

NIPPER CHAMPIONSHIPS OFFICIAL'S INSTRUCTIONS – BEACH FLAGS

Official's Instructions BEACH FLAGS

- There should be a maximum of 15 in each event.
- The course should be squared to ensure that all competitors run the same distance.
- There should always be less flags set down than there are competitors. A competitor who fails to get a flag is eliminated from the contest.
- Beach Flag officials shall determine the number of competitors to be eliminated each round but no more than 3 at a time.
- Runners' positions should be random for each round. Try to mix these up.
- In the event of 2 or more competitors holding the same flag and the finish judges not being able to determine which competitor's hand grasped the flag first, a run off can be employed between those 2 runners.
- Competitors shall line up approx 1.2 metres apart and lie face down with their toes on the starting line, heels together, hands on top of each other with finger tips to wrist and head up. Elbows must extend forward so that the chest lies flat on the sand. No scooping of the sand or digging, or digging in of the feet is allowed. Bodies should be at right angles to the starting line.



- The starter shall give the command 'Competitors ready'. The starter shall give the command 'Heads down' where the competitors will stretch their chins forward and onto their hands to await the start.
- The starter will blow the whistle when all are steady.
- The starter must position themselves where they cannot be seen by the competitors.

