**Syllabus for Clinic on**

**Introduction to Race Walk Judging & Officating**

19 January 2024

This course/clinic was designed to be three to four hours long. 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. In a shorter version, some items will be only briefly covered. Web links provide additional useful information, including videos on how to judge.

1. **Race Walk Judging**

with highlights of the USATF Race Walk Officiating Handbook, which is at the end of the website:

<https://www.flipsnack.com/USATF/race-walking/full-view.html>

1. In-Depth Discussion of the Rules of Race Walking – USATF Rules 230-232.
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.]**

START with <https://racewalk.com/judging/> prepared by Jeff Salvage and Gary Westerfield.

If that is not available, use the youth video prepared by Ron Daniel.

1. Recommendations for Judging Positions – where to stand relative to the race walkers
2. Procedures for Making Race Walk Judging Calls
3. Completion of the *Red Card - Proposal for Disqualification*
4. Completion of the *Race Walk Judge’s Tally Sheet*
5. Choosing the Chief Judge and 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.)

1. Role of the Card Collectors/Runners
2. Role of the Recorder
3. Completion of the *Race Walk Judging Summary Sheet* (by the Recorder)
4. For Races on the Track
5. For Road Races
6. Role of the DQ Board Operator
7. Duties of the Chief Judge after the race – review of the *Race Walk Judging Summary Sheet* with all the Judges, including Apprentices
8. Submitting Paperwork from Races (*Red Cards, Tally Sheets, and Summary Sheets*, including those of Apprentices being mentored)
9. Operation of the Penalty Zone
10. Uniform for Race Walk Judges and Officials
11. Keeping a Résumé of Judging and Officiating Experience
12. Criteria for Advancement to and Remaining at Association, National, and Master Levels
13. **Review of Other USATF Rules that are Most Relevant to Race Walking**
14. Role of Umpires (cutting the course short, leaving and returning to the course, unsportsmanlike conduct, etc.)
15. Role of the Referee **– Rule 230.1(g) –** “The Chief Judge will serve as the Referee and Chief Umpire if none is assigned.”
16. **Take and discuss the USATF Apprentice Test.**
17. **Join USATF, if you hadn’t already done so. Set up your USATF CONNECT account, including a picture for your ID card.**
18. **Complete your BACKGROUND CHECK (once every two years).**
19. **Complete SafeSport training (every year).**

**Section on Race Walk Officiating**

This course/clinic is designed to be three to four hours long. If combined with the Introduction to Race Walk Judging clinic, the additional time may be only an hour, which should include exercises in recording and lap scoring.

1. **Discussion of the Non-Judging Duties for Race Walk Officials**
2. Recorder
3. DQ Board Operator
4. Card Collector/Runner
5. Lap Scorers
6. Event Director
7. Aid Station Operator
8. **Discussion of Duties of Other Officials at Race Walking Events**
9. Starter
10. Finish-Line Judges
11. Timers
12. Marshals
13. Race Director
14. **Exercise in Recording and Operation of the DQ Board**
15. **Exercise in Lap Scoring for a Race Walk**
16. **Requirements for Records**
17. Course certification (proper distance and related design)
18. Timing records
19. Lap scoring sheets
20. Levels of certification of officials
21. USATF form for records for race-walking events
22. Checking the current records
23. **Keeping a Résumé of Officiating Experience**
24. Uniform for Race Walk Officials
25. Criteria for Advancement to and Remaining at Association, National, and Master Levels
26. **Take and discuss the USATF Apprentice Test.**
27. **Join USATF, if you hadn’t already done so. Set up your USATF CONNECT account, including a picture for your ID card.**
28. **Complete your BACKGROUND CHECK (once every two years).**
29. **Complete SafeSport training (every year).**

**\* Individuals wanting to be Race Walk Judges should take both the Introduction to Race Walk Judging and the Section on Race Walk Officiating. The Association Race Walk test provides more practice in using the USATF Rule Book and Race Walk Officiating Handbook than the Apprentice Race Walk test.**

