

Race Walking Officiating Handbook



Revised October 2016

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-----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.

Race walking is a discipline included within the sport of Athletics, which includes 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 USATF National Race Walking Committee is responsible for the development of this handbook. Specialized officials, called Race Walking Judges and Race Walking Officials, in addition to the other required competition officials work together to conduct events in the discipline. Race Walking Judges determine the legality of the technique of the race walking competitors while Race Walking Officials assist the judges in the conduct of the event. At the same time Umpires and other officials monitor the rules of track and field that apply to race walkers.

The rules of competition for Youth Athletics, Junior Olympic, high school, collegiate, and open race walking mirror the rules for race walking in the Olympic Games.

Race Walking 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 levels. Race Walking Judges are trained and certified at different levels of judging. At local USATF Association competitions, Apprentice Race Walking Judges and Race Walking Officials work along side Association Race Walking Judges and Race Walking Officials. Regional and National Championships are officiated by National and Master Race Walking Judges and Race Walking Officials. International Association of Athletics Federations (IAAF) Area and International Level Judges officiate IAAF Area and International events. At least three IAAF Race Walking Judges are required at USATF international trial or qualifying race walks. These IAAF Judges are important contacts for questions that might arise for Judges in the U.S. The certification process begins with the local USATF Association Race Walking Committee, Certification Chair and Officials Committee.

The primary purpose of this handbook is to help new Race Walking Judges and Officials understand the basic rules and procedures of judging and administering Race Walking events, and at the same time, provide experienced Judges with the tools necessary to improve and advance to higher certification levels. By utilizing the concepts in this handbook, the procedures, techniques and materials used in judging and officiating Race Walking events within the U.S will be standardized from one association to another and from one competition to another.

We are grateful to the many people who have contributed diagrams, forms, materials, ideas and suggestions to this handbook.

-----THE RULES OF RACE WALKING-----

The rules of race walking may be found in *2016 USATF Competition Rules*. They are printed here in their entirety for your convenience. The Rulebook is available from:

As PDF at: <https://my.usatfofficials.com/resources>

As a printed publication: usatf.org – products/services - publications

ARTICLE IV – RULES OF COMPETITION SECTION VI – RACE WALKING
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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, if one has not been appointed previously by the Race Walking Officials Selection Committee.
- (c) The Chief Judge shall assign the Judges to their respective judging areas and explain the judging procedure to be used during the race. At International Selection Competitions, the Chief Judge shall act as the supervising official for the competition, judge the full competition, and shall act as a Judge as described in 230.3(f).
- (d) At International Selection Competitions one or more Chief Judge's Assistants should be appointed. The Chief Judge's Assistant shall not act as a Race Walking Judge.
- (e) All Judges shall be currently certified as Race Walking 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 five 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, identifying competitors, offenses, disqualifications and time of notifications, shall be certified by the Chief Judge/Referee and 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. Yellow Paddle

- (a) When a judge is not completely satisfied that the athlete is fully complying with Rule 232.2 the judge should, where possible, show the athlete a Yellow Paddle indicating the offense. An athlete cannot be given a second Yellow Paddle by the same Judge for the same offense. Having shown a Yellow Paddle to an athlete, the Judge shall inform the Chief Judge of this action after the competition.
- (b) Each Judge shall use two Yellow Paddles for signaling cautions. One paddle should have the symbol ~ indicating "Loss of Contact" on both sides; and the other paddle should have the symbol > indicating "Bent Knee" on both sides to show the reason for the possible offense.

3. Red Card - 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 Red Cards ~~proposals for disqualification~~ on the Judge's Tally Sheet.
- (c) Except as provided on Rule 230.3(j), 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 by being shown a Red Paddle. Any disqualified athlete who fails to leave the course or track or comply with directions given under Rule 230.3(j) to enter and remain for the required period in the Pit Lane may be liable to further disciplinary action in accordance with Rule 145.2.
- (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 in the last 100m 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. The competitor shall be notified of the disqualification by the Chief Judge or a Chief Judge's Assistant by showing the athlete a Red Paddle at the earliest opportunity after the athlete has finished 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 Red Card Posting Board.

- (h) When appropriate equipment is available, computer devices with transmission capability may be used by the Judges in communicating Red Cards to the Recorder and the 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.
- (j) A Pit Lane may be used as determined by the Sport Committee. In such cases an athlete will be required to enter the Pit Lane and remain there for the applicable period as set out in the entry material once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by him/her. If, at any time, the athlete receives an additional Red Card from a judge other than one of the three who had previously sent a Red Card, he shall be disqualified. An athlete who fails to enter the Pit Lane when required to do so shall be disqualified by the Referee.

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 is 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.

4. Water and Refreshment.

- (a) Water and/or refreshment stations shall be provided at the beginning and end of the race.
- (b) For all events up to and including 10km, water only drinking/sponging stations shall be provided at suitable intervals if weather conditions warrant such provision. Mist stations may also be provided, when considered appropriate by the Organizing Committee.
- (c) For all events longer than 10km, refreshment stations shall be provided every lap. In addition, water only drinking/sponging stations shall be placed approximately midway between the refreshment stations, or more frequently, if weather conditions warrant such provision.
- (d) Athletes shall be permitted to provide their own refreshments at refreshment stations. A competitor who receives or collects refreshment from a place other than official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another athlete, should, for a first such offense, be warned by the Referee normally by showing a yellow card. For a second offense, the Referee shall disqualify the athlete, normally by showing a Red Card. The athlete shall then immediately leave the course.

5. Courses and Conditions for Walking Events.

- (a) In Road Championships, the circuit for events of 10km and longer shall be a maximum of 2000m. The circuit for events of less than 10km 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 Walking Competition Rules.

ARTICLE V - RECORDS

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 WALKING EVENTS-----

Primary function of all Race Walking officials is to ensure safety and fairness for all walkers by disqualifying competitors who are not race walking within the definition and by cautioning those in danger of not walking within the definition so that they may avoid disqualification. Judges have the sole authority to determine the fairness or unfairness of walking and their collective decisions shall be final in this regard, with the only exception being when the Chief Judge acts under provisions of Rule 230.3(f). 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 Walking Judges, should be free from a perception of a conflict of interest. This is especially important at competitions that select National Teams, and at the Indoor and Outdoor Championships. 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 Walking event, a Judge who feels he or she may not remain impartial should excuse himself from the judging panel.

