



## AMA Relay and Out of Stadia Team Selection Policy, Processes, Selection Panels, Responsibilities and Guidance to Athletes

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## TRACK RELAYS

### 1. Events and Age Groups

- **Stadia Championships** (WMA) – 4x100m, 4x400m
- **Indoor Championships** (WMAi)– 4x200m
- Relays are conducted in 5 year age groups, i.e. 35-39, 40-44, 45-50 and so on, with the age group determined by the age of the youngest athlete.
- Each country is permitted to enter one team per age group.
- **Oceania Championships** – 4x100m, Medley relay (as 800m, 400m, 200m, 200m)
- Relays are conducted in the following age groups with the age groups determined by adding together the age of each athlete on the first day of competition:  
Women: 150-194 years, 195-229 years, 230+ years  
Men: 150-199 years, 200-239 years, 240+ years
- Countries can field more than one team in a relay event but only the first team across the line (and not disqualified) will count for medal purposes. (OMA Council Meeting Tauranga February 2012)

### 2. AMA Policy for Relay Team Selection

At World and Oceania Championships, Australia's relay teams will be selected to maximise the chances of the best overall success for the Australian teams. (AGM 2006, updated 2014)

Some further clarification is needed for the term 'best overall success for Australian Teams'. It certainly means selecting the best athletes for teams, regardless of whether they competed in the respective individual event. But it would also mean, for example, that where three teams have a chance of a medal, this is better than one super team medalling and the others not achieving a medal. (AMA Board 2019)

Processes will be in place to ensure that selectors are not put in a conflict of interest situation.

### 3. Process for Relay Team Selection

- 3.1 Relay selectors must declare any conflicts of interest to team management, for example themselves, close friends, training partners. They must not participate in a relay team selection where a conflict of interest has been declared.
- 3.2 Performance at the meet will be the main criteria for team selection, followed by current season results and position/performance on the WMA rankings list. Proven past performances may also be considered.
- 3.3 An athlete does not have to compete in the 100m, 200m (indoor/Oceania), 400m or 800m (Oceania) at the championships to be selected in a relay team; however, non-participation in a relevant event may be a factor in a close decision.
- 3.4 The relay selection panel can approach athletes at the championships and ask them to be available for selection even if they have not nominated beforehand.
- 3.5 An athlete's relay experience will be considered in the selection of teams.

- 3.6 Athletes, in the main, will be chosen from their own age group, however, there may be circumstances where it is appropriate to select an athlete(s) from an older age group.
- 3.7 Reserves will be named for each relay team where possible.
- 3.8 A relay team captain will be named for each team. This person will have the responsibility of organising the team for any relay practice, warm-up and to be at the call room at the designated time.
- 3.9 The relay selection panel will endeavour to provide an opportunity for as many nominees as possible to compete in a team.
- 3.10 Any clear errors in the teams published, e.g. athlete put in wrong age group, should be notified to selectors. However, teams will not be changed on the basis of an athlete disagreeing with the selections. Should an athlete so disagree they may advise the AMA Board after the championships.
- 3.11 At Oceania Championships, the competition is more social and as such these guidelines are to be applied in that spirit.

#### 4. Relay Team Selection Panel

- 4.1 Applications for the relay selection panel will be called shortly after the entry closing date for the championships. Applications must be forwarded to the AMA Board's nominated director/s by the due date.
- 4.2 The AMA Board or its appointed sub-committee appoints the relay selection panel. If there are insufficient nominations, the AMA Board or its appointed sub-committee will approach appropriate people.
- 4.3 Selectors must be present at the championships and available on the competition days of the 100m and 400m (stadia), 200m (indoor) or relevant events (Oceania).
- 4.4 Selectors need to be contactable when draft teams and finalised teams are due for submission.
- 4.5 Selectors will have relay experience as an athlete or coach.
- 4.6 The selection panels will ideally have a spread of age groups, gender and no two selectors from the same club/training group.
- 4.7 A head selector will be appointed to coordinate the activities of the panel/s and make a casting vote in the case of a split decision. The head selector will submit a brief report to team management for inclusion in the overall event report to the AMA Board.
- 4.8 Preferably the relay selection panel will not include team management so that team management can remain neutral in relation to any athlete concerns brought to their attention.
- 4.9 The number of entrants will determine the number of selectors and panel composition.

##### **Number of Selectors**

*Less than 150 athletes*

The relay selection panel will consist of three selectors with at least one male and one female selector.

*More than 150 athletes*

Two panels of three selectors will be appointed. There will be one panel to select men's teams and one for women's teams. Each panel will include at least one male and one female selector.

