

SECTION 8.

BEACH EVENTS

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2KM BEACH RELAY



SECTION 8.

BEACH EVENTS

8.1. BEACH SPRINT

8.1.1. The Course

- (a) Rules contained in this section 8 shall only apply to beach Events.
- (b) The course for the beach sprint will be as detailed in Figure 8.1.
- (c) The course shall be rectangular and “squared” to ensure that all Competitors run the same distance and shall be designated by four distinctly coloured 2 m poles.

8.1.2. Procedure

- (a) Competitors shall take up their positions as drawn at the marshalling line under the direction of the Marshall.
- (b) No starting blocks shall be permitted, but Competitors may create holes and/or hillocks in, and of, sand to aid their start. Competitors using any material other than sand to aid their start shall be disqualified. Water, or similar substance, is not permitted to be used in start blocks.
- (c) The wearing of footwear shall not be allowed unless permitted by the Arena Referee due to the prevailing beach surface conditions.
- (d) Competitors are permitted to flatten, level and/or mark the sand in their lane but must comply with the directions of the Arena Referee.
- (e) The starter is in complete control of the start. A check starter may be appointed. When appointed, the check starter shall have the authority to assist the starter by calling breaks using a whistle. Both the starter and check starter shall position themselves to ensure a fair start is given.

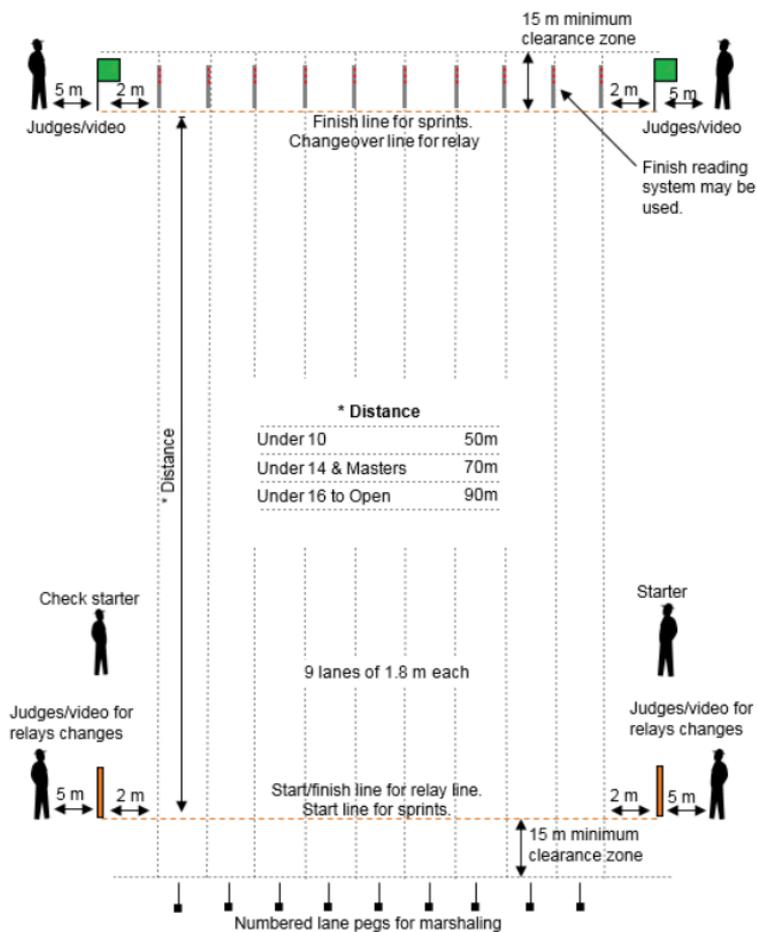
- (f) The start shall be as described in 2.17.1.
- (g) If a Competitor disregards the starter's command or delays the start by taking an unnecessary long time, they shall be disqualified.
- (h) These commands shall be followed by a pistol shot, whistle blast or other acoustic signal.
- (i) If, for any reason, the starter has to speak to any Competitor after either command, they shall order all Competitors to stand up and the start shall be recommenced.
- (j) If a Competitor moves or leaves their mark with hand or foot after the word "set", but before the start is given, it shall be considered a starting break infringement and a false start declared.
- (k) With the exception of Events up to and including the Under 14 age category, the first Competitor who breaks shall be disqualified. If one Competitor false starts, others may follow. Any Competitor who follows is not deemed to have false started.
- (l) In Events up to and including the Under 14 age category, one false start shall be permitted. The first Competitor who breaks after the first false start has been declared shall be disqualified. If one Competitor false starts, others may follow. Any Competitor who follows is not deemed to have false started.
- (m) If, in the opinion of the starter or the check starter, the start was not fair because of a technical defect or other matter not caused by Competitors, the starter must recall the Competitors and recommence the starting process. In such circumstances, any false start error by a Competitor shall be reconsidered.
- (n) Competitors are required to finish the Event on their feet in an upright position. The finish is judged only on the chest of the Competitor when crossing the finish line on their feet.
- (o) If a Competitor is falling across the line they are not deemed to have finished the Race (refer to general finish rules 2.20).
- (p) Any Competitor who crosses into the lane on either side of them may be disqualified.

