

**SECTION 9**  
**BEACH EVENTS**

## 9.1 BEACH SPRINT

### 9.1.1 The Course

- (a) The course for the Beach Sprint will be as detailed in the diagram.
- (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 2 metre poles.

### 9.1.2 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.
- (c) The wearing of footwear shall not be allowed unless permitted by the 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 Referee or Sectional 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) On the words of command from the Starter "on your marks", the competitor shall move forward from the marshalling line and assume a comfortable steady position on the starting mark. If a competitor disregards the Starter's command and delays the start by taking an unnecessary long time they shall be disqualified.
- (g) On the command "set" the competitors shall assume a steady posture in the "set" position on the starting mark. If a competitor disregards the Starter's command and 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 competition up to and including the U/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.

**Note:** In competition up to and including the U/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.

*Section 9 – Beach Events*

(l) 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 expunged.

(m) Competitors are required to finish the event on their feet. The finish is judged only on the chest of the competitor when crossing the finish line on their feet.

**Note 1:** Falling across the line is not deemed to have finished the event.

**Note 2:** Competitors who attempt to record a timing gate finish result by deliberately using their arms or another part of their body other than their chest to record a finish result may be disqualified.

(n) Any competitor who crosses into the lane on either side of them may be disqualified.

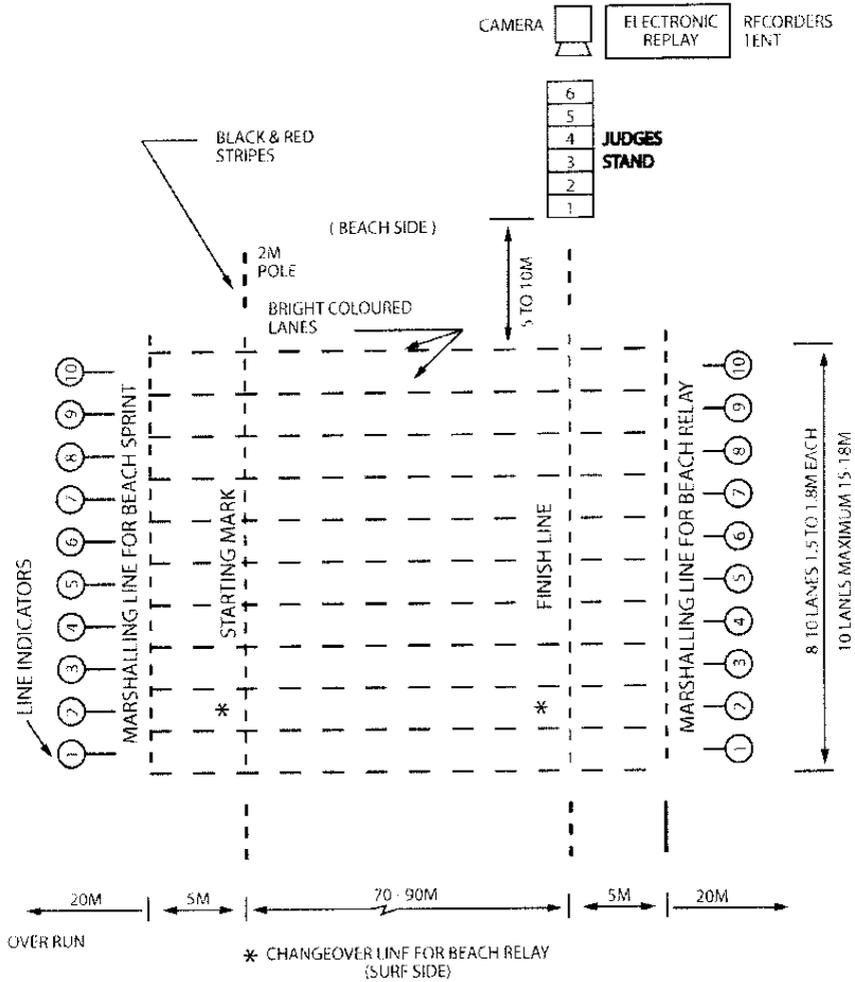
**9.1.3 Judging**

(a) The finishing order of the competitors shall be determined by the alignment of the competitors' chests with the finishing "line".

(b) Different coloured lane vests may be required to be worn by competitors as an aid for judges. Such vests will be supplied by SLSA.

(c) The Sectional Referee, or their appointee, shall position themselves to maintain overall supervision.

Section 9 – Beach Events



**FIGURE 1: BEACH SPRINT AND BEACH RELAY**

(Distances approximate only)

Age Group	Approximate Distance
U8 to U14 and Masters	70m
U15 to Open	90m

## 9.2 BEACH RELAY

### 9.2.1 The Course

The course shall be as detailed in the diagram.