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Description automatically generated**

**URLs for Race Walk Judges and Officials**

## How to Judge Race Walking

## [Racewalk.com - Judging](https://racewalk.com/judging/) = <https://racewalk.com/judging/>

## This has a particularly good set of videos on judging, including a test video of elite race walkers.

Pacific Association USATF Websites [**http://www.pausatf.org/**](http://www.pausatf.org/%20)

**PULL DOWN: Services / PULL DOWN: Officials / RIGHTHAND SIDE: Forms**

**TO FIND ALL THE RACE WALKING FORMS and UMPIRE FORMS that are commonly used.**

**PULL DOWN: Sports / PULL DOWN: Race Walking / RIGHTHAND SIDE: RW Officials**

**TO FIND EXERCISES in how to be a RECORDER and LAP SCORER.**

USATF Websites [**https://www.usatf.org**](https://www.usatf.org)

Use the magnifying glass symbol in the upper right to search for what you need, or

Go to [Officials | USA Track & Field (usatf.org)](https://www.usatf.org/programs/officials) to find

Online Rule Books at [Rule Books | USA Track & Field (usatf.org)](https://www.usatf.org/governance/rule-books)

Best Practices and Resources at [Resources & Best Practices | USA Track & Field (usatf.org)](https://www.usatf.org/programs/officials/resources-best-practices)

Under “Other Disciplines” find “Race Walking” at [Race Walking by USATF - Flipsnack](https://www.flipsnack.com/usatf/race-walking/full-view.html)

where you can view or download various forms and documents, including

the **2016 Handbook for Race Walk Officiating**.

USATF National Officials Website [NOC Dashboard (mach2k.net)](http://noc.mach2k.net/) = noc.mach2k.net

SCROLL DOWN TO FIND

* **RULES REVIEWS** FOR RACE WALK OFFICIALS AND OTHER OFFICIALS
* LINKS TO USATF **MEMBERSHIP, SAFESPORT TRAINING, AND BACKGROUND CHECKS** (THE THREE REQUIREMENTS FOR BEING A USATF OFFICIAL).

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

**OTHER WEBSITES**

[www.tinyurl.com/walk2020](http://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**](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.”

*USATF-PACIFIC 1 August 2019*

**Suggestions for Race Directors**

The follow 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:

1. the red card posting (DQ) board
2. an official for the red card posting board
3. an official as the recorder
4. 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**



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**Apprentice’s Name: (Print):**

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**1st Date: Location: Number & Distance of Race(s):**

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

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**2nd Date: Location: Number & Distance of Race(s):**

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

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**3rd Date: Location: Number & Distance of Race(s):**

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

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**4th Date: Location: Number & Distance of Race(s):**

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

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**5th Date: Location: Number & Distance of Race(s):**

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

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**6th Date: Location: Number & Distance of Race(s):**

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

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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.

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**Apprentice’s Name: (Print):**

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

**………………………………………………………………………………………………………………………………………………………………………**

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

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

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**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.

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**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 >20,000 m, under control of an official [163.6(b)])**

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

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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.***

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

USATF-Pacific 11/18/16

**Finish**

Relay Zone 1

Breakline

Relay Zone 2

Relay Zone 3



Start 3000 m Steeplechase

Start 200 m, 1000 m, 3000 m, 5000 m

Start 100 m

Start 110 m

Start 400 m, 800 m, 2000 m, 10,000 m

Water

Jump

Referee’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Referee’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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

Referee’s Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Referee’s Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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The following table provides is a summary of the 2022 recommended criteria for remaining at a current level and advancement to the next level as a USATF Race Walk Judge. When you are ready to advance, contact the Pacific Association Certification Chair, [certification@pacific.usatf.org](mailto:certification@pacific.usatf.org).

Table

Description automatically generated

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

15 November 2012 – 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 event 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 clinic.
2. Take the USATF Introduction to Race Walk Officiating clinic.
3. Serve as a Shadow Judge for at least two (2) individual# races.
4. 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.

