

# Race Walk Officiating Handbook



## USA Track & Field

### 2008



Revised August 2008

# INTRODUCTION

Race walking is growing in popularity across the United States and throughout the world. Competent Race Walking Judges are necessary at all levels of competition. This handbook is to help the Race Walk Judge and Official at any level.

Race walking is included within the sport of Athletics (track and field, race walking and long distance running). USA Track & Field (USATF) is the national governing body of the sport of Athletics in the United States. The USA Track & Field National Race Walking Committee is responsible for the development of this handbook. Specialized officials, called Race Walk Judges and Race Walk Officials, are required in addition to the other required competition officials. The Race Walk Judges determine the legality of the technique of the race walking competitors, while Umpires and other officials monitor the rules of track and field.

The rules of competition for age-group, Junior Olympic, high school, and collegiate race walkers mirror the rules for walkers who are in the Olympic Games.

Walking in competition involves all ages at many ability levels – from those who walk for pleasure and fitness to men and women who perform at world class and Olympic levels. Race Walk Judges are trained for different levels of judging. There are men and women who are association level Race Walk Judges, and general officials, who judge walking races in local meets. National Championships are judged by National and Master level Race Walk judges. Level 2 or 3 IAAF (International Association of Athletics Federations) panel judges judge IAAF area and International events. These IAAF Judges are important contacts for questions that might arise for Judges in the U.S.

The main purpose of this handbook is to help new Judges understand the basic rules and procedures of judging race walking and to provide experienced Judges with the tools to improve and advance to a higher classification within the official's certification. The secondary purpose of this handbook is to educate other race walk officials and to help standardize the procedures, techniques and materials used in judging and officiating race walking events within the U.S.

This handbook includes various drawings, materials and references to help Judges better understand the proper techniques for legal walking. We are grateful to the many people who have contributed forms, materials, ideas and suggestions to this handbook.

## The Rules of Race Walking

The rules of race walking copied on the following pages were taken from the 2008 USATF Competition Rules. They are printed here in their entirety for your convenience.

The USA Track & Field *Competition Rules* is available for purchase from USATF:

USATF Order Department  
132 E. Washington, Suite 800  
Indianapolis, IN 46204

Contact the USATF at (317) 261-0500 for more information.

You may access the current year *USATF Competition Rules* at:

<http://www.usatf.org/about/rules/>

The IAAF publication on race walking, *The Judging of Race Walking – 2006 Edition*, is available at:

<http://www.iaaf.org/>

# USA Track & Field

## Competition Rules

<p>ARTICLE IV – RULES OF COMPETITION</p> <p>SECTION VI – RACE WALKING</p>
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### Rule 230

#### JUDGES OF RACE WALKING

##### 1. JUDGING

- (a) The Judges of Race Walking shall have the sole authority to determine the fairness or unfairness of walking, and their rulings thereon shall be final and without appeal. Judging decisions are made as seen by the human eye.
- (b) The appointed Judges of Race Walking shall elect a Chief Judge.
- (c) The Chief Judge shall assign the Judges to their respective judging areas and explain the judging procedure to be used during the race. In International Selection Competitions, the Chief Judge shall act as the supervising official for the competition and act as a Judge only in the special circumstance described in 230.3(f).
- (d) A Chief Judge's Assistant may be appointed to assist with the notification of disqualifications. At International Selection Competitions, the position is required. The Chief Judge's Assistant shall not act as a Race Walking Judge.
- (e) All Judges shall be currently certified as Race Walk Judges by USATF or by another IAAF member federation.
- (f) All Judges shall act in an individual capacity.

- (g) The Chief Judge will serve as the Referee and Chief Umpire if none is assigned. The Judges will serve as Umpires if none are assigned.
- (h) In road races, depending on the size and layout of the course there should be a minimum of six to a maximum of nine Judges including the Chief Judge. In track races, indoors and outdoors, there should be five Judges including the Chief Judge. At International Selection Competitions there shall be six judges (including the Chief Judge) when the trial is conducted on a track, and there shall be no more than 9 judges (including the Chief Judge) when the trial is conducted on a road course.
- (i) All Judges' Tally Sheets shall be turned in to the Recorder at the end of the race. A copy of the completed Judges' Summary Sheet shall be posted as soon after the event as possible. The original of this sheet shall be delivered to the Competition Secretary and made part of the official event records.

## 2. CAUTION

- (a) Competitors must be cautioned by any Judge when, by their mode of progression, they are in danger of failing to comply with the definition of race walking (see Rule 232); but they shall not be given a second caution by one and the same Judge for the same offense. Having cautioned a competitor, the Judge shall record all such cautions on the Judge's Tally Sheet.
- (b) Each Judge shall use a yellow paddle for signaling cautions. Each paddle should have the symbol ~ indicating "Loss of Contact" on one side and the symbol > indicating "Bent Knee" on the reverse side to show the reason for the caution.

## 3. DISQUALIFICATION

- (a) When a Judge observes a competitor who fails to comply with Rule 232.2, the Judge shall issue a red card. A red card is that Judge's proposal for disqualification of a competitor.

- (b) Red cards shall be given to the Recorder as soon as possible. If there is no Recorder, the red card shall be given to the Chief Judge. A Judge shall record all proposals for disqualification on the Judge's Tally Sheet.
- (c) When red cards from three different Judges have been sent to the Recorder or Chief Judge on the same competitor, that competitor is disqualified and shall be notified of this disqualification by the Chief Judge or the Chief Judge's Assistant.
- (d) Notification of disqualification shall be given as soon as practicable after the competitor has finished, if it is impractical to notify the competitor of the disqualification during the race. The failure to give prompt notification shall not result in the reinstatement of a disqualified competitor.
- (e) The Chief Judge, and when applicable, the Chief Judge's Assistant, shall use a red paddle for signaling disqualification.
- (f) At International Selection Competitions, the Chief Judge has the power to disqualify a competitor inside the stadium when the race finishes in the stadium, or in the last 100m when the race takes place solely on the track or on a road course, when his/her mode of progression obviously fails to comply with Rule 232.2 regardless of the number of previous red cards the Chief Judge has received for that competitor. A competitor who is disqualified under these circumstances shall be allowed to finish the race.
- g) For Championships and International Selection Competitions, one or more posting boards shall be placed on the course and/or near the finish to keep competitors informed about the number of red cards that have been received by the Recorder or Chief Judge for each competitor. The symbol for each offense shall also be indicated on the posting board.
- (h) Where appropriate equipment is available, computer devices with transmission capability may be used by the Judges in communicating proposals for

disqualification to the Recorder and the disqualification proposal posting board(s).

