

5.5 RELAYS REGULATIONS

5.5.1. Venues

- a) The host venue should have a 400m track. The location of the Regional Relays shall be on a rotational basis or as determined by the Regional Committee.

5.5.2. Programmed Events

- a) LAQ Regional programs for U7 and U8s may offer up to two (2) track and two (2) field relay events per age group. The Regional Committee shall decide which set events are to be included; events offered may vary from one Region to another.
- b) LAQ Regional and State Relay programs for U9 - U17s shall offer
 - i. two (2) track and three (3) field relay events for Same Age teams/athletes
 - ii. two (2) track relay events for Combined Age teams
 - iii. three (3) field relays events for Mixed Teams/ athletes
 - iv. one (1) track and two (2) field relay events for Multi-Class teams (inclusion shall be at the Region's discretion).
- c) Track Relays and Field Events shall be provided in a set rotation and drawn from:
 - i. 2 x 100m (200), 4 x 70 (280), 4 x 100m (400m), 4 x 200m (800m), 4 x Swedish (1000m), 4 x Medley (1600m)
 - ii. High Jump, Long Jump, Discus and Shot Put.
- d) Refer to the set Event Table.

5.5.3. Track Events

- a) Only Timed Finals shall be conducted.
- b) The 2 x 100m for Multi-Class teams shall be run entirely in lanes as shuttle relays.
- c) The 4 x 70m and 4 x 100m for U7 and U8 teams shall be run entirely in lanes as shuttle relays.
- d) The 4 x 100m and 4 x 200m shall be run entirely in lanes as circular relays.
- e) The Swedish and Medley are circular relays. The running order shall be:
 - i. Swedish Relays 100m, 300m, 200m and 400m
 - ii. Medley Relay 200m, 200m, 400m and 800m.
- f) Same distance track events may be conducted in the same race to assist program timing.

5.5.4. Field Events

- a) Shot Put, Discus and Long Jump are to be conducted with a maximum of three trials. However, if the Chief Judge sees fit (and after consultation with the Referee and or Meet Manager), there may be two (2) trials per athlete.
- b) In High Jump, there will be a maximum of two (2) attempts per athlete per height.
- c) At Regional and State Relays athletes competing in the High Jump may continue to compete even when, or if one (1) member of the team does not clear the starting height.
- d) At Regional Relays, should only two athletes be nominated to compete in a Mixed team, but an athlete withdraws or does not show to compete on the day of competition, the remaining athlete may withdraw from these events and then be included in an equivalent number of field events in their own age group.

5.5.5. Team Structure

- a) Track and Field Teams structure shall be:
 - i. U7 - U17 Boys: all boys of the same age group - girls cannot compete in a boys team
 - ii. U7 - U17 Girls: all girls of the same age group
 - iii. U7 - U17 Mixed (field only): one boy and one girl of the same age group
 - iv. U9 - U12 Combined Age (track only): boys and girls in any configuration. Such teams can be all boys or all girls, or 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
 - v. U13 - U17 Combined Age (track only): boys and girls in any configuration. Such teams can be all boys or all girls, or 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
 - vi. For Combined Age (track only): a maximum of three (3) from the same age group may be assigned to Combined Age Track Teams e.g. three (3) U12 Boys and Girls.

- b) Multi-Class Track and Field Team Criteria shall be:
 - i. Both Team members must be classified; able-bodied shall not form part of the teams
 - ii. May consist of 2 boys, 2 girls or a boy and a girl
 - iii. Athletes may be from the same Centre or from any Centre within the same Region
 - iv. U9s - U12s may be combined to form MC Track teams
 - v. U13s - U17s may be combined to form MC Track teams
 - vi. U9s - U17s may be combined to form MC Field teams.

5.5.6. Regional Relays Nomination

- a) Every effort must be made to ensure all athletes have an opportunity to compete in their nominated events.
- b) Athletes may compete in both track and field events, however may only nominate for a maximum of five (5) events.
 - i. Centres may nominate athletes as reserves in track event teams (who are not nominated in other events) to be available to fill in as a substitute for a team in case of illness etc.
 - ii. For State Relay Championships, an exemption exists for athletes who have nominated for the Regional Relay Track Team.
- c) Where a Centre has four or more nominated in the same age group and gender, they must form Same Age Teams (Boys Teams and or Girls Teams) before forming Combined Age Teams.
- d) Athletes may not nominate to compete in the same event for more than one (1) age group or team, this includes the Combined Age track events and Mixed field events.
- e) Same Age Track and Combined Age Track event teams – there is no limit on the number of team entries per Centre; each team shall be made up of four (4) named athletes.
- f) Same Age Field events – there is no limit on the number of entries per Centre; entries shall be nominated by name.
- g) Mixed Field events there shall be no more than three (3) named athletes (one boy and two girls or two boys and one girl) nominated per Centre per event. Entries shall be nominated by name.
- h) All Centres are to supply the Regional Competition Recorder with the following details as at the close of nominations, prior to the commencement of the Competition or at an agreed date set by the Region:
 - i. a list of athletes,
 - ii. their respective events,
 - iii. the athletes' best performances as at close of nominations.
- i). Team alterations are to be advised prior to the start of competition where possible and throughout the Regional Relay competition day. This rule also applies to reconvened days due to cancellation.