#### 5. Responsibilities

##### 5.1 AMA International Entries Clerk

- 5.1.1 The AMA International Entries Clerk will make relay nomination forms available and advise a closing date approximately four weeks prior to the championships.
- 5.1.2 The relay nomination form will collect the following information:

- Athlete's availability for selection in the 4x100m, 4 x 200m, 4x400m and/or the medley relay
- Age Group
- Indication of relay experience
- Preferred hand to carry baton
- Entry mark/s with link to verifiable result/s

5.1.2 The AMA International Entries Clerk will provide the collated data to the appointed relay selection panel and team management three weeks prior to the championships.

## **5.2 Athletes**

5.2.2 Complete and submit a nomination form to the AMA International Entries Clerk by the specified date.

5.2.3 Be honest in submission of entry marks and relay experience.

5.2.4 Confirm intention to compete in the relevant relay by initialling next to their name on the list of nominations by the specified deadline. This list will be displayed on the Australian Team notice board.

5.2.5 A late nomination may be made at the championships by completing a nomination form and handing to team management by the specified deadline for confirmations.

5.2.6 Notify team management of injury that may limit or prevent relay participation as soon as possible after the injury has occurred.

5.2.7 Teams may not be disputed by athletes once the teams have been published.

5.2.8 Wear an approved AMA uniform.

5.2.9 At Oceania Championships, athletes attending the meet will need to inform team management of their availability for relays and/or add their name to the displayed nomination list.

## **5.3 Relay Team Selection Panel**

5.3.1 Liaise with team management prior to championships with regard to timeline for draft teams, comments and final entries.

5.3.2 Receive collated nomination data from AMA International Entries Clerk three weeks prior to championships.

5.3.3 Prepare own spreadsheets with data and any additional relevant information from own research.

5.3.4 Attend competition days of the 100m and 400m (stadia), 200m (indoor) or relevant events (Oceania).

5.3.5 Approach athletes at the championships and ask them to be available for selection even if they have not nominated beforehand.

5.3.6 Identify a likely team captain for each age group and communicate with them regarding possible team composition, running order, reserves etc. as the championship progresses. Whilst the selectors make the finale decision according to these guidelines, a knowledgeable team captain's input is worthwhile for team harmony and performance.

5.3.7 Collate results from the championships.

5.3.8 Submit draft teams to team management according to the agreed schedule.

5.3.9 Reconvene and be responsive to additional information and any comments from team management.

5.3.10 Finalise teams to team management according to the agreed schedule.

5.3.11 Where practical, assist team management with completion of team entry forms.

5.3.12 Convene a meeting at a suitable time and place so that the maximum number of relay team captains can attend. At this meeting the various rules should be clearly explained,

for example call room procedures, the issues of using the reserve and the relay running order.

- 5.3.13 Monitor requests for changes to running orders and liaise with team management to ensure these are done within the rules.

## 5.4 Team Management

- 5.4.1 Liaise with selectors prior to championships with regard to timeline for draft teams, comments and final entries.
- 5.4.2 Provide a list of relay nominations for athletes to confirm their availability. Ideally this will be on the team noticeboard from the first day TIC/Registration is open.
- 5.4.3 Provide the list of confirmations to selection panel at close of confirmation period.
- 5.4.4 Collate additional relay applications, information about injuries and/or early departures from the championships and make available to the selection panel.
- 5.4.5 Ensure selection panel knows how to access championship results in real time.
- 5.4.6 Team management can dispute teams while they are a draft and have not been published.
- 5.4.7 Publish teams via the social media platforms and email.
- 5.4.8 Teams may not be disputed by athletes once the teams have been published.
- 5.4.9 Complete/check team entries and lodge by the appointed time set by the LOC.
- 5.4.10 Assist selectors in the conduct of a meeting at a suitable time and place so that the maximum number of relay team captains can attend. At this meeting the various rules should be clearly explained, for example call room procedures, the issues of using the reserve and the relay running order.
- 5.4.11 Provide copy of team entry form to each team captain.
- 4.4.12 Submit changes to running orders as required and as per the rules.

## NON STADIA TEAMS

### 1. Natural Teams vs. Selected Teams

When there are three or more runners/walkers in an age group they will form a **'natural' team** and as such teams do not need to be nominated. The first three athletes to finish make up the team for that age group.

When there is less than three runners/walkers in an age group, the team selection panel will look at how to best combine runners from near older or near younger age groups to make up a **'selected' team**.

### 2. Process for Non Stadia Team Selection

- 2.1 Submitted entry mark, current season results and position/performance on the WMA rankings list will be considered when deciding 'selected' teams.
- 2.2 Athletes to provide arrival/readiness to run confirmation two days (or nominated deadline) prior to each scheduled event.
- 2.3 If arrival confirmations are not received for every athlete in an age group and there is a 'natural' team, the 'natural team' will stand.
- 2.4 'Selected' teams will only be selected when the exact status of each athlete is known in the affected age groups.

