



**Athletics New Zealand
Road Relay Championships**
held in conjunction with the
Takahe to Akaroa Relay

RACE RULES

> Takahe to Akaroa, **Christchurch** >> 10 October 2009

The race is organised on behalf of Athletics New Zealand Inc by the Cross Country and Road Committee, Athletics Canterbury Inc, and conducted under the rules of Athletics New Zealand.

The following race rules shall apply.

1.0 COURSE

1.1 Senior & Masters Race

1.1.1 The Senior and Masters race will start at the Sign of the Takahe, follow the route prescribed in the official programme and finish at a nominated point in the Recreation Ground in Akaroa.

1.1.2 The Senior and Masters race will be divided in to eight laps as defined in the official programme.

1.2 Junior Men (M19) & Junior Women (W19) Race

1.2.1 The Junior Men and Junior Women race will start on the road outside the Allandale Hall, follow the route prescribed in the official programme and finish in Cooptown at the end of Lap 5 of the Senior and Masters race.

1.2.2 The Junior Men and Junior Women Race will be divided into six laps as defined in the official programme.

1.3 Course Marshalls will be posted wherever considered necessary.

1.4 Should there be any confusion over the trail, competitors shall select it in the following order:

1.4.1 Follow Course Marshalls' directions.

1.4.2 Follow the Course as prescribed in the official programme.

2.0 TEAMS

2.1 All teams must be entered in the official name of and by a club affiliated to Athletics New Zealand.

2.2 Except where they are members of a composite team all runners must be registered and compete for the club with which they are registered on 1st August 2009, unless their first registration for the 2009 – 2010 year was made after the 1st August 2009.

2.3 A team may compete in one category only [with the exception of teams from clubs affiliated through Athletics Canterbury competing in both an open and local category].

2.4 Number of Members in each Team

2.4.1 Senior and Masters Teams shall consist of eight runners, each to run one of the eight laps.

2.4.2 Junior Men and Junior Women Teams shall consist of six runners, each to run one of the six laps.

2.4.3 No runner may compete in more than one individual lap, except as set out under Rule 3.0 or compete for more than one team.

2.5 Team Composition & Age Requirements.

2.5.1 (i) Competitors in the Men's championship grades (senior A, junior and masters A) shall be male athletes only.

(ii) Teams in the Men's non-championship grades (senior B, C, local D, masters B, and composite grade) may include female competitors as well as male competitors.

2.5.2 Competitors in the Women's grades (senior, junior and masters) shall be female athletes only.

2.5.3 Competitors in Junior Men's and Junior Women's grades shall be aged 19 years or under on the 31 December in the year of the race.

2.5.4 Competitors in the Masters Men's grades shall be aged 40 years or over on the day of the race.

- 2.5.5 Competitors in the Masters Women's grades shall be aged 35 years or over on the day of the race.
- 2.5.6 Competitors in the Open Master (Over 50) Grade shall be aged 50 years or over on the day of the race and may be either Male or Female.
- 2.5.7 (i) Competitors in either the Senior Men or Senior Women Grades shall be aged 17 years or over on the 31st December in the year of the race.
(ii) Competitors in either the Junior Men or Junior Women Grades shall be aged 14 years or over on the 31st December in the year of the race.
(iii) The Board of Directors or their nominee may permit an athlete who is ineligible as defined in Rule 2.5.7(i) or (ii) to compete in a specified grade.

2.6 GRADES

2.6.1 Championship Grades

(The events defined by the rules of Athletics New Zealand as championship events are: Men, Women, Masters Men, Masters Women, Open Masters (over 50), Junior Men, Junior Women. Where there is more than one grade in any of these categories only the A grade is a championship grade.)

For a team to be eligible for a New Zealand Road Relay Championship, the Club which they represent must be affiliated to Athletics New Zealand and all members of the team be registered with Athletics New Zealand and all except one member be either a New Zealand citizen or permanent resident (as these terms are defined in the Immigration Act 1987) and not have represented another IAAF affiliated country or territory during the past three (3) years.

2.6.2 Open B and C Teams

All members must be registered with Athletics New Zealand and through the club of the team for which they are competing.

[Note; The Citizenship requirements do not apply for B & C grade Teams]

2.6.3 Composite Teams

A composite team may be formed when two or more clubs have insufficient runners to form a complete team from their individual clubs and/or when more than one runner doesn't meet the residential eligibility qualifications. In these cases members of composite teams will be registered with their individual clubs. Composite teams will only be eligible to claim teams awards in the composite grades, but individual lap times will be recognised in the general grades. Teams in the Composite grade may contain athletes who are not registered members of Athletics New Zealand.

