

# Relays

1. No gloves are permitted.
2. The baton must be carried in the hand. It may touch the ground beyond the start line, provided the runner is not leaning on it and using it as an extension of his hand.
3. The order of runners may be changed between heats or finals. It is not necessary to use the same 4 competitors in the finals who competed in the prelims. If no alternates are listed, no substitutions can be made, even in the case of an injury.
4. The order of the runners may be changed at any time, but the coach may not call out these instructions from a restricted area.
5. If a runner is disqualified for unsporting or unsportsmanlike conduct, they are ineligible to participate in other events/relays.
6. If a race must be rerun at a later time, a substitute can be used as one of the runners provided he was listed on the original relay card. They can also change the order of the runners.
7. No more than 6 runners can be listed, but only those who actually run will be considered official participants. Any substitution must come from those names on the card.
8. The baton must be handed, not thrown.
9. If the baton is dropped in the exchange zone in a legitimate attempt to hand it, either competitor may retrieve it, even from another lane, provided the runner does not interfere with an opponent and the baton is retrieved within the limits of the original exchange zone extended across the track. If the baton is dropped outside the exchange zone, it must be retrieved by the competitor who dropped it.
10. Exchange zones for the 4x100 and 4x200 are 30m in length; exchange zones for the 4x400 and 4x800 are 20m in length.
11. In relay races where the relay legs are different distances (such as a 100, 100, 200, 400), the exchange zone length is determined by the distance being run by the incoming runner; so in this example, with a 200m leg handing off to a 400m leg, the exchange zone will be 30m.
12. The location of the baton, not the location of the runner, determines if the handoff was legal.

13. As the 4x100 and 4x200 are run entirely in lanes, the team must finish in the lane they started in. The 4x400 and 4x800 are not run entirely in lanes, and will not finish in the lanes they started in.

14. Situation: An anchor runner falls approaching the finish line so that the upper torso is across the line, but the hand holding the baton is not across the line. **Ruling:** It is not necessary for the hand carrying the baton to cross the line, but the runner must have the baton in their possession.

15. Situation: A. A drops the baton while outside an exchange zone. -- He can pick it up, provided he does not interfere with anyone else. B. He drops the baton within the exchange zone. -- Either runner may retrieve it with no interference. C. He drops it within the exchange zone, and it rolls into an adjacent lane. -- He may retrieve the baton provided no interference, and he has returned to the assigned lane before passing the limit of the exchange zone. Taking 3 or more strides before returning to his lane is a violation.