5.5.7. Placing and Progression for State Relay Nomination

- a) Only U9 to U17s 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
 - ii. To ensure that all members of qualifying teams from Regions are guaranteed their positions at State Relay Championships, their individual names MUST be recorded accurately at the Regional Relays.
- b) Should a qualifying relay team be withdrawn from State Relay Championships, there shall be no replacement teams.
 - i. No entry fee to be charged for Relay Teams that withdraw before the prescribed closing date for State Relay Championships.
- c) The maximum number of Centre Track Teams that can progress from each Region to the State Relay Championships shall be:
 - i. Three (3) boys and three (3) girls Same Age teams from each event
 - ii. Three (3) U9 - U12 and three (3) U13 - U17 Combined teams from each event.Progression shall be based on times.

- d) The maximum number of Centre Field Teams that can progress from each Region to the State Relay Championships shall be:
- i. Two (2) boys and two (2) girls Same Age teams from each event
 - ii. Two (2) mixed teams from each event.
- e) From Regional Relays, progression to State Relay Championships for Field teams (2 athletes per team) is based on the pairing of the best-ranked athletes and the addition of their best performances in each Centre team.
- i. A count back shall be used to split athletes where results are equal. In the event a countback does not split the athletes, Centre Best Performances will be used. If a tie still remains, then the progressing athlete shall be decided on the flip of a coin.
 - ii. If only one athlete has recorded a distance / height, the second athletes will be selected based on their Centre Best Performance.
 - iii. Athletes competing on their own at Regional Relays are not be eligible to qualify for State Relay Championships, irrespective of their final recorded distance or height.
- f) At the Regional and State Relays where two (2) or more teams' Best Performances are equal:
- i. In High Jump relays, the sums of the 'number of trials at Best Height cleared' are used to separate the tied teams.
 - The team with the lowest total number of attempts will be given the highest placing.
 - Should the tied teams still not be separated the sums of the 'total failures' of each of the tied teams, the team with the lowest total number of failures will receive the highest placing.
 - ii. In field relay events (other than High Jump), the combined second best performance of the same athletes tying shall decide the tie. If a tie remains, the combined third best performance will decide.
- g) Multi-Class athletes may nominate teams for direct entry into the State Relay Championships.
- h) Centres from Central Coast, Central North, North Queensland, Maranoa and Tropical North Regions may nominate teams for direct entry into the State Relay Championships.
- i. The team must meet the regulations as set by the Association.
 - ii. Nominations must be received at the LAQ Office, accompanied by the appropriate fees, by 9:00am on the closing day as specified by LAQ.
 - iii. If more than three (3) teams from one (1) Region are nominated in a specific event, the teams with the best three aggregate Centre Best Performances will progress to the State Relay Championships.
- i) Regional Teams may be nominated for State Championships:
- i. Each Region may enter a Combination Regional Team, made up of athletes U14 - U17s in any configuration, but with at least one boy and one girl to compete in a 4 x 100m at the State Relay Championships.
 - ii. Each Region may enter a Combination Regional Team, made up of athletes U14 - U17s in any configuration, but with at least one boy and one girl to compete in a 4 x Medley at the State Relay Championships.
 - 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 submitted Centre Best Performances. Regions may conduct combined run offs for athletes that do not have a Centre best performance, if the program allows.
- j) At the State Relay Championships, the order of team placings in a field event will be determined by the addition of each athlete's best performance in each team, which will give the team a total distance achieved. A count back shall be used to split equal placed field teams when the total team results are equal.
- k) At State Relay Championships, medals will be awarded to the first three placed teams in each event after all countback procedures have been applied.

5.5.8. Substitutions

- a) At Regional and State Relays; a nominated U9 - U17 athlete may be utilised as a substitute athlete in any track or field event; for an athlete who is absent or injured on the day of competition, if all team structure rules are applied.
 - i. At Regional Relays; for U9 - U17 field events, the substitution rules may only be applied when there is only one (1) athlete from the same Centre in that event, to allow the sole athlete an opportunity to qualify for State Relay Championships.
 - ii. At Regional Relays; the substitution rules may be applied for the U7 or U8 athletes.
 - iii. At State Relay Championships; substituting athletes must have competed at the Regional Relays.
 - iv. When competing as a substitute athlete; the athlete must not compete twice in the same event for the same age group, e.g. U12 Girls 4x100m A Team and B Team.
- b) The substituting athlete may compete up to a maximum of six (6) events.
 - i. If an athlete competes at the Regional Relays as a substitute in a sixth event and qualifies for six (6) events, he or she shall be able to nominate for State Relay Championships in those six (6) events.
- c) **At Regional Relays only; if a team is nominated in a Same Age Track 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 (3) athletes can compete in the same event as a Combined Age Track team with a substituting athlete from an appropriate age group, provided all other rules are applied.**
- d) **At Regional Relays only; if three (3) athletes are nominated in a Mixed Field Event and one athlete is withdrawn due to absence or injury on the day, leaving the Centre with two boys or two girls, these two remaining athletes can compete in the relevant Boys Event or Girls Event.**
- e) On the day of competition substitution rules may be applied. However, teams that fail to meet the nominated age group team structure requirements shall be withdrawn, or be reformed to compete as a Composite Team for that event.
- f) At State Relay Championships where a Centre has two (2) or more teams competing in a track or field event and an athlete withdraws from a higher ranked team, the Centre may only use a member from the next lowest ranked team as a substitute. The remaining lower ranked team(s) may then use one (1) of the Centres reserves, if all other rules are followed.

5.5.9. Composite Teams

- a) If a legal substitution cannot be found, a Composite Team may be formed. A composite team comprises of athletes from more than one (1) 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 the State Relay Championships.
 - ii. If formed at State Relays Championships on the day of competition, the team is NOT ELIGIBLE for medals.
 - iii. Such teams shall be distributed evenly through the heats and shall be identified as an exhibition team in the results.