



UMPIRES

INSTRUCTIONS AND ACTIONS FOR RELAYS

Please note: These instructions will be applied to the letter at State Relays. At Regional Relays, where many teams and indeed umpires are unskilled, a more informative and tolerant approach is to be adopted. The competition rules are to be obeyed, but more explanation can be given so that all athletes are in no doubt, particularly in answer to questions. All teams must be treated equally, and no individual technique instruction is to be given.

The DO's when Umpiring

- Place the athletes in to their correct lanes as per the start list or referees directions.
- Place the athletes one (1) large step (approx. 1 metre) inside the take-over zone regardless of which leg they are running (except first runner) or which event.
- Explain to athletes that once placed in the take-over zone they should do what they have been told to do by their coach or what they have practiced.
- Explain to athletes that they must complete the change of the baton within the 2 hooked lines of the 30m (4x100 & 4x200m) or 20m (4x400m & Medley) take-over zone.
- Explain to the runners in all Relays that there is no acceleration zone.
- Explain to 2nd runners in the 4 x 400 that they must stay within their lanes until they have run through the bottles on the breakline. Once they have passed through the bottles they may run out of their lane towards their team mate. Point out the bottles to ensure everyone understands.
- Explain to 3rd runners in the 4 x 200 and 4 x Medley that they must stay within their lanes until they have run through the bottles on the breakline. Once they have passed through the bottles they may run out of their lane towards their team mate. Point out the bottles to ensure everyone understands. Tell them that once they have changed the baton to the 4th runner that they must exit the track to the left as soon as it is safe to do so or when told to by an official.
- Explain to 4th runners in the 4 x 200 that they will be placed on the track in the order of the start list and that they must stay in that order whilst waiting. Place them on the track and explain that they may slide across once the athlete beside them has moved off but they cannot change positions.
- Call through to the referee at the finish line the order of the athletes at the 200m mark in the 4 x Medley and 4 x 400.
- Explain to 4th runners in the 4 x Medley and the 3rd and 4th runners in the 4 x 400 that they will be placed on the track in the order that their team mate comes around the 200m bend and that they must stay in that order whilst waiting. Place

them on the track and explain that they may slide across once the athlete beside them has moved off but they cannot change positions.

- Ask all athletes if they understand the instructions.
- Report on any infringements with baton changes, takeover zones and breakline. Signal infringements by raising a yellow flag and wait for a response by the Track Referee or Chief Umpire.
- If no infringements have occurred, once all of the athletes have passed your change signal by raising a white flag and wait for a response by the Track Referee or Chief Umpire.

The DON'Ts when Umpiring

- Show or tell the athletes which hand to carry the baton in or how to hold it.
- Tell the athletes which side of the lane to be standing on.
- Tell the athletes to call out to their team mate at baton changes.
- Walk the athletes in their lanes to show them where the start and finish of the take-over zone is.

Please note: The above principles are also to be applied in response to athlete questions; those regarding the rules (incl. eligibility of check marks), track markings, etc. should be answered factually and succinctly. Those regarding individual athlete positioning, technique, placing of check marks etc. should be politely declined e.g. 'I can't answer that, it's up to you'.