- (i) If the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that a competitor has left the marked course thereby shortening the distance to be covered, the competitor shall be disqualified.

## **RULE 231**

### **RACE WALKING OFFICIALS**

Race Walking Officials may be appointed to assist in the administration of the race walking event(s) by administering the disqualification proposal posting board, recording information for the Chief Judge, assisting the Chief Judge and/or other Judges, overseeing and coordinating the functions of the Lap Counters, and performing such other relevant duties as may be required by the Chief Judge or the Meet or Event Director.

## **RULE 232**

### **GENERAL RULES**

1. Article III and Article IV, Sections I and VI, of the Rules of Competition shall be followed unless otherwise provided in this Section V. In the rules of those articles and sections, all forms of the word “run” shall be construed to apply to the corresponding form of “walk.”
2. Definition of 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 must be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until the leg is in the vertical upright position.

Disqualification for failure to adhere to the above definition is governed by Rule 230.3.

3. Race Conduct. For all Race Walking events, the following code of conduct must be adhered to:
  - (a) In track races a competitor who is disqualified must immediately leave the track. In road races the disqualified competitor must, immediately after being disqualified, remove the distinguishing numbers that he or she is wearing and leave the course. A competitor who fails to leave the track or course, as required by this Rule, shall be subject to Rule 145. No finishing time shall be listed in results for any competitor who receives notice of disqualification after the competitor has completed the race.
  - (b) In walks where multiple distances are contested simultaneously, each competitor must declare on the entry form which distance is being entered. Times for other distances (but not placings) are valid only if the competitor finishes the distance entered.
  - (c) A race must have a minimum of three Judges as prescribed in Rule 230.1(e). For record requirements, see Rule 266.
  - (d) Athletes shall not use video or cassette recorders or players, TV's, CD or CD-ROM players, radio transmitters or receivers, mobile phones, computers, or any similar devices during the competition.
4. In addition to the water and/or refreshment stations provided at the beginning and end of the race, for all events of 10km or longer, refreshment stations shall be provided every lap. In addition to refreshments provided by the Organizing Committee, athletes shall be permitted to provide their own refreshments at refreshment stations. A competitor who collects refreshment from a place other than a refreshment station is liable to disqualification by the Referee. In addition, drinking/sponging stations for water only shall be placed approximately midway between the refreshment stations or more frequently if weather conditions warrant such provision.



5. Courses and Conditions for Walking Events.
  - (a) In Championships, the circuit for events of 10 km and longer shall be a maximum of 2500m. The circuit for events of less than 10 km shall be a maximum of 1250m. No circuit should be shorter than 1000m.
  - (b) Race walking events shall be so arranged as to ensure that the entire event is held in daylight or with suitable artificial light.
6. All walking events that qualify or advance a competitor to subsequent events must be competitive, race walk only, events that comply fully with race walk Competition Rules.

<b>ARTICLE V - RECORDS</b>
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**RULE 266**

**RULES APPLICABLE TO RACE WALKING EVENTS**

1. Race walking performances may be accepted as records only if made in competition limited to race walkers.
2. Separate records shall be kept for track and road courses. Records set on a track shall meet all standards applicable to track running events. Records set on road courses shall meet all standards applicable to road running events, including standards pertaining to the measurement and certification of courses. The maximum circuit length shall be the same as those applicable to Championships. See Rule 232.5(a).
3. For records, track races require five Judges and road races require a minimum of six judges, as prescribed in Rule 230.1(e). At least half of these judges shall have National or higher certification, and at least one of these judges must have Master or IAAF certification.

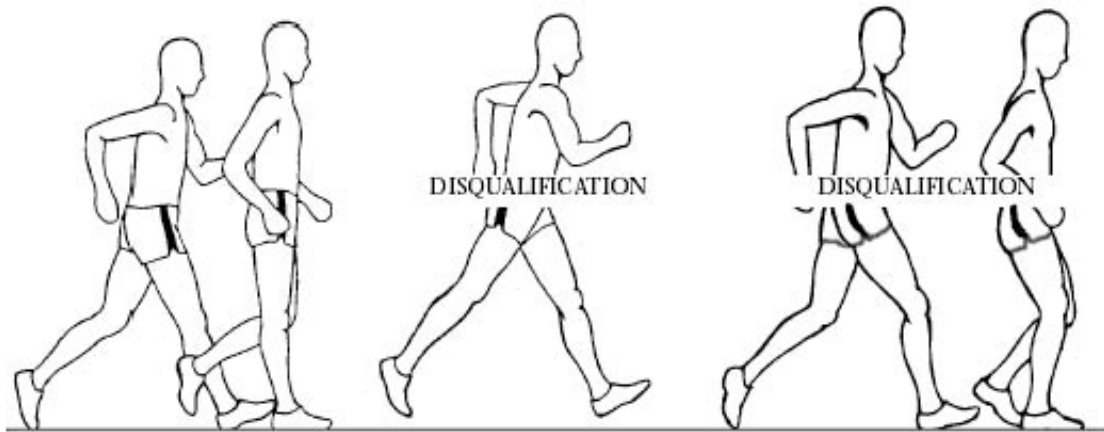
## **JUDGING RACE WALK EVENTS**

Race Walk competitions require a specialized set of officials, who are trained to determine the legality of the walkers.

Race Walking Judges ensure fairness for all walkers by disqualifying competitors who are not race walking within the definition (no visible loss of contact and straightened leg). Judges shall have the sole authority to determine the fairness or unfairness of walking and their collective decisions shall be final in this regard. The basic rules of judging remain the same at the international, national and local levels of competition.

If at all possible, the individuals selected to officiate as Race Walk Judges, should be free from a perception of a conflict of interest. The recommendation is to be applied especially at competitions that select National Teams, and at the Indoor and Outdoor Championship meets. Any application of this recommendation should be done without diminishing the quality of the judging panel selected. The recommendation extends principally to those individuals who are associated with an athlete in the competition as a coach. Other secondary considerations are to managers, agents, or family members. Additionally, in any Race Walk events, a Judge who feels he or she may not remain impartial should excuse himself from the judging panel.