A. INFRACTIONS BASED ON THE DEFINITION OF RACE WALKING

The Race Walking Definition differentiates race walking technique from forms of running and from normal walking. While the difference between normal walking and race walking is slight, the difference between running and race walking is dramatic. It is from this difference that the race walking definition has evolved over the years to the form it takes today. In the photo below, it is easy to see that runners leave the ground with each stride, and they bend their leg at the knee when in contact with the surface when weight is put on the leg. In running, energy is stored in the muscles of the flexed leg resulting in a strong push off with each step. Race Walkers may not do this.



Photo 1: Running is not Race Walking (Usain Bolt, and others, in 100m at Rio 2016 Olympics – Jeff Salvage)

The race walking definition has two clauses, which requires judges to monitor.

1. **LOSS OF CONTACT:** In race walking, the lead (swing leg) foot should appear to touch the surface before the rear foot leaves the surface. The definition implies, but does not require a period of double contact, where both feet are on the ground at the same time. And while race walkers are not required to land on their heels, the best do. And they push off their rear foot toes. Race walking is described by the “heel and toe” action. To judge the contact clause of the definition the Race Walking Judge must see **loss of contact** as seen by the human eye, rather than visible double contact. When there is a visible “loss of contact” by both feet at the same time, the athlete is in violation of Rule 232.2

Stop action photos or slow motion videos of elite race walkers will often show fast race walkers losing contact. Elite race walkers have very smooth technique and most have a period of loss of contact, which is difficult to see.

Remember, it is required that the Race Walk Judge see loss of contact, not contact.



Photos 2: Mens 20k at 2016 Rio Olympics – Jeff Salvage. Chocho with loss of contact.

This having been said, it is up to the judge to make decisions regarding adherence to Rule 232.2 based solely on what he or she sees. If loss of contact is seen, it is important to act.

2. **BENT KNEE:** The athlete appears to STRAIGHTEN/EXTEND THE LEAD LEG AT THE KNEE as the foot makes contact with the ground, and TO KEEP IT STRAIGHTENED WITHOUT FLEXING/BENDING AT THE KNEE UNTIL THE TORSO PASSES THE VERTICAL/UPRIGHT POSITION.

It is important to wait for the lead leg to be in contact with the ground before making this call. In Photo 3, the athlete is in the final stage of the swing leg going forward, knee is slightly bent. Photo 4, the leg is straightening, yet no contact with the ground has occurred. Photo 5, there is contact and the leg is straightened, weight on the leg is placed on contact. Photo 6, the vertical full support phase.

Once past the vertical, the straightened leg may flex to lift the heel to pull the rear foot off the surface, so **NEVER judge the rear leg.**



Photo 3:
Swing leg advances

Photo 4:
Lead leg/foot near contact

Photo 5:
Lead leg/foot contact ground

Photo 6:
Full vertical support

(Photos: Diane Graham-Henry)

Infractions for Loss of Contact and Bent Knee are shown in Illustration 1.

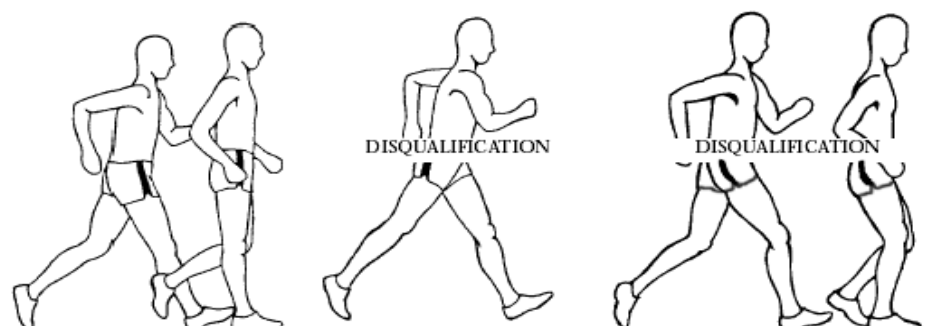


Illustration 1: *Legal Walking, Loss of Contact, and Walking with Bent Knees. (Ron Laird)*

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 that the only reason a Race Walking Judge makes a decision to show a Yellow Paddle or issue a Red Card is because the Judge OBSERVED a violation of the definition of walking. Plainly put, the Race Walking Judge saw (with his eyes only) loss of contact and/or bent knee. Judging decisions should be made only based on observations relative to continuous contact and the straightening of the leg at the knee, disregarding any other motion.

The Race Walking Judge shows a Yellow Paddle or issues Red Cards based on observed violations over a progression of steps. A decision made for one or two steps 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 or two steps. A Judge should not make a call in this situation.

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.

Race Walking Judges must operate independently and should not discuss the competition with others. Race Walking Judges should not compare notes nor should they view the Red Card posting board during competition. A working judge in a race should not be in charge of the Red Card Posting Board, as this would be an advantage.

Race Walking Judges should act in a professional manner.

1. They should not hide from the competitors and then hop out in a “gotcha” style.
2. Nor should they run along side, lie on the ground or squat to judge.
Rather, they should stand away from the competition clearly in sight and approach only to show a Yellow Paddle or to get a better view of the competitor’s bib number/name. (*See Illustration 4.*)
3. The Race Walking Judge should not intimidate the competitors.
4. Nor should they physically interfere with the competition, except when disqualification is required.
5. The judge should not communicate to the athlete other than the communication of the Yellow Paddle.
6. The Race Walking Judge should be mindful of how he or she looks to the public, to the competitors and to other officials.

B. HOW TO MAKE RACE WALKING JUDGING DECISIONS

A Race Walking Judge must make three decisions when observing race walkers. The Judge must first decide if athletes are within the definition of Race Walking. Secondly, the Judge must decide if race walkers are in danger of violating the definition. And, thirdly, the Judge must decide if race walkers are in violation.

1. Method for Judging the Race Walking

To make decisions, the Race Walking Judge must have a method. Top USA Judges use the following sequence to make judgment decisions.

- a. The Race Walking Judge should first look at an approaching group of competitors from a distance for motions that distinguish individuals from the group.
- b. The Race Walking Judge should look for competitors who appear to be jogging, shuffling, bobbing up and down.