The Apprentice must submit her/his *Check-Off Sheet for Apprentice Race Walk Judge & Race Walk Official* to the 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 will recommend advancement or additional mentoring.

**Criteria for Advancement from Apprentice to Association-Level Race Walk Official**

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

1. Take the USATF Introduction to Race Walk Officiating clinic.
2. Serve as a DQ Board Operator and Shadow Recorder, mentored by the official Recorder, for at least two (2) individual# races.
3. Serve as a Lap Scorer or as a Card Collector for at least one (1) race.
4. Serve as a Practice Recorder for at least three (3) individual# races 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.

The Apprentice must submit her/his *Check-Off Sheet for Apprentice Race Walk Judge & Race Walk Official* to the Race Walk Certification Committee, which will evaluate progress, including a comparison of the *Race Walk Judging Summary Sheets* that were submitted by the Apprentice while serving as a Practice Recorder with the sheets completed by the official Recorder for those races. The Committee will recommend advancement or additional mentoring.

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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.

**Checklist - Requirements for Race Walk Events – Officials, Volunteers, and Stuff** v. 21August2023

The following items are required for race walks. Items highlighted in yellow are normally supplied by Meet Management or the Local Organizing Committee. The Games Committee shall assure that all items are covered.

**Race Walk Judges and Officials**

Judges must be certified as Race Walk Judges. For records, Rule 266.3 states: “At least half of these Judges shall have National or higher certification, and at least one of these judges must have Master or World Athletics certification.”

* Five (5) Judges for a track race [Rule 266.3]
* Six (6) to nine (9) Judges for a road race [Rules & 266.3 & 230.1(h)]
* One (1) Recorder [Rule 230.3(b)]
* One (1) Penalty Zone Head Official [Rule 230.3(j)]
* One (1) Red Card Posting Board (DQ Board) Operator (needed for large meets)
* One (1) or more Penalty Zone Official Timer(s) (needed for large meets to assist the Penalty Zone Chief)
* One (1) Race Walk Referee [can be the Chief Judge in small races, Rule 230.1(g)]
* For the **Junior Olympics**, to allow the Chief Judge and Recorder for the previous race to complete the paperwork during the next race, it is preferable to have 12 certified Race Walk Judges. All Judges at the National Junior Olympics should be certified as National- or Master-level Judges, although one or two could be Association-level and still meet the requirements for records.
* For International Selection Competitions, one or more Chief Judge’s Assistants [Rule 230.1(d)]; Judges assigned by the National Race Walk Executive Committee; three (3) World Athletic Judges needed for the U20 Championship.

**Volunteers (or other Officials)**

* Five (5) or more Runners (to take Red Cards from Judges to the Recorder and to alert the Chief Judge)
* Multiple Lap Scorers [Rule 131 requires lap scorers for races longer than one mile (1609 m), and for races of 3 miles (4827 m) and over. Lap Scorers use lap scoring sheets to record times for each lap. No Lap Scorer should be responsible for more than three competitors on the track (six in road race walks).]

**Forms\***

* Judging Summary Sheets (different for track versus road races, one or more for each race)
* Talley Sheets for Race Walk Judges (preferably printed on white or gray card stock, 5 or more for each race)
* Red Cards for Race Walk Judges (preferably printed on red card stock, 50 or more for each race)
* Chief Judge 100-meter Card (when Rule 230.3(f) is in effect, generally at championship meets, preferably printed on green card stock, 3 or more for each race)
* Summary of Disqualifications and Time Penalties (for submission to the meet secretary immediately following the race – useful at meets such as Junior Olympics, where multiple races are held back-to-back; one or more for each race)
* Penalty Zone Time Sheet (one or more for each race)
* Lap Scoring Sheets

\*Some race walk forms can be found at <https://www.flipsnack.com/USATF/race-walking/full-view.html> . Other forms and related documents are available at <https://www.pausatf.org/officials/formsinformation/> and <https://www.pausatf.org/officials/officials-training-tools-rules/> .