### 9.2.2 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 flatten, level and/or mark the sand in their lane but must comply with the directions of the Referee or Sectional 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 250mm to 300mm in length with an external diameter of approximately 25mm to 40mm and made of flexible material (e.g. flexible hose).
- (e) The starting conditions shall be as for the Beach Sprint with the first competitor of the team taking the mark.
- (f) Baton changeovers shall be affected 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 changeover line before the 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 changeover 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.

**Note 1:** Falling across the line is not deemed to have finished the event.

**Note 2:** Competitors who attempt to record a timing gate finish result by deliberately using their arms or another part of their body other than their chest to record a finish result may be disqualified.

### 9.2.3 Judging/Change Over

- (a) Judging in general shall be as for the Beach Sprint with the Sectional 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 changeover line for infringements at each end during the changeovers.

- (c) Any infringements observed by the Course Judges shall be reported to the Sectional Referee.

### **9.3 ALL AGE BEACH RELAY**

#### **9.3.1 The Course**

The Course shall be as detailed in the diagram.

#### **9.3.2 Procedure**

- (a) A team shall consist of competitors of different age groups as prescribed by the relevant SLSA organising authority.
- (b) Competitors shall run in order from the youngest to oldest, e.g. Under 8, 9, 10, 11, 12, 13, 14, 15, 17, 19, Open, Masters.
- (c) Under no circumstances shall a team compete unless they have runners from each individual age group complete the designated leg of the course for that age category.
- (d) All other event conditions are the same as the Beach Relay.

### **9.4 BEACH FLAGS**

#### **9.4.1 The Course**

- (a) The course shall be as detailed in the diagram.
- (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 2 metre poles.

#### **9.4.2 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 competition.
- (b) With the exception of disqualifications or break eliminations no more than two competitors shall be eliminated in each run-through of the first and second rounds of competition. In subsequent rounds and at all quarter-final, semi-final and final stages of competition, no more than one competitor shall be eliminated in any one run-through.

**Note:** Whilst the above provides for a maximum of two eliminations per run-through, wherever practicable competition should proceed with a maximum of one elimination per run-through in all rounds.

- (c) The Beach Flags (batons) shall be approximately 250mm to 300mm in length with an external diameter of approximately 25mm to 40mm and made of flexible material (e.g. flexible hose).
- (d) There shall be a preliminary draw for positions and further draws after each round. In semi-finals and finals there shall be a draw after each run-through takes place.
- (e) If it is apparent that a flag has been "lost" (in the sand) to competitors, 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 signal or by word. A run-off shall then occur only between the competitors involved in the search for the flag.

- (f) 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 Sectional Referee who shall decide whether there shall be a run-off between the competitors involved. If, after one run-off to determine who progresses in an event or to determine a final placing result and the competitors still cannot be separated, run-offs shall be continued until an elimination and/or placing result is achieved.
- (g) 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.
- (h) If heats are conducted in Beach Flag events a minimum of four competitors must progress from each heat into each subsequent round of the event unless there is a disqualification or elimination of more than one competitor in the last run-through of the round.

#### **9.4.3 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 legally obtains this front position and maintains 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”.
- (c) Any competitor who commits deliberate impedance on another competitor will be eliminated 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 eliminated.
- (d) If it is deemed that a competitor has breached the relevant SLSA Code of Behaviour and/or Competing Unfairly clauses contained in Section 2 the competitor(s) involved may be disqualified.

#### **9.4.4 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).

#### **9.4.5 Procedure**

- (a) Competitors take their allotted positions, a minimum of 1.5 m 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 midline should be 90 degrees to the start line. Competitors may level, flatten, and compress their starting area but no scooping or digging of the sand is permitted.

**Note 1:** When flattening or compressing the sand a competitor is not permitted to create mounds or unreasonably alter the incline of the sand to assist their start.

**Note 2:** Competitors are permitted to dig their toes into the sand at the start line by digging with their hands or feet before lying on the sand or with their feet after lying on the sand.

**Note 3:** Competitors should not reasonably delay the conduct of the event in preparing their start area and must comply with the direction of officials.

- (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.

#### 9.4.6 The Start

- (a) The Starter must position themselves so that they cannot be seen by the competitors when they place the whistle in their mouth.
- (b) 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.
- (c) Any competitor lifting or moving after "heads down" and prior to the start signal has made a starting break infringement.
- (d) With the exception of competition up to and including the U/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.

**Note:** In competition up to and including the U/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.

**Note:** If an error by an official or starting apparatus causes or precedes a false start by a competitor the fault of the competitor shall be expunged and the starting process recommenced.