2.6.4 Local Teams

Teams from clubs affiliated through Athletics Canterbury, who wish to compete in a Local Grade only, may contain athletes who are not registered members of Athletics New Zealand, but no member of the team shall be a member of another club unless they are also a member of the club for which they are to represent.

[This does not include members of a team in the Composite Grade.]

3.0 RUNNING ORDER AND REPLACEMENTS

- 3.1 Team Managers may replace athletes or re-arrange the running order of their teams by notifying the Race Manager in writing on a form provided by the organisers at least 30 minutes before the start of their race, without penalty. (WHERE THERE ARE ANY TEAM CHANGES THE FULL TEAM IN RUNNING ORDER WITH NAMES AND REGISTRATION NUMBERS MUST BE NEATLY PRINTED ON THE FORM PROVIDED).

3.2 Replacement of Athletes:

- 3.2.1 Where an athlete is unable to complete a lap, that athlete may be replaced by the athlete who is to compete the next lap, or if it is the last lap another member of that team having already competed their lap but not by a reserve or emergency athlete. Written advice of the substitution shall be given to the Referee or to an Assistant Referee or a Lap Judge by the Team Manager or his/her nominee, within 15 minutes after the completion of the lap. Any team making a substitution shall incur a time penalty as set out in Rule 7.10. Failure to provide written timely advice of a substitution shall result in team disqualification.

Disqualification shall result in the team and its members being ineligible to claim any award or trophy associated with the race.

- 3.2.2 A competitor who is replaced shall take no further part in the race.

4.0 GENERAL

4.1 Numbers:

All runners must wear their race bib with the team's assigned number on the front of their competition uniform, so that it is clearly visible to race officials. The bib may not be cut or defaced in any way and any sponsor's name shall be wholly visible.

4.2 Uniforms:

All runners must compete in the approved uniform of the club they represent.

4.3 Batons:

4.3.1 The first runner in each team shall be given a baton which shall be carried in the hand throughout the race, by members of that team, and if dropped retrieved by the runner who drops it.

4.3.2 The baton shall be handed over by each runner to the next at the changeover points defined in this programme, except in the event of a change of runner being necessary during the running of a lap as provided in Rule 3.2

4.3.3 Gloves may be worn.

4.4 Changeover Points:

Each changeover point will be clearly marked by a 5.0cm line across the changeover zone, and the changeover must be made within 10 metres of the changeover line.

4.5 Assistance:

4.5.1 Pacing of a runner by vehicles, or bicycles, or runners not actively competing in that lap or in any manner what so ever, or the giving of assistance in whatever form, is strictly prohibited.

4.5.2 Runners must travel the whole of their lap on foot.

4.5.3 Runners must not be in possession of any electronic equipment, such as video or cassette recorders, radios, CDs, i-pods, radio transmitters, mobil phones or similar devices while running their lap.

4.5.4 Runners may receive verbal communication during their lap without penalty.

5.0 REFRESHMENT STATIONS

5.1 If weather conditions warrant such provision, drinking/sponging stations will be provided at the start and finish of every lap.

5.2 If the organisers decide not provide drinking/sponging stations the race referee may permit competitors to receive refreshments at any location during the race without penalty. The referee will announce such dispensation at the Manager's meeting

6.0 INFRINGEMENTS:

6.1 A team may be disqualified for a major infringement, particularly in regard to safety or a team member or members failure to follow the instructions of a race official or behaving in an unsporting manner towards another competitor or a race official.

6.2 For certain infringements a team can expect to receive a time penalty as set out in Rule 7. Any time penalty incurred will be added to the offending athlete's overall running time before arriving at the team's finishing time and therefore place in the race.

6.3 A warning may not be given before an athlete or team receives a penalty, but if a warning is given the team or runner may receive the warning verbally or be shown a yellow flag, card or disc by a Race Official.

6.4 A team or competitor can only be penalised or disqualified by the appropriate Referee who if appropriate may show a red card or disc.