### 3. Non Stadia Team Selection Panel

- 3.1 Applications for the non stadia team selection panel will be called shortly after the entry closing date for the Championships. The AMA Board or its sub-committee appoints the selection panel.
- 3.2 A head selector will be appointed to coordinate the activities of the panel/s and make a casting vote in the case of a split decision. The head selector will submit a brief report to team management for inclusion in the overall event report to the AMA Board.
- 3.3 The number of entrants will determine the number of selectors and panel composition.

#### **Number of Selectors**

*Less than 150 athletes*

The team selection panel will consist of three selectors with at least one male and one female selector, and one selector with a background in walks.

*More than 150 athletes*

Two panels of three selectors will be appointed. There will be one panel to select the Cross Country and Road Running teams and one panel to select the Road Walks team. Each panel will include at least one male and one female selector.

- 3.4 Selectors must be familiar with the WMA requirements for team eligibility in out of stadia events.

### 4. Responsibilities

#### 4.1 AMA International Entries Clerk

- 4.1.1 The AMA International Entries Clerk will provide the out of stadia entry marks to the appointed team selection panel and team management three weeks prior to the championships.

#### 4.2 Athletes

- 4.2.1 Honestly submit a current season entry mark within the entry process. Athletes without entry marks may not be considered for 'selected' teams.
- 4.2.2 Confirm arrival and readiness to race in entered events by direct message to team management two days (or nominated deadline) prior to scheduled event.
- 4.2.3 Wear an approved AMA uniform.

#### 4.3 Non Stadia Team Selection Panel

- 4.3.1 Liaise with team management prior to championships with regard to timeline for team entries.
- 4.3.2 Receive collated nomination data from AMA International Entries Clerk.
- 4.3.3 Prepare own spreadsheets with data and any additional and relevant information.
- 4.3.4 Liaise with team management and athletes to know who has arrived and who hasn't.
- 4.3.5 Select 'selected' teams by the agreed deadlines.
- 4.3.6 Where practical, assist team management with completion of team entry forms.

#### 4.4 Team Management

- 4.4.1 Liaise with selectors prior to championships with regard to timeline for team entries.
- 4.4.2 Provide the list of arrival confirmations to selection panel two days prior to each scheduled event.
- 4.4.3 Complete/check team entries and lodge by the appointed time set by the LOC.
- 4.4.4 Publish selected teams and natural teams via the social media platforms and email.

## GUIDANCE TO ATHLETES FOR TRACK RELAYS

### 1. Rules (summarised from IAAF Rule 170)

- 1.1 The baton must be passed within the marked takeover zone.
- 1.2 If a baton is dropped, then the athlete who dropped the baton must retrieve it and return to the point where it was last in his/her hand and continue racing. The athlete must not lessen the distance to be run or impede other teams when retrieving the baton.
- 1.3 Athletes may place one check mark on the track within their own lane. The tape should be a distinctive colour and not confused with other track markings. The maximum size is 5cm x 40cm.
- 1.4 An athlete may not commence running from outside the takeover zone, ie athletes must stand and start running from within the zone.

### 2. 4x100 Metres (WMAC, Oceania)

#### Rule specific to 4x100m

- 2.1 Each takeover zone is 30 metres with the scratch line 20 metres from the start of the zone. Note - there is no longer an acceleration zone.

#### Procedures

- 2.2 The first runner holds the baton in the right hand and passes to the left hand of the second runner. The second runner passes to the right hand of the third runner who passes it to the left hand of the fourth runner. This means that both bends will be run with the baton in the right hand.
- 2.3 The preferred change method for all Australian athletes is the push pass. The outgoing runner holds their hand at shoulder height with thumb pointing down to provide a target for the incoming runner to pass directly forward in a pushing motion.
- 2.4 Athletes can apply a check mark as detailed above to determine when to start running as the incoming runner approaches. The standard distance is 22 shoe steps if the runners are of the same speed and is adjusted to allow for different speeds and abilities. This requires a training session.

#### Team Composition / Running Order

- 2.5 There are a number of variables such as experience, speed and heights of athletes. In general, the following points are considered:
  - The first runner is usually the best starter and/or a good bend runner. This runner maybe the most inexperienced (only has to give the baton) or the slowest as this can be the shortest leg.
  - The fastest and/or most experienced runners are normally in positions two and three as these are the longest legs and they have to both receive and give the baton. These runners are often 200m athletes due to the longer leg or the ability to run well around the bend.
  - The fourth runner will be fast, a strong finisher and importantly not affected by pressure.
  - The second and fourth runners must be able to receive and carry the baton in their left hand.
  - Ideally the speed and height of runners needs to be matched so that a tall athlete is not passing to a short athlete or that a faster athlete is not receiving from a slower athlete.
  - Established combinations can be considered.

