



RUNNING ROOM INDOOR GAMES

TRACK RULES AND TECHNICAL SPECIFICATIONS

MEMO | TO: COACHES | FROM: MEET DIRECTOR

To assist you with the preparation of your athletes and teams, I would like to draw your attention to the following rules that will be in effect during the Running Room Indoor Games.

Start Line -- There will be only one command, "on your marks," before the gun for all races, except the Senior High School individual 200m sprint, which will have two commands, "on your marks" and "set", before the gun. In order to save time and have an equitable competition, no starting blocks will be used in school event competition.

Lane Violations -- All competitors in 200m races and the first runner on each relay team must run the entire race in their assigned lane. Runners may not run on or inside the line that marks the inside of their lane. Note that the lanes have alternating colours -- "stay in the colour you start in".

Relay Exchange -- All baton exchanges must be made within the 20m exchange zone, which extends from 10m before the finish line to 10m beyond the finish line. If a baton is dropped, it must be recovered by the athlete who dropped it. The baton must be exchanged in the assigned lane, but once the exchange is complete, the outgoing runner should move to lane one when it is clear to do so. After handing off the baton, competitors should remain in their lanes until it is clear to leave the track. Competitors who impede runners on other teams risk having their team disqualified. The second runner of each team is assigned to the same lane as their team's first runner. Subsequent runners are placed on the track according to their team's position in the race, with the outgoing runner for the leading team being given the inside lane. The outgoing runner for the second place team will be given the second lane, and so on, with the slowest team being assigned the outside lane. Outgoing runners can move to inside lanes as faster teams clear the exchange zone.

Spike Length -- Runners may wear track spikes during competition but are restricted to 5mm spikes in their shoes. **Metal pin/needle type spikes are prohibited on the new surface in the Pavilion.** Only pyramid or "Christmas tree" type spikes are allowed. Athletes must remove any spikes that do not conform to this rule -- no other spike elements are permitted.

Coaches On Infield -- One coach may accompany each junior and senior high relay team to the infield for the first round of competition but not subsequent competition. A coach may accompany each elementary relay team to the infield for the first two rounds of their competition.

Overtaking Slower Runners -- When runners are attempting to overtake a slower runner they MUST NOT contact, cut off, or interfere with that runner. In most cases, runners should attempt to overtake a slower runner on the right (outside) of that runner. In attempting to pass on the inside of the slower runner, the faster runner risks a lane violation, which may result in disqualification.

Appeal Procedures -- All available track umpires are stationed at various vantage points around the track. It is their responsibility to note and report to the referee any infractions during competition. The referee decides what action should be taken, based upon the umpire's report. Coaches are notified if any action is to be taken against their team, and may request an explanation of the infraction from the referee. If coaches wish further review of the decision, they may appeal to the competition director, whose decision is final.

Long Jump -- There will be a one-metre take-off area. The athlete's take-off point is eyeballed; the athlete's jump will be measured to that point.

Safety First -- Safety is a key reason for enjoyment and success of the Running Room Indoor Games. Please ensure your students participate, watch, and cheer accordingly.