

**Interprovincial Racewalking Relay Meeting**

# **Team Manual**

**Presented By  
Athletics Gauteng North  
on 21 October 2023**



**Athletics  
Gauteng North**

## TABLE OF CONTENTS

1	INTRODUCTION .....	1
2	ACTIVITY PROGRAMME.....	1
3	ENTRIES: .....	1
4	SPECIAL LICENCE BIBS AND AGE CATEGORY TAGS: .....	2
5	ENTRANCE FEES.....	2
6	CLOSING DATE FOR ENTRIES:.....	3
7	AGE CATEGORIES AND TIMETABLE : .....	3
8	EXPECTED WEATHER .....	4
9	PROVINCIAL UNIFORM: .....	4
10	PRIZE MONEY: .....	4
11	RACEWALKING COURSE:.....	5
12	TEAM MANAGER'S MEETING : .....	5
13	PUBLICATION OF RESULTS: .....	6
14	RECORDS:.....	6
15	DRINKING / SPONGING AND REFRESHMENT STATIONS. WA TR 54.10:.....	6
16	ATHLETES CALL ROOM .....	6
17	ACCESS TO TOILET: .....	7
18	JUDGING:.....	7
19	TEAM SCORING AND MEDALS:.....	10
20	VICTORY CEREMONY: .....	10
21	TECHNICAL DATA : .....	10
22	ANTI-DOPING CONTROL:.....	11
23	MEDICAL SERVICE: .....	11
24	PROTESTS AND APPEALS REGARDING RESULTS:.....	11
25	TEAM HANDOVER ZONE AND REST AREA: .....	11
26	TECHNICAL INFORMATION CENTRE (TIC): .....	11
27	TEAM AND SPECTATOR SEATING: .....	11
28	GENERAL:.....	12
29	ENQUIRIES: .....	12

## LIST OF TABLES

<b>Table 1: Team arrival: Friday, 20 October 2023 .....</b>	<b>1</b>
<b>Table 2: Events schedule Saturday, 21 October 2023.....</b>	<b>1</b>
<b>Table 3: Provisional Race timetable.....</b>	<b>3</b>
<b>Table 4: Penalty Zone timing 5km and 10km individual races .....</b>	<b>7</b>
<b>Table 5: Penalty Zone timing for 40km and 20km team relay races .....</b>	<b>8</b>
<b>Table 6: Penalty Zone timing for 10km team relay races .....</b>	<b>10</b>

## LIST OF FIGURES

<b>Figure 1: The University of Pretoria Racewalk Track .....</b>	<b>5</b>
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## 1 Introduction

AGN will be presenting an Inter-Provincial Race Walking Relay meeting. This is done after having discussions with the ASA Race Walking Committee and in-line with World Athletics' decision to cancel the 35km as a championship event and to introduce relay events as of 2024. The first of such international championship relay races will take place in 2024 at the WA Race Walking Team Championships in Turkey and the Paris Olympic Games.

The thinking is to have a relay meeting, for walkers to become accustomed to this format of competition. The date of **21 October 2023** was identified for the Inter-provincial meeting and the venue will be LC de Villiers.

For inclusivity purposes and to increase the viability of the meeting, it was decided to include youth, junior and masters events into the meeting programme. The events that will form part of the Inter-provincial competition will be as follows:

Identification	Team Composition	Legs of Race*	Total Distance	Age Groups**
40km Relay	Male and Female	Male 10km, Fem 10km, Male 10km, Fem 10km	40km	Seniors and Masters
20km Relay	Male and Female	Male 5km, Fem 5km, Male 5km, Fem 5km	20km	Juniors and Masters
10km Relay	Male and Female	Male 5km, Fem 5km	10k	Youth Athletes

\***Note:** all teams will consist of 2 athletes, one male and one female, that will do 2 legs (except for the Youth 10km) and will be competing in the order indicated above.

