



Marathon Mixed Relay

The race shall be conducted over a distance of 42.195km and contested by teams of two athletes – one male and one female.

There shall be four legs – each of a minimum distance of 10km. The male athlete shall walk the first and third legs and the female athlete the second and fourth legs.

The actual distance of each leg shall be determined according to local circumstances and the layout of the venue.

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 **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:

After three red cards	3 min
After the fourth red card	1 min
After the fifth red card	1 min
After the sixth red card	1 min

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.**

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, which, unless otherwise specified by the organisers, shall comprise a physical contact between the incoming and outgoing athletes, shall be completed within this zone.

