

15. RELAY REGULATIONS

15.1. Venues and Dates (Regional)

- 15.1.1. The location of Regional Relays within a Region shall be on a rotational basis or as determined by the Regional Committee.
- The Regional Relays venue should have a 400m track.
 - The Centre hosting Regional Relays is allowed to host the competition on grounds with a synthetic surface if the majority of the Centres in that Region approve.
 - If a Region conducts the Regional Relays on a synthetic surface, the cost of hire of the venue must be borne by the Region and not passed onto its members. The Association will not be responsible for any shortfall in funds incurred by hiring such a venue.

15.2. Venues and Dates (State)

- 15.2.1. State Relay Championships are held each year in accordance with the published LAQ calendar.
- 15.2.2. State Relay Championships shall be held in SEQ on an all-weather track.

15.3. Program of Events

- 15.3.1. For U7 and U8 athletes, Regional Relays program may offer up to two track and two field relay events per age group. The actual events offered will be decided by the Regional Competition Committee and may vary between Regions.
- 15.3.2. For U9 to U17 athletes, Regional Relays program shall offer:
- Two track events for Same Age and Combined Age teams.
 - Three field relay events for teams/athletes.
 - One track and two field relay events for Multi-Class teams (inclusion shall be at the Region's discretion).
- 15.3.3. For U9 to U17 athletes, State Relay Championships program shall offer:
- Two track and three field relay events for Same Age teams/athletes.
 - Two track relay events for Combined Age teams.
 - Three field relay events for Mixed Gender teams.
 - One track and two field relay events for Multi-Class teams.
 - Two track relay events for Regional Teams (U15 to U17)
- 15.3.4. Track Relay and Field Relay events shall be provided in a set allocation and drawn from:
- 2 x 100m (200m), 4 x 70m (280m), 4 x 100m (400m),
4 x Swedish Medley (1000m), 4 x Distance Medley (1600m).
 - High Jump, Long Jump, Discus and Shot Put.

Refer to Relay Event Table published on the LAQ webpage.

15.4. Track Events

- 15.4.1. All track events shall be conducted as timed finals.
- 15.4.2. Each member of a relay team may run one leg only
- 15.4.3. The 2 x 100m for Multi-Class teams shall be run entirely in lanes as shuttle relays.
- 15.4.4. The 4 x 70m and 4 x 100m for U7 and U8 teams shall be run entirely in lanes as shuttle relays.
- 15.4.5. The 4 x 100m (for U9 and U17s) shall be run entirely in lanes as circular relays.
- 15.4.6. The Swedish Medley and Distance Medley are circular relays. The running order shall be:
- Swedish Medley Relays - 100m, 300m, 200m and 400m.
 - Distance Medley Relays - 200m, 200m, 400m and 800m.

15.5. Field Events

- 15.5.1. For Shot Put, Discus and Long Jump, each athlete shall be allowed a maximum of three trials. However, if after consultation with the Referee and/or Meeting Manager, the Chief Judge may decide to allow only two trials per athlete.
- 15.5.2. In High Jump:
- i. Each athlete shall have two attempts to clear the same height.
 - ii. If an athlete fails two consecutive trials at the same or different heights, the athlete is eliminated from the event.
 - iii. High Jump Starting Heights (*scissor technique).
For Regional Relays

*U9	0.75 (b), 0.70 (g)	U12	1.05 (b), 1.00 (g)	U15	1.25 (b), 1.20 (g)
*U10	0.85 (b), 0.80 (g)	U13	1.15 (b), 1.10 (g)	U16	1.30 (b), 1.25 (g)
U11	0.95 (b), 0.90 (g)	U14	1.20 (b), 1.15 (g)	U17	1.30 (b), 1.25 (g) ^{'22 02 15}