\*\***Note:** Masters age categories are 40+, 50+, 60+ and 70+ age categories

## 2 Activity Programme

**Table 1: Team arrival: Friday, 20 October 2023**

Time	Activity	Venue
17:00 – 17:45	Collection of race numbers and registration. Final changes and withdrawals	TUKS AC Club House
18:00 – 19:00	Team managers meeting	TUKS AC Club House

**Table 2: Events schedule Saturday, 21 October 2023**

Time	Activity	Venue
07:00	Start of first event: <b>Item 1:</b> 40 km Senior and Master men and women	University of Pretoria Racewalk Track
12:30	Start of last event (development race)	University of Pretoria Racewalk Track
14:00	Medals and trophies	University of Pretoria Racewalk Track

## 3 Entries:

1. Provincial teams are not restricted to a maximum number of teams per age category per event.
2. Team managers must collect their Provincial registration packs on Friday, 20 October 2023 as per activity program.
3. All changes and withdrawals must be done on Friday 20 October 2023 between 17:00 and 19:00 at registration and the team managers meeting.
4. Team Managers will receive the following for each team member:

TEAM MANUAL – Inter-provincial Racewalking Relay Meeting on 21 October 2023

- a. Special licence bibs; (front and rear).
  - b. Draw list
  - c. Pins.
  - d. Accreditation for provincial busses parking.
5. Original identity documents or passports (or recent certified copies) are to be provided by team managers for official verification when collecting team bib numbers and draw lists.
  6. Every team must be represented at the technical/ team managers meeting.
  7. The championship races are between relay teams from different provinces. Each relay team consists of a male and female athlete that will do one or two legs each. Each province will select teams comprising athletes aged from youths to masters. The age of the youngest member of a master team will define the master team age. Master teams will fall in 10 year categories instead of the normal 5 year categories. Below junior the ages reverse, example a youth and a junior race together as juniors.

Every athlete entered for the competition by their Province, must have a 2023 license and must be in good standing with the Province and will be entered through their respective provincial offices on a standard format entry form prior to the closing date. They must compete in their provincial attire. **Entry forms are to be distributed with this document.**

8. AGN will allow individual entries to accommodate deserving athletes who are not included in provincial teams for various reasons under the following conditions:

Only South African citizens will be allowed to enter as individuals.

An athlete selected for a Province must take part for that Province and may not enter as an individual. Athletes not selected by their provinces may approach other athletes not selected for provincial teams, to make up their own teams to participate on an individual team basis. However, provinces will have first choice on athletes to be included in their respective teams. Such athletes and teams must enter using a google form, of which the link will be provided, prior to the closing date.

Athletes will also be able to compete as individuals in a 10km event for all age groups junior and older, as well as 5km, 3km and 1km races for sub-youth athletes (not being part of the Inter-provincial relay competition). Such entries will not be done through their respective provinces and will be handled by the google form. Please note this form is not for the provincial teams, but non-provincial team athletes and individual athletes.

All protests regarding athlete selection will be adhered to and ruled on during the Technical meeting unless resolved beforehand.

Individual athletes and non-provincial team athletes will also be issued with two special licence bibs (which must be collected by the athlete, coach or parent the morning before the race).

#### **4 Special licence bibs and age category tags:**

1. Provincial team athletes will only display the special licence bibs on the provincial colours from the Provinces. **ASA and Provincial Licences are to be worn under the race bib.**
2. Individual athletes will also be issued with two special bibs. Individual athletes must wear their club kit or any neutral colours without any branding and according to the World Athletics Technical Rule (WA TR) 5.
3. All provincial and individual athletes **must** display age category tags (unless they are in the open category) during the competition as the different age groups will be walking together. Any walker not displaying an age group tag in front and at the back, clearly visible as described in WA TR 5, of their vests will be considered to be senior athletes.

#### **5 Entrance fees**

The entrance fee for all athletes and team coaches is R60 per person. It is payable into the account of AGN by the closing date of entries. **Note that Provinces must provide proof of payment at Registration with collection of numbers on the Friday afternoon.**

**Banking details of AGN is as follow:**

Bank: ABSA  
 Account Name: Athletics Gauteng North  
 Code: 335642  
 Account No.: 4056373566  
 Ref.: SARW – “Team Name – Province”

Spectator entrance fee is at no charge; however, all spectators must adhere to the rules and regulations of the event.

