

# 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 (Caution) an athlete twice, once for Contact and once for Knees. However they cannot issue 2 for Knees or 2 for Contact.
- Yellow paddles (Cautions) 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:
  - Verbal Yellow Paddles (Cautions): for all age groups
  - Show the athlete a *Yellow Paddle* indicating the offence along with the verbal caution. (e.g. Number 3: Caution 'Contact' – Yellow Paddle shown)
  - Verbal Red Cards (Reports) up to and inclusive of the U10 age group. (e.g. Number 9: Report 'Knees') Red card completed
  - Non-Verbal Reports (Red cards): for U11 – U16 age groups.
- Other Athletes:
  - Non Verbal – Yellow Paddles and Red Cards

## Where Do You Stand On The Track?

- Judges spread themselves around the track to ensure the whole track is judged.
- 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 you give. A good judge can assist more competitors to finish by the judicious use of a caution before an infringement of the rules takes place.
- Pre-judge a competitor for what they might have done in a previous event.
- Be influenced by outside opinions. You are in control of your section of the course or track, so make your 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 competitors 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 are 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.