8.1.3. Judging

- (a) The finishing order of the Competitors shall be determined by the alignment of the Competitors' chests with the finishing "line".
- (b) Coloured vests may be required to be worn as an aid for judges. Such vests will be supplied by SLSNZ and the colours allocated to each lane should correspond with the swimming buoy colours (with the tenth lane being purple).
- (c) The Arena Referee, or their appointee, shall position themselves to maintain overall supervision.



Figure 8.1
BEACH SPRINT & BEACH RELAY



8.2. BEACH RELAY

8.2.1. **The Course** shall be as detailed in Figure 8.1.

8.2.2. Procedure

- (a) A team shall consist of four Competitors, with two Members at either end of the course taking up their drawn lane.
- (b) Competitors are permitted to level, flatten and/or mark the sand in their lane but must comply with the directions of the Event Referee or Arena Referee.
- (c) Each Competitor will complete a leg of the course with a baton held in either hand. At the conclusion of the first, second and third legs they shall pass the baton to the next runner. All Competitors shall finish their leg of the Event on their feet.
- (d) The beach relay baton shall be approximately 300mm long with an external diameter of approximately 25mm and made of flexible material (e.g., flexible hose).
- (e) The starting conditions shall be as for the beach sprint Event with the first Competitor of the team taking the mark.
- (f) Baton change-overs shall be effected in the following manner:
 - (i) The Competitors taking the baton on the 1st, 2nd and 3rd changes may be moving whilst taking the baton but will be disqualified if any part of the body or hands cross the change-over line before the receiving runner takes the baton.
 - (ii) The Competitor coming in to change the baton must carry the baton to the line. The baton cannot be thrown forward for the receiving Competitor to catch or pick up to run.
- (g) Should a baton be dropped during the change-over, the receiver can recover the baton (whilst ensuring that there is no interference to other Competitors) and continue with their leg of the relay.
- (h) Should a baton be dropped at any other stage, the Competitor can recover the baton (providing that there is

no interference to other Competitors) and continue to run.

- (i) Competitors are required to finish the Event on their feet carrying their baton. The finish is judged only on the chest of the Competitor when crossing the finish line.
- (j) If a Competitor is falling across the line they are not deemed to have finished the Race (refer general finish rules under 2.20.5 in this Manual).

8.2.3. Judging/Change-Over

- (a) Judging in general shall be as for the beach sprint Event with the Arena Referee, the course judge and the finish judges taking similar duties in regards to the start and finish.
- (b) Course judges shall be appointed to check the change-over line for infringements at each end during the change-overs.
- (c) Any infringements observed by the course judges shall be reported to the Arena Referee.

8.3. BEACH FLAGS

8.3.1. The Course

- (a) The course shall be as detailed in Figure 8.2.
- (b) The course shall be rectangular and “squared” to ensure that all Competitors run the same distance and shall be designated by four distinctly coloured markers.

