

Competition Rules					
Rule	Action	Current	Amended	Reason	Comment
CR22		Start Coordinator, Starter and Recalls			
CR22.4	Amend	Note: For events of 200m, 400m, 400m Hurdles, 4 × 100m, 4 × 200m, the Medley Relay and 4 × 400m Relays, there shall be at least two Recalls.	Note: For events of 200m, 400m, 400m Hurdles, 4 × 100m, 4 × 200m, the Medley Relay, <del>and 4 × 400m</del> and 4 × 400m Mixed Relays, there shall be at least two Recalls.	Consequence of the below amendment to TR24.1	
CR32		Events for which World Records and World U20 Records are Recognised			
CR32	Amend		4 × 400m Mixed sh: Initial records to be recognised after 1 March 2025. The performance shall be equal to or better than 3:12.44.	Add 4 × 400m Mixed sh as a new World Record Event for Men and Women to the table in CR32 and define the procedure for the inaugural WR	

Technical Rules					
Rule	Action	Current	Amended	Reason	Comment
TR24		Relay Races			
TR24.1	Amend	The standard distances shall be: 4 × 100m, 4 × 200m, 100m-200m-300m-400m Medley Relay (Medley Relay), 4 × 400m, 4 × 800m, 1200m-400m-800m-1600m Distance Medley Relay (Distance Medley Relay), 4 × 1500m. Note: The Medley Relay may be run with the legs in a different order in which case the appropriate adjustments should be made to the application of Rules 24.3, 24.14 and 24.20 of the Technical Rules.	The standard distances shall be: 4 × 100m, 4 × 200m, 100m-200m-300m-400m Medley Relay (Medley Relay), 4 × 400m, 4 × 400m Mixed, 4 × 800m, 1200m-400m-800m-1600m Distance Medley Relay (Distance Medley Relay), 4 × 1500m. Note: The Medley Relay may be run with the legs in a different order in which case the appropriate adjustments should be made to the application of Rules 24.3, 24.1 <del>4</del> <sup>5</sup> and 24.2 <del>0</del> <sup>1</sup> of the Technical Rules.	Include the 4 × 400m Mixed as a standard distance.	

TR24.3	Amend	For the third change in the Medley Relay and in the 4 × 400m and longer relays, ...	For the third change in the Medley Relay and in the 4 × 400m, <b>4 × 400m Mixed</b> and longer relays, ...	Consequence of the amendment to TR24.1	
TR24.11	Add		<b>In the 4 × 400m Mixed, each team has to be composed of two men and two women. The running order shall be Man, Woman, Man, Woman.</b>	Define composition and running order of 4 × 400m Mixed	
TR24.11 → TR24.12	Amend	The composition of a team ...	The composition of a team ...	Renumbering of the rule as a consequence of the above amendment.	
TR24.12 → TR24.13	Amend	The 4 × 100m race shall be run entirely in lanes.	The 4 × 100m race shall be run entirely in lanes.	Renumbering of the rule as a consequence of the above amendment.	
TR24.13 → TR24.14	Amend	The 4 × 200m race may be run in any of the following ways: 24.13.1 where possible, entirely in lanes (four bends in lanes), 24.13.2 in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (three bends in lanes), 24.13.3 in lanes for the first leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (one bend in lanes). Note: Where not more than four teams are competing and Rule 24.13.1 is not possible, Rule 24.13.3 should be used.	The 4 × 200m race may be run in any of the following ways: 24.134.1 where possible, entirely in lanes (four bends in lanes), 24.134.2 in lanes for the first two legs, as well as that part of the third leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (three bends in lanes), 24.134.3 in lanes for the first leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (one bend in lanes). Note: Where not more than four teams are competing and Rule 24.134.1 is not possible, Rule 24.134.3 should be used.	Renumbering of the rule as a consequence of the above amendment.	