 For State Relay Championships

*U9	0.80 (b), 0.75 (g)	U12	1.10 (b), 1.05 (g)	U15	1.30 (b), 1.25 (g)
*U10	0.90 (b), 0.85 (g)	U13	1.20 (b), 1.15 (g)	U16	1.35 (b), 1.30 (g)
U11	1.00 (b), 0.95 (g)	U14	1.25 (b), 1.20 (g)	U17	1.35 (b), 1.30 (g) ^{'22 02 15}
 - iv. The increments for raising the bar will be 7cm, 7cm, 7cm and then by 5cm thereafter.
 - v. The bar is never lowered for an athlete returning after competing in another event.
- 15.5.3. At Regional Relays and State Relay Championships, athletes competing in High Jump may continue to compete even if one member of the team does not clear the starting height.

15.6. Team Structure

- 15.6.1. Track and Field Teams shall be offered in following categories:
- SAT - Same Age Track
 - SAF - Same Age Field
 - CAT - Combined Age Track
 - MGF - Mixed Gender Field
 - RT - Region Track
- 15.6.2. Track and Field Teams structure shall be:
- i. U7 to U8 Boys and Girls: track teams may be same age, same gender, or a combination of athletes and / or mixed ages.
 - ii. U9 to U17 Boys: all boys of the same age group - girls cannot compete in a boys' team.
 - iii. U9 to U17 Girls: all girls of the same age group.
 - iv. U9 to U17 Mixed (field only): one boy and one girl of the same age group.
 - v. U9 to U10 Combined Age (track only): boys and girls in any configuration. Such teams can be all boys or all girls, or a mix of boys and girls; however, athletes cannot be all from the same age group e.g., cannot be a combination of U10 Boys and U10 Girls.
 - vi. U11 to U13 Combined Age (track only): boys and girls in any configuration. Such teams can be all boys or all girls, or a mix of boys and girls; however, athletes cannot be all from the same age group e.g., cannot be a combination of U12 Boys and U12 Girls.
 - vii. U14 to U17 Combined Age (track only): boys and girls in any configuration. Such teams can be all boys or all girls, or a mix of boys and girls; however, athletes cannot be all from the same age group e.g., cannot be a combination of U14 Boys and U14 Girls.
 - viii. For Combined Age (track only): a maximum of three from the same age group may be assigned to Combined Age Track Teams e.g., three U12 Boys and Girls.
- 15.6.3. Multi-Class Track and Field Teams structure shall be:
- i. Both team members must be classified; able-bodied athletes shall not form part of the teams.
 - ii. May consist of two boys, two girls, or a boy and a girl.
 - iii. Athletes may be from the same Centre or any Centre within the same Region.
 - iv. U9 to U12 may be combined to form Multi-Class Track teams.
 - v. U13 to U17 may be combined to form Multi-Class Track teams.
 - vi. U9 to U12 may be combined to form Multi-Class Field teams.
 - vii. U13 to U17 may be combined to form Multi-Class Field teams.

15.7. Regional Relays Nomination

- 15.7.1. Every effort must be made to ensure all athletes have an opportunity to compete in their nominated events.
- 15.7.2. Athletes may compete in both track and field events, however, are allowed to nominate for a maximum of five (5) events.
- For State Relay Championships, an exemption exists for athletes nominated for the U15s or U17s Regional Relays Track team as these are supplementary teams.
- 15.7.3. Centres may nominate additional athletes who are not nominated in other events as reserves for track teams. These athletes may substitute in case of illness etc.
- 15.7.4. For track teams, where a Centre has four or more nominated athletes in the same age group and gender, the athletes with the best season Centre performance in the distance/s on offer in that event must form Same Age teams before forming Combined Age teams.
- 15.7.5. Athletes may not be nominated in the same event for Same Age Track and Combined Age Track teams.
- 15.7.6. Same Age Track and Combined Age Track: there is no limit on the number of team entries per Centre; each team shall consist of four athletes. Entries shall be nominated by name.
- 15.7.7. For field teams, athletes shall be nominated to field events per age group and gender.
- i. For Regional competition, a sole athlete may nominate and compete even if there is no opportunity to form a same age field or mixed gender field team.
- 15.7.8. Same Age Field: there is no limit on the number of athletes' entries per Centre. Entries shall be nominated by name.
- 15.7.9. All Centres are to supply the Regional Competition Recorder with the following details as at the close of nominations, prior to the start of competition or at an agreed date set by the Region:
- i. A list of nominated athletes and their respective events.
- ii. The athletes' Best Performances as at close of nominations.
- 15.7.10. Team alterations are to be advised prior to the start of competition where possible and throughout the Regional Relays. This rule also applies to reconvened days due to cancellation.