It may be obvious that a race walker is both bent kneed and off the ground at the same time. Slightly less obvious is the walker who is bent kneed or off the ground, but not both. Other race walkers may be stiff looking and walk inefficiently. It is easy to see how these competitors stand out.

Less obvious, are race walkers who exhibit specific technique faults that may only indicate possible violation of the definition. These walkers may need further scrutiny. As the Race Walking Judge develops more skill he/she will find it easier to spot those walkers who look out of the “norm.”

- c. As the group approaches the Judge's Viewing Area, the Race Walking Judge should focus his attention on those walkers who stood out. A cursory look is all that is needed for those race walkers that appear within the norm.

2. Indicators That May Attract the Race Walking Judge’s Attention

As those athletes, who stood out, approach the Race Walking Judge's viewing Area, the Race Walking Judge should then look for the specific indicators of poor technique, which would be in violation of the rules of race walking. These may include:

1. A very short stride without hip rotation.
2. Over striding by reaching too far in front with the lead foot.
3. A high back kick after toe-off.
4. A high forward knee drive that may raise the body’s center of mass.
5. An arm swing that is too high, which may lift the shoulders and body.

6. Bending/Flexing of the knee as body weight is placed on the leg followed by contraction of the long muscles in the front of the thigh to keep the body from falling.
7. Bending of the knee after body weight is put on the leg before the body has passed forward of the leg.

When the competitors enter the Race Walking Judge's viewing area (See Illustration 4.), the judge should watch those walkers in question more closely. At this point, the Race Walking Judge should decide if the walker is about to be, or is in violation of the definition of race walking. (The judge may have to wait until the next lap or circuit to determine what decision to make.) If any of these indicators are observed within the Judge's viewing area, the judge should show a Yellow Paddle to the competitor. If the walker continues to walk in violation of the definition, so that the Race Walking Judge clearly sees an infraction, over a progression of steps, the Race Walking Judge should write a Red Card on the competitor.

Remember; judging decisions are based on whether walkers are legal; the walkers are in danger of violation and should be shown a Yellow Paddle; or they are in violation and should be given a Red Card. These decisions are made based solely on the competitor's adherence to the definition of race walking.

3. Making Decisions: Contact First, Then Knee Flexion

Race Walking Judges should make judgments about knee straightening after contact (or lack of contact) has been determined. In order for the support leg to fully straighten at the knee, weight must be put on it. Contact with the surface must happen first. It is important to note knee straightening is a mechanical process that begins before contact and is completed after contact, as body weight is transferred to the support leg. Straightening is evidenced by an opening of the angle made by the leg bones at the knee as the leg moves into extension. Knee bending is evidenced by closing of the angle made by the leg bones.

Note that some walkers may be bowlegged or have knobby knees and their legs may not look straight even though they have mechanically straightened. The key is to look at the knee for closing of the knee joint (flexion) after contact.

Walkers with inefficient technique may attempt to straighten their legs by tightening muscles in the front and back of their leg in a futile effort to straighten. In all likelihood, they will not functionally straighten their legs at the knee and they will ride over a bent knee.

In the decision process, all judgments about a competitor must be based on the definition of race walking. IF in doubt, the Race Walking Judge should give the benefit to the athlete by either letting the athlete pass or by showing a Yellow Paddle.

4. Calling Visible Loss of Contact

A Red Card for visible loss of contact is given when the Race Walking Judge sees the rear foot of the competitor leave the surface before the front foot makes contact. Loss of contact is visible when the rear toe and front heel are both off of the surface at the same time.

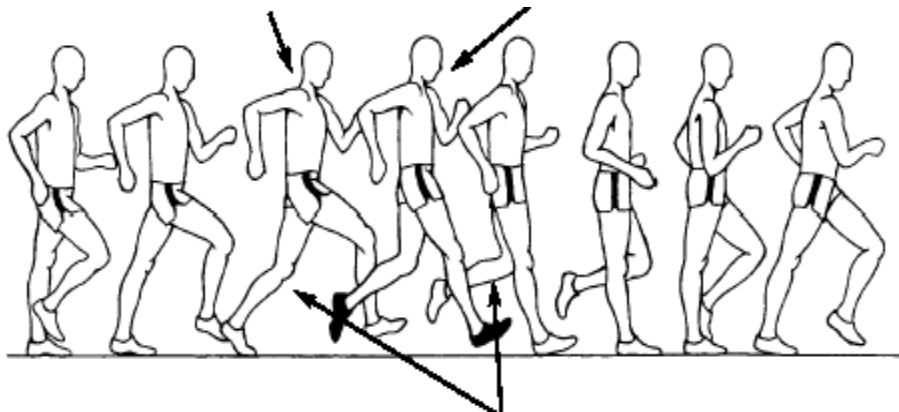


Illustration 2: Loss of Contact (Ron Laird)

Loss of contact can possibly be caused by the following technique faults and generally warrants a Yellow Paddle at first, and a Red Card if loss of contact can be clearly seen:

- a.) Continued extension of the ankle after toe off, as the rear foot is lifted from the surface.
- b.) First contact with the surface made with a flat foot.
- c.) First contact with the surface made under the body.
- d.) Extreme forward lean that places the torso in front of the lead foot at contact.
- e.) High knee drive and lifting of the swing leg.
- f.) Bouncy contact with the surface.

Athletes accelerating at the start and over the first few hundred meters may be clearly losing contact. During surges and in the last fifty meters race walkers may also lose contact as they seek to move ahead of competitors. Both situations should be watched by more than one Race Walking Judge.

Remember; a Race Walking Judge should show a Yellow Paddle for potential loss of contact when loss of contact is not clearly visible and advance to a Red Card when it is.