TR24.14→ TR24.15	Amend	The Medley Relay race ...	The Medley Relay race ...	Renumbering of the rule as a consequence of the above amendment.	
TR24.15→ TR24.16	Amend	The 4 × 400m race may be run in either of the following ways: 24.15.1 in lanes for the first leg, as well as that part of the second leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (three bends in lanes); 24.15.2 in lanes for the first leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (one bend in lanes). Note: Where not more than four teams are competing, Rule 24.15.2 should be used.	The 4 × 400m <b>and the 4 × 400m Mixed</b> races may be run in either of the following ways: 24.1 <b>56</b> .1 in lanes for the first leg, as well as that part of the second leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (three bends in lanes); 24.1 <b>56</b> .2 in lanes for the first leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (one bend in lanes). Note: Where not more than four teams are competing, Rule 24.1 <b>56</b> .2 should be used.	Consequence of the above amendment to TR24.1, incl. renumbering.	
TR24.16→ TR24.17	Amend	The 4 × 800m race may be run in either of the following ways: 24.16.1 in lanes for the first leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (one bend in lanes); 24.16.2 without the use of lanes.	The 4 × 800m race may be run in either of the following ways: 24.1 <b>67</b> .1 in lanes for the first leg up to the nearer edge of the breakline described in Rule 17.5 of the Technical Rules, where athletes may leave their respective lanes (one bend in lanes); 24.1 <b>67</b> .2 without the use of lanes.	Renumbering of the rule as a consequence of the above amendment.	
TR24.17→ TR24.18	Amend	If an athlete does not follow Rule 24.13, 24.14, 24.15 or 24.16.1 of the Technical Rules their team shall be disqualified.	If an athlete does not follow Rule 24.1 <b>34</b> , 24.1 <b>45</b> , 24.1 <b>56</b> or 24.1 <b>67</b> .1 of the Technical Rules their team shall be disqualified.	Renumbering of the rule as a consequence of the above amendment.	

TR24.18→ TR24.19	Amend	The Distance Medley Relay race ...	The Distance Medley Relay race ...	Renumbering of the rule as a consequence of the above amendment.	
TR24.19→ TR24.20	Amend	For all takeovers, ...	For all takeovers, ...	Renumbering of the rule as a consequence of the above amendment.	
TR24.20→ TR24.21	Amend	In the Medley Relay, the athletes running the final leg and in the 4 × 400m race, the athletes running the third and fourth legs (or under Rule 24.15.2 of the Technical Rules, also the second leg) shall, ...	In the Medley Relay, the athletes running the final leg and in the 4 × 400m <b>and the 4 × 400m Mixed</b> races, the athletes running the third and fourth legs (or under Rule 24.15.2 of the Technical Rules, also the second leg) shall, ...	Consequence of the above amendment to TR24.1, incl. renumbering.	
TR24.21→ TR24.22	Amend	In any race, when lanes are not being used, including when applicable, in 4 × 200m, the Medley Relay and 4 × 400m, waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete so as to impede their progress. In 4 × 200m, the Medley Relay and 4 × 400m, waiting athletes shall maintain the order in accordance with Rule 24.20 of the Technical Rules. If an athlete does not follow this Rule, their team shall be disqualified.	In any race, when lanes are not being used, including when applicable, in 4 × 200m, the Medley Relay, <b>and 4 × 400m and 4 × 400m Mixed</b> , waiting athletes can take an inner position on the track as incoming team members approach, provided they do not jostle or obstruct another athlete so as to impede their progress. In 4 × 200m, the Medley Relay, <b>and 4 × 400m and 4 × 400m Mixed</b> , waiting athletes shall maintain the order in accordance with Rule 24.20 of the Technical Rules. If an athlete does not follow this Rule, their team shall be disqualified.	Consequence of the above amendment to TR24.1, incl. renumbering.	
TR24.22→ TR24.23	Amend	In the case of relay events not covered by this Rule, ...	In the case of relay events not covered by this Rule, ...	Renumbering of the rule as a consequence of the above amendment.	

TR48		Relay Races			
TR48.2	Amend	The 4 × 400m race shall be run according to Rule 44.6.2 of the Technical Rules.	The 4 × 400m <b>and the 4 × 400m Mixed</b> races shall be run according to Rule 44.6.2 of the Technical Rules.	Include the 4 × 400m Mixed.	
TR48.4	Amend	The waiting athletes in the third and fourth legs of the 4 × 200m race, in the second, third and fourth legs of the 4 × 400m and the 4 × 800m race shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they enter the last bend.	The waiting athletes in the third and fourth legs of the 4 × 200m race, <del>in the second, third and fourth legs of the 4 × 400m and the 4 × 800m race</del> shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they enter the last bend.	See addition of TR48.5 below	
TR48.5	Add		<p><b>The waiting athletes in the second, third and fourth legs of the 4 × 400m, the 4 × 400m Mixed and the 4 × 800m race shall, under the direction of a designated official, place themselves in their waiting position in the same order (inside to out) as the order of their respective team members as they pass the finish line to enter the last lap of their leg. Once the incoming athletes have passed this point, the waiting athletes shall maintain their order, and shall not exchange positions at the beginning of the takeover zone. If an athlete does not follow this Rule, their team shall be disqualified.</b></p> <p>To avoid any interference with the team members currently running, the waiting athletes should be placed in their order</p>	To allow for more time to correctly place the receiving athletes	

			under the direction of the designated official on the outside of the track and only be led to their final waiting position on the track once the athlete of the last team has passed the finish line.		
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