- An experienced slower runner is sometimes selected in position three with this leg shortened.

### 3. 4x400 Metres (WMAc)

#### Rules specific to 4x400m

- 3.1 Each takeover zone is 20 metres with the scratch line in the centre of the zone.
- 3.2 The first leg and the first bend of the second leg are run in lanes, ie three bends or 500m.
- 3.3 Athletes may leave their respective lanes at the break line.
- 3.4 Athletes running the third and fourth legs, under the direction of the officials, will place themselves in the takeover zone according to the order of their respective team as they enter the last bend for that leg. The waiting athletes must maintain their order even if their team changes position.
- 3.5 Waiting athletes can move to an inner position whilst maintaining the above order once it is vacated and they don't jostle or impede another athlete.

#### Procedures

- 3.6 Athletes will face in towards the inside of the field when receiving the baton.
- 3.7 The outgoing runner should extend the left arm/hand and begin to move as the incoming runner approaches.
- 3.8 The outgoing runner should always remain looking at the incoming runner so as not to run away from a tired incoming runner.
- 3.9 It is the responsibility of the receiver to take the baton.
- 3.10 The incoming runner should hold out the baton out in front in a vertical position to make it easier for the receiver to secure the baton.
- 3.11 On receipt of the baton the outgoing runner will immediately change it to the right hand.

#### Team Composition / Running Order

- 3.12 There are a number of variables such as experience and speed. In general, the following points are considered:
  - The first runner is usually experienced and able to run the 400 metres in a lane without the familiarity of runners close by. This runner is usually one of the faster athletes.
  - The second runner is often a 800m runner or an experienced athlete who is comfortable changing from the designated lanes to no lanes at the 500m mark.
  - The second or third runner will often be the slowest runner.
  - The fourth runner is usually the fastest, most experienced and determined runner.

### 4. 4x200 Meters (WMAci)

#### Rules specific to 4x200m (IAAF Rule 218)

- 4.1 Each takeover zone is 20 metres with the scratch line in the centre of the zone.
- 4.2 The first leg and the first bend of the second leg are run in lanes, ie three bends or 250m.
- 4.3 Athletes may leave their respective lanes at the break line.
- 4.4 Athletes running the third and fourth legs, under the direction of the officials, will place themselves in the takeover zone according to the order of their respective team as they enter the last bend of that leg. The waiting athletes must maintain their order even if their team changes position.
- 4.5 Waiting athletes can move to an inner position whilst maintaining the above order once it is vacated and they don't jostle or impede another athlete.



## Procedures

- 4.6 The 4x200m is run like a 4x400m with the first change in lanes and the second runner leaving their lane at the break line.
- 4.7 The lanes are narrow (0.90m to 1.10m compared to outdoor lanes at 1.22m) and a visual 4x400 baton change of right hand to left hand is ideal as described above.
- 4.8 Outgoing runners need to be facing the infield whilst waiting to receive the baton to reduce their risk of running into other athletes during the changeover.
- 4.9 The outgoing runner receives the baton in the left hand and immediately switches the baton to their right hand so that the baton is carried in the right hand round the bends.

## Team Composition / Running Order

- 4.10 It is hard to overtake on the narrow, smaller track so therefore it is better to run from the front. This means that the running order differs somewhat from outdoor events with the fastest runners often running first and second.

## 5. Medley Relay (Oceania)

### Rules specific to the Medley Relay

- 5.1 Each takeover zone is 20 metres with the scratch line in the centre of the zone.
- 5.2 The 800m is run first with the first bend in lanes, after which the athletes may leave their respective lanes at the break line.
- 5.3 Athletes running the second, third and fourth legs, under the direction of the officials, will place themselves in the takeover zone according to the order of their respective team as they enter the last bend of that leg. The waiting athletes must maintain their order even if their team changes position.
- 5.4 Waiting athletes can move to an inner position whilst maintaining the above order once it is vacated and they don't jostle or impede another athlete.

## Procedures

- 5.5 A visual 4x400 baton change of right hand to left hand is ideal as described for the 4x400m relay.
- 5.6 Outgoing runners need to be facing the infield whilst waiting to receive the baton to reduce their risk of running into other athletes during the changeover.
- 5.7 The outgoing runner receives the baton in the left hand and immediately switches the baton to their right hand so that the baton is carried in the right hand round the bends.

## Team Composition / Running Order

- 5.8 The 800m leg is the most crucial as this is double the time of the other legs combined and therefore the best 800m athlete runs this leg.
- 5.9 The 400m leg is the next most important.
- 5.10 The fastest, most experienced 200m runner normally runs last.

### Examples: *4x100m push pass*



### Examples: *4x200/400/medley outgoing runner position*