Photo 7: Mens 50k 2016 Rio Olympics – Jeff Salvage

5. Calling Bent Knees:

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

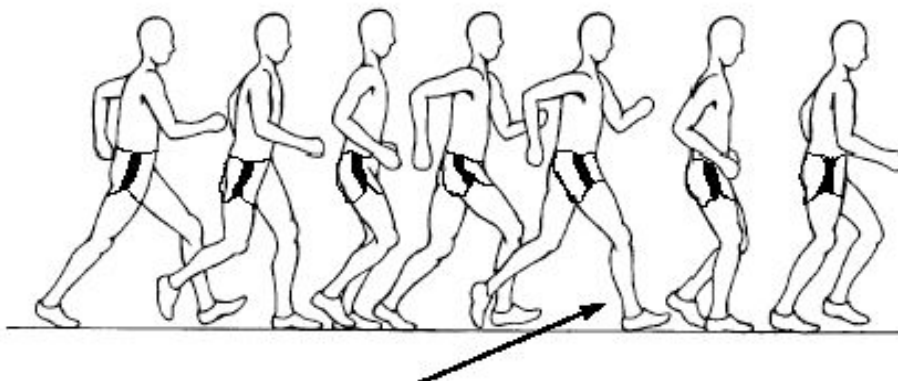


Illustration 3: Walking with Bent Knees

a.) Bending/flexing of the support leg at the knee when weight is put on it. When the leg flexes at the knee the muscles at the front of the thigh contract along the length of the muscles (See Photo 8). These muscles are forced to contract to prevent the body from collapsing to the ground. When the leg is straightened at the knee, the knee locks to hold the body erect. After contact with the ground the muscles at the front of the thigh relax (See Photo 9).

b.) Bending/flexing the support leg at the knee at any point after contact with the ground before the leg reaches the vertical position (See Photo 8). It is illegal to land straightened and then flex the knee before the torso has passed mid-stance.



Photo 8: Bent vs. Straightened Knees (Jeff Salvage)



Photo 9: A relaxed thigh (Jeff Salvage)

The Judge may give a Yellow Paddle for potential bent knee when the Race Walking Judge cannot determine if bending/flexing has occurred, when a walker appears to be walking very stiff-legged, or a walker who has become fatigued at the end of a long race. Bent legged walking may be seen at the start when running mechanics are used to get started. If this is seen, it is a violation of the race walk rules.

Course design may cause race walkers to bend at the knee in order to not decelerate around tight turns. At water and refreshment stations, bent kneed walking may occur as walkers handle cups and sponges. A judicious Yellow Paddle will get most walkers to take the turn legally or walk with correct form through the aid station. The Race Walking Judge should continue to monitor these areas to make decisions about those who do not.

NOTE: Yellow Paddles and Red Cards for bent knee should NOT to be given if the athlete hyper-extends the leg at the knee, is bowlegged, has large thighs, or has protruding knees. Look for the leg to be straightened at the knee. The Race Walking Judge should know the difference between absolute “straight” and biomechanical “straightening.” Failure to straighten the leg at the knee at contact or during stance before the vertical position is 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.

Many times straightened legs
are not straight.
Legs that are bowed or
are knobby kneed
do straighten.

(LOOK at the Quad)



Photo 10: Straightened Bowed Legs
(Robert Korzeniowski – World Champion 2003)

6. The Judging Panel: Decisions

Once a decision is made show a Yellow Paddle or issue a Red Card, act on it immediately. Keep in mind that as part of a panel, the system of Yellow Paddles and Red Cards exists for the athlete’s benefit. A signal with the Yellow Paddle and the posting of a Red Cards gives the competitor a chance to correct before disqualification. A Yellow Paddle or a single Red Card does not hurt an athlete.

A Judge’s independent decision only affects the athlete negatively if a collective decision by three or more Race Walking Judges reaches the same conclusion. Competitors may be given a Yellow Paddle by all of the Judges (possibly for both infractions) without disqualification. If two or more other Race Walking Judges, in addition to yourself, see what you saw, an athlete violating the definition of race walking, then the collective, but independent panel ensures the fairness of the competition for all.

C. RECOMMENDED JUDGING POSITIONS

1. The Individual Race Walking Judge's Positioning

The Race Walking 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. For a road event the Judge should, if possible, move to a position where he can clearly see the surface of the road. 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 of the outside leg before making a call.

The following diagram shows the recommended position or “viewing area” in which a Race Walking Judge may accurately observe a walker.

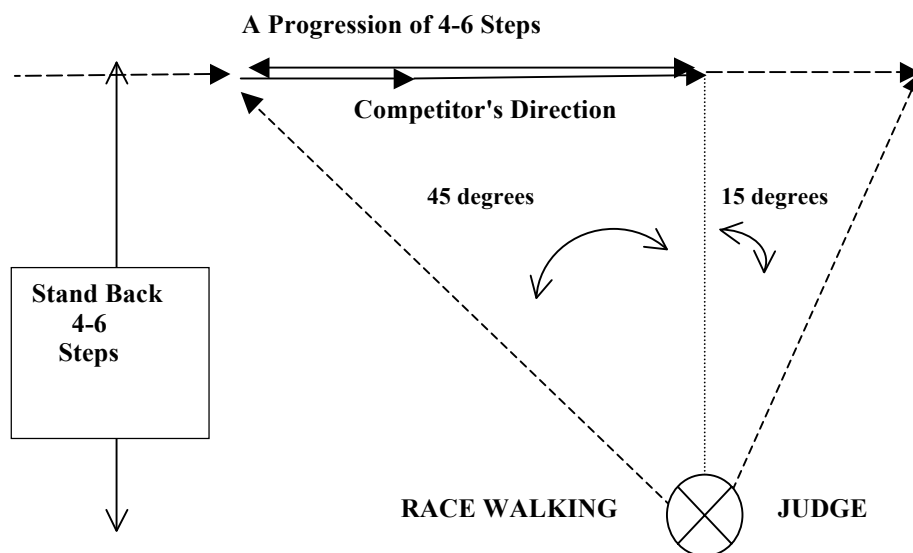


Illustration 4. The Race Walking Judge's Viewing Area (G. Westerfield)

In this illustration, the walker enters the Race Walking Judge's viewing area and takes four to six steps at which point the walker is directly in front of the Race Walking Judge. To see the whole progression of steps, the Race Walking Judge should be at least a similar four to six steps away from the walker. It is acceptable to continue observing the walker after they have passed by for one or two more steps, however, afterward contact and straightening will be hard to see.

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

2. Danger Zones During Race Walking Competition

Competitors are *most likely* to be illegal in the following situations during a race walk.