Parking will be available at the University of Pretoria Swimming pool parking. Drivers of all vehicles will gain entry with their driver's licence which must be shown at the main entrance gate. Rules and regulations of the University precinct, city, surrounding venues and security personnel are to be adhered to. Parking is at own risk and no valuables are to be left unattended in vehicles.

**Provincial teams need to provide a workable method for collection of numbers for athletes not traveling with the teams.** The team manager is herewith notified that this is his/her responsibility. AGN will assist the Provinces with an administrative area to hand out the numbers. No parents or coaches will be allowed at the registration area for collection of numbers.

## 6 Closing date for entries:

All entries (teams and individuals) must be done on the prescribed Excel-spreadsheet entry form and must be emailed to Jaap Willemse at [jaapwillemse@gmail.com](mailto:jaapwillemse@gmail.com) by no later than close of business on: **Monday 16 October 2023.**

**NB** – Separate nomination form for TO's if applicable.

**NB** – No faxed or handwritten entries will be accepted.

## 7 Age categories and timetable :

The following age categories will participate at the 2023 Team Relay National Championship and Interprovincial Competition:

**Table 3: Provisional Race timetable**

Item	Start Time	Age Categories	Abbreviations	Distance
1.	07:00 Senior men Masters men Senior women Masters women	Men and women senior, 40-49; 50-59; 60-69; 70-90+  <b>Cut off 5:15 hours <sup>(b)</sup></b>	SM, M40/4-90/4, SF, F40/4-90/4	40 km relay (10+10+10+10km)
2.	08:00 Senior men Masters men U20 men U18 men Senior women Masters women U20 women	Men and women senior, 40-49; 50-59; 60-69; 70-90+, U20 (18 to 19 years old) <sup>(a)</sup> - born 2004 and 2005 U18 (16 to 17 years old) <sup>(a)</sup> - born 2006 and 2007  <b>Cut off 1.25 hours <sup>(b)</sup></b>	SM, M40/4-90/4, SF, F40/4-90/4, U20M, U18M, U20W	10 km individual (10km)
3.	08:00 U18 women U16 women U16 men	U18 (16 to 17 years old) <sup>(a)</sup> - born 2006 and 2007 U16 (14 to 15 years old) <sup>(a)</sup> - born 2008 and 2009  <b>Cut off 1.25 hours <sup>(b)</sup></b>	U18W, U16W, U16M	10km relay (5+5km)
4.	09:30 Masters men U20 men U18 men Masters women U20 women	40-49; 50-59; 60-69; 70-90+, U20 (18 to 19 years old) <sup>(a)</sup> - born 2004 and 2005 U18 (16 to 17 years old) <sup>(a)</sup> - born 2006 and 2007  <b>Cut off 2.5 hours <sup>(b)</sup></b>	M40/4-90/4, F40/4-90/4, U20M, U18M, U20W	20km relay (5+5+5+5km)
5.	10:45 U18 women U18 men U16 men	U18 (16 to 17 years old) <sup>(a)</sup> - born 2006 and 2007 U16 (14 to 15 years old) <sup>(a)</sup> - born 2008 and 2009  <b>Cut off 2.5 hours <sup>(b)</sup></b>	U18M, U18W, U16W	20km relay (5+5+5+5km)
6.	12:30	U18 (16 to 17 years old) <sup>(a)</sup> - born 2006 and 2007	U18M,	5km

	U18 women U18 men U16 women U16 men	U16 (14 to 15 years old) <sup>(a)</sup> - born 2008 and 2009  <b>Cut off 2.5 hours</b> <sup>(b)</sup>	U18W, U16M, U16W	(5km)
7.	13:00 Sub youth boys	Sub youth boys (13 years old and younger) Born 2010 and later <sup>(a)</sup>	SYB	3 km
8.	13:00 Sub youth girls	Sub youth girls (13 years old and younger) Born 2010 and later <sup>(a)</sup>	SYG	3 km
9.	13:00	Development race will be held for children 10 years and younger	DR	1 km
	14:00	Medal and awards ceremony <b>Note:</b> final details regarding victory ceremonies will be communicated at technical meeting		

a) **No athlete will be allowed to walk outside of his or her age category except in the following cases:**

