



AMA Relay and Out of Stadia Team Policy and Procedures

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Introduction

The Relay Selection and Non Stadia Team Selection Panels are appointed for each WMA and OMA Championship at which Australian teams compete. The Selection Panels are part of the overall team to support the athletes and along with Team Management are appointed by the AMA Board, and report to the Board, for the best outcome by Australian athletes.

Selection Panel Skill Requirements

Essential

- Knowledge and understanding of the current World Athletics and WMA Championship relay rules (track relays) and/or non stadia rules (cross country, road and race walking teams).
- Good interpersonal skills including the ability to effectively liaise with athletes, team managers and officials.
- Good organisational and communication skills.
- Have a computer/device and the ability to use relevant software.
- Knowledge of relevant AMA policies:
 - AMA Relay and Out of Stadia Team Selection Policy and Procedures
 - AMA Code of Conduct
 - AMA Anti-Harassment Discrimination Policy
 - AMA Privacy Policy **Essential – Track Relays**
- Previous experience in the selection, organisation and/or coaching of masters relays at State and/or National level.
- The ability to interpret/compare performances from other events such as hurdles, jumps and other track events to sprint potential. **Desirable – Track Relays**
- AA Level 2 or higher current coaching accreditation in sprints and relays

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 unless there are less than three affiliates represented (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 is selecting teams that give Australia the best opportunity to win medals. (AMA Board 2019)

Notwithstanding the above, Australia will give maximum opportunity for participation in relay teams.

3. Process for Relay Team Selection

- 3.1 Relay selectors must declare any potential conflicts of interest to the other selectors and submit these to the AMA Board Member responsible for the AMA Conflict Register.
- 3.2 Performance at the meet will be the main criteria for team selection, in addition to current season results. 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.
- 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 A full complement of reserves should be nominated on team entry forms where possible. Some athletes may be listed as a reserve for a number of teams.
- 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 Any clear errors in the teams published, e.g. athlete put in wrong age group, should be notified to team management who will then notify the selectors.
- 3.10 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 should be present at the championships and in regular contact with the other selectors. If it does not conflict with their own competition schedule selectors should ideally be present at the relevant events.
- 4.4 Selectors need to be contactable when team lists are completed and prior to submission.
- 4.5 The selection panels will ideally have a spread of age groups, gender and home state.
- 4.6 A head selector will be appointed to coordinate the activities of the panel/s and will be required to submit a brief report back to the Board through the Board representative.
- 4.7 Preferably the relay selection panel will not include team management.
- 4.8 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 of which one will be named as the head selector.

More than 150 athletes

The relay selection panel will consist of five selectors, two for the women's teams, two for the men's teams and one will be named as the head selector on both male and female team panels.

- 4.9 The number of championships at which an individual can be a Selector is ideally limited to five (5) World Masters Athletics Championships (WMAAC), five (5) World Masters Athletics Championships Indoor (WMAACI) and five (5) Oceania Masters Athletics Championships (OMAC). Individuals who have reached the maximum terms may apply and may be

considered if there are no other suitable applicants. The purpose of this point is to encourage succession planning and for new or assistant selectors to work with experienced selectors. This starts from WMAC in 2022.

5. Responsibilities

This section is a summary of each role and contains some cross references from previous points.

5.1 AMA International Entries Clerk

5.1.1 The AMA International Entries Clerk will make relay nomination forms available to all athletes (Appendix 1) 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
- Details of recent performances, including date of performance and name of competition. Links to verifiable results are not mandatory but may be included if available.

5.1.3 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

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

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

5.2.3 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. Alternatively email, text (WhatsApp) their intention to compete to the Head Selector or Team Manager.

5.2.4 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 or emailing a late nomination to the head Selector or Team Manager.

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

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

5.2.7 Wear an approved AMA uniform.

5.2.8 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 Be in regular contact with the other selectors. If it does not conflict with their own competition schedule selectors should ideally be present at the relevant sprint events. (See also 4.3)
- 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 team captain for each relay team. The team captain cannot make changes to the team running order or substitution of reserves without first having the approval of the head selector who will inform team management.
- 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 consider any additional information 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 It is very important that the various rules are clearly explained to relay athletes, for example call room procedures, the issues of using the reserve and the relay running order. If at all possible this should be a face-to-face meeting of at least team captains, but if not, email/ social media may be used.
- 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 list 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 may inform the selectors of any clear errors in the teams published, e.g. athlete put in wrong age group. (See also 3.9)
- 5.4.7 Publish teams via the social media platforms and email.
- 5.4.8 Complete/check team entries and lodge by the appointed time set by the LOC.
- 5.4.9 Assist selectors with any required communications with relay athletes after team selections have been published.
- 5.4.10 Provide a copy of team entry form to each team captain.
- 5.4.11 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. The head selector will submit a brief report to the Board through the Board Representative.
- 3.3 The team selection panel will consist of three selectors with at least one selector with a background in walks and one selector with a background in cross country or road running.
- 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.
- 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.
- 4.3.7 Inform athletes when they have been placed in a 'selected' team.

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.
- 4.4.5 Inform athletes when they have been placed in a 'selected' team.

GUIDANCE TO ATHLETES FOR TRACK RELAYS

1. Rules (summarised from World Athletics Rule 24)

- 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, i.e. athletes must stand and start running from within the zone.

2. 4x100 Metres (WMAO, 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, i.e. 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 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 an 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 Metres (WMAci)

Rules specific to 4x200m (World Athletics Rule 48)

- 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, i.e. 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 out going 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*



4x200/400/medley outgoing runner position





AMA Relay Availability Form

ATHLETE INFORMATION and CONTACT DETAILS

Please type or print clearly when completing this form

| | | | |
|-------------------------------------|--|----------------------|--|
| Surname: | | First Name: | |
| Date of Birth | | Age Group M/W | |
| Entered name (if different): | | | |

RELAY AVAILABILITY

- Being a member of an Australian relay team is an honour. If you would like to be considered for selection in a team please complete this section of the form. However, please note completing this form DOES NOT guarantee selection. Refer to the AMA Relay Selection Policy.
- Please submit seed time from bona fide competition within the last 12 months.
- Please indicate your preferred hand to receive/carry the baton (4x100m only).
- Relays are usually held on the final day of competition. Please do not express interest in being in a team if you are leaving prior to the relay day.
- If you are not competing in a relevant event, but would still like to be considered for selection, your times/performances from your other events at the Championships WILL be taken into consideration.

| Relay | Y/N | Time | Date of performance and name of competition | Preferred hand to receive/carry baton |
|--------------------------------|-----|------|---|---------------------------------------|
| WMAC Stadia: 4x100m | | | | |
| WMAC Stadia: 4x400m | | | | |
| WMAC Indoor: 4x200m | | | | |
| OMAC: 4x100m | | | | |

| | | | | |
|---|--|--|--|--|
| OMAC Medley: 800, 400, 200, 200* * Please indicate preferred distance/s with time | | | | |
|---|--|--|--|--|

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| Briefly outline recent relay experience | |
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* Note this is a master form and IEC to delete rows not relevant to the current championship