- a.) during the acceleration at the start
- b.) when passing another walker
- c.) in the middle of a group
- d.) around turns
- e.) near aid and refreshment areas
- f.) entering and leaving road courses
- g.) and during the finishing sprint

It is important there be adequate coverage by Race Walking Judges. Three judges should cover the final sprint in order to have enough judges available to see blatant disregard for the definition of race walking by a race walker caught up in the heat of competition:

3. The Zone Method of Placement

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 Red Card 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.

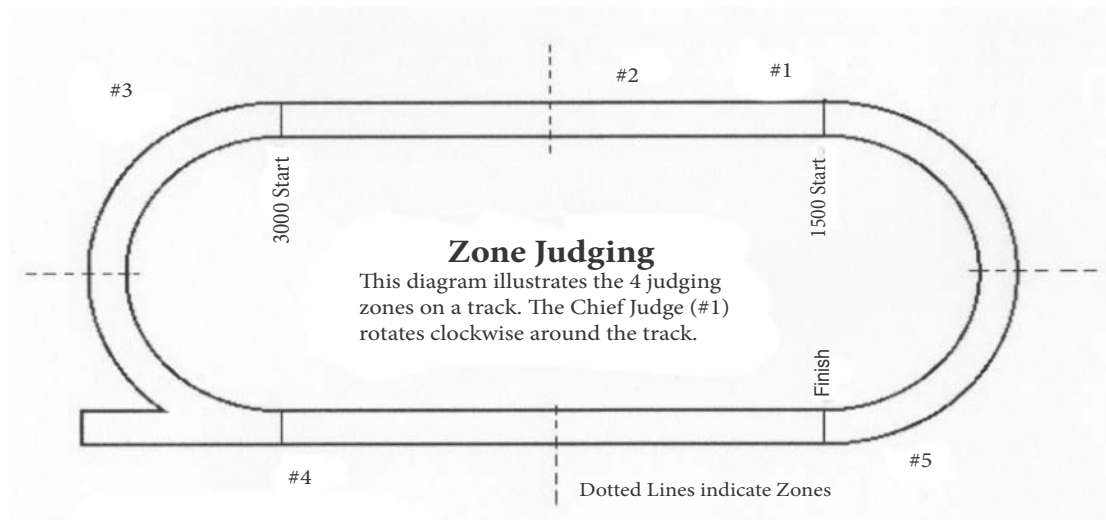


Illustration 5. Zone Judging on a 400m track.

For a 1500m race, the Chief Judge (#1) should be at the start (to give instructions), Judge 2 will be halfway down the straightaway and Judge 3 at the end of the straightaway. For a 3000m and 5000m track race the Chief Judge should be at the start (to give instructions), Judge 3 at the midpoint of the curve and Judge 4 at the end of the curve. This will allow for 3 separate 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.

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.

Road Judging Positions

The judging positions indicated below are recommended for a 2000 meter loop course. While a minimum of 6 judges is required for a road course, a full complement of 9 may be required to adequately officiate a course. Judges should be properly positioned for appropriate spacing between the judges, and the important parts of the course requiring special observation. The judges are indicated by the number 1 thru 8.

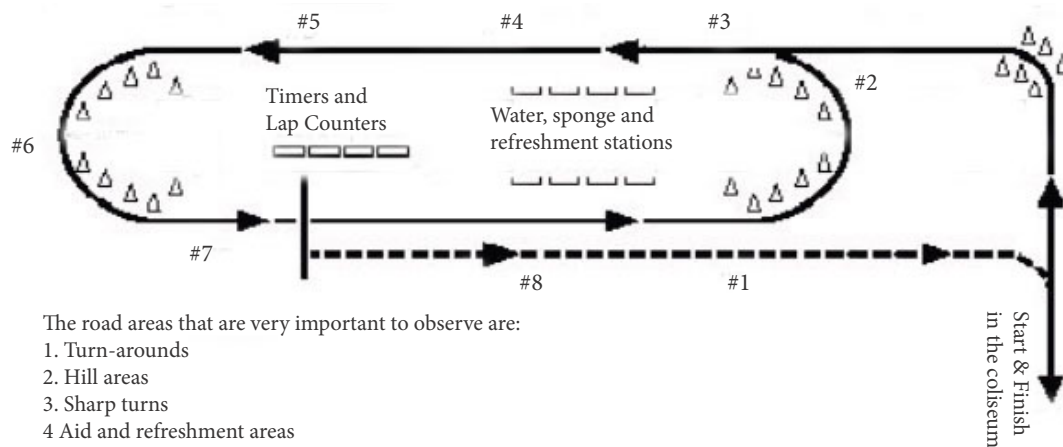


Illustration 6. *Zone Judging on a Road Course*

5. The Rotation of Judges

In track races longer than 5000m and road events of longer than 10km, and with experienced judges, the Chief Judge may establish a system of rotation which allows the individual Race Walking Judges to move from one zone to the next around the track or road course in a direction counter that of the walkers. The Race Walking 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. On road courses, the rotation may involve parts of the judging panel rotating within a specified section of the course. The Chief Judge must take into consideration which judges are to be covering the final sprint area of a road course when he makes up the rotation schedule.

D. DUTIES OF THE CHIEF JUDGE

The Race Walking 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 if possible. It is recommended that one of the more experienced Judges be elected as the Chief Judge by the event's crew of Race Walking 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 Race Walking Judges and their USATF certification numbers.
2. The Chief Judge shall assign the Race Walking Judge numbers (1-5 on a track and 1-9 on a road course).

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 Race Walking Officials who are involved in the walking event.
4. The Chief Judge will assign the judging zones. At this time the Chief Judge should state which Race Walking Judges are to be present at the start of the race and which are to be 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, so that when they mark their cards an accurate “history” of the event may be constructed.
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.
8. Rules and procedures that apply for the event or events are reviewed. The Yellow Paddles should be distributed. The Red Card Posting Board should be pointed out. At this time, all Judges should be introduced to the Recorder and his location during the race established.
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 used in judging. In the review of the rules, the proper use of the paddles should be discussed.

When no Red Card 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 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 to correct the problem. If this method is employed, it must be explained to the athletes prior to the race start.

The only other time a Chief Judge speaks to an walker during a competition is when a verbal Yellow Paddle is given, or when the Chief Judge asks the athlete 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. Another copy should go to the timing/finish line coordinators.

