

**TAKAHE TO AKAROA RELAY**  
**and**  
**ALLANDALE to COOPTOWN RELAY**

**2019 RULES OF THE RACE**

The race is organised 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 Takahe to Akaroa Relay**

1.1.1 The Senior Men and Women, Masters Women (35+), Masters Men (35+) and Open Masters over 50 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 Grades described in Rule 1.1.1 above will be divided into eight laps as defined in the official programme.

**1.2 Allandale to Cooptown Relay.**

1.2.1 The Junior Men (M-U20) and Junior Women (W-U20), Open Masters (over 60) and Corporate/Social teams (a Local Grade) will start on the Domain adjacent to the Allandale Hall, follow the route prescribed in the official programme and finish at Cooptown at the end of Lap 5 of the Senior Grade relay.

1.2.2 The Grades described in Rule 1.2.1 above will be divided into six laps as defined in the official programme.

1.3 Course Marshalls will be posted wherever considered necessary by the organisers.

1.4 Should there be any confusion over the route, 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 Teams may be entered by either

(a) a club affiliated to Athletics New Zealand and made in its official name.

or (b) a non affiliated organisation, subject to such conditions that may be imposed upon the entry by the organising committee.

2.2 A team shall consist of only members of the club/school or organisation in whose name it is entered

2.3 Notwithstanding Rule 2.2 when two or more clubs, schools or organisations have insufficient runners to form a complete team, they may form a Composite Team which may compete in either the eight person relay or the six person relay. Such teams shall be ineligible to claim teams' awards but individual lap times will be recognised.

2.4 A team may compete in one category only.

## 2.5 **Number of Members in each Team**

2.5.1 The Senior Men and Women, Masters Women (35+), Masters Men (35+) and Open Masters (50+) shall consist of eight runners, each to run one of the eight laps.

2.5.2 The Junior Men (M-U20) and Junior Women (W-U20), Open Masters (over 60) and Corporate/Social teams (a Local Grade) shall consist of six runners, each to run one of the six laps.

2.5.3 No runner may compete in more than one individual lap for a team, except as set out under Rule 3.2.

2.5.4 No runner may compete for more than one team.

## 2.6 **Team Composition & Age Requirements.**

2.6.1 Competitors in the Men's and Junior Men's grades may include female competitors.

2.6.2 Competitors in the Women's grades (Senior, Junior and Masters) shall be female athletes only.

2.6.3 Competitors in Junior Men's and Junior Women's grades (Junior Relay) shall be aged 14, 15, 16, 17, 18 or 19 years or under on the 31 December in the year of the race.

2.6.4 Competitors in the Masters Men's grades shall be aged 35 years or over on the day of the race.

2.6.5 Competitors in the Masters Women's grades shall be aged 35 years or over on the day of the race.

2.6.6 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.

2.6.7 Competitors in the Open Masters (over 60) grade shall be aged 60 years or over on the day of the race and may be either male or female.

2.6.8 Competitors in either the Senior Men or Senior Women Grades shall be aged 15 years or over on the 31st December 2019.

2.6.9 In exceptional circumstances the Competition Director may, at their sole discretion, permit an athlete who is ineligible as defined in Rule 2.6.3 or 2.6.8 to compete in a specified grade.

2.6.10 This event is a **Sanctioned Event** therefore notwithstanding Rule 2.2 teams may contain competitors not registered with Athletics New Zealand.

## 3.0 **RUNNING ORDER AND REPLACEMENTS**

3.1 Team Managers may replace athletes or re-arrange the running order of their teams without penalty, by notifying the Race Secretary in writing, on a form provided by the organisers, at least 30 minutes prior to that teams starting time or 60 minutes if there is a possibility of that team being regraded to a lower grade. (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 complete the next lap, or if it is the last lap another member of that team having already completed 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 7.9. 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 team's assigned number bib on the front of their competition uniform, so that it is clearly visible to race officials. The number bib may not be cut, defaced or folded in any way and any sponsor's name shall be wholly visible. *(Course/race information for individual laps is printed on the number bib)*

### **4.2 Uniforms:**

All runners should compete in their club or organisation's (team's) official uniform.

### **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 runner at the changeover points defined in the official 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 at the changeover zone, and the changeover must be made 10 metres either side of the changeover line. Changing the baton outside of a baton change zone is considered the same as making a false start and may incur the same penalty (Rule 7.3). The changeover zones will be clearly marked.