**Other Stuff**

* Red Card (DQ) Posting Board (erasable white board with lines drawn & enough spaces)
* Black & red erasable pens for use with the Red Card Posting Board
* Eraser or cloth for use with the Red Card Posting Board
* Extra sets of yellow (~ and >) paddles and one red paddle for judges, in case the judges didn’t bring theirs
* Weights or clips to prevent paperwork from flying away in the wind
* One-gallon zip-lock plastic bags for storing paperwork (one for each race)
* Extra pencils, erasers, and watches
* Signs (preferably covering the ends of paddles) for the Penalty Zone Chief to indicate the length of penalty (30 seconds, 60 seconds, 2 minutes, etc.) and 10-seconds remaining
* Timers (2 or more) for the Penalty Zone
* Thirty (30) cones for marking the Penalty Zone [Rule 230.3(j)]
* Tables (2) for Recorder and Penalty Zone
* Three chairs for the Recorder’s table
* Canopy to cover the Recorder’s table (for shade and protection against rain)
* Athletic tape (to secure the Red Card Posting Board to table legs)
* Water table for athletes (set up in the middle of the straightaway opposite the finish line on the track for Junior Olympics, U20, and other Youth meets)
* Water and/or refreshment tables for athletes at the beginning and end of the race [Rule 232.4(a)] and at other locations on road courses if conditions warrant [Rules 232.4(b) and 232.4(c)]
* Mist stations for the athletes if conditions warrant [Rule 232.4(b)]