6.5 A list of infringements and the penalty for each is set out in Section 7.0 below

7.0 INFRINGEMENTS AND THEIR PENALTIES:

7.1.	Wrong uniform.	30 seconds
7.2	Number not clearly displayed.	30 seconds
7.3	Number defaced.	30 seconds
7.4	Making a false start (as in starting before the gun has fired or changing outside the change zone*)	1 minute (60 seconds)
7.5	Batons not being carried in the hand.	1 minute (60 seconds)
7.6	Running at a greater distance from the side of the road than specified in the race rules but in a non-dangerous manner.	1 minute (60 seconds)
7.7	Cutting a corner in non-dangerous manner.	1 minute (60 seconds)
7.8	Pacing in any manner what-so-ever.	2 minutes
7.9	Being in possession of or using a banned device	2 minutes
7.10	Notified replacement of an athlete during the event	7 minutes
7.11	Unapproved replacements or change of running order	Team Disqualification
7.12	Infringements 7.6 & 7.7, but in a dangerous manner or position	Team Disqualification
7.13	Impeding another athlete or acting in an unsporting manner	Team Disqualification

NOTES:

- (i). *Infringements 7.1, 7.2, 7.3, 7.4, 7.5 and 7.9 - An athlete (team) may be penalised only once per lap, but the team may be penalised in other laps for the same offence.*
- (ii). *Infringements 7.6, 7.7 and 7.8 are cumulative and penalties may be imposed more than once per lap.*
- (iii). *The penalty for 7.10 is cumulative and shall be imposed for every athlete in a team who is replaced.*
- (iv). *The Referee may impose a penalty on any runner or team who contravenes an Athletics New Zealand rule not so mentioned in these rules.*
- (v). ** This does not apply to a replacement made under Rule 3.2*

8.0 NOTIFICATION OF PENALTIES

- 8.1 Where a team incurs a time penalty, the results will show the athlete(s) who incurred time penalties, the time penalty incurred and the offence.
- 8.2 Where a team is disqualified, the athlete(s) incurring the disqualification along with the offence(s) will be shown in the results.
- 8.3 There shall be a Board at the finish which will show all penalties and disqualifications made during the race.

9.0 PROTESTS:

- 9.1 All protests shall in the first instance be made to and decided by the Race Referee who may consult with his/her assistants.
- 9.2 Any protest regarding entries must be made to the Race Referee before the start of the race.
- 9.3 All appeals against a referee's decision shall be made in writing to the Jury of Appeal in accordance with the regulations laid down by the Association and the IAAF. All appeals or protest to the Jury of Appeal must be accompanied by a fee of \$NZ50 which shall be forfeited if the appeal is unsuccessful.
Note: No appeal made outside the time limits laid down by the Association and the IAAF or made directly to the Association shall be considered.

10.0 OVERALL CLUB COMPETITION

- 10.1 There shall be a competition for the best overall club in the seven championship grades. The three best placings of a club in any three grades shall be used in calculating the result.
The seven championship grades are: Senior Men A grade, Senior Women, Junior Men, Junior Women, Masters Men (M40) Masters Women (W35) and Open Masters (over 50).
- 10.2 The three best placings of teams from a club shall be added together, and the club with the lowest total score, shall be adjudged the winning club.
- 10.3 If two or more clubs finish with the same total score, the result will be determined:
 - (i) In favour of the club whose fourth team finished nearer to a first placing. If there is still a tie, the result will be determined in favour of the club whose fifth team finished nearer to a first placing and so on until one club runs out of counting teams.
 - (ii) If neither club has a fourth team or there is still a tie in 13.3(i) the result shall be determined in

favour of the club whose last counting team finished nearer to a first placing. If there is still a tie, the result will be determined in favour of the club whose second to last counting team finished nearer to a first placing and so on until the second counting teams have been used.

If the teams are still tied they shall be declared first equal in the Best Overall Club competition title.

11.0 GRADING

11.1 The race will be divided into seven categories (Men, Women, Masters Men, Masters Women, Open Masters (over 50), Junior Men and Junior Women)

11.2 Teams within the following categories will be graded as follows:

Mens A Grade	Teams assessed as faster than 4hr 30min.
Mens B Grade	Teams assessed as slower than 4hr 30min but faster than 4hr 50min.
Mens C Grade	Teams assessed as slower than 4hr 50min
Mens C Grade (Slow)	Teams assessed as slower than 5hr 45min
Mens D Grade (Local)	Teams assessed as slower than 5hr 45min
Masters Men A Grade	Teams assessed as faster than 5hr 45min.
Masters Men B grade	Teams assessed as slower than 5hr 45min
Open Masters over 50 A Grade	Teams assessed as faster than 5hr 45min
Open Masters over 50 B Grade	Teams assessed as slower than 5hr 45min
Womens A Grade	Teams assessed as faster than 5hr 45min.
Womens B Grade	Teams assessed as slower than 5hr 45min
Masters Women, Junior Men & Junior Women	Only one grade

("Local" means open only to club's affiliated through Athletics Canterbury Inc)

11.3 Slower teams in the Open Categories may elect to run in a grade lower than the one in which they are graded. Such teams will not be eligible for Grade Prizes, but will be eligible for all other awards. *(Teams may elect to run in a higher grade without penalty.)*

11.4 Unless requested otherwise on the entry form, the Grading Committee will place teams into the above Grades using the estimated times supplied. The Grading Committee reserves the right to deviate from the grading times stated in 11.2 if it considers it is the best interests of the race.

