

Race Walking

Event offered to

U9 to U15 age groups

Event equipment

- ✓ Judging Paddles to indicate infringement of contact or knees
- ✓ Race Walking Judge Recording sheet
- ✓ Race Walk Summary Sheet
- ✓ Pens and Clipboards
- ✓ Hip Numbers or Bibs for athletes so they can be identified by number by the Judges.



Event Preparation

- Track must be clear of obstacles and hazards.

Officials Required

- Chief Walk Judge: to inform athletes of procedures at the start and debrief athletes at the finish of the event and the only person permitted to disqualify an athlete for breaking the Race Walking rules.
- Walks Judges: to observe only in the allocated area, give verbal reports to athletes and record the reports on the Race Walk Judge's Record. 4-6 judges are ideal. Judges usually stand in lane 5-6 to observe the athletes in clear view.
- Recorder: to collate the results and complete the Judging Summary Sheet.

Basic Rules

- There are two basic rules in race walking, relating to the following.
 - Contact - the child must never have both feet off the ground at once (lifting).
 - Knees - the advanced leg must be straight (not bent at the knee) from when the foot first makes contact with the ground until it is directly under the body.
- There are two reports called for 'contact' or 'knees':-
 - Caution is given when an athlete appears to be in danger of breaking the Race Walking rules.
 - Red card is given when an athlete is breaking the Race Walking rules.

A Disqualification

- Each Walk Judge can give two cautions to an athlete – one for 'contact' and one for 'knees'. Cautions have no bearing on disqualifications. Cautions are called, e.g. "Number 6, Caution, contact" – show yellow paddle. Cautions are given if there is the possibility of an infringement.
- A Walk Judge can give only one Red Card to each athlete. A red card is given for a definite infringement.
- A Red Card from any three Walk Judges disqualifies an athlete from the event. Red Cards are called out for athletes up to and including u11, e.g. "Number 9, Red Card, knees. For older athletes the red card is silent.

Recording

- Cautions and Red Cards are recorded on the Walks Judges Summary sheet. Only Red Cards contribute to a Disqualification.

Officials Information Sheet: Race Walking, Updated August 2024.

