

# Race Walking

## What is Race Walking?

Race Walking is a progression of steps so taken that the walker makes contact with the ground, so that no visible (to the human eye) loss of contact occurs. The advancing leg shall be straightened, (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.



## What is the Equipment I need?

- **Walk Jackets or Armbands:** To identify the Walk Judges
- **Walk Judge Summary Sheet (Judges Pads):** To record infringements - Yellow paddles and Red cards
- **Red Cards**
- **Walk Paddles (2):** Bent Knees and Loss of Contact
- **Chief Walk Judge's Sheet:** To collate the infringements
- **Recording Table**
- **Clipboard and pen**

## What are the Race Walking Rules?

There are two basic rules in Race Walking:

- **Contact:** The athlete must never have both feet off the ground at once.
- **Knees:** The advancing leg must be straightened (not bent at the knee) from when the foot first makes contact with the ground until the vertical upright position.
- A **Yellow Paddle** is given when an athlete is "close" to breaking the rules.
- A **Red Card** is issued when an athlete has "broken" the rules.

## How are Yellow Paddles or Red Cards Given?

- A Walk Judge may Yellow Paddle an athlete twice, once for Contact and once for Knees. However they cannot issue 2 for Knees or 2 for Contact.
- Yellow Paddles do not count towards disqualification.
- Each Walk Judge can only Red Card the same athlete once.
- Communication either **verbal or non-verbal** is dependent upon the age level and competition
- Little Athletics:
  - Up to and including U12 athletes receive *Verbal Reports* at the time of detection of the actual infringement. Note: All remarks should be loud and clear and always in the form (e.g. Red Card No. 6 contact or knees)
  - U13-U16 age groups receive *Non- Verbal Reports*. The Reports for these age groups are silent and the athlete is not aware of them – **Red Cards**
  - Please check the Rules of Competition as these may vary

## Where Do You Stand On The Track?

- Judges are spread around the track to ensure the whole track is covered
- Judge from Lane 5-7 to ensure a clear view of the athletes in your zone
- It is best to view an athlete from side on, not from behind

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## What Does a Good Judge Not Do?

- Believe that the proof of a good Judge lies in how many Red Cards given. A good Judge can assist more competitors to finish by the judicial use of a Yellow Paddle before an infringement of the rules take place
- Pre-judge a competitor for what they might have done in a previous event
- Be influenced by outside opinions. A Judge is in control of their section of the course or track, so must make their own decisions
- Avoid getting into conversations during the race with other Judges or spectators
- Take an active interest in the positions or placings of any of the competitors
- Judge by lying or crouching on the track or road
- Hide from the athletes in a road race. It is unethical and distracting to the athlete to 'hop' out from behind a fence, bush, car etc.



## Who Can Disqualify?

- The Chief Walk Judge is the ONLY Judge who informs the athlete of their disqualification
- Three Red cards to one athlete is required for disqualification

## At the End of the Event

- Each Walk Judge must hand in their Judge's Tally Sheet to the Chief Walk Judge as soon as the event has finished.