15.8. Seeding

- 15.8.1. At Regional Relays:
- i. For Track, teams will be seeded by random draw for both heats and lanes.
- ii. For Field, athletes will be seeded in performance order in Centre groups.
- 15.8.2. At State Relay Championships, from the Regional Relays performances supplied:
- i. Track teams and heats will be seeded slowest to fastest, with lanes drawn randomly.
- ii. Field teams will be Centre grouped and seeded by random draw.

15.9. Placing and Progression to State Relay Nomination

- 15.9.1. Only U9 to U17 teams are eligible to qualify for progression to State Relay Championships.
- i. Qualifying teams must not be changed except in cases of illness, injury, or absence on the day of competition.
- ii. To ensure all members of qualifying teams from Regional Relays are guaranteed their positions at State Relay Championships, the individual names **MUST** be recorded accurately at Regional Relays.
- 15.9.2. Where a qualifying relay team withdraws from State Relay Championships, there shall be no replacement team.
- No entry fee will be charged for relay teams withdrawn before the prescribed closing date for State Relay Championships.
- 15.9.3. The maximum number of Centre Track teams eligible to progress from each Region to the State Relay Championships shall be:
- i. Three boys and three girls Same Age Teams (SAT) from each event.
- ii. Three U9 to U10, three U11 to 13, and three U14 to U17 Combined Age Teams (CAT) from each event.
- Progression shall be based on times.

- 15.9.4. The maximum number of U9 to U17 Centre Field teams eligible to progress from each Region to the State Relay Championships shall be:
- i. Two boys and two girls Same Age Field (SAF) teams from each event. Such teams shall be formed by the combination of the best ranked athletes and the addition of their Best Performances at the Regional Relays in each Centre team.
 - ii. Two Mixed Gender Field (MGF) teams from each event. Such teams shall be formed after the progression of the SAF teams. Teams shall be formed by the combination of the best-ranked remaining athletes and the addition of their Best Performances at the Regional Relays in each Centre team.
 - iii. If necessary to determine a Centre team, a count back shall be applied to split equally placed athletes from the same Centre where results are equal. If the tie remains after all count backs are applied, Centre Best Performances shall be used.
 - iv. A count back shall be applied to split equally placed teams where the combined results are equal. If the tie remains after all count backs are applied, Centre Best Performances shall be used.
- If a tie still remains, the team to progress shall be decided on the flip of a coin.
- v. If only one athlete has recorded a distance/height, the second athlete will be selected based on their Centre Best Performance.
 - vi. Athletes competing individually at Regional Relays are not eligible to qualify for State Relay Championships, irrespective of the final recorded distance or height.
- 15.9.5. At the State Relay Championships, field team placings are based on the combination of each athlete's best performance in each team, which will give the team a total distance/height achieved. A count back shall be applied to split teams where results are equal.
- 15.9.6. Where team results are equal at Regional Relays and State Relay Championships the count back procedure is applied:
- i. In High Jump:
 - a. The sum of the 'number of trials at Best Height cleared' is used to separate the tied teams. The team with the lowest total number of attempts will receive the highest placing.
 - b. If the tie remains, the sum of the 'total failures' of each of the tied teams is used to separate the tied team. The team with the lowest total number of failures will receive the highest placing.
 - ii. In other field events the combined second best performance of the tied teams shall decide the tie. If a tie remains, the combined third best performance will be decided. *IPS 7 ('15)*
- 15.9.7. At State Relay Championships, medals shall be awarded to the first three placed teams in each event after all countback procedures have been applied.