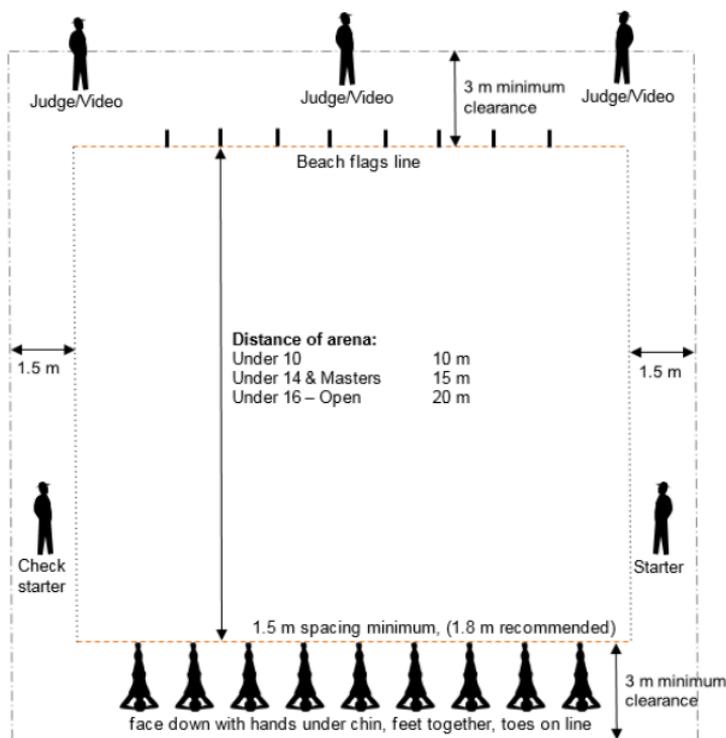
8.3.2. General Conditions

- (a) In beach flags Events there shall always be less batons set down than the number of Competitors starting or remaining in the Event. A Competitor who fails to gain a baton in a run-through is thereby eliminated from the Event.
- (b) The Arena Referee shall determine the number of Competitors to be eliminated in each run-through. With the exception of disqualifications or break eliminations, no more than two Competitors shall be eliminated in each run-through of the Event while the heats are being run

(e.g., snake system). Once we get to the final, only one Competitor can be eliminated at a time (refer general rules for breaks).

- (c) Beach flags (batons) shall be approximately 300mm long with a diameter approximately 25mm and made of flexible material (e.g., flexible hose).
- (d) In finals there shall be a draw after each run-through takes place.
- (e) If two or more Competitors hold the same baton and the finish judges are not able to determine which Competitor's hand grasped the baton first, the finish judges shall advise the Arena Referee who shall decide whether there shall be a run-off between the Competitors involved, or whether they join the end of the existing Competitor line (e.g., snake system)
- (f) If, after one run-off to determine who progresses in an Event or to determine a final placing result, the Competitors still cannot be separated, run-offs shall be continued until an elimination and/or placing result is achieved.
- (g) If it is apparent that a flag has been "lost" (in the sand), the finish judge shall signal that the flag is "lost" and that the run-through is finished. This signal shall be given either by whistle or by word. A run-off shall occur only between the Competitors involved in the search for the flag.
- (h) Each run-through or run-off shall be judged as a separate segment of this Event and an infringement in one run-through or run-off shall not be carried over and counted against a Competitor in a subsequent run-through or run-off.

Figure 8.2
BEACH FLAGS



8.3.3. Competing for Flags/Deliberate Impedance

- (a) A Competitor may otherwise use their body to improve their position to compete for a flag. A Competitor may negotiate the shoulder and or body in front of an opponent, but may not use hands, arms, feet or legs to obtain or remain in this position. If a Competitor obtains the forward most position through a normal running action, the Competitor behind is obliged to go around the Competitor in front. A Competitor may cross over in front of a slower Competitor.
- (b) Deliberate impedance is defined as “the deliberate use of hands, arms, feet or legs to impede another Competitor’s progress” and may also include forcing a Competitor outside of the designated arena.
- (c) Any Competitor who deliberately impedes another Competitor may be disqualified from the Event. If two or more Competitors are guilty of deliberate impedance, the Competitor who first deliberately used arms, shoulder, hands, legs or feet will be disqualified.

8.3.4. Effect of Elimination and Disqualification

- (a) Any Competitor eliminated from the Event shall retain the point score and/or placing as at the time in the Event.
- (b) Any Competitor who is disqualified from the Event shall lose all standing from the Event. In the Event of disqualification from a medal or points round, the Competitor(s) eliminated from the Event immediately prior to the disqualification shall be awarded that placing (except if that Competitor’s elimination was the result of a disqualification, in which case the next prior Competitor eliminated from the Event through natural attrition will be awarded the medal or points).

