

Syllabus for Clinic on Introduction to Race Walk Judging & Officiating, with LDR Officiating

1 August 2019

This course/clinic is designed to be 4.5 hours long, held in conjunction with a clinic on Long-Distance Running (LDR) officiating (the first two hours). It can be longer, if more time is spent observing race walkers in violation of the rules and in proper form, either by video or in a practice session.

A. LDR Officiating

1. Discussion of USATF **Rules 240-256** for LDR and Road Race Walking
2. **Take and discuss the USATF Apprentice Level Rules Review quiz,**
<http://www.usatf.org/usatf/files/c5/c5f7edd5-f19c-4dcb-bd0f-f875295e4dc9.pdf>

B. Race Walk Judging

1. Discussion of the Rules of Race Walking – USATF **Rules 230-232**.
Rule 232.2 “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.”
2. Philosophy and Practices of Good Judging and Tips on How to Make Judging Decisions
[Videos, photographs, and practice sessions with race walkers should be used here.]
3. Recommendations for Judging Positions – where to stand relative to the race walkers
4. Procedures for Making Race Walk Judging Calls
 - a. Completion of the *Race Walk Judge’s Tally Sheet*
 - b. Completion of the *Red Card - Proposal for Disqualification*
5. Choosing the Chief Judge
 - a. Duties of the Chief Judge before the race (assignment of positions for track and road races, rotations during the race, synchronizing watches, meeting after the race, etc.)
 - b. Duties of the Chief Judge after the race – review of the *Race Walk Judging Summary Sheet* with all the Judges, including Apprentices.
6. Roles of Non-Judging Race Walk Officials
 - a. **Recorder** – completion of the *Race Walk Judging Summary Sheet*, checked by the Chief Judge
 - i. Races on the Track
 - ii. Road Races
 - iii. Exercise in Recording and Operation of the DQ Board**
 - b. **DQ Board** (Red Card Posting Board) **Operator**
 - c. **Penalty Zone** (Pit Lane) Official(s)
 - d. **Runners/Red Card Collectors** – from Judges to the Recorder (and to the Chief Judge)
 - e. **Lap Scorers** – Rule 131.1 – “Lap Scorers shall keep a record of laps covered by each competitor in races longer than one mile. For races of 3 miles and over, Lap Scorers shall also record on their lap scoring cards the times over each lap . . . No Lap Scorer should be responsible for more than three competitors (six in the case of ultramarathons and road walking events).”
 - f. **Aid Station Operator(s)**
 - g. **Race/Event Director**

7. Roles of other Officials
 - a. **Referee – Rule 230.1(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.”
 - b. **Umpires** (cutting the course short, leaving and returning to the course, unsportsmanlike conduct, etc.) – see the example **LDR & RW Umpire’s Incident Report**
 - c. **Starter**
 - d. **Finish Line Judges**
 - e. **Timers**
 - f. **Marshals**
8. Submitting Paperwork from Races (*Red Cards, Tally Sheets, and Summary Sheets*, including those of Apprentices being mentored)
9. Uniform for Race Walk Judges and Officials
10. Keeping a Résumé of Judging and Officiating Experience
11. Criteria for Advancement to and Remaining at Association Level
12. **Take and discuss the USATF Apprentice Level Race Walk Rules Review quiz,**
<http://www.usatf.org/usatf/files/25/256d67d7-f80b-45fa-8818-4cd932cc0560.pdf>
13. **Exercise in Lap Scoring for a Race Walk**
14. Requirements for Records
 - a. Course certification (proper distance and related design)
 - b. Timing records
 - c. Lap scoring sheets
 - d. Levels of certification of officials
 - e. USATF form for records for race-walking events
 - f. Checking the current records

C.

1. **Join USATF, if you hadn’t already done so.**
2. **Complete Hume’s Certified Officials Database Form, if you hadn’t already completed a current one.**
3. **Have your picture taken for your USATF I.D. card, if you hadn’t already taken it.**
4. **Take the SafeSport clinic, if you hadn’t already taken it.**
5. **Complete your Background Check.**
<http://www.usatf.org/Resources-for---/-groups-officials-/Certification/Background-Screen.aspx> is the site for SafeSport training and Background Checks.