### **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, except as set out in Rule 4.5.4 and Rule 5.2.

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, mobile 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 to 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 Managers' 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 7.0. 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	Number not clearly displayed.	30 seconds
7.2	Number defaced.	30 seconds
7.3	Making a false start (as in starting before the gun has fired or changing outside the change zone*)	1 minute (60 seconds)
7.4	Baton not being carried in the hand.	1 minute (60 seconds)
7.5	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)
7.6	Cutting a corner in a non-dangerous manner.	1 minute (60 seconds)
7.7	Pacing in any manner what-so-ever.	2 minutes
7.8	Being in possession of or using a banned device	2 minutes
7.9	Notified replacement of an athlete during the event (see ruke 3.2)	7 minutes
7.10	Unapproved replacements or change of running order	Team Disqualification
7.11	Infringements 7.5 & 7.6, but in a dangerous manner or position	Team Disqualification
7.12	Impeding another athlete or acting in an unsporting manner	Team Disqualification

### **NOTES:**

- (i). *Infringements 7.1, 7.2, 7.3, 7.4, and 7.8 - 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 7.5, 7.6 and 7.7 are cumulative and penalties may be imposed more than once per lap.*
- (iii). *The penalty for 7.9 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 in the first instance be made orally to the race referee. The decision of the race referee may then be appealed in writing to the Jury of Appeal in accordance with Rule 146 of the IAAF 2018-2019 Competition Rules and Rule S146 of the of Athletics NZ Supplementary Competition Rules. All appeals or protest to the Jury of Appeal must be accompanied by a fee of \$NZ20 which shall be forfeited if the appeal is unsuccessful.

*Note: No appeal made outside the time limits laid down by Athletics NZ and the IAAF Rules or made directly to the Athletics Canterbury Cross Country and Road Committee shall be considered.*

## 10.0 GRADING

10.1 The race will be divided into nine categories (Men, Women, Masters Men, Masters Women, Open Masters (over 50), Open Masters (over 60), Junior men, Junior Women and Corporate/Social (including Composite) Teams.

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

Mens A Grade	Teams assessed as faster than 5hr 00min.
Mens B Grade	Teams assessed as slower than 5hr 00min but faster than 5hr 45min.
Mens C Grade	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	Teams assessed as faster than 5hr 45min
Open Masters over 60	Teams assessed as slower than 5hr 45min
Womens Grade	Only one grade
Masters Women	Only one grade
Junior Men and Junior Women	Only one grade
Open Masters (Over 60)	Only one grade

NOTE: Masters over 50 grading is for starting times only and is not classed as two separate grades.

10.3 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.)*

10.4 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 10.2 if it considers it is in the best interests of the race.

10.5 **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.

*Note: If a team has not reached the end of Lap 5 (Cooptown) by 1:00pm then the lap 6 runner of those teams will start their Lap at 1:00pm*

## 11.0 - STARTING TIMES

11.1 **8.30am:** Masters Mens 'B' Grade, Masters over 50 Grade, Women (Senior and Masters), Mens 'C' Grade

11.2 **9.00am:** Masters Mens A Grade and Masters over 50 Grades, Mens 'B' Grade

11.3 **9.15am:** Allandale to Cooptown Relay

11.4 **9.30am:** Mens 'A' Grade.

## 12.0 - SAFETY AND TRAFFIC MANAGEMENT PLAN

12.1 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.

- 12.2 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 cross over point just past the Wheatsheaf Hotel. From this point runners shall run on the left hand side of the road to the end of the lap in Millers, crossing to the righthand side as they enter the baton change zone. *[Note: This is Laps 1 & 2 of the Junior Men, Junior Women and Open 60+ relay.]*
- Lap 3 Runners shall stay on 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, Open 60+ and Corporate/Social relays.]*
- 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, crossing to the right hand side just before the baton change zone, which is at the finish at Hilltop. *[Note: This is Lap 6 of the Senior relay only.]*
- Lap 7 Runners 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 stay on the left hand side of the road for 400m then cross over and 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.
- 12.3 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.
- 12.4 Runners must take a direct route across the road at crossings points
- 12.5 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 .
- 12.6 At side road intersections runners do not have right of way over vehicles entering or exiting the side roads.
- 12.7 Competitors should travel in single file except when passing another competitor.

**13.0 LIABILITY** - All athletes compete at their own risk.

3rd July 2019