A Race Walking Judge's proficiency increases as he develops his powers of observation. There are many physical movements, especially when the walker becomes fatigued, that may result in illegal walking. Some of these movements are discussed in detail in this handbook. It must always be remembered, however, that the only reason a Race Walking Judge makes a decision is because the Judge has OBSERVED a violation of the definition of walking (visible loss of contact and/or bent knee). Judging decisions should be made based only on observations of lack of continuous contact and straightened knee, disregarding any other motion. A good Judge may block out the walker's torso so that he can concentrate on only the leg(s) and feet.



The prior drawings demonstrate examples of legal walking and illegal walking due to visible loss of contact and bent knees.

The Judge issues a caution or a red card based on a violation for a progression of strides. A decision made for just one stride is poor judging. A walker may scuff the track or road, hit a stone, a hole or an uneven surface, or be bumped by a competitor and slightly lose balance for one stride. A Judge should not make a decision for that. However, a judge should act on repeat occurrences to gain an advantage.

Some race walkers – novice and experienced – make special attempts to be “super clean” when in a Judge’s vicinity, and then their legality may be questionable in the areas between the Judges. Any decisions made should be based on observations within the Judge’s “viewing area” and cannot be based on speculation, guess or hearsay.

All Race Walking Judges operate independently and should not discuss the competition with others. Judges should not compare notes nor should they view the disqualification proposal posting board during competition.

Judges should not ‘hide’ from competitors on a road course. It is not ethical nor is it good judging technique, to ‘hop’ out from behind a fence, bush or car.

## **HOW TO MAKE RACE WALK JUDGING DECISIONS**

To make a call, the Race Walk Judge must develop a method. Top USA Judges use the following sequence in making judgments. They first look at an approaching group from the distance for motions that distinguish individuals from the group. As the group approaches, they look for more specific indicators. Not paying attention to the rest of the competitors, the experienced Judge then looks more closely at those walkers in his viewing area who have attracted his attention. Lastly, judgments and possible decisions are made based solely on the competitor's adherence to the definition of race walking.

### **Indicators That May Attract the Race Walk Judge's Attention**

While observing groups of competitors outside the viewing area, the Race Walk Judge looks for competitors who appear to be jogging, shuffling or bobbing up and down; they may be bent kneed or loosing contact. They look obviously out of the "norm" and need closer scrutiny.

As these athletes enter the viewing area, the Judge should look for these indicators:

1. Over striding and under striding that may lead to loss of contact or bent knee.
2. High back kick after toe-off that may lead to loss of contact.
3. High forward knee drive that may raise the body's center of mass and lead to loss of contact.
4. A too high an arm swing and/or lifting of the shoulders that may pull the body up and off the ground leading to loss of contact.

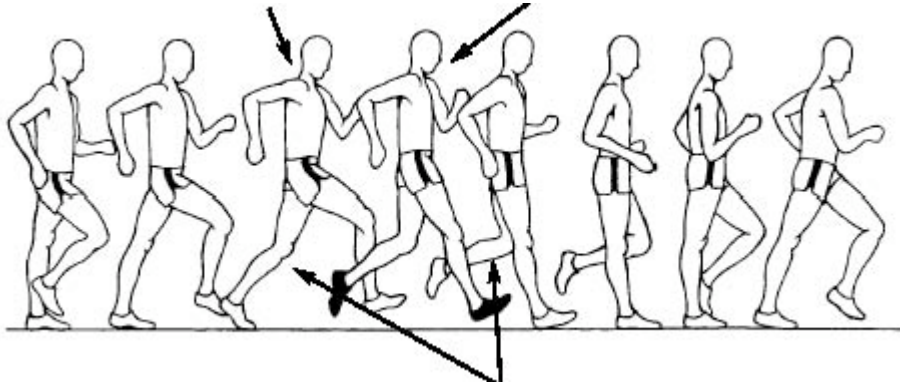
If any of these techniques are observed, the Judge should watch the competitor more closely or wait until the next lap or circuit to determine if a decision is required.

### **Making calls**

To make a judgment, look for straightening of the leg at the knee after contact has been determined. It is important to note that some athletes are in the process of straightening the knee as their weight is transferred to the support leg at contact. When the decision is made on the competitor, it must be based on the definition of race walking and not the earlier indicators that brought attention to the competitor. If in doubt, give the benefit to the athlete.

### 1.) Visible Loss of Contact Calls:

A red card (proposal for disqualification) for visible loss of contact is given when a Judge sees the rear foot of the competitor leave the ground before the front foot makes contact with the ground. Lack of continuous contact is visible when the rear toe and front heel are both off of the ground at the same time.



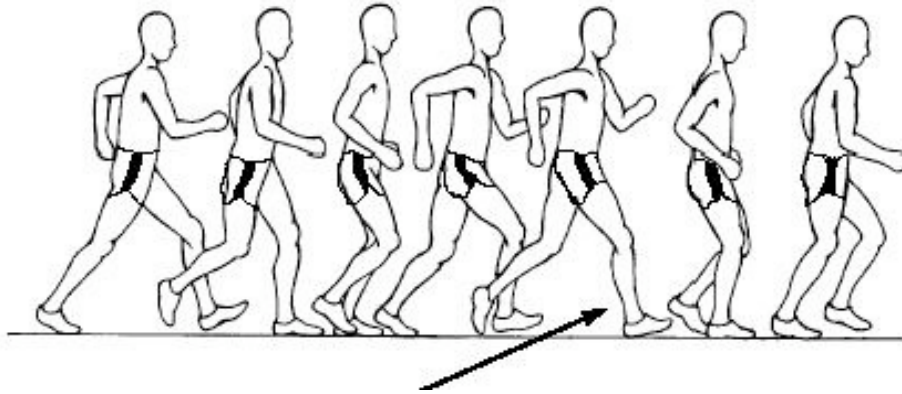
A Judge may give a caution for potential loss of contact when he, or she, sees:

1. Continued extension of the ankle after toe off, when the rear foot is lifted from the ground.
2. First contact with the ground made with a flat foot.
3. First contact with the ground made under the body.
4. Extreme forward lean that places the torso in front of the lead foot at contact with the ground.

