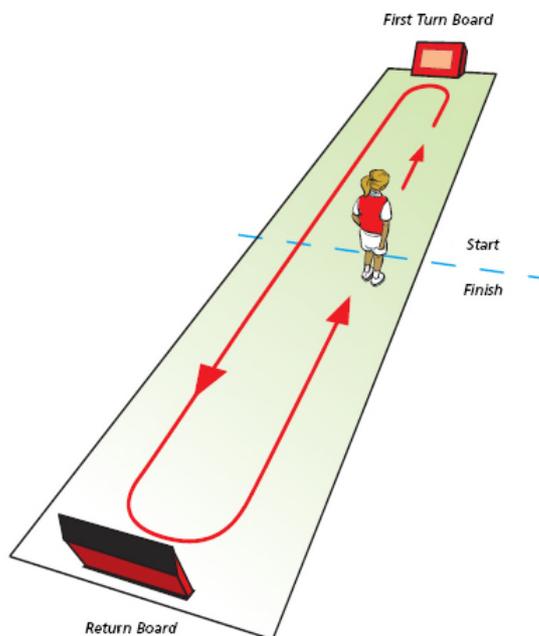


An introduction to the track events.



### Guidance Notes - The Start

- Only standing starts are permitted.
- The command "Set" is not used. The starter calls "On Your Marks" and when all athletes are settled, the whistle or pistol signals the start of the race.
- A whistle should be used in all under 11 competitions.

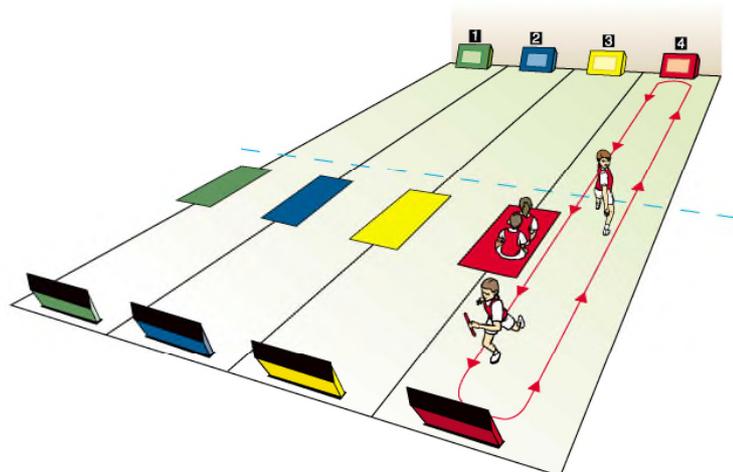
### Rules

- The athlete steps up to the start line, ensuring that their feet remain behind the line.
- On the whistle/gun the athlete runs towards the first Reversaboard. They turn on the Reversaboard and run the return leg, turning on the second Reversaboard. The lap finishes back at the start line with the competitor facing in the same direction as he/she started; hence one lap is the equivalent to running two lengths of the sports hall.
- In the event of an athlete causing an obstruction the athlete may, at the discretion of the track referee, be placed in last position. No athlete should be disqualified.
- In the event of an athlete not completing the prescribed number of laps, the athlete should be declared "Did Not Finish" and not be placed.

This sheet should be read in conjunction with the appropriate Competition Rules Overview

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A broad range of different relays may be staged on a linear track.



## Guidance Notes

**1 + 1 Lap Relay** – Each team member completes one lap each.

**2 + 2 Lap Relay** – Each team member completes two laps each. The athlete's two laps are completed consecutively.

**1 + 2 Lap Relay** – The first team member completes one lap and the second team member completes two laps.

**4 x 1 Lap Relay** – Each of the four team members complete one lap each.

**4 x 2 Lap Relay** – Each of the four team members complete two laps each. Each athlete should complete their two laps consecutively.

## Paarlaufs (6 Lap or 8 Lap)

- Paarlaf races are for teams of two athletes who run in turn; however, it is the baton which must cover the total declared number of laps.
- Whilst the two members must cover the total number of laps between them they do not necessarily have to run the same distance. Each athlete must cover at least one lap.
- The baton can be exchanged when running in either direction.

