

RELAY GUIDELINES

- All relay team members must check in together.
- Once checked in, all athletes must remain in the heating area or they will be disqualified.
- All relays must be listed on relay entry to be eligible to participate in. All athletes must be registered competitors in the meets.

AUTHORIZED RELAY EVENTS

- Relays are conducted in the Primary, Bantam, Midget, Youth, Intermediate, and Young Men/Women divisions only. The Sub-Bantam Divisions may run in the Bantam Division, the Sub-Midget Division may run in the Midget Divisions and the Sub-Youth division may run in the Youth Division only in relays.
 - **Primary:** 4X100 Meter Relay
 - **Bantam:** 4x100 Meter Relay; 4x400 Meter Relays
 - **Midget:** 4x100 Meter Relay; 4x400 Meter Relay; 4x800 Meter Relay
 - **Youth:** 4x100 Meter Relay; 4x400 Meter Relay; 4x800 Meter Relay
 - **Intermediate:** 4x100 Meter Relay; 4x400 Meter Relay; 4x800 Meter Relay
 - **Young Men/Women:** 4x100 Meter Relay; 4x400 Meter Relay; 4x800 Meter Relay
- Qualification of a relay team at the District or National Qualifier meet entitles the club represented by that team to enter a relay team in the same event at the next level of competition. The make-up of the team need not be the same throughout the various levels until you get to the AAU Junior Olympics. Notwithstanding, the relay team member must be from the same club and of the same age division and gender.
- Athletes cannot represent their club as a member or as an alternate member on more than one relay team for the same relay event. Athletes listed on the Official Entry Form on team A cannot compete on team B or C or vice-versa.

UNIFORMS

- In all events competitors must wear clothing that is clean, designed and worn so as not to be objectionable. The clothing must be made of a material that is not transparent even if wet.
- Bare midriffs are not allowed. If the uniform is of a two-piece design (top and bottom), the top must either be tucked into the waistband or cover the waistband when the athlete is standing erect. A one piece uniform must not allow for a bare midriff.
- Athlete's tops must be of the same color front and back. All participating team members must wear jersey's/tops of the same color, front and back. At National Qualifier and National Championships, all team participants shall wear shorts of the color, or, in the case of one piece uniforms, the bottoms of team uniforms should be of the same color.
- A competitor must wear footwear on both feet.
- The competitors must not wear clothing that could impede the view of the judges.

RACES

- Participation of relay teams shall be limited to those clubs which hold current valid membership in the AAU prior to their District Championship. Relay team members must be members of the club they represent and of the same age division and gender.
- Relay teams shall consist of four (4) members plus up to four (4) alternate members, for a maximum eight (8) total from the same club, to be declared at the time of entry into each meet. **Once the entry has been forwarded to the National Director, no changes may be made for those names submitted.**

- All participating team members must wear jerseys (tops) and shorts (bottoms) of the same color at National Qualifiers and National Championships.
- After a relay team has started in a competition, only **FOUR** alternate athletes may be used as substitutes in the composition of the team for subsequent rounds. Substitutions in a relay team may only be made from the list of athletes from the same club, declared for that relay event. The composition of the team and the order of running must be declared before the start of each round of the competition. Once an athlete, who has started in a previous round, has been replaced by a substitute, that athlete may not return to the team in that Meet.
- Entry in a relay, either as a principal or an alternate member, will be considered an entry for the purpose of this rule.