Here is what is posted at <https://www.pausatf.org/officials/formsinformation/>

##### RACE WALKING FORMS

1. [RED CARDS for Race Walk Judges, version 16December2019](https://www.pausatf.org/wp-content/uploads/2019/12/RED-CARDS-for-Race-Walk-Judges-16December2019.docx) (Word docx file with multiple options for printing)
2. [RED CARDS for Race Walk Judges, version 16December2019](https://www.pausatf.org/wp-content/uploads/2019/12/RED-CARDS-for-Race-Walk-Judges-16December2019.pdf) (PDF file with multiple options for printing)
3. [TALLY SHEETS for Race Walk Judges: IAAF STYLE](https://www.pausatf.org/wp-content/uploads/2016/12/TALLY-SHEETS-for-Race-Walk-Judges-4December2016.docx) (Word docx file with multiple options for printing)
4. [TALLY SHEETS for Race Walk Judges: IAAF STYLE](https://www.pausatf.org/wp-content/uploads/2016/12/TALLY-SHEETS-for-Race-Walk-Judges-4December2016.pdf) (PDF file with multiple options for printing)
5. [Race Walk JUDGING SUMMARY SHEET for the Recorder, TRACK Race](https://www.pausatf.org/wp-content/uploads/2019/07/RACE-WALK-JUDGING-SUMMARY-SHEET-for-TRACK-wPZ-14Jan2019.docx) (Word docx file)
6. [This is an example of the Race Walk JUDGING SUMMARY SHEET for the Recorder, TRACK Race](https://www.pausatf.org/wp-content/uploads/2019/07/RACE-WALK-JUDGING-SUMMARY-SHEET-for-TRACK-wPZ-31July2019-EXAMPLE.docx) (Word docx file)
7. [Race Walk JUDGING SUMMARY SHEET for the Recorder, TRACK Race](https://www.pausatf.org/wp-content/uploads/2019/07/RACE-WALK-JUDGING-SUMMARY-SHEET-for-TRACK-wPZ-14Jan2019.pdf) (PDF file)
8. [This is an example of the Race Walk JUDGING SUMMARY SHEET for the Recorder, TRACK Race](https://www.pausatf.org/wp-content/uploads/2019/07/RACE-WALK-JUDGING-SUMMARY-SHEET-for-TRACK-wPZ-31July2019-EXAMPLE.pdf) (PDF file)
9. [SUMMARY of DQs and TIME PENALTIES for the Recorder to give to the Chief Judge immediately after the race, version 16December2019](https://www.pausatf.org/wp-content/uploads/2019/12/SUMMARY-of-DQs-and-TIME-PENALTIES-16December2019.docx) (Word docx file)
10. [SUMMARY of DQs and TIME PENALTIES for the Recorder to give to the Chief Judge immediately after the race, version 16December2019](https://www.pausatf.org/wp-content/uploads/2019/12/SUMMARY-of-DQs-and-TIME-PENALTIES-16December2019.pdf) (PDF file)
11. [CHIEF JUDGE 100-meter CARD for the Chief Judge to record obvious violation of Rule 232.2 in the last 100 meters of the race, version 16December2019](https://www.pausatf.org/wp-content/uploads/2019/12/CHIEF-JUDGE-100-meter-CARD-16December2019.docx) (Word docx file)
12. [CHIEF JUDGE 100-meter CARD for the Chief Judge to record obvious violation of Rule 232.2 in the last 100 meters of the race, version 16December2019](https://www.pausatf.org/wp-content/uploads/2019/12/CHIEF-JUDGE-100-meter-CARD-16December2019.pdf) (PDF file)
13. [Race Walk JUDGING SUMMARY SHEET for the Recorder, ROAD Race](https://www.pausatf.org/wp-content/uploads/2016/06/RACE-WALK-JUDGING-SUMMARY-SHEET-for-ROAD-10June2016.docx) (Word docx file)
14. [Race Walk JUDGING SUMMARY SHEET for the Recorder, ROAD Race](https://www.pausatf.org/wp-content/uploads/2016/06/RACE-WALK-JUDGING-SUMMARY-SHEET-for-ROAD-10June2016.pdf) (PDF file)
15. [RED CARD ONLY Race Walk JUDGING SUMMARY SHEET for the Recorder, TRACK Race](https://www.pausatf.org/wp-content/uploads/2016/10/RED-CARD-ONLY-RACE-WALK-JUDGING-SUMMARY-SHEET-for-TRACK-15October2016.docx) (Word file)
16. [RED CARD ONLY Race Walk JUDGING SUMMARY SHEET for the Recorder, TRACK Race](https://www.pausatf.org/wp-content/uploads/2016/10/RED-CARD-ONLY-RACE-WALK-JUDGING-SUMMARY-SHEET-for-TRACK-15October2016.pdf) (PDF file)
17. [RED CARD ONLY Race Walk JUDGING SUMMARY SHEET for the Recorder, ROAD Race](https://www.pausatf.org/wp-content/uploads/2016/10/RED-CARD-ONLY-RACE-WALK-JUDGING-SUMMARY-SHEET-for-ROAD-15October2016.docx) (Word file)
18. [RED CARD ONLY Race Walk JUDGING SUMMARY SHEET for the Recorder, ROAD Race](https://www.pausatf.org/wp-content/uploads/2016/10/RED-CARD-ONLY-RACE-WALK-JUDGING-SUMMARY-SHEET-for-ROAD-15October2016.pdf) (PDF file)
19. [RACE WALK Umpire Incident Report for TRACK races – 31Jan2017](https://www.pausatf.org/wp-content/uploads/2017/01/RACE-WALK-Umpire-Incident-Report-TRACK-31January2017-2-pages.docx) (Word.docx file)
20. [RACE WALK Umpire Incident Report for TRACK races – 31Jan2017](https://www.pausatf.org/wp-content/uploads/2017/01/RACE-WALK-Umpire-Incident-Report-TRACK-31January2017-2-pages.pdf) (PDF version)
21. [LDR and RACE WALK Umpire Incident Report for ROAD races – 20December2018](https://www.pausatf.org/wp-content/uploads/2019/01/LDR-and-RACE-WALK-Umpire-Incident-Report-ROAD-20December2018-2-pages.docx) (Word.docx file)
22. [LDR and RACE WALK Umpire Incident Report for ROAD races – 20December2018](https://www.pausatf.org/wp-content/uploads/2019/01/LDR-and-RACE-WALK-Umpire-Incident-Report-ROAD-20December2018-2-pages.pdf) (PDF version)