- i) Senior (Open): All ages may participate in this age category provided that the athlete is 18 years or older on 31 December 2023 (born in 2001 or earlier).
- ii) U20 athletes must be 19 years or younger, but at least 18 years of age on 31 December 2023 (born in 2000 or 2001). U18 athletes must be 17 years or younger but at least 16 years of age on 31 December 2023 (born in 2002 or 2003). 14 & 15 Years Girls & Boys = Born 2005 & 2006; 13 and younger Girls & Boys = Born 2006 and later
- iii) Master Men and Women: Any athlete who has reached his/her 40th birthday on or before the **21 October 2023** (WA Rule TR 3.1). Masters will compete in 10-year age categories and for the purpose of the competition those will be 40+, 50+, 60+ and 70+
- iv) Where masters athletes falling in different age categories combine to make up a relay team, such a team will compete in the masters age category of the youngest athlete in the team.
- v) Only athletes 6 years or older on 31 December 2023 (born in 2013 or earlier) will be allowed to enter for the Championships.
- vi) When youth and junior athletes combine to form a team it is the older age that defines the team age. Example a youth and a junior race as juniors.
- vii) The 3 and 1km races are for the <=13 year Modiba and other kids. Older kids may take part in a team context or as an individual.
- viii) There is also an individual 5km for Modiba and other Youths.

b) **For the 40km competitions, a cut-off time of 5:15 hours will be applied, i.e. an athlete that has not started his or her last lap by the time that 5 hours have elapsed, will be not be allowed to continue and will be requested to leave the competition area, their race-position at the cut-off time will be taken for result purposes, but no final finishing time will be recorded.**

## 8 Expected weather

Long term forecast for the 21<sup>th</sup> October is as follows:

Sunrise: 05h27  
 Minimum: 19.3° (16° in 2021)  
 Maximum: 30.5° (35° in 2019)  
 Precipitation: 0.4mm

Max UV Index: 12 (Extreme) \*  
 Wind: 22.5 km/h  
 Humidity 33%

Sources: <https://www.weather25.com/africa/south-africa/gauteng/Pretoria> and

\* <https://www.accuweather.com/en/za/pretoria/305449/daily-weather-forecast/305449>

## 9 Provincial uniform:

1. All **provincial athletes** must wear the official attire of their Province, of the same colour during the competition and during all the ceremonies.
2. The official uniform shall be in accordance with the World Athletics rules and regulations.
3. All the participating member Provinces will display their provincial uniform for inspection during the accreditation procedures at the technical meeting.
4. **Individual entrants** will participate in their respective registered club attire. No sponsored kit which is not their club's registered kit will be permitted.

## 10 Prize money:

Depending on budget availability, prize moneys may be paid to teams. This will be confirmed at the Team Managers Meeting.

Medals will be awarded for the first three relay teams in each competition and age categories.

The province with the most gold medals will win the interprovincial competition. See section 19 about eligibility for this.

## 11 Racewalking course:

The course consists of a relatively flat 1 km loop.

The course has been officially measured and certified.

**Figure 1: The University of Pretoria Racewalk Track**



Source: Google Earth

## 12 Team manager's meeting :

The agenda will be available at the meeting.

1. The team manager's meeting will take place at:
  - Date: Friday – 20 October 2023
  - Venue: TUKS AC Club House
  - Time: 18:00 – 19:00 Technical Meeting for the event
2. The meeting will consist out of two sections:
  - a. Registration and collection of bibs
  - b. Technical meeting
3. The meeting will be chaired by AGN Racewalking Commission Chairman. The following officials or delegates should be in attendance:
  - a. Not more than 2 representatives from each Province or associate member; LOC Members
  - b. The competition director
  - c. Jury of appeal; [Provinces to nominate 3, 5, 7 referees before and appointment will be done at the technical meeting for the championship]. These TO's will be appointed at the Team Managers meeting. Split amongst the Provinces.
  - d. Every team must be represented at the technical/ team managers meeting.



- e. Original identity documents or passports are to be provided by team managers for official verification when collecting team bib numbers and draw lists.

