

# IESA Sectional Meet Curve/Exchange Zone Judge Instructions

## I. Pre-meet

- Judges will meet with the referee and head umpire at the pre-meet meeting to discuss their assignments.

## II. Positioning

- **Umpires will be positioned on the track to watch for infractions and will signal with a yellow flag as is needed.**
- Umpires will be positioned to assist the runners and watch at each exchange zone for infractions.
- Exchange zone rules:
  - ❖ Each outgoing competitor, while waiting for the baton, must take a position entirely within the exchange zone.
  - ❖ The baton must be passed while the BATON is within the exchange zone. (Note: at the exchange, it is the position of the baton, not the runner, which is important.)
  - ❖ The baton must be handed, not thrown, from the competitor to the succeeding teammate.
  - ❖ The teammate shall not take sole possession of the baton while the BATON is outside the exchange zone.
  - ❖ If the baton is dropped in the exchange zone, in a legitimate attempt to hand it, either competitor may retrieve it, even from another lane, provided the competitor does not interfere with an opponent and the baton is retrieved within the limits of the original exchange zone extended across the track.
  - ❖ If the baton is dropped outside the exchange zone, it must be retrieved by the competitor who dropped it.
  - ❖ The baton may not be touched by both runners while the baton is outside of the exchange zone.
- Break Line rules:
  - ❖ When a break line is utilized, competitors shall run the entire distance to the break line in their assigned lanes before breaking to the pole position.

## III. 4x400 Relay

- The #1 runner must stay in their lane for the entire lap and hand off to the #2 runner in the exchange zone. (The color of the zone will vary depending on the track.) The #1 runner should remain in their lane after the handoff until they are told to clear the track.
- The #2 runner will stay in their lane for the first turn. After they cross the break line the runner may move to lane one. They may not cut-off or interfere with other runners.
- The #2 runner will hand off to #3 runner in any lane. The #2 runner must not interfere with other runners. Runners should maintain a predictable course and not zigzag to the exchange zone. The official will put runner #3 in a corresponding position to line-up with runner on the track. The runner may move if runner #2 changes lanes.
- After the exchange, #3 runner should keep moving forward in a straight path. #2 runner should not interfere with other outgoing runners and should move off the track to inside or outside when it is clear to do so.
- The exchange between #3 and #4 runner is the same as #2 and #3.
- Runner #4 may finish the race in any lane. They may not interfere with other finishers.

## IV. Reporting

- Umpires will report any infractions to the head umpire or referee.

## V. Relay Markers

- Markers may be used.
- **Tape may not be used as a marker.**
- Markers may be placed only in the competitor's own lane next to the lane lines.
- Markers cannot be placed on the inside lane line.