



**Interprovincial Racewalking Relay Meeting
including the ASA Racewalking Relay
Championships**

Team Manual

**Presented jointly by ASA and
Athletics Gauteng North
on 16 November 2024
in Pretoria**

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1 Introduction

ASA and AGN will be presenting the 2nd Inter-Provincial Racewalking Relay meeting after a successful introduction of this format to South Africa in 2023. This race will also serve as the ASA South African Racewalking Championship for 2024. In line with international trends, for example at the 2024 WA Racewalking Team Championships in Turkey and the 2024 Paris Olympic Games, we have decided to also make the distance a full marathon distance of 42.195km.

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. Events that will form part of the Inter-provincial competition will be as follows:

Identification	Team Composition	Legs of Race*	Total Distance	Age Groups**
42.2km Relay	Male and Female	Male 12.195km, Fem 10km, Male 10km, Fem 10km	42.195km	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, 15 November 2024

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	Technical meeting	TUKS AC Club House

Table 2: Events schedule Saturday, 16 November 2024

Time	Activity	Venue
07:00	Start of first event: Item 1: 42.2 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 Collection of Race Numbers

1. Team managers must collect their Provincial registration packs on Friday, 15 November 2024 as per activity program.
2. All changes and withdrawals to provincial teams must be done on Friday, 15 November 2024 between 17:00 and 19:00 at registration and the team managers meeting.
3. Team Managers will receive the following for each team member:
 - a. Special race bibs; (front and rear).
 - b. Draw list;
 - c. Pins; and
 - d. Accreditation for provincial busses parking.
4. 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.
5. Every provincial team must be represented at the technical/ team managers meeting.

4 General Competition Rules

1. 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.
2. Provincial teams are not restricted to a maximum number of teams per age category per event.
3. The age of the youngest member of a master's team will define the master team age. Master teams will fall in 10-year categories instead of the normal 5-year categories. For the youth and junior race teams the oldest team member will determine the age category of the team.
4. Every athlete entered for the competition by their Province, must have a 2024 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.
5. Non-provincial relay teams will be allowed to enter as "individual teams", to accommodate deserving athletes who are not included in provincial teams for various reasons under the following conditions:
 - a. Only South African citizens will be allowed to enter the competition.
 - b. Provinces have first choice on athletes registered in their provinces, to be included in their respective teams. An athlete selected for a province must take part for that province and may not enter for a non-provincial relay team. Athletes not selected by their provinces may approach other athletes not selected for provincial teams, to make up their own teams to participate on a non-provincial relay team basis in any race event and category.
 - c. Such athletes and teams must also enter using a google form, of which the link is provided, prior to the closing date.
 - d. Individual athletes and non-provincial team athletes will also be issued with two special race bibs (which must be collected by the athlete, coach or parent the morning before the race or at the meeting the evening before).
6. Athletes will also be able to compete as individuals in a 10km event for all age groups youth man, junior and older, as well as 5km, 3km and 1km races for sub-youth athletes (not forming part of the Inter-provincial relay competition). Such entries will not be done through their

respective provinces and will be handled by another google form. Please note this form is not for the provincial and non-provincial team athletes, but the individual athletes.

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

5 Special race bibs and age category tags

1. Provincial team athletes will only display the special race bibs on the provincial colours from the Provinces. ASA Licences are to be available for inspection only and are not required to be worn during the race.
2. Individual athletes will also be issued with two special race bibs. Individual athletes must wear their club kit.
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 ASA rule 22.9, of their vests will be considered to be senior athletes. Age tags of the youngest member of the team (masters) must be worn.

6 Entries and fees

1. Entries for provincial teams will close on **11 November 2024**.
2. Entries shall be done using the following links:
A) Teams- provincial and non-provincial (the province should enter their teams, non-provincial teams should enter themselves). Use the following link:
42.2km, 20km, 10km Teams: <https://forms.gle/WJbktVD4uDsSi7Nt5>
B) Individuals to enter themselves. Use the following link:
10km, 5km, 3km, 1km Individuals: <https://forms.gle/oASiQaqwQkaBM3rt9>
3. The entrance fee for all athletes is R60 per person. Individual athletes not in possession of a valid 2024 ASA license, a temporary license must be purchased at R60 each. 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”
4. Spectator entrance fee is at no charge; however, all spectators must adhere to the rules and regulations of the event.
5. 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.
6. 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.

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

NB – No faxed or handwritten entries will be accepted.