### 2.) Bent Knee Calls:

Red cards for bent knee are given when a Judge sees either of two technique flaws:

1. Flexion (bending) of the support leg at the knee when weight is put on it. Flexion of the leg is marked by contraction of the long muscles at the front of the thigh. These muscles are forced to eccentrically contract because the leg has not been straightened at the knee. When the leg is straightened on contact the muscles at the front of the thigh remain relaxed.
2. Flexion of the support leg at the knee when in single stance at any point after contact with the ground before the leg reaches the vertical position.



The Judge may give a caution for potential bent knee when contraction or relaxation of the support leg's front thigh muscles cannot clearly be seen or when the walker appears to be walking very stiff legged.

NOTE: Cautions and red cards for bent leg ought NOT to be given if the athlete hyper-extends the leg at the knee, is bowlegged, has large thighs, or has protruding knees. Do not look to see if the leg is "straight" but rather look to see if the leg is straightened at the knee. Failure to straighten the leg at the knee at contact or during stance before the vertical position is really a matter of the support leg not being locked upon contact, or failure to keep the knee locked until the body has passed the vertical position.

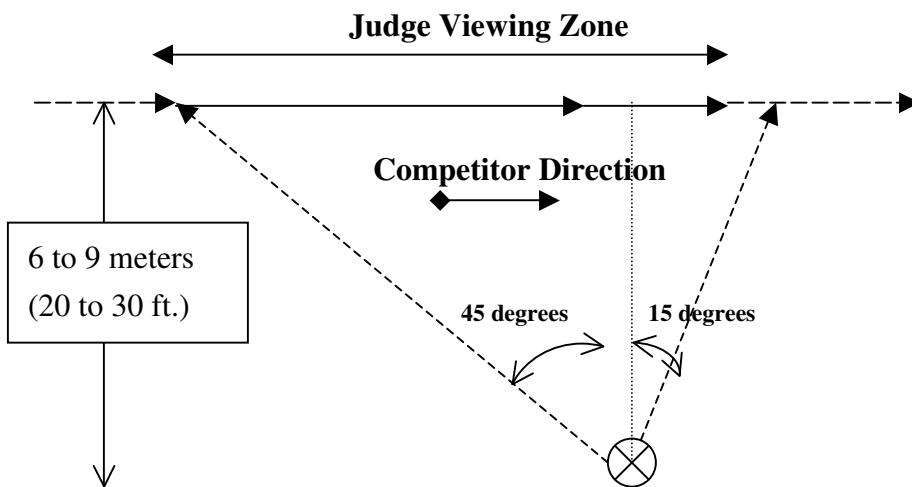
### Summary

As a Judge, once a decision is made to make a call, act on it immediately. Keep in mind that as part of a panel, the system of cautions and red cards is for the athlete's benefit. A signal with the yellow paddle and the posting of red cards in championship races gives the competitor a chance to correct before disqualification. A caution or a single red card does not hurt an athlete. A Judge's independent decision only affects the athlete negatively if a collective decision reaches the same conclusion. Competitors may be cautioned by all of the Judges (possibly for both infractions) without disqualification. If two or more other Race Walk Judges see what you see, an athlete violating the definition of race walking, then the collective, but independent, panel ensures the fairness of the competition for all.

## RECOMMENDED JUDGING POSITIONS

A Judge should position himself to allow a clear view of the legs of the competitors. In a track event, the ideal position is to the outside lanes, so that the inner-raised curb will not block the view of the contact points. A Judge should never lie on the track nor run along the side of the competitors while judging. For a road event the Judge should, if possible, move to a position where he can clearly see the surface of the road, but is still in view of the competitors. It may be necessary to move to the opposite side of the track or road to get a better viewing angle to confirm a bent knee before making a call.

The following diagram shows the recommended position or “viewing area” in which a Judge most accurately observes a walker.



Judge (on a track, stand in outer most lane)

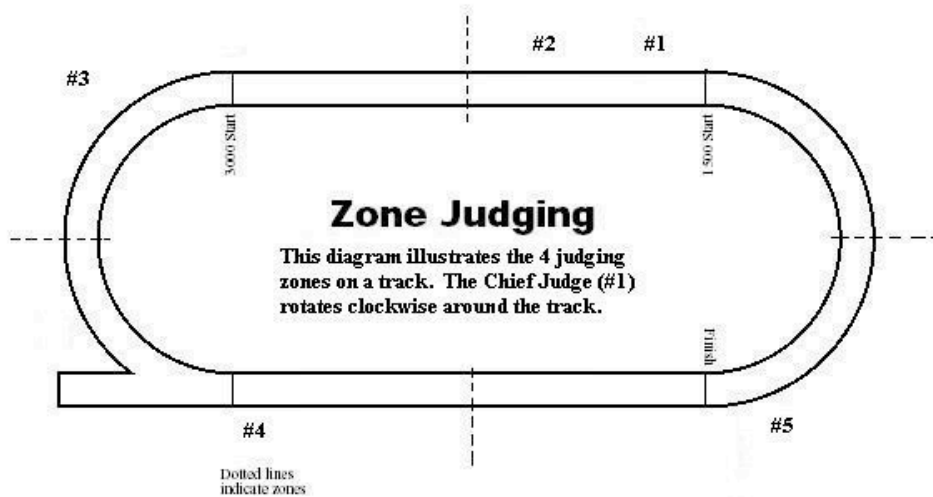
The walker **SHOULD NOT** be judged directly from the front or the rear.

Walkers are most likely to be illegal: during the acceleration at the start; when passing another walker; in the middle of a group; around turns; near aid and refreshment areas; entering and leaving road courses; and during the finishing sprint immediately before the finish line.

For track races there should be five judges, including the Chief Judge. The Zone Method divides the track into 4 equal areas - each area having 1/2 of a curve and 1/2 of a

straightaway. Each Judge has a designated area to watch. The Judge should move within that zone. The Judge should stay predominantly in the outside lanes, but may move to the inside of the track as needed. With “zones,” the designated Judges can assist at the start of the race and then move to their assigned areas.

The Chief Judge moves around the track in a clockwise direction. The recorder stays near the disqualification proposal posting board. The Judge assigned to the zone that includes the start, and the Judge assigned to the zone in front of the start, plus the chief Judge are positioned near the starting line. Towards the end of a race, the Judge in the finish area zone, the Judge in the next zone, and Chief Judge should move to the finish area.