8.3.5. Procedure

- (a) Competitors take their allotted positions, a minimum of 1.5m apart at the start line.
- (b) When directed by the starter, Competitors shall lie face down with their toes on the start line, heels or any part of the feet together, hands on top of each other with fingertips to wrists and with the head up. Elbows should be extended 90 degrees to the body's midline and hips and stomach must be in contact with the sand. The body's mid-line should be 90 degrees to the start line. Competitors may level, flatten, and compress their starting area but no scooping, mounding or digging of the sand is permitted. However, Competitors may push their toes into the sand once they have assumed the starting position (i.e., lying face down on the sand).
- (c) The Competitors shall then await the command "Competitors ready" from the starter.
- (d) The starter shall then give the set command "heads down". The Competitors shall place any part of the chin on any part of their hands, whilst maintaining a straight head alignment with the rest of the body and maintaining the body and limb positions detailed in paragraph (b). The Competitors shall then await the start.
- (e) At the starter's whistle blast, the Competitor shall get to their feet as quickly as possible, run to the finish line and attempt to obtain a baton.
- (f) Any Competitor picking up two batons shall be disqualified from the Event.

8.3.6. The Start

- (g) The starter must position themselves so that they cannot be seen by the Competitors when they place the whistle in their mouth.
- (h) Any Competitor who continues to disregard the starter's commands or instructions and delays the start by taking an unnecessarily long time to prepare their start area, lie correctly on the sand, or by not putting their head down on the "heads down", shall be eliminated.

- (i) Any Competitor lifting or moving after “heads down” and prior to the start signal has made a starting break infringement.
- (j) With the exception of Competition up to and including the Under 14 age category, the first Competitor who breaks shall be eliminated. If one Competitor false starts, others may follow. Any Competitor who follows is not deemed to have false started.
- (k) In Competition up to and including the Under 14 age category, one false start per run-through shall be permitted. The first Competitor who breaks after the first false start has been declared in a run-through shall be eliminated. If one Competitor false starts, others may follow. Any Competitor who follows is not deemed to have false started and will be notified by the event referee.
- (l) If an error by an Official or starting apparatus causes or precedes a false start the Race will be restarted without eliminations or disqualifications.
- (m) Should a Competitor be disqualified or eliminated, the remaining Competitors and batons shall be realigned with no re-draw of positions. The run-through is to continue (with the current starting infringement in force for Competition up to and including the Under 14 age category) until a fair start is effected or until the quota of Competitors needed for the next round is achieved. Should the disqualification or elimination occur for first place in the Event, there is no requirement for the remaining Competitor to complete the run-through.

8.3.7. Judging

- (a) The Arena Referee or their appointee shall position themselves to maintain overall supervision.
- (b) The starter, check starter, finish and/or course judges shall be positioned to undertake their respective duties.
- (c) The finish judges shall reclaim the batons from the successful Competitors and then set up the batons for the next run-through.

8.4. 2KM BEACH RUN

8.4.1. The Course

- (a) The course for the 2km beach run will be as detailed in Figure 8.3. The Arena Referee may set an alternate course on beaches with restricted room.
- (b) The start line shall be designated two poles. The finish line shall be an extension of the start line. The end of the finish line shall be appropriately designated (e.g., two poles with coloured flags). The Arena Referee shall determine the length of the start and finish lines.
- (c) The outgoing and return lanes may be divided by bunting or other appropriate material.
- (d) A pole situated 500m from the start at the end of the lane divider shall designate the turning point.

8.4.2. Procedure

- (a) Competitors race 2000m on the beach in four 500m legs as follows:
 - (i) On the starting signal, Competitors race along the beach to round (clockwise or right hand in) the turning pole located at the 500m distant mark, and return 500m toward the starting pole.
 - (ii) Competitors round this pole (clockwise or right hand in), proceed back down the beach to round the turning pole as before, and then race back to cross the finish line.
 - (iii) Jostling or obstructing another Competitor so as to impede their progress is not permitted.
 - (iv) Deliberate impedance is defined as “the deliberate use of hands, arms, feet or legs to impede another Competitor’s progress”, and may also include forcing a Competitor outside of the designated arena.
 - (v) Judges shall be placed to observe the conduct of the Event as well as determine Competitors’ places at the finish line.