Criteria for Advancement from Apprentice to Association-Level Race Walk Judge and Official
1 August 2019 – USATF Pacific Association Race Walk Committee

Definitions

Shadow judging is working side-by-side with an experienced Judge (generally a National or Master Level Judge) to learn how to spot infractions of the rules of race walking. **Practice judging** is working alone, as if one were an actual Judge. However, a yellow paddle is not used or shown, nor are red cards submitted, but the Practice Judge should fill out a *Race Walk Judge's Tally Sheet*. After the race, the Chief Judge will advise the Apprentice whether she/he has made **appropriate calls**, which are defined as calls that are consistent with those of experienced Judges in that race. The Apprentice should review the *Tally Sheets* of all the Judges and discuss the judging at the post-race Judges' meeting. **Shadow recording** is working with the Recorder to complete the *Race Walk Judging Summary Sheet*. **Practice recording** is working independently to create a *Race Walk Judging Summary Sheet* for comparison with that of the official Recorder.

Criteria for Advancement from Apprentice to Association-Level Race Walk Judge

An Apprentice should* accomplish the following before applying to advance to be a Race Walk Judge:

- (1) Take the USATF Introduction to Race Walk Judging & Officiating clinic.
- (2) Serve as a Shadow Judge for at least two (2) individual# races.
- (3) Serve as a Practice Judge for at least four (4) individual# races in which the Chief Judge determines that the Practice Judge has made appropriate calls.
- (4) Serve as a DQ Board Operator and Shadow Recorder, mentored by the official Recorder, for at least one (1) individual# race.
- (5) Serve as a Practice Recorder for at least one (1) individual# race in which the Chief Judge determines that the Apprentice has correctly completed the *Race Walk Judging Summary Sheet* independently from the official Recorder for the race.
- (6) Serve as a Lap Scorer or as a Card Collector for at least one (1) race.
- (7) Take the USATF Association Level Race Walk Certification Rules Review, <http://www.usatf.org/usatf/files/d9/d9e22e59-d0be-437f-b667-73cabf61071a.pdf>.

The Apprentice must submit her/his *Check-Off Sheet for Apprentice Race Walk Judge & Race Walk Official* to the Association's Race Walk Certification Committee, which will evaluate progress, including a review of the *Race Walk Judge's Tally Sheets* that were submitted by the Apprentice and other Race Walk Judges for the races in which the Apprentice served as a Practice Judge. The Committee, which includes the Association's National- and Master-Level Judges, will recommend advancement or additional mentoring.

Note that the National Race Walk Committee's guidelines for advancement from Apprentice to Association-Level include shadow judging 8 events and shadow recording 2 events.

National Race Walk Committee's guidelines for advancement from Association- to National-Level include the following minima: Judging 18 events/meets (may include more than one race) in 4 years (or 10 in two years), including 12 in the Pacific Association (7 in two years) and 6 in other USATF Associations (3 in two years) and including 4 Championships (2 in two years) in the Pacific Association. Among those events, serve as Chief Judge at least 4 times (2 in two years).

FOOTNOTES:

- * Exceptions can be made if, in the judgment of the Association's Race Walk Certification Committee, the Apprentice has sufficiently mastered the necessary skills to advance to Association Level and serve as an independent Race Walk Judge and/or Race Walk Official.
- # An Apprentice may be credited with individual races on the same day. An Apprentice will normally work with mentors, who are Race Walk Judges and Officials, for two years before advancing, but may apply earlier if she/he has sufficient documentation that she/he has mastered the skills.
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URLs for Race Walk Judges and Officials

Pacific Association USATF Websites <http://www.pausatf.org/>

PULL DOWN: Services / PULL DOWN: Officials / RIGHTHAND SIDE: Traing/Tools/Rules

<https://www.pausatf.org/officials/officials-training-tools-rules/>

This page has links to most items you will need, including

- Under **Lap Scoring** – A manual with forms that can be used for various race distances and exercises to teach volunteers to be lap scorers.
- Under **RACE WALKING** – **Red Cards, Tally Sheets, Judging Summary Sheets** for Track and Road Races, Exercises to teach officials to be the Recorder, the layout and form for the Pit Lane, **Umpire Incident Report for Race Walks** on the Track, **Umpire Incident Report for Race Walks** on the Road, and a **Calculator for Age Grading**.