7 Age Categories and Timetable :

- The provisional timetable, age categories and distances for the Championship is shown below.

Table 3: Provisional Race timetable

Item	Start Time	Age Categories	Distance
1.	07:00 Senior men Masters men Senior women Masters women	Men and women senior, 40-49; 50-59; 60-69; 70-90+ Cut off 5:30 hours: minutes ^(b)	42.195 km relay (12.195+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) ^(a) - born 2005 and 2006 U18 (16 to 17 years old) ^(a) - born 2007 and 2008 Cut off 1:24 hours: minutes ^(b)	10 km individual (10km)
3.	08:00 U18 women U18 men U16 women U16 men	U18 (16 to 17 years old) ^(a) - born 2007 and 2008 U16 (14 to 15 years old) ^(a) - born 2009 and 2010 Cut off 1:24 hours: minutes ^(b)	10km relay (5+5km)
4.	09:30 Masters men U20 men U18 men U16 men Masters women U20 women U18 women	40-49; 50-59; 60-69; 70-90+, U20 (18 to 19 years old) ^(a) - born 2005 and 2006 U18 (16 to 17 years old) ^(a) - born 2007 and 2008 U16 (14 to 15 years old) ^(a) - born 2009 and 2010 Cut off 2:24 hours: minutes ^(b)	20km relay (5+5+5+5km)
5.	12:00 U18 women U16 women U16 men	U18 (16 to 17 years old) ^(a) - born 2007 and 2008 U16 (14 to 15 years old) ^(a) - born 2009 and 2010 Cut off 36 minutes ^(b)	5km
6.	12:30 Sub youth boys Sub youth girls	Sub youth boys and girls (13 years old and younger) Born 2011 and later ^(a)	3 km
7.	12:30 13:30	Development race will be held for children 10 years and younger Medal and awards ceremony	1 km

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

- Senior (Open): All ages may participate in this age category provided that the athlete is 18 years or older on 31 December 2024 (born in 2006 or earlier).
- U20 athletes must be 19 years or younger, but at least 18 years of age on 31 December 2024 (born in 2005 or 2006). U18 athletes must be 17 years or younger but at least 16 years of age on 31 December 2024 (born in 2007 or 2008). 14 & 15 Years Girls & Boys = Born 2009 & 2010; 13 and younger Girls & Boys = Born 2011 and later
- Master Men and Women: Any athlete who has reached his/her 40th birthday on or before **16 November 2024** (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+
- Where master's athletes falling in different age categories combine to make up a relay team, such a team will compete in the master's age category of the youngest athlete in the team.

- v) Only athletes 6 years or older on 31 December 2024 (born in 2018 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 42.195km competitions, a cut-off time of 5:30 hours: minutes will be applied, i.e. an athlete that has not started his or her last lap by the time that 5.5 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.

2) The prize categories for the Championship are shown below.

Refer to the table below. The idea is to motivate 10km individual athletes (item 2) to rather find a team mate and then do a 20km (item 4) or 42.2km (item 1) team relay by withholding medals and prizemoney for said 10km race. Similar for the 5km race (item 5), athletes are motivated to rather do the 10km team relay (item 3). Athletes eligible for medals/prizemoney are indicated in red below.

Please note the Prize Category Column. Each number indicates a different prize category with men and women grouped together.

3) Table 4: Prize categories

Item	Athletes	Prize Category	Age Sub Categories	Distance
1.	Senior men Senior women Masters men Masters women	1 Open 1 Open 2 Masters 2 Masters	Men and women senior, 40-49; 50-59; 60-69; 70-90+	42.2 km relay
2.	Senior men Senior women Masters men Masters women U20 men U20 women U18 men		Men and women senior, 40-49; 50-59; 60-69; 70-90+ U20 (18 to 19 years old) (a) - born 2005 and 2006 U18 (16 to 17 years old) (a) - born 2007 and 2008	10 km individual (10km)
3.	U18 women U18 men U16 women U16 men	3 U18 3 U18 4 U16 4 U16	U18 (16 to 17 years old) (a) - born 2007 and 2008 U16 (14 to 15 years old)(a) - born 2009 and 2010	10km relay (5+5km)
4.	U20 men U20 women U18 men U18 women U18 women U16 men Masters men Masters women	5 U20 5 U20 5 U20 5 U20 5 U20 5 U20 6 Masters 6 Masters	40-49; 50-59; 60-69; 70-90+, U20 (18 to 19 years old) (a) - born 2005 and 2006 U18 (16 to 17 years old) (a) - born 2007 and 2008	20km relay (5+5+5+5km)
5.	U18 women U16 women U16 men		U18 (16 to 17 years old) (a) - born 2007 and 2008 U16 (14 to 15 years old)(a) - born 2009 and 2010	5km
6.	Sub youth boys Sub youth girls	7SYB 7SYG	Sub youth boys and girls (13 years old and younger) Born 2011 and later (a)	3 km
7.	Sub youths	8SYB 8SYG	Sub youths (10 years and younger) Born 2014 and later (a)	1 km