- (vi) The finish is judged on the Competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

8.4.3. Equipment and Apparel

- (a) Shorts and shirts and/or vests may be worn at the discretion of the Competitor.
- (b) Shoes and/or socks may be worn at the discretion of the Competitor.

8.5. 2KM BEACH RELAY

8.5.1. The Course

- (a) The course for the 2km beach relay will be as detailed in Figure 8.4. The Arena Referee may set an alternate course on beaches with restricted room or obstacles.
- (b) The start/finish line/change-over line shall be appropriately designated (e.g., two poles or coloured flags). The Arena Referee shall determine the length of the start/finish/change-over line(s).
- (c) The outgoing and return lanes may be divided by bunting or other appropriate material.
- (d) Turning flags situated 400m, 300m, 200m, and 100m from the bottom turning mark at the end of the lane divider shall designate the turning points of the four legs of the Race. Different coloured flags may be used to mark the different distances.

8.5.2. Procedure

- (a) Competitors race 2000m in a relay on the beach in four legs of 800m (leg 1), 600m (leg 2), 400m (leg 3), 200m (leg 4). The Race is detailed as follows:
 - (i) On the starting signal, the first runner shall run down the beach, round the first leg turning flag and return up the beach, round the bottom turning flag and tag the second runner who is waiting with their toes on or behind the start/change-over line.
 - (ii) The second runner shall run down the beach, round

the second leg turning flag and return up the beach, round the bottom turning flag and tag the third runner who is waiting with their toes on or behind the start/change-over line.

- (iii) The third runner shall run down the beach, round the third leg turning flag and return up the beach, round the bottom turning flag and tag the fourth runner who is waiting with their toes on or behind the start/change-over line.
- (iv) The fourth runner shall run down the beach, round the fourth leg turning flag and return up the beach, round the bottom turning flag before racing back to finish across the finish line.
- (v) Jostling or obstructing another Competitor so as to impede their progress is not permitted.
- (vi) Deliberate impedance is defined as “the deliberate use of hands, arms, feet or legs to impede another Competitor’s progress”, and may also include forcing a Competitor outside of the designated arena.
- (vii) Judges shall be placed to observe the conduct of the Event as well as determine Competitors’ places at the finish line.
- (viii) The finish is judged on the Competitor’s chest crossing the finish line. Competitors must finish on their feet in an upright position.

8.5.3. Equipment and Apparel

- (c) Shorts and shirts and/or vests may be worn at the discretion of the Competitor.
- (d) Shoes and/or socks may be worn at the discretion of the Competitor.

Figure 8.3
2KM BEACH RUN

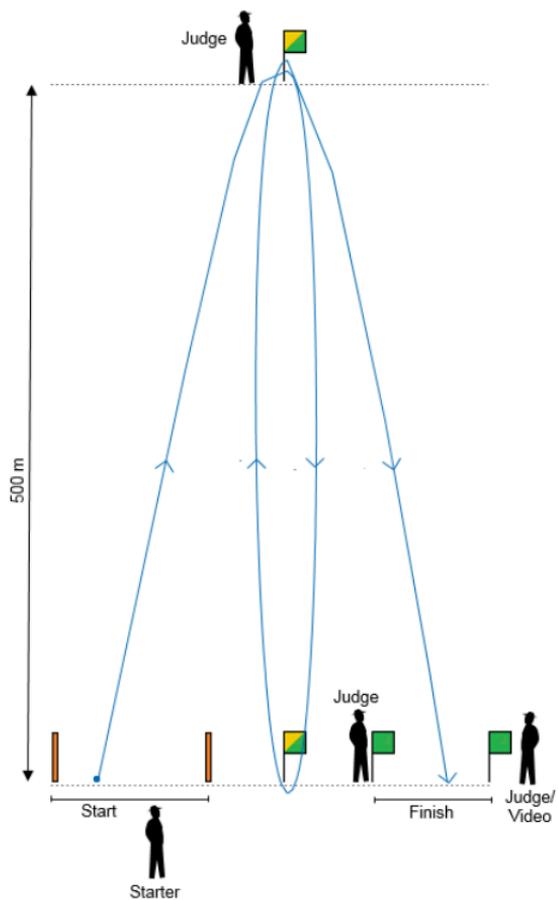


Figure 8.4
2KM BEACH RELAY