### 13 Publication of results:

1. The results of each event will be displayed on the “results board” at the venue after approval by the chief referee (approximately 30 minutes after completion of the race).
2. A full set of results will be e-mailed to each Province.

### 14 Records:

1. As this is a new format of racing all times will effectively constitute provincial records. However no records will apply to this event.

### 15 Drinking / Sponging and Refreshment Stations. (WA TR 54.10):

1. Water will be provided on the course at an official Drinking Station point  $\pm 800\text{m}$  past the start line.
2. Water will be provided at the finish line after the event.
3. Refreshment will only be allowed at the designated Refreshment Station and by no more than 2 persons per province unless more than 3 athletes of a province are competing simultaneously in the 20 and 40km events.
4. For all events up to and including 10 km, drinking stations with water only will be permitted at a water table provided by the LOC. (WA TR 54.10.2).
5. For all events longer than 10 km, refreshments may be provided on every lap in addition to the water stations. (WA TR 54.10.3)

- a. Athletes will provide their own refreshments, to be placed on the refreshment station table prior to the race, so they are easily accessible during the race. (WA TR 54.10.4)

Note that drinks handed in by athletes must be under supervision of officials at all times. Those officials shall ensure that the refreshments are not altered or tampered with in any way. This is the job of each province assistant.

- b. Provinces to supply their own assistance at refreshment station. Each province will be allocated a table and specific designated area for their refreshment station.
  - c. No official may serve refreshments from the front (race track side), of the refreshment table and no more than 1m to the side, nor may he/she move onto or obstruct the race track and/or the progression of an athlete (s) in any way. (WA TR 54.10.5)
  - d. An athlete who collects refreshment from a place other than the refreshment station renders himself/herself liable to disqualification (TR 54.10.8)
6. An athlete who receives or collects refreshments or water from a place other than the official stations, except where provided for medical reasons from or under the directions of race officials, or takes the refreshments of another athlete, should, for a first such offence, be warned by the Referee normally by showing a yellow card. For a second offence, the Referee shall disqualify the athlete, normally by showing by showing a red card. The athlete shall then immediately leave the course. (TR 17.15.4)

The same applies to when an athlete misbehaves (WA CR 18.5), leaves the track to visit the ablation facilities or when he/she is incorrectly dressed after inspection at the Call Room.

7. **Note:** An Athlete may receive refreshment, water or sponges from, or pass to, another athlete provided it was carried from the start or collected or received at an official station. However, any continuous support from an athlete to one or more others in such a way may be regarded as unfair assistance and warnings and/or disqualifications as outlined above may be applied. (WA TR 54.10.7)

### 16 Athletes call room

1. The call room will be situated near to the start area.
2. All athletes must report to the call room at least 20 minutes before the start of their event.

- a. Only reporting athletes and authorized technical officials will be allowed inside the call room area. Parents and team coaches entering this area submit their athlete to the risk of disqualification.
- b. Team Managers are responsible for the clothing and personal belongings of the athletes.
- c. Team Managers must ensure that every athlete complies with all the requirements needed in the competition. This includes ASA Licences, race numbers, age category tags and provincial or club attire. Noncompliance will lead to the athlete being disallowed to start the race.

## 17 Access to toilet:

1. No toilet shall be placed along the route for use by athletes during the race. Venue ablution to be used during rest periods, at the swimming pool and hockey club.
2. Only in the 10km and events over longer distance, may an athlete leave the course to go to the toilet, with the permission and under the supervision of an official. (TR 54.12)
3. Such an athlete shall return to exact position on the course where he/she left the route to continue the race.