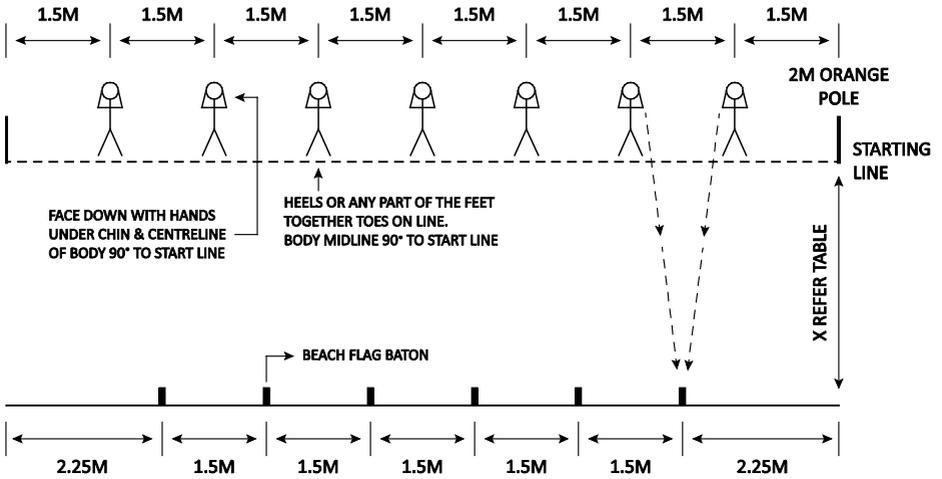
- (e) Should a competitor be disqualified or eliminated, the remaining competitors and batons shall be realigned with no re-draw of positions. The run-through is to continue (with the current starting infringement in force for competition up to and including the

U/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.

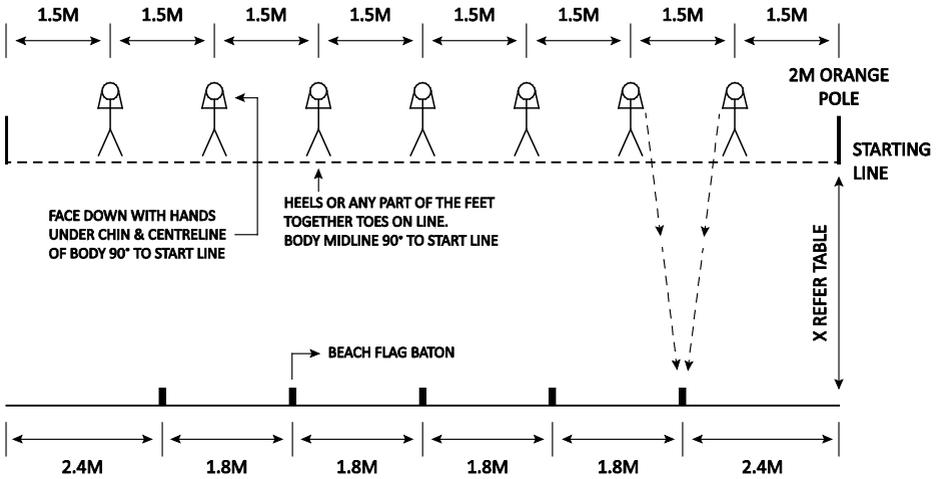
**9.4.7 Judging**

- (a) The Sectional 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.

Section 9 – Beach Events



**FIGURE 2: BEACH FLAGS (ONE ELIMINATION PER RUN-THROUGH)**  
(Distances approximate only)



**FIGURE 3: BEACH FLAGS (TWO ELIMINATIONS PER RUN-THROUGH)**  
(Distances approximate only)

**BEACH FLAGS RUN LENGTH**

Age Group	Approximate Distance
U8 to U14 and Masters	15m
U15 to Open	20m

## **9.5 2KM BEACH RUN**

### **9.5.1 The Course**

- (a) The course for the 2km Beach Run will be as detailed in the diagram and, where practical, in soft sand. The Referee may set an alternate course on beaches with more or restricted room.
- (b) The start/turn line shall be designated by a line in the sand or a brightly coloured synthetic cord stretched between two poles with green and yellow flags attached. The finish line shall be two green flags placed approximately five metres apart and on the shoreward side of the start/turn line. The Referee shall determine the length of the start/turn line.
- (c) Running lanes: The course shall be divided into two lanes parallel to the waterline. The lane furthest from the water shall be for legs running from the start/finish lines (legs 1 and 3). The lanes shall be divided by coloured tape, bunting, or other appropriate material.
- (d) Two poles with green and yellow flags attached approximately five metres apart and situated 500m from the start at the end of the lane divider shall designate the turning point.

### **9.5.2 Procedure**

- (a) Competitors race 2000m on the beach in four 500m legs as follows:
  - (i) On the starting signal competitors race along the left side of the lane to round (clockwise or right hand in or as otherwise advised by the Referee) the turning poles 500m distant, and return 500m toward the start/turn flags.
  - (ii) Competitors round all turning flags (clockwise or right hand in or as otherwise advised by the Referee) at the start/turn line, proceed back down the beach to round the turning flags 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.
- (b) Judges shall be placed to observe the conduct of the event as well as determine competitors' place at the finish line.
- (c) The finish is judged on the competitor's chest crossing the finish line. Competitors must finish on their feet in an upright position.

### **9.5.3 Equipment and Apparel**

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

**FIGURE 4: 2KM BEACH RUN**  
(Distances approximate only)