11.5 AUTOMATIC REGRADING

Any Team which finishes with a time that would place it in the top half (50%) of the next higher Grade in that category, shall automatically be re-graded to that higher Grade, for the purposes of individual and team awards and results.

12.0 STARTING TIMES

- 12.1 **8:30am** Senior Mens C Grade teams slower than 5hr 45min, Local Mens D Grade, Masters Mens B Grade, Open Masters over 50 B Grade, Composite Grade, Senior Womens B Grade & All Masters Womens Teams,
- 12.2 **9:15am** Senior Womens A Grade, Masters Mens A Grade and Open Masters over 50 A Grade.
- 12.3 **9:45am** Mens C Grade teams faster than 5hr 45min.
- 12.4 **10:15am** All Mens A & B Grade teams.

Note: These four Sections will start at the Sign of the Takahe.

12.5 **9:35am** All Junior Men and Junior Women teams.

Note: This Section will start on the road outside the Allandale Hall. (ie End of first lap for Senior and Masters teams).

13.0 SAFETY AND TRAFFIC MANAGEMENT PLAN

13.1 All Roads are open to Traffic throughout the race and as the relay is run on public roads competitors are required at all times to obey New Zealand traffic laws. Runners must at all times run within ONE METRE of the edge of seal of the roadway, or on the non traffic side of the white edge line, except where there are designated crossing points or where marshals direct.

13.2 Runners shall run on the side of the roadway as listed below but always within one metre of the edge of the seal -

Lap 1 Runners shall run on the left hand side of the road for the complete lap, that is from the Sign of the Takahe to the finish at Allandale.

- Lap 2 Runners shall run on the left hand side of the road to the crossover point on the Teddington straight. From the cross over point runners shall run on the right hand side of the road to the at the Teddington Church, which is just past the Wheatsheaf Hotel. This is the baton change zone for the Junior Men and Junior Women Grade. From this point runners shall run on the left hand side of the road to the end of the lap in Millers Road..
[Note: This is Laps 1 & 2 of the Junior Men and Junior Women relay.]
- Lap 3 Runners shall cross to the right hand side of the road while in the baton change zone then run on the right hand side of the road for the complete lap, that is from the start in Millers Road to the finish at the Ataahua Domain Kaituna.
- Lap 4 As for the previous lap runners shall run on the right hand side of the road for the complete lap, that is from the start at the Ataahua Domain to the finish at Lake Forsyth.
- Lap 5 As for the previous two laps runners shall run on the right hand side of the road for the complete lap, that is from the start at Lake Forsyth to the finish at Cooptown.
[Note: This is on Lap 5 & 6 of the Junior Men and Junior Women relay.]
- Lap 6 Runners shall cross to the lefthand side of the road while in the baton change zone then run on the left hand side of the road for the complete lap, that is until the finish at Hilltop
[Note: This is Lap 6 of the Senior relay only.]
- Lap 7 Runners shall cross over at the entrance to the baton change zone and run on the right hand side of the road along the Summit Road then cross over and run on the left hand side of the road from the beginning of the downhill section (ie the turnoff from the Summit Road) until the end of the lap at the Duvauchelle Hotel.
- Lap 8 Runners shall cross over to the right hand side of the road while in the baton change zone then run on the right hand side of the road until the turn off from the main road to the carpark which is soon after reaching Akaroa. Marshals will direct runners to the finish on the Akaroa Recreation Ground.

- 13.3 Road crossings will have marshals with Stop/Go paddles. Runners must cross between the marshals with Stop/Go paddles. Be aware that traffic may not stop.
- 13.4 Runners must take a direct route across the road at crossing points.
- 13.5 Any runner that crosses the cone barrier into the traffic lane within any baton change zone, or does not cross the road other than between the manual traffic controllers shall incur a penalty as set out in Rule 7.
- 13.6 At side road intersections runners do not have right of way over vehicles entering or exiting the side roads.
- 13.7 Competitors should travel in single file except when passing another competitor.
- 13.8 Liability - All athletes compete at their own risk.

30th August 2009