USATF Websites <http://www.usatf.org>

<http://www.usatf.org/About/Competition-Rules.aspx> is the site for downloading the USATF and IAAF competition rules.

<http://www.usatf.org/Resources-for---/-groups-officials-/Certification/Background-Screen.aspx> is the site for SafeSport training and Background Checks.

<http://www.usatf.org/Resources-for---/-groups-officials-/Officiating-Resources/Race-Walking.aspx> is the site for the 2016 Race Walking Officiating Handbook, forms, and exercises.

One of the best items is the **Race Walking Officiating Handbook, updated in 2016**, at <https://my.usatfofficials.com/resources/view/race-walk-officiating-handbook> .

<http://www.usatf.org/Sports/Race-Walking/Youth-Race-Walking-and-Judging-Instructional-Video.aspx>

is a **video** produced by the National Race Walking Committee – for athletes, coaches, and judges.

<http://www.usatf.org/Sports/Race-Walking.aspx>

is the National Race Walk Committee's website, with links to the video and other items.

Resources for Officials / Race Walking <https://my.usatfofficials.com/resources/tag/race-walking>

You can order plastic **Race Walk Judging Paddles** (yellow ~ and > plus red) through

<http://long-island.usatf.org/Sports/Race-Walking.aspx> at

http://long-island.usatf.org/USATF_ASSOC_59/files/8f/8fff09e0-d75c-4313-a873-4b8c0f1b3505.pdf .

OTHER WEBSITES

www.tinyurl.com/walk2020

Ian Whatley's series of race walk videos

How to Race Walk video by Ian Whatley

<https://www.youtube.com/watch?v=jOzvn6NpeMU>

Chief Judge's Duties

BEFORE THE RACE - To Judges/Officials:

- Assign judging positions
- Give *Tally Sheets* and *Red Cards* to the judges.
- Synchronize watches.
- Determine location for the Post-Race Meeting.
- Remind judges that they are **Umpires** and should document rule violations on a separate sheet.
- Give the **Recorder** the *Judging Summary Sheet*.
- Check that the official operating the **Red Card Posting Board** (DQ Board) knows his/her job.
- Check that the **Red Card Collector** knows the job.
- Check with the Race Director to see if there is an official **Referee**. If not, the Chief Judge is Referee.

BEFORE THE RACE - To Race Walkers:

- "Good morning Walkers, I'm your Chief Judge."
- "You are racing today under (*USATF*) Rules. All rules apply, including no unsportsmanlike conduct and staying on the marked course."
- "We have (**3-4-5-6**) Judges on the course today."
- "Judges will be available for questions **AFTER** the race; do not talk to Judges during the race."
- "The Red Card Posting Board is located (**about 80 Meters**) before the Finish Line."
- "You are responsible for **counting your laps**." (even if lap scorers are available)
- "Has anyone NOT been in a Judged race before?" (If so briefly explain 'Yellow Paddles,' 'Red Cards,' and other items on the back of this card.)
Never ask: "Are there any questions?"
- Explain the **Penalty Zone**, if it is used for this race.
- If applicable, explain that "you may be disqualified if you are obviously out of form in the **last 100 meters**."
- Check to make sure **clothing does not impede** the view of the judges. If so, have them change.

AFTER THE RACE – With Judges/Officials:

- Collect all *Tally Sheets* from Judges. Work with Recorder, who enters all decisions on the *Judging Summary Sheet*. Double check that *Red Cards* and *Tally Sheets* agree with the *Judging Summary Sheet*. Sign the *Judging Summary Sheet*.
- Check for errors on the Red Card Posting Board.
- Show the *Judging Summary Sheet* to all Judges.
- Have the *Judging Summary Sheet* available for any Walkers to review. A copy can be posted.
- Report the final list of disqualifications and give a signed copy of the *Judging Summary Sheet* to the Referee and/or Race Director. In large meets, you may also use the *SUMMARY OF RACE WALK DISQUALIFICATIONS & TIME PENALTIES* form.