E. PROCEDURES FOR MAKING RACE WALKING CALLS

1. Judges' Tally Sheets

Each Race Walking Judge is responsible for recording his judging decisions on a Judge's Tally Sheet. The Judge 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 may be made on the side or back of the Tally Sheet. It is the Race Walking Judge's responsibility to accurately and thoroughly record his decisions on the Tally Sheet.

2. Method of Showing the Yellow Paddle

To show the Yellow Paddle to an athlete, the Race Walking Judge should:

- a.) Make eye contact with the athlete
- b.) Point to the athlete if eye contact has not been made
- c.) Show the paddle so the athlete sees the infraction

Most race walkers will acknowledge the showing of the paddle

When it is not possible to show the competitor a paddle, the Race Walking Judge may call out the athlete's number and state "loss of contact" or "bent knee." Saying anything more is coaching and should be avoided. Do not get into a discussion with the walker. To be safe you may show the paddle the next time you see the walker, however, if the walker has improved his technique, say nothing and show nothing.

When a Yellow Paddle is given the call must be recorded on the Race Walking Judges' Tally Sheet. If the athlete has not been visually or verbally notified of the Yellow Paddle, it is not to be recorded on the tally sheet.

DO NOT impede other athletes in the process of showing the Yellow Paddle to the athlete with the infraction. DO NOT run along side the athletes. It is okay for the judge to RUN to the athlete to show the Yellow Paddle.

3. Issuing 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.

F. RED CARD COLLECTORS

Volunteer assistants, who do not need to be certified officials, are needed to aid in transporting Red Cards from the Race Walking Judge to the Recorder, or to the Chief Judge when there is no Recorder. These assistants are called Red Card Collectors (or "runners").

In a road race, it may be necessary to utilize Red Card Collectors on bicycles, skates or carts for better efficiency. The Red Card Collectors transport Red Cards to the Recorder. Generally, the Red Card Collectors follow the walkers at a distance for safety. Road Courses may be divided into sections so teams of Red Card Collectors may quickly relay cards to the Recorder. In track races it is ideal to have one Red Card Collector for each Race Walking Judge.

The Red Card Collectors should verify that the Race Walking Judge has completed the Red Card correctly. Any missing data can be added then to avoid returning the Red Card to the Race Walking Judge for clarification. After verifying the Red Card, the Red Card Collector immediately takes the Red Card to the Recorder. It is preferred that the Red Card Collector keep the Red Card out of site of the walkers until it is given to the Recorder. Red Card Collectors should consider using a waterproof pouch to transport the Red Cards to the Recorder.

G. DUTIES OF THE RECORDER

The Recorder is vital to the Chief Judge, especially during a major race. The Recorder works in coordination with and under the supervision of 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. If a Red Card is not completed correctly, it should be returned to the Race Walking Judge. If the card is correct, The Recorder informs the Posting Board Operator of the Red Cards received on each athlete. The Chief Judge is notified when a competitor has received three Red Cards from three separate Race Walking Judges. The Recorder should pass all of the Red Cards for the disqualified athlete to the Chief Judge or the Chief Judge's Assistant for their review. Once checked for accuracy, the Chief Judge then notifies the athlete of his/her 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 number, including their certification number.

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 Red Cards for disqualification.

At the end of the race, the individual Race Walking Judge's Tally Sheets are collected and all Yellow Paddle calls are recorded separately. It is important to indicate the time of each Yellow Paddle 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 disqualifications. 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 Race Walking Judges' Tally Sheets should be turned in 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 Walking competitors. All Judges should receive a copy of the Judges' Summary Sheet.

For races with a large number of competitors, a Race Walking Judges' Summary Sheet with Red Cards Listed Only may be used during the race. Yellow Paddle calls from the Judges' Tally Sheets are added to the full Summary post race.

H. OPERATION THE RED CARD POSTING BOARD

The primary purpose of the Red Card Posting Board is to keep competitors informed about the number of Red Cards that have been submitted to the Recorder.

The Red Card Posting Board shall be placed in such a position that all walkers can easily view the board each time they pass.

The Red Card Posting Board should be placed away from the area where times are announced or where water or spray is offered. It is recommended the Red Card Posting Board be placed at the beginning of the final straightaway of the track.

On the road it is recommended the Red Card Posting 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 before leaving the circuit to exit for the finish.

The Recorder works closely with the Posting Board Operator. Neither official nor helpers should block the view of the board. As Red Cards come in to the Recorder and after the Judges' Summary Sheet has been properly marked, the Recorder passes the numbers and infractions (\sim or $>$) to the Red Card Posting Board Operator. The symbol is placed next to the athlete's number. Successive Red Cards are put next to the first symbol. The Posting Board Operator shall not post any Red Card marks until the Recorder has verified the Red Card.

Walkers who have three infractions posted on the Red Card Posting Board should continue race walking until notified of his/her disqualification by the Chief Judge or the Chief Judge's Assistant.

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 infraction on the Red Card. Large white board or blackboard materials may be used. Pre-cut red dots with a “~” or “>” affixed with double sided tape may also be used. Some races may pre-post the bib number of the race walkers 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 Race Walking Judges may fulfill umpire duties, it is recommended that separate officials be assigned to handle those duties. When that option is not available, Race Walking Judges 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 Race Walking judging call. When umpire calls are made, they are submitted to the Race Walking Referee, who is the only official who has the power to act on the call. The calls may be made orally, however it is recommended that they be written.

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 (new in 2016)
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;

Race Walking Judges shall wear the standard officials’ uniform at all levels of competition unless otherwise directed by meet management.

---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 Walking 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.

A. Philosophy of Good Judging

1. If in doubt, a Race Walking Judge gives the benefit to the competitor.
2. The proof of a good Race Walking Judge is not evidenced by how many competitors the Race Walking Judge has given Red Cards. A good Race Walking Judge can assist more competitors to finish by judicious use of the Yellow Paddle before infringements of the rules take place.
3. A Race Walking Judge assumes that most of the competitors are not breaking the rules. Only a small percentage in each race will warrant a Yellow Paddle or Red Card.

4. Judging is based only on the competitor's performance at that particular race. If a competitor is disqualified today, he/she should not be pre-judged for the next race.
5. A Race Walking Judge is responsible for decisions in his, or her, own judging zone and should not be influenced by outside comments.
6. A Race Walking Judge should not intimidate athletes.

