone within the runner's lane. Outgoing runners may place two separate pieces of tape or suitable material as determined by meet management (e.g. cut tennis ball) on the track to designate a takeoff point. These pieces of tape or material may not be longer than the width of the lane nor wider than 2 inches, and may be placed anywhere within the outgoing runner's lane. (The takeoff point may be marked outside the acceleration zone.) Note – it is each team's responsibility to remove any tape or materials they place on the track to designate a takeoff point.

In all other relays around the track, outgoing runners, while waiting for the baton, must take preparatory positions entirely within the 20-meter passing zone (exchange zone). *They should be told by the official to please remember not to step behind the exchange zone line ( that would be using an acceleration zone ) or reach behind the exchange zone line ( baton must be passed inside the exchange zone , may not reach behind the line and take the baton from the incoming runner )*

Receivers for relay exchanges that do not occur in assigned lanes shall line up in the same relative position as their incoming teammates; the leaders shall pass in the first position, the second-place holders in the second position, etc.,. When interference is not possible, runners may move to the inside of the track after receiving the baton. *The official should help them with positioning and ask them to funnel down to the inside as it clears and exchanges are made. Runners should always run a straight line or hold their position until the track is clear. It is up to the outgoing runner to get by those that have already exchanged the baton as long as they have maintained their proper position.*

### Passing the Baton

In all relays around the track, the baton must be passed between teammates within the 20-meter passing zone (exchange zone). The zone lines are inclusive in the measurement and are drawn 10 meters on each side of the measured centerline. The baton must be passed – not thrown – by each runner to the succeeding runner. If, in a genuine attempt to pass the baton, it is **dropped within** the passing zone (exchange zone), either runner may retrieve it. A baton **dropped outside** the passing zone (exchange zone) must be recovered by the person who dropped it. A member of a relay team may not run outside the passing zone (exchange zone) for the purpose of taking the baton from a faltering or fallen teammate. *Usually hard to call, but the baton must be passed in the exchange zone. Their feet do not have to be within the lines on the far end of the zone. It is the location of the baton that determines whether an exchange is legal.*

### After Passing the Baton

Competitors, after exchanging the baton, must remain in their lanes or established paths until the course is clear in order to avoid contact with the other competitors

### Relay Racing Violations

The same rules and penalties with reference to fouling or illegal assistance that apply to other running events also shall apply to relay racing. In addition, the referee (official starter), after consulting with appropriate officials, shall disqualify a relay team when:

- a.) During a relay race, any member of that team is disqualified.
- b.) Any member of a team uses a device or substance on either hand that enhances contact with the baton (e.g. gloves or adhesive substances).
- c.) The baton is passed outside the 20-meter passing zone (exchange zone).

- d.) The baton is recovered illegally after being dropped.
- e.) While running, a team member transports the baton in a manner other than in the hand.
- f.) The last runner of the team finishes the race without a baton.
- g.) After passing the baton, a runner veers out of the passing lane or from a straight course and impedes an opposing runner.
- h.) Assuming a preparatory position in any race in lanes, any part of the outgoing runner breaks the plane of the adjacent lane lines so as to interfere with another runner.
- i.) The outgoing runner waiting for the baton does not take a position in accordance with the guidelines stated in the section above, entitled **Positions for Receiving the Baton**.
- j.) The baton is thrown following the finish of any relay. *Makes no difference whether they are happy or upset. If they throw the baton or spike it on the track or in the grass, they will be disqualified.*
- k.) A team member runs more than one leg in the relay.
- l.) An incoming runner assists an outgoing runner by pushing them.

### Relay Exchange Zones

400-Meter Relay - Yellow

800-Meter Relay - Lane 1 only split color – Red/Yellow, all other lanes - Red  
 - Pass from 1 to 2 and pass from 2-3 – Red  
 - Pass from 3 to 4 – Yellow

1,600-Meter Relay - Blue

*You will find that many tracks will have different colors than these. Most tracks in our area are not marked the same. In the 800 meter relay walk out to the middle of the far curve and find the 2 different exchange zone colors on the track. ( make sure that you do not find the markings for the 300 M hurdles ) The color closest to the finish line will be the exchange zone color that the # 2 & # 3 runners will run. There will also be a starting line stagger marked with this same color for the # 1 runner. It will be the farthest line from the finish line as this race is run with the 4 curve stagger. The # 4 runner will run the same color as all of the exchanges in the 400 meter relay.*

*In the 400 meter relay, walk up to the top of the track where the 100 M starts and look at what color that exchange zone is painted. That will be the exchange zone color for all runners in the 400M relay. There will also be a starting line stagger marked with this same color for the # 1 runner. All races that are run in lanes will start on this stagger including the 1,600 meter relay.*

*Starting staggers at the LaSalle track do not follow these rules for the # 1 runner. The track is 1 meter short, so the further the distance to be run, the further back behind the finish line each race is started.*

### Other Rules / Guidelines

In the 400-Meter Relay and in the 800-Meter Relay, all runners must remain in their lanes

In the 1,600-Meter Relay, the 2<sup>nd</sup> runner may cut in to lane 1 assuming that he/she does not interfere with any opposing runner. *They will be told by the official that they must receive the baton in the lane in which they are now standing, then they may break when they have a clear shot to the inside. ( at least a one stride lead ) Receive in your lane then break. It is important that the number 2 runners are positioned on the track, in their proper lanes, inside the exchange zone at the start of the race. This way the starter does not have to look for them, and try to figure out what lane their teammate started in. The #1 runner must run the entire leg in his assigned lane. If he or she breaks the curve at the top of the track in a lane other than that of their teammate, they will be disqualified for running too short of a distance. They are given a starting stagger based on running around 2 curves, and may not break.*