- Collect addresses of all Judges and e-mail a copy of the *Judging Summary Sheet* to them so they can see how their decisions matched with the entire Judge panel.

IF SOMEONE HAS NOT BEEN IN A JUDGED RACE BEFORE, explain:

- "**Disqualification can be for a bent knee or loss of contact.**"
- "If a Judge sees that you are in danger of violating one of the two Rules, she or he may issue you a **caution with a yellow paddle**, which is marked on both sides with a bent-knee symbol (>) or with a loss-of-contact symbol (~). Note this caution and **keep walking**."
- "If a Judge sees you in violation of one of the two Rules, she or he will write a **Red Card**, which is a proposal for disqualification. **Proposals from three Judges (four when the Penalty Zone is used) are needed before you are disqualified.** A mark is made next to your Number on the **Red Card Posting Board** for each *Red Card* that you receive. **Keep walking until I, the Chief Judge, show you a red paddle and instruct you to leave the course.**"
- "Stay in legal race-walk form completely through the **Finish Line**."
- "Be aware that you could be notified that you were disqualified after you have completed the race."
- "(Although we have lap counters), **it is your responsibility to count your own laps.**"
- "**The judges also act as umpires**, or there may be additional official umpires on the course. You may be disqualified if you exhibit **unsportsmanlike conduct**, cut the course short, impede or interfere with other racers, or argue with a judge during the race; wear clothing that makes it impossible for the judges to see whether you have a bent knee; or wear a communication device that could give you an advantage over other racers."
- "If you have to leave the course, you must return to the course at the spot where you left."
- "**We abide by all USATF rules.**"

DURING THE RACE, FOR CAUTIONS,

- Judge** makes eye contact with the **Race Walker**, and, if possible without running to catch up with a walker, shows the appropriate yellow paddle. If unable to make eye contact, the judge may announce to the Race Walker:
- "Number **X** – Caution – Bent Knee" or
 - "Number **Y** – Caution – Loss of Contact."

Suggestions for Race Directors

The following suggestions are made to assist with improving the quality of the races in our association. By making these improvements, it will promote a better race environment for everyone.

- 1) Provide trained lap scorers/counters (no more than 4 athletes per counter), chairs for the lap scorers, and lap scoring sheets.
- 2) Lap counter sheets for each distance will be posted on the PA/USATF race walking website to be available for use.
- 3) Have copies of course layout available for road courses. Course must be clearly marked prior to arrival of race participants.
- 4) Post "Laps to Go" with a lap counter responsible for tracking the lead walker (USATF Rule).
- 5) Provide aid station with volunteers during the entire length of the race. In addition, water and bagels are helpful before the race, and hopefully provide juice, fruit, and other food after the race.
- 6) Provide card collector(s)/runner(s) to pick up red cards from judges and deliver them to the recorder at the red card posting (DQ) board. This should be a bicycle rider for a road course.
- 7) Provide identical bib numbers for the front and back for each walker.
- 8) Provide timer(s) and a clock for walkers to see. If there is likely to be a national record set, see USATF Rules 261 through 267. The course must be certified. There must be three hand timers, if automatic timing is not used, and the lap scorers must record each lap. There also must be sufficient judges at appropriate levels (Rule 266.3 states "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.")
- 9) Get the race walkers to the Start Line and start the event on time, so athletes don't cool down too much.
- 10) On a road course, if possible, have a Port-a-Potty near the course.
- 11) Arrange to have a medical person at the race well before the race date, and check with that person the night before with a reminder on what time to be there.
- 12) Provide race results, including name, sex, age, and time, to the association's Race Walk Committee for age grading and reporting.
- 13) Have a small gift for the judges and other volunteers.
- 14) Be sure to have bathrooms available; rent a port-a-potty if necessary.
- 15) Budget registration to cover necessary costs (\$75 fee for the USATF sanction, ~\$150 or more for medical/nurse/EMS coverage during the race, ~\$150 or more for facility rental, including bathrooms, \$100 or less for water, post-race food for race walkers, and gifts for volunteers/judges).
- 16) See that the registration form is prepared, distributed to athletes by e-mail, and posted on appropriate websites.
- 17) Handle registrations, including mail-in early registrations and on-site registration. Have a table and chair for the volunteer.