## 18 Judging:

1. The appointed Judges of Race Walking shall elect a Chief Judge, if one has not been appointed previously (TR 54.3.1)
2. Athletes shall be cautioned by showing the athlete a yellow paddle with the symbol of the offence/transgression. (TR 54.5)
3. Posting Boards shall be placed on the course near the start/finish line to keep athletes informed about the number of Red Cards that have been sent to the Chief Judge for each athlete or team (TR 54.7.7)
4. A Penalty Zone will be used for all individual and team athletes irrespective of the age category. An individual athlete that receives 3 red cards (5 and 10 km) will be required to enter the Penalty Zone and remain there for the following times per distance:

**Table 4: Penalty Zone timing 5km and 10km individual races**

For races up to and including	Time
5km	30 seconds
10km	1 minute

If, at any time, the athlete receives an additional Red Card from a judge other than one of the three who had previously sent a Red Card, he or she will be disqualified. An athlete, who fails to enter the Penalty Zone when required to do so, or remain there for the applicable period, will be disqualified by the Chief Judge.

5. The Chief Judge has the power to disqualify an athlete in the last 100m in terms of WA TR 54.4.1, when his mode of progression obviously fails to comply with WA TR 54.2 regardless of the number of previous Red Cards the Chief Judge has received on that athlete. An athlete who is disqualified by the Chief Judge under these circumstances shall be allowed to finish the race. He shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by showing the athlete a red paddle at the earliest opportunity after the athlete has finished the race.
6. **40km/20km Mixed Relay**

The Relay Team athletes will be subject to Special Technical Rules as defined for the World Athletics Race Walking Team Championship, as follows.

The team relay race shall be conducted over a distance of 40km or 20km and be contested by teams of two athletes – one male and one female.

There shall be four legs – each of a distance of 10km (for the 40km) and 5km (for the 20km). The male athlete shall walk the first and third legs and the female athlete the second and fourth legs.

*Rule 54 of the Technical Rules shall be applied with the following variations:*

54.4.1 – shall be applied to the **last 100m of the last leg only**. **Where at any other time the Chief Judge observes that an athlete is engaging in unsporting or improper conduct. CR 18.5, they shall refer it to the Referee for action.**

54.5 – shall be applied **to the whole race** so that the same Judge may not show a Yellow Paddle to the same athlete to whom they have already shown a Yellow Paddle for that offence or for whom they have sent a red card whether it is on the same or a subsequent leg for that particular athlete. However, they may do so for the other athlete in the same team.

54.6 - This Rule shall be applied **to the whole race** so that the same Judge may not send to the Chief Judge a second red card on the same athlete whether it is on the same or a subsequent leg for that particular athlete. However, they may do so for the other athlete in the same team.

54.7 Disqualification, as follows:

54.7.1 Except as provided in Rule 54.7.3 of the Technical Rules, when **seven Red Cards have been sent to the Chief Judge for athletes on the same team, the team is disqualified**, and they shall be notified of this disqualification by the Chief Judge or a Chief Judge’s Assistant by being shown a red paddle. The failure to give notification shall not result in the reinstatement of a disqualified athlete.

54.7.3 **A Penalty Zone shall be used.** An athlete will be required to enter the Penalty Zone and remain there for the applicable period once their **team has received three Red Cards and on each occasion of an additional Red Card thereafter**, and are so advised by the Chief Judge or someone delegated by them.

*Note: The athlete currently on the course when the advice is given by the Chief Judge must comply with this Rule even if the red card was sent to the Chief Judge when the other athlete was on the course.*

The applicable period in the Penalty Zone shall be as follows:

**Table 5: Penalty Zone timing for 40km and 20km team relay races**

Condition	Time (40km relay)	Time (20km relay)
After three red cards	3 minutes	1.5 minute
After the fourth red card	1 minute	30 seconds
After the fifth red card	1 minute	30 seconds
After the sixth red card	1 minute	30 seconds

54.7.4 If, a **team** receives a third or subsequent Red Card and it is no longer practicable to direct them to enter the Penalty Zone before the end of the race, the Referee shall add the time(s) they would have been required to spend in the Penalty Zone to their finishing time and adjust the finishing order as may be necessary.

54.7.5 **Rule 54.7.1 of the Technical Rules as varied above shall apply.**

## 7. **10km Mixed Relay**

The Relay Team athletes will be subject to Special Technical Rules as defined for the World Athletics Race Walking Team Championship as follows.

The race shall be conducted over a distance of 10km and be contested by teams of two athletes – one male and one female.

There shall be two legs – each of a minimum distance of 5km. The male athlete shall walk the first and the female athlete the second leg.