15.10 Additional Entries to State Relay Championships

- 15.10.1. Multi-Class athletes may nominate teams for direct entry into State Relay Championships.
- 15.10.2. Centres from Central Coast, Central North, North Queensland, Maranoa and Tropical North Regions may nominate teams for direct entry into State Relay Championships.
- i. The team must meet the regulations as set by LAQ.
 - ii. Nominations and fees must be paid and/or received by the LAQ Office by the nominated closing date and time.
 - iii. If more than three track teams or two field teams in one Region are nominated in a specific event, the teams with the best aggregate Centre Best Performances will progress to the State Relay Championships.
- 15.10.3. Each Region may nominate to State Relay Championships:
- i. One 4 x 100m U15 to U17 girls' team, and one 4 x 100m U15 to U17 boys' team.
 - ii. One 4 x Swedish Medley Relay U15 to U17 girls' team, and one 4 x Swedish Medley Relay U15 to U17 boys' team.
 - iii. Athletes must nominate their interest to be part of the team and have competed at the Regional Relays to be considered for selection.
 - iv. Team selection will be based on the submitted Centre Best Performances or, at the discretion of the Region, the Region may conduct run-offs.

15.11. Substitutions

- 15.11.1. At Regional Relays only, a nominated U9 to U17 athlete may be utilised as a substitute athlete in any track for an athlete, absent or injured on the day of competition, provided all team structure rules are applied.
- i. If a team is nominated in a Same Age Track (SAT) event and an athlete is withdrawn due to absence or injury on the day, and a substitute from the same age group is not available; the remaining three athletes can compete in the same event as a Combined Age Track (CAT) team with a substituting athlete from an appropriate age group, provided all other rules are applied.
 - ii. Teams failing to meet the SAT or CAT team structure requirements shall be withdrawn or reformed to compete as a Composite Team (see rule 15.12) for that event.
 - iii. In U9 to U17 field events, the substitution rules may only be applied when there is only one athlete from the same Centre remaining across both genders in that event due to withdrawals, giving the sole athlete an opportunity to qualify for State Relay Championships.
 - iv. An athlete may not substitute in the same event for more than one age group or team. This includes CAT events.
- 15.11.2. At Regional Relays only:
- i. The substitution rules may be applied for the U7 or U8 athletes as deemed necessary but cannot be used as a substitute for older age groups.
- 15.11.3. At State Relay Championships only:
- i. Substituting athletes must have competed at the Regional Relays.
 - ii. Where a Centre has two or more teams competing in a track or field event and an athlete withdraws from a higher ranked team, the Centre may only use an athlete from the next lowest ranked team as a substitute. The remaining lower ranked team(s) may then use one of the Centre's reserves, provided all other rules are applied.
 - iii. An athlete may substitute in the same event for more than one age group or team. This includes CAT events and MGF events. Such athletes must not compete in more than six (6) events.
 - iv. Teams failing to meet the nominated age group team structure requirements shall be withdrawn or reformed to compete as a Composite Team (see rule 15.12) for that event.

15.12. Composite Teams

- 15.12.1. If a legal substitution cannot be found, a Composite team may be formed. A Composite team is comprised of athletes from more than one Centre or another age group.
- i. If formed at Regional Relays on the day of competition, the team is NOT ELIGIBLE to qualify to compete in that event at State Relay Championships.
 - ii. If formed at State Relay Championships on the day of competition, the team is NOT ELIGIBLE for medals.
 - iii. Such teams shall be allocated evenly into heats and identified as an exhibition team in the results.