The judges will generally bring with them:

- (a) the red card posting (DQ) board
- (b) an official for the red card posting board
- (c) an official as the recorder
- (d) tally sheets, red cards, paddles, judging summary sheets, pencils, pens, watches, a sheet describing the chief judge's duties, and the USATF rule book.

Nonetheless, the Race Director should confirm which judge will be bringing the necessary items.

Check-Off Sheet for Apprentice Race Walk Judge & Race Walk Official



Apprentice's Name: (Print):

1st Date: Location: Number & Distance of Race(s):
.....
Duties: Shadow Judge Practice Judge DQ Board Operator Practice Recorder Lap Scorer Card Collector
.....

Supervisor's/Mentor's Name (Print) USATF Official's Number Signature

2nd Date: Location: Number & Distance of Race(s):
.....
Duties: Shadow Judge Practice Judge DQ Board Operator Practice Recorder Lap Scorer Card Collector
.....

Supervisor's/Mentor's Name (Print) USATF Official's Number Signature

3rd Date: Location: Number & Distance of Race(s):
.....
Duties: Shadow Judge Practice Judge DQ Board Operator Practice Recorder Lap Scorer Card Collector
.....

Supervisor's/Mentor's Name (Print) USATF Official's Number Signature

4th Date: Location: Number & Distance of Race(s):
.....
Duties: Shadow Judge Practice Judge DQ Board Operator Practice Recorder Lap Scorer Card Collector
.....

Supervisor's/Mentor's Name (Print) USATF Official's Number Signature

5th Date: Location: Number & Distance of Race(s):
.....
Duties: Shadow Judge Practice Judge DQ Board Operator Practice Recorder Lap Scorer Card Collector
.....

Supervisor's/Mentor's Name (Print) USATF Official's Number Signature

6th Date: Location: Number & Distance of Race(s):
.....
Duties: Shadow Judge Practice Judge DQ Board Operator Practice Recorder Lap Scorer Card Collector
.....

Supervisor's/Mentor's Name (Print) USATF Official's Number Signature

At the "Intro" clinic, each Apprentice Judge will receive this form to carry and get signed at each race walk event. **Shadow Judging** is working side-by-side with an experienced Judge. **Practice Judging** is working alone, with a practice *Race Walk Judge's Tally Sheet* compared with those of experienced Judges after the race. **Practice Recording** is working independent of the official Recorder.

Apprentice's Name: (Print):

7th Date: **Location:** **Number & Distance of Race(s):**

Duties: Shadow Judge Practice Judge DQ Board Operator Practice Recorder Lap Scorer Card Collector

Supervisor's/Mentor's Name (Print)

USATF Official's Number

Signature

8th Date: **Location:** **Number & Distance of Race(s):**

Duties: Shadow Judge Practice Judge DQ Board Operator Practice Recorder Lap Scorer Card Collector

Supervisor's/Mentor's Name (Print)

USATF Official's Number

Signature

9th Date: **Location:** **Number & Distance of Race(s):**

Duties: Shadow Judge Practice Judge DQ Board Operator Practice Recorder Lap Scorer Card Collector

Supervisor's/Mentor's Name (Print)

USATF Official's Number

Signature

10th Date: **Location:** **Number & Distance of Race(s):**

Duties: Shadow Judge Practice Judge DQ Board Operator Practice Recorder Lap Scorer Card Collector

Supervisor's/Mentor's Name (Print)

USATF Official's Number

Signature

11th Date: **Location:** **Number & Distance of Race(s):**

Duties: Shadow Judge Practice Judge DQ Board Operator Practice Recorder Lap Scorer Card Collector