Here is what is posted at <https://www.pausatf.org/officials/officials-training-tools-rules/>

 **Race Walking**

* For all forms go to the Officials [**FORMS**](https://www.pausatf.org/officials/formsinformation/) page
* [SYLLABUS for INTRODUCTION TO RACE WALK JUDGING and OFFICIATING 9January2021 and 21February2021](https://wp.me/a5y0XD-f4I) (Word docx file for printing)
* [SYLLABUS for INTRODUCTION TO RACE WALK JUDGING and OFFICIATING 9January2021 and 21February2021](https://wp.me/a5y0XD-f4K) (PDF file for printing)
* [SYLLABUS for COMBINED CLINIC on LDR OFFICIATING and INTRODUCTION TO RACE WALK JUDGING and OFFICIATING 1Aug2019](https://www.pausatf.org/wp-content/uploads/2019/08/Syllabus-for-Itro-to-RW-Judging-and-Officiating-CLINIC-with-LDR-1August2019.docx) (Word docx file for printing)
* [SYLLABUS for COMBINED CLINIC on LDR OFFICIATING and INTRODUCTION TO RACE WALK JUDGING and OFFICIATING 1Aug2019](https://www.pausatf.org/wp-content/uploads/2019/08/Syllabus-for-Itro-to-RW-Judging-and-Officiating-CLINIC-with-LDR-1August2019.pdf) (PDF for printing)
* [CHIEF JUDGE’s DUTIES – card 1August2019](https://www.pausatf.org/wp-content/uploads/2019/08/DUTIES-of-the-CHIEF-JUDGE-1August2019.docx) (Word docx file for printing back-to-back)
* [SUMMARY of DQs and TIME PENALTIES for the Recorder to give to the Chief Judge immediately after the race, version 16December2019](https://www.pausatf.org/wp-content/uploads/2019/12/SUMMARY-of-DQs-and-TIME-PENALTIES-16December2019.docx) (Word docx file)
* [SUMMARY of DQs and TIME PENALTIES for the Recorder to give to the Chief Judge immediately after the race, version 16December2019](https://www.pausatf.org/wp-content/uploads/2019/12/SUMMARY-of-DQs-and-TIME-PENALTIES-16December2019.pdf) (PDF file)
* [Race Walk JUDGING ASSIGNMENTS, TRACK Race with FIVE JUDGES, 16December2019 version](https://www.pausatf.org/wp-content/uploads/2019/12/Race-Walk-JUDGING-ASSIGNMENTS-TRACK-LAYOUT-16Dec2019.doc) (Word file)
* [Race Walk JUDGING ASSIGNMENTS, TRACK Race with FIVE JUDGES, 16December2019 version](https://www.pausatf.org/wp-content/uploads/2019/12/Race-Walk-JUDGING-ASSIGNMENTS-TRACK-LAYOUT-16Dec2019.pdf) (PDF file)
* [RECORDER: This is an exercise to teach officials to be the Recorder for race walking events. This example is for a track race.](https://www.pausatf.org/wp-content/uploads/2015/12/Exercise-for-RECORDER-Track-example-9December2015.pdf) (PDF with instructions)
* [RECORDER: This is another exercise to teach officials to be the Recorder for race walking events. This example is for a road race.](https://www.pausatf.org/wp-content/uploads/2015/12/Exercise-for-RECORDER-Road-race-example-9December2015.pdf) (PDF with instructions)
* [PENALTY ZONE (formerly called the PIT LANE) TIME SHEET: This is a form used by the Pit Lane Official. See IAAF guidelines for operation of the pit lane.](https://www.pausatf.org/wp-content/uploads/2019/07/PENALTY-ZONE-TIME-SHEET-31July2019.docx) (Word docx file for printing)