8 Expected weather

Long term forecast for the 16th November is as follows:

Sunrise: 05h10
Minimum: 15° (16° in 2021) *
Maximum: 26° (35° in 2019) *
Precipitation: 0.0mm *

Max UV Index: 13 (Extreme) *
Wind: 24 km/h *
Cloud Cover: 16% *
Humidity: 39.4%

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 Medals and Prize money:

1. ASA medals will be awarded to the first three teams in the 42.195km ASA Championship Event.
2. Interprovincial medals will be awarded for the first three provincial relay teams in each competition and age categories.
3. The province with the most gold medals will win the interprovincial competition. See section 20 about eligibility for this.
4. Items 2 (10km individual) and 5 (5km individual) in Table 3: Provisional Race timetable will not receive medals or prize money as the organizers want to encourage athletes to rather participate in the relays with another athlete to make a team. This is the Team Relay Championships after all.
5. Depending on budget availability, prize moneys may be paid to teams and/or individuals. This will be confirmed at the Team Managers Meeting.

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 Technical Meeting

The agenda will be available at the meeting.

1. The technical meeting will take place at:
 - Date: Friday – 15 November 2024
 - Venue: TUKS AC Club House
 - Time: 18:00 – 19:00 Technical Meeting for the event
2. The meeting will be chaired jointly by both the ASA Committee and the AGN Racewalking Commission Chairpersons. The following officials or delegates should be in attendance:
 - a. Representatives from each province or associate member;
 - b. LOC members
 - c. The competition director
 - d. Jury of appeal will be appointed on race day.
 - e. Every team must be represented at the technical/ team managers meeting.

13 Publication of Results

1. The results of each event will be posted to a WhatsApp group consisting of the team managers. Phone numbers to be provided.
2. A full set of results will be e-mailed to each Province.

14 Records

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. Refreshments will only be allowed at the designated Refreshment Station and by no more than 2 persons per province unless more than 3 teams of a province are competing simultaneously in the 42.195km events.
4. For all events up to and including 20km event, drinking stations with water only will be permitted at a water table provided by the LOC.
5. For the marathon relay, refreshments may be provided on every lap in addition to the water stations.
 - 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)
 - 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 refreshments may be served from the front (race track side), of the refreshment table and no more than 1m to the side, nor may the server move onto or obstruct the race track and/or the progression of an athlete (s) in any way. (WA TR 54.10.5)
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)
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 54.10.8)

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 Toilets

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 distances, may an athlete leave the course to go to the toilet, with the permission 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. A Chief Judge will be appointed.
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 5: 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. **42.195km/20km Mixed Relay**

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

The team relay race shall be conducted over a distance of 42.195km 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 42.195km) and 5km (for the 20km), except the first lap of the male athlete which will be 12.195km. 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 6: Penalty Zone timing for 42.195km and 20km team relay races

Condition	Time (42.2km 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.**

10km Mixed Relay

The Relay Team athletes will be subject to Special Technical Rules as defined for the World Athletics Racewalking 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 7: 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.

19 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, shall comprise a physical contact between the incoming and outgoing athletes, shall be completed within this zone.

20 Provincial Relay Team Scoring

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 scoring will be done for all relay 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.

21 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.

22 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 one in front and one at the back affixed to the vest.
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.

23 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.

24 Medical service

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

25 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 Appellant will receive an official receipt for the money so paid. 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.

26 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 physical contact between the incoming and outgoing athletes has taken place. 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.

27 Technical Information Centre (TIC)

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

28 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.

29 General

1. The competition will be conducted under World Athletics Competition and Technical Rules 2024 and Athletics South Africa Domestic Competition Rules 2021-2022 as amended for 2024.
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.

30 Enquiries:

Please contact Mr. Chris Britz on 083 650 4767 or chris.britz@aecom.com for any additional information.

References

World Athletics Competition and Technical Rules 2024 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.