Supervisor's/Mentor's Name (Print)

USATF Official's Number

Signature

12th Date: **Location:** **Number & Distance of Race(s):**

Duties: Shadow Judge Practice Judge DQ Board Operator Practice Recorder Lap Scorer Card Collector

Supervisor's/Mentor's Name (Print)

USATF Official's Number

Signature

13th Date: **Location:** **Number & Distance of Race(s):**

Duties: Shadow Judge Practice Judge DQ Board Operator Practice Recorder Lap Scorer Card Collector

Supervisor's/Mentor's Name (Print)

USATF Official's Number

Signature

NOTES

The *Check-Off Sheet for Apprentice Race Walk Judge & Race Walk Official* is designed for printing as two pages, back-to-back, so that the Apprentice needs to carry only one sheet of paper.

The *Race Walk Umpire's Incident Report* shown on the next page includes the USATF rule numbers for common infractions in race walks.

LDR & RW Umpire's Incident Report Meet/Location: _____ Date _____ Time: _____

Athlete/# _____ Athlete's Team/Uniform _____ Division: Women / Men

DISTANCE _____ HEAT _____ [USATF Rule Number - see brackets] _____

Interference [163.4]: jostled, ran across, or obstructed so as to impede another competitor
What did the athlete do? _____
Who was impacted? _____

Assistance [144.2]: Who provided it to whom? _____
Pacing by persons not participating or lapped or about to be lapped [144.3(a)] Aided by technology or appliance [144.3(c)]
Possession or use by athlete of video, audio, or communication device [144.3(b)] Personal assistance marker on or alongside the running surface [163.2]

Left track/course voluntarily and returned [163.6(a)] **Intentionally shortened the route** of the race [243.4]
(except in road races or $\geq 20,000$ m, under control of an official [163.6(c)])

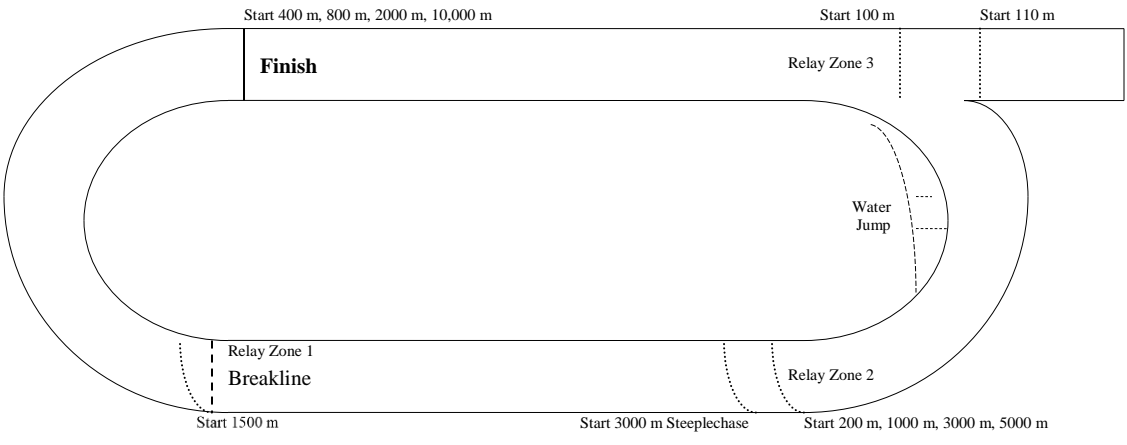
Unsporting conduct [125.10] **Clothing that impedes the view of the judges** [143.1]

Umpire's Name _____ Umpire's Signature _____

Head Umpire's Name _____ Head Umpire's Signature _____

Details of the incident/infraction and the Referee's decision are written on the other side.

Details of the Incident and Referee's Decision – Mark location and describe.



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Referee's Name _____ Referee's Signature _____

Details of the Incident and Referee's Decision – Mark location and describe.

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Referee's Name _____ Referee's Signature _____