B. Good Judging Practices

1. A Race Walking Judge acts immediately on all judgments.
2. A Race Walking Judge ensures that when a competitor is shown a Yellow Paddle, the athlete sees the paddle and/or hears the offense, bent knee or loss of contact.
3. A Race Walking Judge makes calls from a stationary position and outside any vehicle.
4. A Race Walking 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 Race Walking Judge is not discourteous to someone with a query, but indicates politely that he doesn't want to be distracted.
5. A Race Walking Judge does not take active interest in the positions or times of the competitors or teams.
6. A Race Walking Judge does not convey any information to the competitors about the progress of the race. (i.e. if the athlete asks which knee is bent... say nothing.)
7. A Race Walking Judge acts impartially. If someone deserves a Yellow Paddle or Red Card, he/she takes action even if he/she knows the competitor.
8. In track races, a Race Walking Judge observes mainly from the outside position and periodically from the inside of the track.
9. A Race Walking Judge should not lie down on the track or road.
10. A Race Walking Judge should confirm a questionable bent knee call from the side of the body of the suspect knee.
11. A Race Walking Judge should promptly report to the Post Race Judges' Meeting.
12. A Race Walking Judge is professional in his total performance. A Race Walking Judge is prompt, courteous, and equipped with the rulebook and all items necessary to judge the race walk. He/she wears the proper uniform. In general, meet management provides the necessary paperwork.
13. A Race Walking Judge is in his/her assigned area 15 minutes prior to scheduled start time and is in a good position to judge in his assigned zone. A Race Walking Judge stands on the outside lanes or goes to the inside of a track if necessary to confirm a bent knee decision. A Race Walking Judge moves to different vantage points in a road race.
14. A Race Walking 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.

15. A Race Walking Judge is not distracted during the competition. He does not get into discussions with the competitors, coaches, spectators, meet officials, or the other walking Race Walking Judges (except the Chief Judge) during the race. A Race Walking Judge does not socialize until after the competition has been completed. A Race Walking Judge does not take on additional responsibilities while judging. A Race Walking Judge does not start or time the race.
16. A Race Walking Judge marks his/her Red Card(s) completely and clearly when documenting a decision so there is no confusion when received by the Recorder. The reason for a Yellow Paddle or Red Card is clearly indicated and submitted cards are signed.
17. A Race Walking Judge doesn't use a camera, binoculars or other optical devices while judging. A Race Walking Judge uses only the human eye to determine the legality of a walker during the race.
18. A Race Walking Judge makes decisions inside his viewing zone. He maintains an unobstructed view. He doesn't judge from a position that is elevated above the course, i.e. hill or steps.
19. Cameras, cell phones and other electronic devices are not brought onto the course or track.

Appendix 1 - Race Walking Judging Paddles

- Race Walking Judge's Yellow Paddles are required to be in that 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.long-island.usatf.org/Sports/Race-Walking.aspx>

Loss of Contact



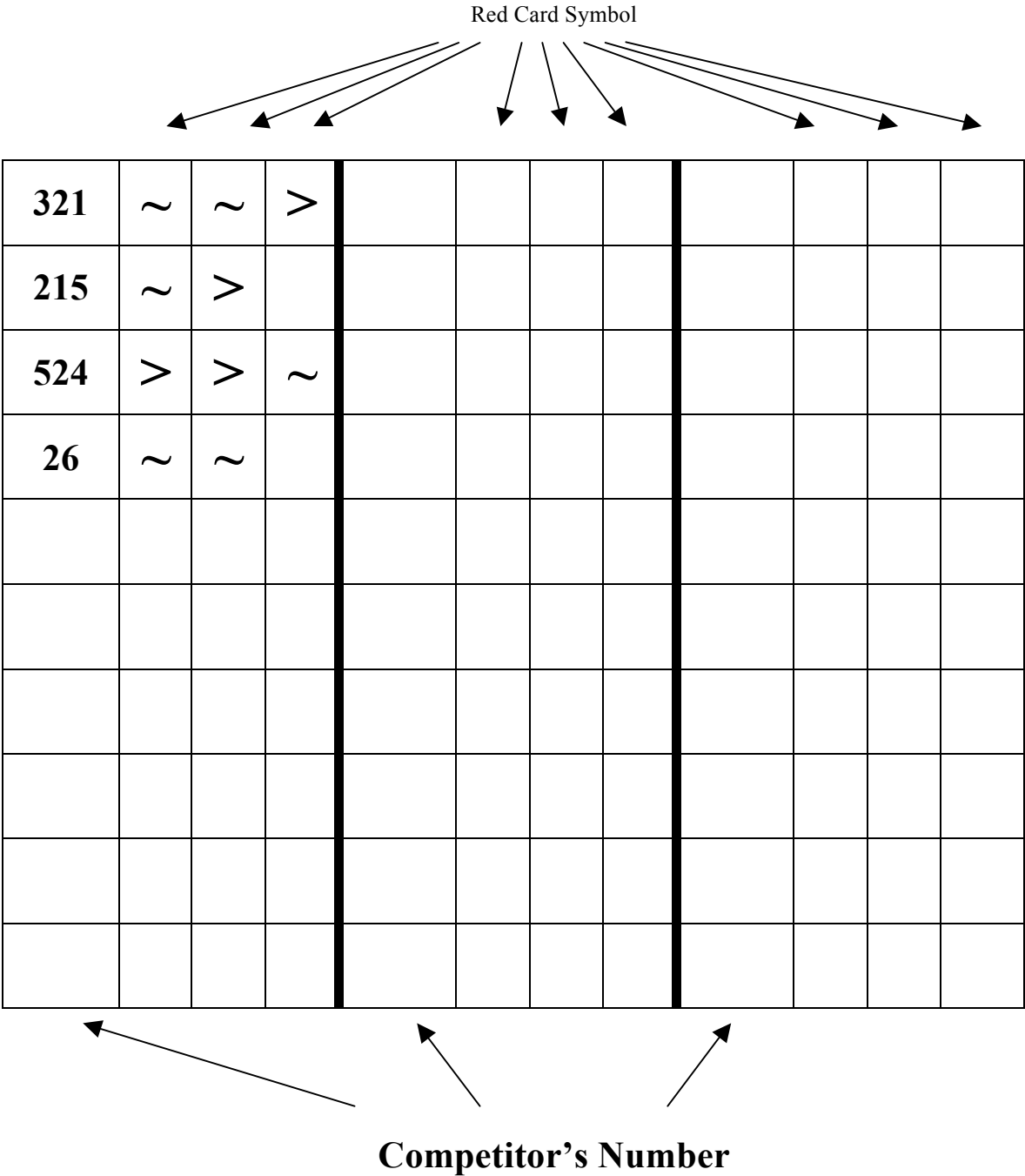
Bent Knee



Disqualification



Appendix 2 – Sample RED CARD POSTING BOARD



Appendix 3 – RACE WALKING JUDGE CERTIFICATION PROCESS

The certification process to become a certified Race Walking Judge or Race Walking Official is described on the USATF Officials web page at: <http://usatf.org/groups/officials/certification/new-certification-process.asp>

Levels: All disciplines offered with Levels will follow the five level path listed below.