*Rule 54 of the Technical Rules shall be applied with the following variations:*

54.4.1 – shall be applied to the **last 100m of the last leg only**. **Where at any other time the Chief Judge observes that an athlete is engaging in unsporting or improper conduct, they shall refer it to the Referee for action.**

54.5 – shall be applied **to the whole race** so that the same Judge may not show a Yellow Paddle to the same athlete to whom they have already shown a Yellow Paddle for that offence or for whom they have sent a red card whether it is on the same or a subsequent leg for that particular athlete. However, they may do so for the other athlete in the same team.

54.6 - This Rule shall be applied **to the whole race** so that the same Judge may not send to the Chief Judge a second red card on the same athlete whether it is on the same or a subsequent leg for that particular athlete. However, they may do so for the other athlete in the same team.

54.7 Disqualification, as follows:

54.7.1 Except as provided in Rule 54.7.3 of the Technical Rules, when **five Red Cards have been sent to the Chief Judge for athletes on the same team, the team is disqualified**, and they shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by being shown a red paddle. The failure to give notification shall not result in the reinstatement of a disqualified athlete.

54.7.3 **A Penalty Zone shall be used**. An athlete will be required to enter the Penalty Zone and remain there for the applicable period once their **team has received three Red Cards and on each occasion of an additional Red Card thereafter**, and are so advised by the Chief Judge or someone delegated by them.

*Note: The athlete currently on the course when the advice is given by the Chief Judge must comply with this Rule even if the red card was sent to the Chief Judge when the other athlete was on the course.*

The applicable period in the Penalty Zone shall be as follows:

**Table 6: Penalty Zone timing for 10km team relay races**

Condition	Time (10km relay)
After three red cards	1 minute
After the fourth red card	30 seconds

54.7.4 If, a **team** receives a third or subsequent Red Card and it is no longer practicable to direct them to enter the Penalty Zone before the end of the race, the Referee shall add the time(s) they would have been required to spend in the Penalty Zone to their finishing time and adjust the finishing order as may be necessary.

54.7.5 Rule 54.7.1 of the Technical Rules as varied above shall apply.

## **8. Takeover Zone.**

Lines 50mm wide shall be drawn across the course to mark the start of each stage distance (scratch line). Similar lines shall be drawn 10m before and 10m after the scratch line to denote the takeover zone. All takeover procedures, which, unless otherwise specified by the organisers, shall comprise a physical contact between the incoming and outgoing athletes, shall be completed within this zone.

## **19 Team scoring and medals:**

1. All athletes entered by a Province, according to the age groups, will constitute a team.
2. Individual non-provincial teams (if any) will be removed from the finishing list for the purpose of calculating the winner of the interprovincial competition.
3. Team points scoring will be done for all events and by 10-year age categories in the masters' competitions (also in all the distances and age groups).
4. Provincial positions will be based on the medals table. The winning province will be the province with the most gold medals. In the case of a tie the silver medal position will count. If still tied, then the bronze medal position.
5. Medals will be awarded for the first three positions in all relay events and age categories.

## **20 Victory ceremony:**

1. The victory ceremonies will be according to the program. The first three athletes in each individual event category and the first three teams of each category must report at the victory ceremony holding area.
2. Only athletes dressed in their provincial tracksuits (or club colours for individually entered athletes) will be allowed to receive their medals on the podium.
3. Athletes must report to the victory ceremony holding area 20 minutes prior to the time scheduled for the medal presentation of his/her event.

## **21 Technical data :**

1. Hand timing or electronic timing will be used for all events along with electronic clocks.
2. Two Special License Bibs will be issued to each athlete. During the competition, athletes must always wear the numbers in their original shape and size, properly secured on the four corners.
3. Please note WA TR 5.7 - 5.9 regarding the wearing of bibs. Any athlete who does not respect these rules will not be allowed to compete.
4. To help the organizers to provide a correct set of results, the following rule will apply: Athlete's numbers will be recorded after they cross the finish line and athletes are required to stay in their order until after the capturing point.