For example: For a 1500m race, the Chief Judge (#1) should be at the start (to facilitate instructions), Judge 2 will be halfway down the straightaway and Judge 3 at the end of the straightaway. For a 3000m / 5000m start, the Chief Judge should be at the start (to facilitate instruction), Judge 3 at the midpoint of the curve and Judge 4 at the end of the curve. This will allow for 3 separated Judges within the first 100 meters. For the finish, Judge 4 should move to the beginning of the straightaway, Judge 5 should move to the finish line, and the Chief Judge should be midway between Judge 4 and 5. This assures 3 separate Judges at the finish area.

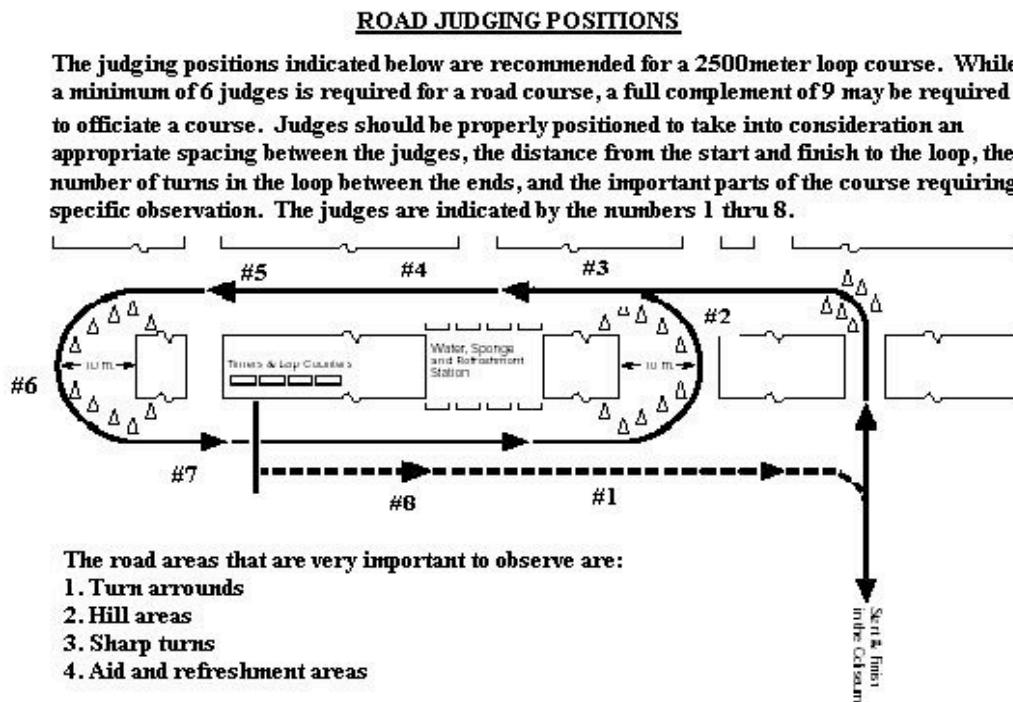
The ROTATION method allows the Judges to move from one zone to the next around the track in a counterclockwise direction covering all areas of the track. All Judges must work together and move at the same time on a specific signal. The main benefit of this method is to give the Judges a different view of the walkers throughout the race. The Chief Judge rotates in a clockwise direction.



The rotation method requires experienced Judges and should only be used in track races longer than 5000m to be effective.

In road races, depending on the size and layout of the course, there should be a minimum of six to a maximum of nine Judges, including the Chief Judge.

The positions and rotation of judges depend on the length and nature of the circuit. Below is an example of a road course and positions of judges.



### **DUTIES OF THE CHIEF JUDGE**

The Race Walk Judges for an event are appointed or selected by the Organizing Committee well in advance of the event. This gives each Judge time to communicate acceptance and to make travel arrangements. The most experienced Judge or a Judge selected by the Organizing Committee may act as chairman of the meeting to elect the Chief Judge. The pre-race meeting should involve all the walking Judges and should be conducted at least one hour before the event or the evening before the event if possible. It is recommended that one of the more experienced Judges be elected as the Chief Judge by the event's selected race walk Judges.

The following items should be covered at the pre-race meeting after the election of the Chief Judge:

1. Before the competition the Chief Judge shall make a list of names of the all the judges and their USATF certification numbers.
2. The Chief Judge shall assign the Race Walk Judge numbers.
3. Each Judge should be provided with a map of the course or the map of the track that explains the aid stations and the location of officials who are involved in the walking event.
4. The Chief Judge will assign the judging zones or areas. At this time the Chief Judge should state which Judges are to be present at the start of the race and which Judges are to be present at the finish. The Chief Judge will normally position himself at or near the finish during a road race.
5. Watches are synchronized among the Judges to correct time of day for the race location.
6. Transportation arrangements are discussed, including the direction and the method that the Chief Judge will move about the course.
7. Red cards and Judges' tally sheets are distributed and the collection process during the race is reviewed. Samples of the Red Cards and the Judges' Tally Sheets are located on the USATF Officials' website at: [www.usatfofficials.com/training/index.html](http://www.usatfofficials.com/training/index.html).
8. Rules and procedures that apply for this walking event are reviewed. The yellow caution paddles should be distributed. The disqualification proposal posting board should be pointed out. At this time, all Judges should be introduced to the Recorder and his location during the race established. A sample of the Judges' Summary Sheet is located on the USATF Officials' website at: [www.usatfofficials.com/training/index.html](http://www.usatfofficials.com/training/index.html).
9. The Chief Judge (or an Assistant Chief Judge) is the only Judge to signal a disqualification of an athlete during the race. Prior to the race, the Chief Judge introduces himself. If novice athletes are competing, the Chief Judge may briefly review the rules of race walking and the judging procedures.

10. Arrange for the post-race meeting. At this meeting, the Chief Judge will determine that all of the Judges' red cards and tally sheets have been properly recorded, review the judging aspects of the race and answer any questions regarding the race.

The Chief Judge must be acquainted with all of the materials to be used in judging. In the review of the rules, the proper use of the paddles should be discussed.

