



The IHSAA governs the equitable participation in interscholastic athletics and activities that enrich the educational experience.

## MEMO:

DATE: July 10, 2019

FROM: Kraig Garber

To: IHSAA Member Official Representatives and AD's

RE: Track & Field 4x100 and 4x200 Relay Exchange Zone NFHS Rule Change

At their June 10-12 Track and Field Rules Committee Meeting, the NFHS approved a rule change that altered the exchange zone for the 4x100 and the 4x200 meter relays. In past years, the exchange zone for these relays included a 10-meter acceleration zone in which the relay competitors could not receive the baton exchange as they could only use this zone to accelerate. After clearing the acceleration zone, the relay participants would enter a 20-meter exchange zone in which they could legally pass off the relay baton to their teammate. The previous rules required 3 markings on the track for each exchange for the 4x100 and 4x200 meter relays. The first mark was a small triangle in the center of the lane that represented the start of the 10-meter acceleration zone. The second mark was a large triangle that extended across the width of the lane that represented the start of the 20-meter exchange zone, and the third mark was another large triangle that extended across the width of the lane to represent the end of the 20-meter exchange zone (see illustration 1).

The new NFHS Rule (5-3-3) has eliminated the 10-meter acceleration zone and has expanded the 20-meter exchange zone to a 30-meter exchange zone for the 4x100 and 4x200 meter relays. This would allow these relay competitors a full 30-meters to exchange the relay baton. Therefore, the new rule only requires two markings for each exchange for these relays. The first marking will be a large triangle that expands across the width of the lane to represent the front of the 30-meter exchange zone, and the second marking will be a large triangle that expands across the width of the lane to represent the back of the 30-meter exchange zone (see illustration 2).

The NFHS has worked with the American Sport Builders Association to establish a new layout that further defines the new exchange zones. You can access this layout through the following link: [https://www.nfhs.org/media/1020307/20190718\\_asba\\_new-exchange-zones\\_.pdf](https://www.nfhs.org/media/1020307/20190718_asba_new-exchange-zones_.pdf).

**Please understand that this new rule does NOT require schools to have their tracks repainted in order to be in compliance. Schools can just simply use the former acceleration zone marking (small triangle in the center of the lane) as the front of their 30-meter exchange zone until the point at which they will have their track resurfaced and/or repainted.**

If you have any questions, please feel free to contact me ([kgarber@ihssa.org](mailto:kgarber@ihssa.org) or 309-663-6377), and I would be glad to help.

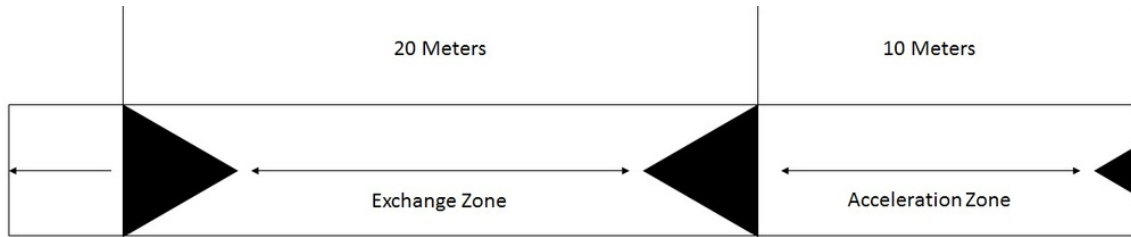


Illustration 1: Former Exchange Zone for the 4x100 and 4x200 Meter Relays

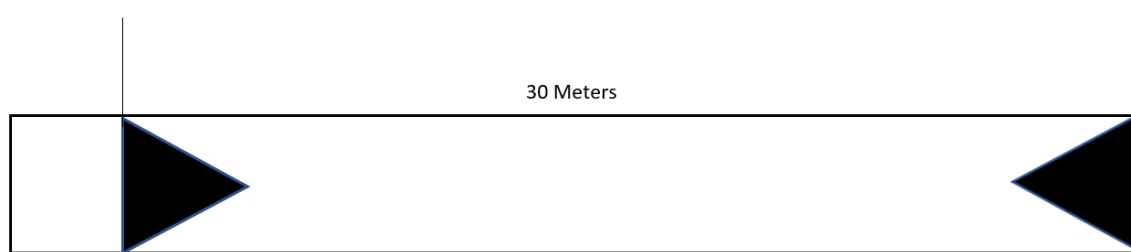


Illustration 2: Exchange Zone Under the New Rules for the 4x100 and 4x200 Meter Relays