

Teen Relay Race FCRV Rules

Age:

All contestants must be between the ages of 13 and 19 on the day of the races for national competition.

Membership:

1. All contestants must be a member of the chapter or district for which they are competing.
2. Their parents or guardians must be current members of FCRV.
3. They must possess and present a valid teen ID card.

The Team:

1. The team shall consist of a maximum of twenty (20) members, which must include four (4) girls, minimum.
2. The relay race team shall consist of (10) runners with a minimum of two (2) females from the roster on each team.
3. Each team is allowed one (1) coach, whose job is to control the efforts of the team.
4. A relay team may substitute from their roster prior to each race.

The Batons:

1. The baton may be made from a wood dowel one inch in diameter and twelve inches in length.
2. Three batons are to be made, each painted a different color.

The Course:

1. Three lanes will be made on level grass or dirt and must be free of any foreign objects. The lanes will be one hundred (100) feet in length and five (5) feet wide.
2. Lines will be placed across each lane at both ends - called start and finish lines.
3. Lines will be run down each side of the lanes.
4. A run-off area of twenty (20) feet will be maintained behind the staging line to allow the runners to slow down and avoid injury.

The Race:

1. Choice of lanes will be decided by the drawing of numbers from one to three before each race.
2. A team will line up with five (5) runners at each end of the lane and behind the staging line.
3. The first runner will hold the baton at the start of his/her lane. All lanes will be started by an official starter simultaneously. The runner must hold onto the baton and stay in the designated lane until it is handed off to the next runner at the end of the lane.
4. The next runner at both ends of the lane may proceed across the staging line to the start/finish line in preparation to receive the baton. He/she must not cross the start/finish line until he/she has received the baton from the incoming runner.
5. The second through ninth runner will receive the baton and start their race only when the previous runner has passed the start/finish line.
6. If the runner drops the baton he/she can pick up the baton and continue the race, but if the baton is dropped outside of his/her racing lane they will be disqualified.
7. If the runner runs out of his/her designated lane they will be disqualified.
8. The tenth runner will receive the baton and hold onto it as he/she finishes the race.

9. Two spotters will be assigned to each of the three lanes to determine the winner of each heat.

Final Races:

1. Will be run after all heats are completed and there are three teams remaining.
2. Combinations of heats are to be run so that no team has a bye into the finals.
3. Examples:
 - 9 teams - Three heats leaving three teams in finals.
 - 8 teams - Two heats of three, one heat of two teams, leaving three teams for finals.
 - 7 teams - One heat of three, two heats of two teams, leaving three teams for finals.