When no disqualification proposal posting board is used, the Chief Judge should inform the athlete as a red card is recorded. For example: A red card comes in from Judge "2" and is recorded to athlete #12 for bent knee. The Chief Judge would make eye contact with the athlete. Then the Chief Judge would show the yellow paddle with the bent knee side displayed along with a red card to athlete #12 and would say, "*Number 12, you have one red card for bent knee.*" This allows the athlete to be aware of the calls and correct the problem. If this method is employed, it must be explained to the athletes prior to the race start.

The only time a Chief Judge speaks to an athlete during a competition is when a verbal caution is given, or when the Chief Judge asks him to leave the track or course due to a disqualification.

At the conclusion of competition:

1. The Chief Judge should certify for accuracy the Judges' Summary Sheet by signing the form.
2. A copy of the completed Judges' Summary Sheet shall be posted as soon as possible after the event. It should be posted in close proximity to the results.

## **PROCEDURES FOR MAKING RACE WALK CALLS**

### **Judges' Tally Sheets**

Each Judge is responsible for recording his judging decisions on a Judge's Tally Sheet. He should record the competitor's bib number, the reason for the decision and the time of day the decision was made. A competitor's number should appear only once on the tally sheet. Notes concerning any athlete being monitored should be made on the side or back of the tally sheet. It is the Judge's responsibility to accurately and thoroughly record his decisions on the tally sheet.

### **Method of Cautioning Athletes**

The primary method of cautioning is to use the yellow paddle. The Judge should:

1. Make eye contact with the athlete
2. Show the paddle so the athlete sees the infraction
3. Point to the athlete.

When it is not possible to show the competitor a paddle, the athlete may be cautioned verbally by calling the athlete's number and stating only either "loss of contact" or "bent knee". For example: "*Number 16 – CAUTION – bent knee.*" Anything additional is coaching.

Caution calls must be recorded on the Judges' Tally Sheet. If the athlete has not been visually or verbally notified of a caution, it is not to be recorded on the tally sheet.

### **Red Cards**

When a Judge decides to issue a red card, the following information is completed on the card: competitor number, reason for the red card, time of day, Judge's name (printed), signature, and judging number, if it is not already on the card. The Judge must also document this decision on the Judges' Tally Sheet by recording the infraction and the time of day.

## **DUTIES OF THE RECORDER**

The Recorder is vital to the Chief Judge, especially during a major race. The Recorder is an assistant to the Chief Judge. The main functions of the Recorder are to receive all red cards from the Judges and to record these red cards onto the Judges' Summary Sheet. The Recorder informs the official at the disqualification proposal posting board of the incoming red cards for each athlete. The Chief Judge is notified when a competitor has received three red cards from three different Judges, and has been disqualified. The Recorder should pass to the Chief Judge all three or more red cards when informing the Chief Judge of the disqualification.

The Recorder fills in the following information on the Judges' Summary Sheet before the start of the race: name of event, date, name of Chief Judge, name of Recorder, race start time, and Judges' names listed by position.

The Judges' Summary Sheet is the official score sheet of the judging of the race. Accuracy is a must. There should always be a final check by both the Recorder and Chief Judge to ensure the Judges' Summary Sheet accurately includes all proposals for disqualification.

Blank and completed samples of the Judges' Summary Sheet are located on the USATF Officials' website at: [www.usatfofficials.com/training/index.html](http://www.usatfofficials.com/training/index.html). At the end of the race, the Judge's Tally Sheets are collected and all cautions are recorded separately. It is important to indicate the time of each caution and red card. In this way, the athletes and the Judges have a better understanding of the calls made throughout the race.

After all the red cards are collected, recorded and the final tallies are made, all the athletes will be notified of any further red cards. This must occur within a short time after the race has been completed. The Chief Judge conducts a general race review. The Judges' Summary Sheet and the Judges' Tally Sheets should be turned in after the race along with the results. It is up to the Chief Judge and the Recorder to ensure that the Judges' Summary Sheet is copied and posted for all the race walk competitors. All Judges should receive a copy of the Judges' Summary Sheet.

For races with a large number of competitors, a Red Card Only Summary Sheet may be used during the race. Examples of the Red Card Only Summary Sheets and a description

of the process can be found on the USATF Officials' website at: [www.usatfofficials.com/training/index.html](http://www.usatfofficials.com/training/index.html).

### **CARD COLLECTORS**

Additional assistants are needed to aid in transporting the Judges' red cards to the Recorder during the race. These assistants are called "Card Collectors" or "runners."

In a road race, it may be necessary to utilize card collectors (runners) on bicycles or carts for better speed and efficiency. The runners transport the card to the Recorder. Generally, runners go in the opposite direction of the walkers for safety. The runners should verify that the Judge has appropriately completed the red card being picked up. Any missing data can be added then and avoid the returning of the red card to a Judge for clarification. After verifying the red card, the runner immediately takes the red card to the Recorder. It is preferred that the runner keep the card out of site of the walkers until it is given to the Recorder.

Runners should consider using a waterproof pouch to transport the red cards to the Recorder. This prevents lost cards, damage to the card, and keeps the card out of sight of the athlete until posted.

### **THE DISQUALIFICATION PROPOSAL POSTING BOARD**

The primary purpose of the board is to keep competitors informed about the number of red cards that have been handed in to the Recorder for each competitor.

The board shall be placed in such a position that each competitor can easily view the board each time he passes.

The board should be placed away from the area where times are announced or where water or spray is offered. It is recommended the board is placed near the final straightaway of the track where minimal effort is expended to see the numbers and review the marks.

On the road it is recommended that the board be placed 100m before the finish. If the course is a loop outside a stadium finish, then the board should be so positioned that it can be viewed prior to exiting the loop for the finish.

The Recorder should work closely with the person marking the board. Neither the Recorder nor marker should block the view of the board. As the red card comes in to the Recorder and the Judges' Summary Sheet is properly marked, the Recorder passes the number of the offending athlete to the Disqualification Proposal Posting Board operator. It is recorded by placing the symbol (~ or >) next to the athlete's number to designate one red card. As the athlete receives a second card, a second mark is put next to the athlete's number. When a third red card comes to the Recorder, the Recorder rechecks to make sure that 3 separate Judges have proposed disqualification. The Recorder shall post the third red card when it has been verified. The Recorder gives the three red cards to the Chief Judge, who notifies the athlete of disqualification and requests the athlete to leave the course. The athlete should continue walking until notified of disqualification by the Chief Judge.