## **22 Anti-doping control:**

1. Anti-Doping Control will be conducted in accordance with the World Athletics Procedural Guidelines for Anti-Doping Control under the supervision of an AGN Anti-Doping Control Delegate and the SA Institute for Drug Free Sport.
2. On receiving a written notification for a test, the athlete must report to the Anti-Doping Control station within 60 minutes and will permanently be accompanied by an Anti-Doping Control chaperone.
3. Athletes are entitled to be accompanied to the Anti-Doping Control Centre by one person of their choice. Personal identification of the athlete and companion must be presented.
4. Sample collection will be carried out in compliance with existing guidelines. Professionally qualified personnel, who will explain the procedure to the athletes and let them sign a consent form, will carry out the test.
5. All prize money (if any) will only be paid after receiving the confirmation of clearance from SAIDS.

## **23 Medical service:**

A medical service will be available with paramedic team at the venue at a specified point.

## **24 Protests and Appeals regarding results:**

1. Protests shall be made in accordance with WA TR 8. During the course of an event an athlete or his team official may lodge a verbal protest to the appropriate Referee.
2. If the problem is not satisfactorily solved, an appeal must be lodged in writing on the prescribed appeal form, which can be obtained from the Technical Information Centre (TIC), and must be signed by a team manager.
3. The appeal must be submitted to the TIC accompanied by a deposit of R500, not later than 30 minutes after the official announcement of the results of the event. (ASA Domestic Competition Rules 27.1) The amount will be forfeit if the appeal is not upheld by the Jury of Appeal.
4. The decision of the Jury of Appeal shall be published in an official manner. The claimant will receive a copy of the final decision.

## **25 Team Handover Zone and Rest Area:**

There will be a defined handover zone (see section 17.9) close to the starting line where the current athletes will hand over to the next athlete. Handing over may only take place within the designated handing over zone, and may only commence after the incoming athlete has fully crossed the closest to start line (seen along the race line) and must be completed before the outgoing athlete starts to cross the furthest to start line and is completed when the batten is handed over. During the rest period the athlete may stay in the designated rest area, but may also go to the bathroom or wherever. However, it is the athlete's responsibility to see that he/she is back in the handover area before the next handover is due. If the next athlete is late the current athlete will wait in the handover zone until the absent athlete arrives, with the clock running. Athletes should leave the handover area as soon as they have handed over, to prevent congestion of this area and may not hamper fellow athletes on the track, lap counters, timers and other officials in the execution of their designated tasks. Please be considerate to your fellow athletes and the officials. The task of the Take Over Zone Referee and TOs is to see that handing over is executed within the rules. Athletes failing to adhere to the rules will be disqualified.

## **26 Technical Information Centre (TIC):**

1. The TIC will be manned by a volunteer that will assist in resolving queries and questions.

## **27 Team and spectator seating:**

1. An area will be demarcated for provincial tents and gazebos. Provinces are welcome to use their own gazebos.
2. Due to the nature of the course, no spectator seating will be provided, however spectators may bring camping chairs for use in demarcated areas. Grass seating will be available.

## **28 General:**

1. The competition will be conducted under World Athletics Competition and Technical Rules 2023 and Athletics South Africa Domestic Competition Rules 2021-2022 as amended for 2023.
2. Athletes are not permitted to take any cell phones, music recorders, radios, I-pods etc., into the competition area/course.
3. Spectators, Coaches and parents will not be allowed to second or run with participants.
4. If the Race Referee is satisfied on the report received from an appointed Technical Official, that an athlete has left the marked course thereby shortening the distance to be covered the athlete will be disqualified.

## **29 Enquiries:**

Please contact Mr. Chris Britz on 083 650 4767 or [chris.britz@aecom.com](mailto:chris.britz@aecom.com) for any additional information.

## **References**

World Athletics Competition and Technical Rules 2022 Edition read with World Athletics Technical Rules Book C1.1 C2.1 - Competition Rules & Technical Rules and C2.1A - Athletics Shoe Regulations.

The general rules for the racewalking relay were derived from the Technical Requirements Marathon Mixed Relay-Updated document as provided by World athletics director of competition, Pierce O'Callaghan.