Disciplines at a particular level may have a common combined discipline at the previous level and may also be split into more than one discipline when advancing to the next level. All disciplines at a particular level will have the same requirements as other disciplines at that level for both initial certification and advancement.

1. Apprentice: New Officials will be certified in Race Walking. It is suggested that at the same time they also certify as Track Events and LDR/Off-Track Events.

2. Association: Officials who are ready to take on more responsibility at meets within their own Association may be certified as Race Walking Officials or Race Walking Judges.

3. National: Officials who are ready to take on more responsibility outside of their Association and serve as head officials within their Association.

4. Master: Officials who are capable of serving as head officials at major regional and national meets.

5. Emeritus: Retired Master-level officials who have been granted Emeritus status.

Appendix 4 – Race Walking Judging Resources

<https://my.usatforfficials.com/resources>

Judges Tally Sheets, Judges Summary Sheets - Track and Road, Red Cards, Pit Lane timing sheets, Race walk

Usatf.org – Sports – Race Walk – Youth Race Walking and Judging Instructional Video

USA Track & Field Race Walking Elected Committee Officers:

Ron Daniel, Chair: rondaniel@sbcglobal.net, 860-669-9008 – Former IAAF Level III

Diane Graham-Henry, Vice Chair: dghphoto@gmail.com, 773-320-6888 – Master Level

Edwin Richardson, Secretary: e_rich3@hotmail.com, 215-357-1522

Jo Burrows, Treasurer: jnburrows11@me.com, 336-288-1831 – Master Level

Vincent Peters, Chair Emeritus: mv_tc@sbcglobal.net, 937-689-4202

Dan Pierce: dptrack@gmail.com, 303-931-4690 – IAAF Level II

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Ray Funkhouser: rfunkhouser@pbigordon.com, 804-438-6192 – Former IAAF Level II

Ginger Mulanax - gmulanax@sbcglobal.net, 314-838-9486 – Master Level

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Other Knowledgeable Race Walking Judging People:

- Michael Roth, North Carolina Association - michael@mjroth.cmo
- Darlene Hickman, Master Level Judge, Pacific Northwest Association - dhtrack@aol.com
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- Thomas Eastler, Maine Association - eastler@maine.edu

The following is from the IAAF Race Walking materials.

10. IAAF PIT LANE RULE

10.1 INTRODUCTION

Following a proposal from the IAAF Race Walking Committee in April 2013 the IAAF Council decided that, starting in 2014, all National Level Race Walk competitions for athletes under 16 be conducted, as much as possible, with some form of "Pit Lane Rule" principally aimed at reducing (if not eliminating) disqualifications altogether.

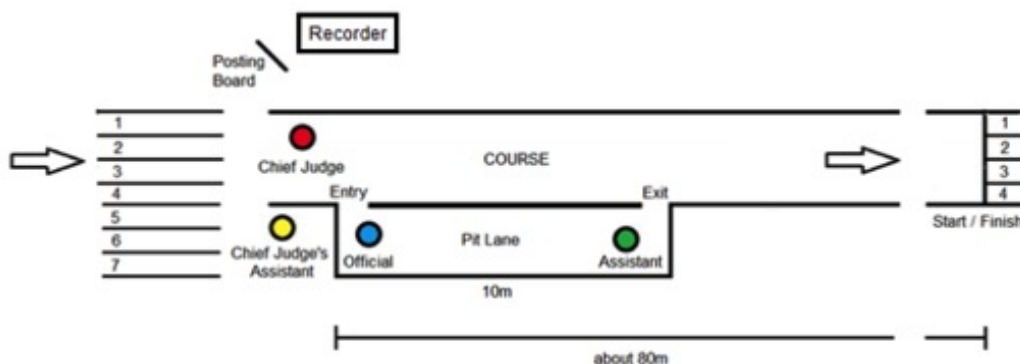
A Working Group was established to develop an adequate framework for the practical implementation of the Pit Lane Rule and a set of operational guidelines is provided below.

These Guidelines are designed for a competition held on a track over the distance of 5000m or 10,000m (common for youth athletes) and conducted in accordance with IAAF Rule 230.2(e), i.e., with six Race Walking Judges including the Chief Judge. Should the competition be held on the road, in the interest of fairness, conditions similar to those of a track event (number and position of judges, length of loop, position of pit lane, etc.) should apply.

10.2 PENALTY AREA SET UP (FOR TRACK EVENTS – SEE BELOW)

- It should be located in the final straight, in lanes 5 to 7, close to the 80m start line and in front of the Posting Board.
- It shall have one entrance and one exit at opposite ends (both of the same size) and be of 10m in length (maximum). The width can vary but should be such to allow up to 5 athletes at the same time.
- Small barriers or cones should be used to clearly identify the penalty area.
- The athlete is free to stop or continue moving inside the penalty area however there shall be no benches and no access to refreshments, drinking, sponging or other kind of assistance but communication with coaches is allowed.
- Set up for road events should be similar though compatible with existing space constraints.

Example of set-up for a track event



10.3 ADDITIONAL OFFICIALS

- There must be 2 red-card collectors next to each Race Walking Judge to ensure the fastest possible delivery of the red cards to the recorder.
- 1 official and 1 assistant will be required to manage the operation of the Penalty Area (in charge of the athletes' entry and exit, plus the control of the penalty time).
- 1 Chief Judge's Assistant will be required to help the Chief Judge communicate the penalty times to the athletes concerned, especially in the last laps.