The design of the board is simple: the number of the athlete is posted, and a large red “~” or “>” is placed next to the number to note the red card. This can be displayed on a large white board or blackboard. A large paper tablet on an easel could also be utilized as long as it is visible to the athletes. Pre-cut red dots with a “~” or “>” and double sided tape may also be used. Some races may pre-post the bib number of the athletes so they will know where to look on the board for their calls. A design is illustrated in Appendix 2.

### **UMPIRE CALLS (Rule 127)**

While Judges may fulfill umpire duties, it is recommended that separate officials be assigned to handle those duties. When that option is not available, the Judge must be alert for violations of the other rules of competition (unsportsmanlike conduct, elbowing, course cutting, no number, etc.). These violations are reported separately and not as a judging call. When umpire calls are made, they are submitted to the Race Walk Referee, who is the only official who has the power to act on the call. The calls may be made orally and in written format.

It is recommended that all events supply separate umpires to monitor the course in order to free the judges to focus specifically on judging.

## UNIFORM

USATF and the National Officials' Committee retain the copyright for our National Uniform for indoor and outdoor championships:

1. National Uniform Polo
2. Khaki slacks, shorts or skirt
3. Brown or khaki belt
4. White shoes and socks
5. National Photo ID
6. Hat (outdoors) Your hat is part of your uniform. It may contain your official certification pin or meet pin only;
7. National Uniform Jacket or navy blue jacket;
8. Starters - Indoor and Outdoor - Red Sleeves to be used. Red blazer for TV only.

**Race Walk Judges shall wear the standard officials' uniform at all levels of competition unless otherwise directed by meet management.** Judges may wear armbands in addition to the standard uniform.

## JUDGING PHILOSOPHY & PRACTICES

A Judge should always strive to provide walkers with the best and most knowledgeable judging. A Judge has no obligation to coaches, spectators, or any others. It is not an easy job to be a good Race Walk Judge. However, seriously studying the discipline and working to become a better Judge will win the respect and appreciation of the athletes and fellow Judges, and help to provide a fair race.

### Philosophy of Good Judging

- If in doubt, a Judge gives the benefit to the competitor.
- The proof of a good Judge is not evidenced by how many competitors the Judge has given red cards. A good Judge can assist more competitors to finish by



judicious use of a caution before an infringement of the rules takes place.

- A Judge assumes that most of the competitors are not breaking the rules. Only a small percentage in each race will warrant a caution or red card.
- Judging is based only on the competitor's performance at that particular race. If a competitor is disqualified today, he should not be pre-judged for the next race.
- A Judge is responsible for decisions in his, or her, own area and should not be influenced by outside comments.
- A Judge should not intimidate athletes.

### **Good Judging Practices**

- A Judge acts immediately on all judgments.
- A Judge ensures that when a competitor is cautioned, the athlete sees the paddle and/or hears the caution.
- A Judge makes calls from a stationary position and outside any vehicle.
- A Judge does not converse with anyone other than the Chief Judge while judging the race. Questions about disqualification should be referred to the Chief Judge at the conclusion of the race. A Judge is not discourteous to someone with a query, but indicates politely that he doesn't want to be distracted.
- A Judge does not take active interest in the positions or times of the competitors or teams.
- A Judge does not convey any information to the competitors about the progress of the race.
- A Judge acts impartially. If someone deserves a caution or red card, he takes action even if he knows the competitor.
- In track races, a Judge observes mainly from the outside position and periodically from the inside of the track.

- A Judge should not lie down on the track or road.
- A Judge should confirm a questionable bent knee call from the side of the body of the suspect knee.
- A Judge should promptly report to the Post Race Judges' Meeting.
- A Judge is professional in his total performance. A Judge is prompt, courteous, and equipped with the rulebook and all items necessary to judge the race walk. He wears the proper uniform. In general, meet management provides the necessary paperwork.
- A Judge is in his assigned area 15 minutes prior to scheduled start time and is in a good position to judge in the assigned area or zone. A Judge stands or kneels on the outside lanes or goes to the inside of a track. A Judge moves to different vantage points in a road race.
- A Judge concentrates on his primary job of proper and fair judging of each walker in the competition. He protects the integrity of the competition and the event and judges the race so that it is a fair competition for everyone.
- A Judge is not distracted during the competition. He does not get into discussions with the competitors, coaches, spectators, meet officials, or the other walking Judges (except the Chief Judge) during the race. A Judge does not socialize until after the competition has been completed. A Judge does not take on additional responsibilities while judging. A Judge does not start or time the race.
- A Judge marks his red card(s) completely and clearly when documenting a decision so there is no confusion when received by the Recorder. The reason for a caution or proposal for disqualification is clearly indicated and submitted cards are signed.
- A Judge doesn't use a camera, binoculars or other optical devices while judging. A Judge uses only the human eye to determine the legality of a walker during the race.
- A Judge makes decisions inside his viewing area. He maintains an unobstructed

view. He doesn't judge from a position that is elevated above the course. For example, if the infield of a track is banked a Judge would not stand there.

- Cameras, cell phones and other electronic devices are not brought onto the course or track.

## **Appendix 1 – Paddles**

## Race Walk Judging Paddles

- Judge's Caution Paddles are required to be yellow in color. The Chief Judge's DQ paddle must be red in color.
- It is recommended that all paddles be made of a durable plastic material.
- Paddles are recommended to be about 11 inches (28 cm) in length and the disc portion should be about 5 inches (13 cm) in diameter so that they are visible to the athlete.

Judging paddles are available for ordering online at <http://www.walk-usa.com>

Loss of Contact



Bent Knee



Disqualification



**Appendix 2 – Sample DISQUALIFICATION PROPOSAL POSTING BOARD**

**Red Card Symbol**

321	~	~	>								
215	~	>	<								
524	>	>	~								
26	~	~	<								

**Competitor's Number**

### **Appendix 3 – RACE WALK JUDGE CERTIFICATION PROCESS**

#### **BREAK OUT OF RW JUDGE & OFFICIAL ACTIVITIES**

The table below identifies the activities that a Race Walk Judge and a Race Walk Official may perform at Race Walk events. An individual can be both a Judge and an Official but should not serve in both capacities during the same race.