* [PENALTY ZONE (formerly called the PIT LANE) TIME SHEET: This is a form used by the Pit Lane Official. See IAAF guidelines for operation of the pit lane.](https://www.pausatf.org/wp-content/uploads/2019/07/PENALTY-ZONE-TIME-SHEET-31July2019.pdf) (PDF file for printing)
* [IAAF Guidelines for Race Walk Judges, including operation of the pit lane.](https://www.pausatf.org/wp-content/uploads/2016/06/RaceWalking2014AguidetoJudgingandOrganising-IAAF-GUIDE.pdf) (PDF file for printing)
* [PENALTY ZONE (formerly called the PIT LANE) LAYOUT: This is a diagram and explanation of the penalty zone for any distance, updated 31 July 2019. See IAAF guidelines for operation of the pit lane.](https://www.pausatf.org/wp-content/uploads/2019/07/PENALTY-ZONE-LAYOUT-31July2019-1.docx) (docx file for printing)
* [PENALTY ZONE (formerly called the PIT LANE) LAYOUT: This is a diagram and explanation of the penalty zone for any distance, updated 31 July 2019. See IAAF guidelines for operation of the pit lane.](https://www.pausatf.org/wp-content/uploads/2019/07/PENALTY-ZONE-LAYOUT-31July2019-1.pdf) (pdf file for printing)
* [2016 Race Walk Officiating Handbook](https://www.pausatf.org/wp-content/uploads/2018/05/2016-Race-Walking-OFFICIATING-HANDBOOK.pdf) (2016)
* [Pockets for Race Walk Judges’ Paddles & Clipboards and Flag Holders for Track & Field Officials](https://wp.me/a5y0XD-fcv)
* **Age Grading**
  + [Road Racing Age Grading Tables](http://www.usatf.org/groups/EventDirectors/AgeGradingTables/index.asp) (USATF resource)
  + [Race Walking Age Grading Calculator](https://www.pausatf.org/wp-content/uploads/2015/08/rwagegrade_V9.xls) (.xls file)
  + See also [RW officials page](https://www.pausatf.org/race-walking/race-walking-officials/), with additional age grading and training resources
* ***Lap Scoring***
  + [*Lap Scoring Sheets for 3,000-m, 5,000-m, and 10,000-m races (up to 25 laps on track) plus an exercise to teach lap scorers and a sheet for the Chief Lap Scorer*](https://www.pausatf.org/wp-content/uploads/2017/05/LAP-SCORING-SHEETS-PRINTABLE-1.5-3-5-10-20-and-50K-10May2017.xlsx)
  + [*Lap Scoring Sheet for a 20-km race on a 1-km loop*](https://www.pausatf.org/wp-content/uploads/2017/05/LAP-SCORING-SHEET-for-20K-on-1K-LOOP-10May2017.xlsx)
  + [*Lap Scoring Sheet and Training Exercise for a 20-km race on a 2-km loop*](https://www.pausatf.org/wp-content/uploads/2017/05/LAP-SCORING-SHEET-for-20K-on-2K-LOOP-10May2017.xlsx)
  + [*Lap Scoring Sheet for a 50-km race on a 1.25-km loop*](https://www.pausatf.org/wp-content/uploads/2017/05/LAP-SCORING-SHEET-for-50K-with-40-laps-each-1.25-km-10May2017.xlsx)
  + [*2011 USATF National Officials Committee Training Monograph*](https://www.pausatf.org/wp-content/uploads/2014/08/offlapscoringmono2011.pdf)