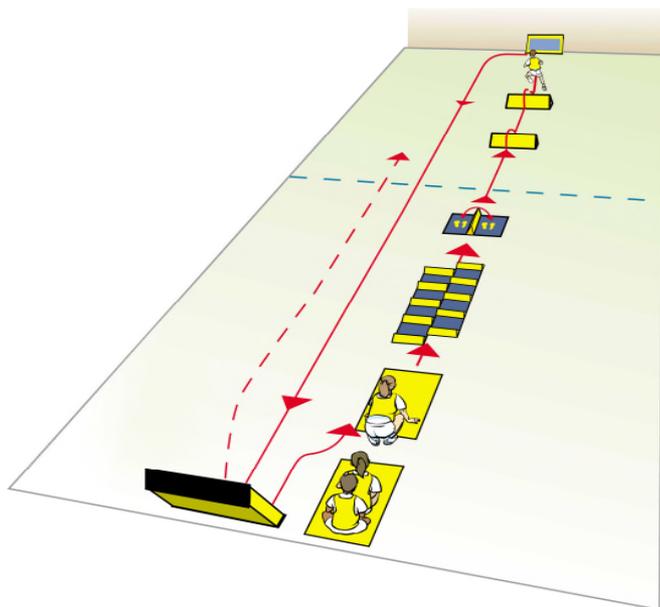
## Rules

- All athletes contesting the relay sit on the team base mat.
- The first athlete from each team steps up to the start line, ensuring that their feet remain behind the line. A crouched start is not permitted and hands may not be placed on the floor.
- On the whistle/gun the first athlete runs towards the first Reversaboard. They turn on the Reversaboard and run the return leg, turning on the second Reversaboard behind the team mat. They must return to the centre of the hall and hand the baton to the next runner, who proceeds as the previous runner.
- The retiring runner returns to the team base mat and sits behind the rest of the team.
- The last runner proceeds as the previous runners but, after turning on the second Reversaboard behind the team, this runner must run through the finish line in the centre of the hall.
- The athletes that are not running must sit on their team mat to ensure a clear view for the judges.
- Mats should be set back from the start line and offset to the left as shown above.
- In most events a take-over box is not stipulated. Where a box is required, eg UK Championships, the outgoing runner may start from a position 10 metres back from the start/finish line. This line should be marked across the track and the baton must be passed between this line and the first Reversaboard.
- In the event of a team/athlete causing an obstruction or failing to complete the relay in the prescribed format, the team may, at the discretion of the track referee, be placed in last position. No team should be disqualified.

This sheet should be read in conjunction with the appropriate Competition Rules Overview

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A fun relay event for teams of four incorporating a series of obstacles along a linear track.



### Guidance Notes

- Each lane must have a judge to count bounces and faults. This judge should stand next to the Speed Bounce mat in the return lane of the team they are judging. When the athlete has completed their bounces the judge should stand on the Speed Bounce mat to ensure that the return lane is clear.
- Judges should count the number of bounces aloud, taking particular care to ensure that both feet complete each bounce.
- Judges must be in place to pick up the hurdles but should be careful not to obstruct the athletes when doing so. It is better that a hurdle is left lying out of place than risk injury to either athlete or judge.
- Do ensure that the athletes are not blocking the Reversaboard behind the team mats.

### Rules

- All four team members sit behind the team base mat. A second mat may be provided for this as shown above.
- The first runner starts in a crouched position with both hands on the edge of the mat and both knees off the floor. On the whistle they must complete a forward or sideways roll on the mat, run through the hi-stepper ensuring a foot is placed in each segment, complete 10 Speed Bounces, clear both hurdles and turn on the Reversaboard at the far end of the hall. They must run the return leg avoiding all the obstacles and turn on the Reversaboard behind the team base mat. Finally they turn on the Reversaboard behind the team base mat, turn and touch the shoulder of the next runner, return to the team base mat and sit behind the rest of the team. The second and third runners proceed as the first runner.
- The last runner must also complete the course as above, having turned on the Reversaboard behind the team base mat they must run through the finish line in the centre of the hall.

### Faults

A half second time penalty is given for each fault noted. One fault will be given for each occasion an athlete:

- Fails to complete a forward or sideways roll.
- Misses a segment of the hi-stepper (maximum two faults to be awarded).
- Omits a bounce, e.g. an athlete who completes just seven bounces should receive three faults.
- Omits a hurdle. Faults should NOT be given if an athlete knocks over a hurdle or if it's not been replaced.
- Starts before the previous runner has touched their shoulder or when the previous runner touches the shoulder before completing the return leg and turning on the Reversaboard.
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This sheet should be read in conjunction with the appropriate Competition Rules Overview

For more details go to [www.sportshall.org](http://www.sportshall.org) © Eveque 2009