



INDIVIDUAL RELAY INSTRUCTIONS/RULES-2015

- ❖ NOTE: THE INDIVIDUAL RELAY IS NOT AN OFFICIAL WSSA EVENT AND NO RECORDS WILL BE SET.
- ❖ NO WARM-UPS AT JUDGES TABLE.
- ❖ MAXIMUM OF TWO(2) ATTEMPTS AT A 3-6-3.
- ❖ ALL RULES FOR A TEAM RELAY APPLY-EXCEPT:
 - 1) YOU ARE ALONE-NO TEAM MEMBERS TO HELP.
 - 2) YOU BEGIN AT TABLE BY UPSTACKING/DOWNSTACKING THE 3-6-3....THEN RUN BACK TO THE TEAM RESTRAINING LINE (7 FT.) AND STEP ON LINE....RETURN TO TABLE AND REPEAT THE PROCESS FOR A SECOND AND THIRD TIME. ON YOUR FOURTH TIME STACKING THE 3-6-3-THIS IS WHEN YOU STOP THE CLOCK. IN SIMPLE TERMS-YOU TOUCH THE LINE THREE(3) TIMES-YOU UPSTACK/DOWNSTACK FOUR(4) TIMES. THIS IS CONSIDERED ONE(1) ATTEMPT AT THE INDIVIDUAL RELAY.
 - 3) *******NEW RULE From 2013:** IF AFTER TRY #1 YOU CHOOSE TO COMMIT TO TRY #2, YOU WILL FORFEIT YOUR FIRST TIME.....TRY #2 WILL THEN BECOME THE OFFICIAL TIME RECORDED-SO THINK VERY CAREFULLY ON WHETHER YOU WANT TO THROW OUT THAT TIME ON TRY #1.....IT IS A GAMBLE!!!!
 - 4) YOU MAY REST IN-BETWEEN YOUR FIRST AND SECOND TRY, AND ALLOW OTHER COMPETITORS TO GO AHEAD OF YOU. IF YOU ARE THE ONLY ONE AT THE TABLE, YOU CAN REST FOR ONLY ONE(1) MINUTE.
 - 5) DO NOT MOVE TO ANOTHER TABLE TO COMPLETE YOUR ATTEMPTS-MUST BE DONE AT TABLE YOU STARTED WITH.
- ❖ SCRATCHES: AN ATTEMPT IS STOPPED IMMEDIATELY AND CONSIDERED A SCRATCH WHEN:
 - 1) THE FOOT ON THE BACK RUN DOES NOT TOUCH RESTRAINING LINE.
 - 2) ALL OTHER TEAM RELAY SCRATCH RULES APPLY.
- ❖ AWARDS: TO THE TOP 3 FASTEST OVERALL TIMES IN TWO AGE CATEGORIES:
 - 1) AGE 10-UNDER 2) AGE 11-OVER
- ❖ JUDGES: THEY WILL SIGNIFY AT TABLE WITH A HAND DURING EACH ATTEMPT BY EXTENDING ONE, TWO, AND THREE FINGERS FOR EACH RUN UP TO TABLE-CLOSED FIST MEANS YOU ARE ON STACK #4(FINAL STACK).