**USATF 2021-2024 Apprentice/ Association Level**

**Race Walk Rules Review** (V1.0)

**Purpose** The purpose of this open-book rules review is for officials to become familiar with the USATF rule book, and to gain & demonstrate knowledge about selected rules governing race walk events.

**Instructions Use** the current USATF Competition Rules (http://www.usatf.org/About/Competition-Rules.aspx) to fill in the missing word(s) in the following questions. Questions are in sequential order as they appear in the rule book. Complete your answers on this review and send it to your Association Certification Chair for scoring. If you are taking the review online (https://www.flexiquiz.com/SC/N/20212024racewalk) see the directions for recording your answers electronically.

**Scoring**: There are 20 fill-in-the-blank questions and 10 questions to complete a judge’s tally sheet; minimum success rate of at least 87% (26 correct).

**Questions (Enter the answer(s) on this review)**

1. Athletes who are not members of a particular Association may compete as invited guests on a \_\_\_\_\_\_\_ basis at the discretion of the meet director or the appropriate Association sports committee. **Rule 3.3 (p. 10 in the 2020 USATF Competition Rules Book)**

2. During a road race, it is recommended that there *be* \_\_\_\_\_\_\_\_Race Waking Judges, plus a sufficient number of Race-Walking Officials. **Rule 110.7 (p. 33)**

3. In walking events, the assigned \_\_\_\_\_\_\_\_\_ shall perform their duties as in any other event, but shall not be responsible for technique rules, which are the responsibility of the Judges of Race Walking. **Rule 127.6 (p. 40)**

4. No Lap Scorer should be responsible for more than **\_\_\_\_\_\_\_\_\_\_**competitors (\_\_\_\_\_\_\_ in the case of ultra-marathons and road walking events). **Rule 131.1 (p. 43)**

5. The competitors \_\_\_\_\_\_\_\_\_\_\_\_\_wear clothing that could impede the view of the judges. **Rule 143.1 (p. 49)**

6. In any track event of 20,000 meters or more or in any road race, a competitor may leave the marked course with the permission and\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ of a judge or other authorized official, provided that by going off course or returning to the course the athlete does not lessen the distance to be covered. **Rule 163.6(b) (p. 66)**

1. The times for races conducted partly or entirely outside the stadium (off the track) shall be read in 0.01 of a second and shall be converted to the next longer whole second, i.e., for the Marathon, 2:09:44:32 shall be recorded as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. **Rule 165.11(c) (p. 71)**

8. The judges of Race Walking shall be the sole authority to determine the fairness or unfairness of walking, and their rulings thereon \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_and without appeal. **Rule 230.1(a) (p. 130)**

9. The \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_shall assign the Judges to their respective judging areas and explains the judging procedure to be used in the race. **Rule 230.1(c) (p. 130)**

10. All judges shall act in an \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_capacity. **Rule 230.1(f) (p. 130)**

11. All Judges’ Tally Sheets shall be turned into the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_at the end of the race. **Rule 230.1(i) (p. 130)**

12. An athlete cannot be given a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ yellow paddle by the same judge for the same offense. **Rule 230.2(a) (p. 130 & 131)**

13. When a judge observes a competitor who fails to comply with Rule 232.2, the judge \_\_\_\_\_\_\_\_\_\_\_\_\_ issue a red card. **Rule 230.3(a) (p. 131)**

14. 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 Penalty Zone may be liable to further\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_in accordance with Rule 145.2. **Rule 230.3(c) (p. 131)**

15. The failure to give prompt notification \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_result in the reinstatement of a disqualified competitor. **Rule 230.3(d) (p. 131)**

16. The Chief Judge and, when applicable, the Chief Judge’s Assistant, shall use a \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ for signaling disqualification. **Rule 230.3(e) (p. 131)**

17. A Penalty Zone may be used as determined by the \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_. In such cases an athlete will be required to enter the Penalty Zone and remain there for the applicable period as set out in the entry material once they have received three (3) red cards and are so advised by the Chief Judge or someone delegated by the Chief Judge. **Rule 230.3(j) (p. 132)**

18. A race must have a minimum of \_\_\_\_\_\_\_\_\_\_\_ Judges as prescribed in Rule 230.1(e). **Rule 232.3(c) (p. 133)**

19. 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 shall be less than \_\_\_\_\_\_\_\_\_\_\_\_. **Rule 232.5(a) (p. 133)**

20. For records, track races require five Judges and road races require a minimum of \_\_\_\_\_\_\_\_\_\_\_\_judges, as prescribed in Rule 230.1(e). At least half these judges shall have National or higher certification, and at least one of these judges must have Master or World Athletics certification. **Rule 266.3 (p. 152)**

***21-30: Please complete the Tally Card on the following page.***

Table

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