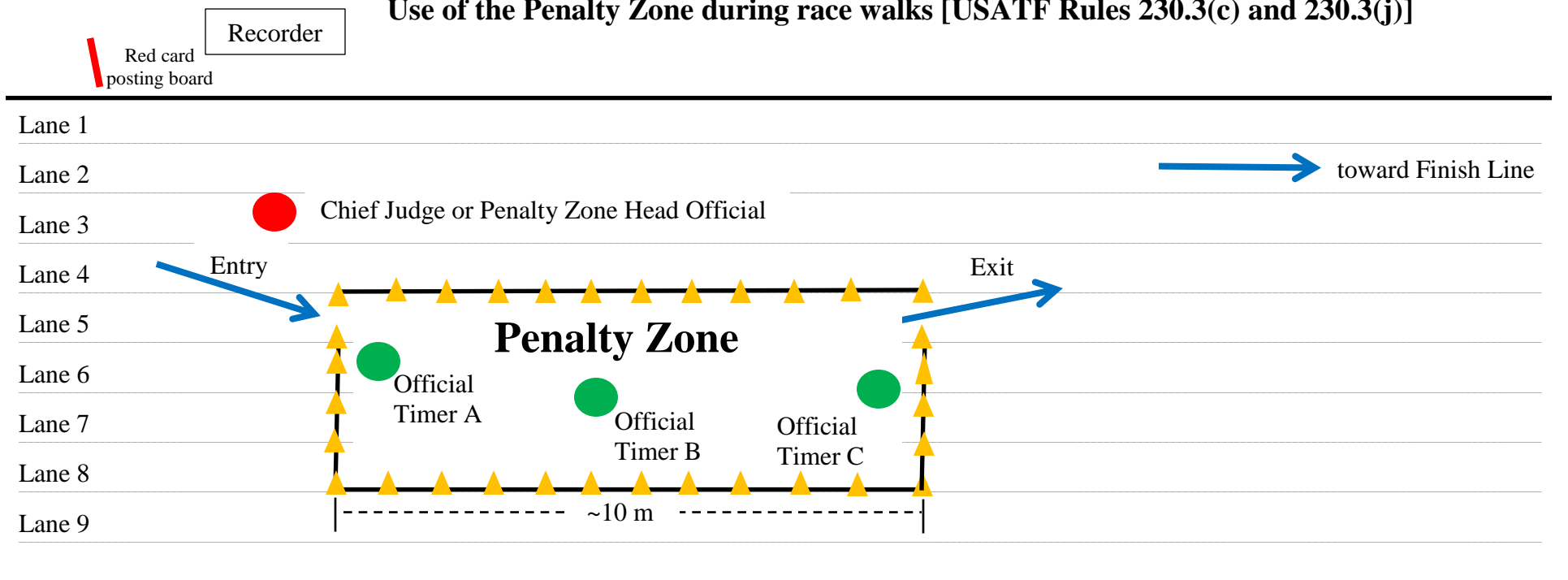


Use of the Penalty Zone during race walks [USATF Rules 230.3(c) and 230.3(j)]



----- ~80 m -----
The entry to the Penalty Zone is approximately 80 meters before the Finish Line.

The Chief Judge or the Penalty Zone Head Official will direct the athlete with three red cards into the Penalty Zone. For a 3,000-meter race walk, the athlete with three red cards must stay in the Penalty Zone for 30 seconds. Officials will keep track of the time, alert the athlete when there is 10 seconds remaining on the penalty, then release the athlete when the 30 seconds has expired. See below for other penalty times.

The athlete is free to stop or continue moving inside the Penalty Zone; however, there shall be no benches and no access to refreshments, drinking, sponging or other kind of assistance, but communication with coaches is allowed. The athlete is not judged in the Penalty Zone. **If any athlete receives a fourth red card (from a fourth judge), either while in the Penalty Zone or afterward, the athlete will be disqualified.**

If the athlete receives the third Red Card at the late stage of the race and it's not possible for the Chief Judge or the Penalty Zone Head Official to notify the athlete that the athlete must stop in the Penalty Zone, the athlete shall finish the race, and the penalty shall be added to the race walker's official time.

USATF Rule 230.3(j) indicates the following penalty times: 30 seconds (0.5 minute) for races up to and including 5,000 meters, 1 minute for races >5,000 m and up to and including 10 km, 2 minutes for races >10 km and up to and including 20 km, 3 minutes for races >20 km up to and including 30 km, 4 minutes for races >30 km and up to and including 40 km, and 5 minutes for races >40 km and up to and including 50 km. **Due to quickness of 1,500-m races, the actual Penalty Zone normally will not be used, but a time penalty of 30 seconds will be added to the finish times of those athletes receiving three red cards.**