<b>ACTIVITY</b>	<b>RW JUDGE</b>	<b>RW OFFICIAL</b>
JUDGE	YES	
RECORDER	YES	YES
DQ BOARD	YES	YES
JUDGE SEMINAR	YES	
JUDGE MENTOR/APPRENTICE	YES	
CHIEF JUDGE	YES	
LAP COUNTER		YES
AID STATION		YES
CARD COLLECTOR		YES
TIMER		YES
EVENT DIRECTOR		YES





The following table provides is a summary of the recommended criteria for remaining at a current level and advancement to the next level as a Race Walk Judge. Further information on criteria to obtain and maintain each level of certification is located on the Officials' website at:

[www.usatfofficials.com/training/index.html](http://www.usatfofficials.com/training/index.html).

Minimum Event Participation	To remain at Assn Level Judge (4 yrs)	To Advance to National Level (2 yrs)	To Advance To National Level (4 yrs)	To Remain at National Level Judge (4 yrs)	To Advance to Master Level (4 yrs)	To Remain at Master Level Judge (4 yrs)
Judge	12	10	18	15	20	20
Home Assn	8	6	10	8	12	10
Assn Champs Level, Home	3	2	4			
Chief Judge All Comers Meets	2	2	4			
Events Outside Home Assn.		2	4			
Assn Champ Level or Higher Events Home Assn				4	4	4
Assn Champ Level or Higher Outside Home Assn				2	4	4
Regional or Higher Level				1	6	6
Chief Judge Assn Level or Higher				3		
Chief Judge Regional Level or Higher					4	4
Mentor Apprentice Judges					Yes	Yes
Active Participant Judging Seminar					Yes	Yes
Recorder or DQ Board Operator					2	2

## Appendix 4 – Judging Resources

### USA Track & Field Race Walk Elected Committee Officers

*Chair:* [Vince Peters](#), Ohio Association, [mv\\_tc@sbcglobal.net](mailto:mv_tc@sbcglobal.net) - 937-767-7424,

*Vice Chair:* [Steve Vaitones](#), New England Association, [office@usatfne.org](mailto:office@usatfne.org) - 781-893-6213

*Secretary:* [Ginger Mulanax, Ozark Association](#) - [gmulanax@sbcglobal.com](mailto:gmulanax@sbcglobal.com) - 314-838-9486

*Treasurer:* [Sean](#) Albert, San Diego Association, [cclausen@surfbest.net](mailto:cclausen@surfbest.net) - 619-392-3413

*Past Chair:* Rich Torrellas, Connecticut Association, [hammerwalk1950@sbcglobal.net](mailto:hammerwalk1950@sbcglobal.net)

### USATF - Race Walking Committee - Elected At-Large

- Michael Roth, IAAF Level II Judge, North Carolina Association - [michael@mjroth.com](mailto:michael@mjroth.com)
- Dave McGovern, Long Island Association - [RayZwocker@aol.com](mailto:RayZwocker@aol.com)
- Susan Armenta, San Diego-Imperial Association - [sooze8@hotmail.com](mailto:sooze8@hotmail.com)
- [Michael Rohl](#), Three Rivers Association - [mrohl@mnsfld.edu](mailto:mrohl@mnsfld.edu) -
- Maryanne Daniel, IAAF Level II Judge Connecticut Association - [ctracewalk@sbcglobal.net](mailto:ctracewalk@sbcglobal.net)

### Race Walk Judging Handbook Committee

- Ron Daniel, IAAF Level III Judge, Connecticut Association – [rondaniel@sbcglobal.net](mailto:rondaniel@sbcglobal.net)
- Gary Westerfield, IAAF Level III Judge, Long Island Association - [garyw@optonline.net](mailto:garyw@optonline.net)
- Darlene Hickman, Master Level Judge, Pacific Northwest Association - [dhtrack@aol.com](mailto:dhtrack@aol.com)
- Rod Larsen, IAAF Level II Judge, Florida Association - [LarsenR@ocps.k12.fl.us](mailto:LarsenR@ocps.k12.fl.us)
- Ginger Mulanax, Master Level Judge, Ozark Association - [gmulanax@sbcglobal.net](mailto:gmulanax@sbcglobal.net)
- Cheryl Sunman, Master Level Judge, Indiana Association - [ianms@iquest.net](mailto:ianms@iquest.net)

### Other Knowledgeable Judges

- Elliott Denman, New Jersey Association - [elliottden@aol.com](mailto:elliottden@aol.com)
- Dave Gwyn, Gulf Association - [dave.gwyn@shell.com](mailto:dave.gwyn@shell.com)
- Dave Snyder, Southern California Association – [davesnyder43@sbcglobal.net](mailto:davesnyder43@sbcglobal.net)
- Diane Graham-Henry, Illinois Association - [arcaswiss@aol.com](mailto:arcaswiss@aol.com)
- Sandy Denoon, Florida Association - [owls555@earthlink.net](mailto:owls555@earthlink.net)
- Bev (LaVeck) McCall, Pacific Northwest Association - [bevlaveck@methow.com](mailto:bevlaveck@methow.com)
- Bob Bowman, IAAF Level II Judge, Pacific Northwest Association - [relbowman@aol.com](mailto:relbowman@aol.com)
- Jo Burrows, North Carolina Association - [jburrows@zebra.net](mailto:jburrows@zebra.net)
- Bob Hickey, IAAF Level II Judge, Southern California Association - [hick1938@cs.com](mailto:hick1938@cs.com)
- Patricia Hanna, IAAF Level II Judge, Ozark Association - [patriciahannah@sbcglobal.net](mailto:patriciahannah@sbcglobal.net)
- Reginald Weissglas, IAAF Level II Judge, Metropolitan Association - [RBWMD@yahoo.com](mailto:RBWMD@yahoo.com)

- Thomas Eastler, Maine Association - [eastler@maine.maine.edu](mailto:eastler@maine.maine.edu)
- Dan Pierce, IAAF Level II Judge, Colorado Association - [dptrack@aceweb.com](mailto:dptrack@aceweb.com)
- Bill Pollinger, New Jersey - [william.pollinger@verizon.net](mailto:william.pollinger@verizon.net)

For other individuals who might provide support, please go to [www.usatf.org](http://www.usatf.org) and then go to the race walk section.