



Little
Athletics
Victoria

RACE WALKING

Within Little Athletics Victoria there is a Race Walking Working Party. They are responsible for further education and accreditation of Race Walking Judges. To become a Walk Judge, you must pass specific exams. Further details and contact are through the LAVic Office.

Definition

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 vertical upright position.



Equipment

- **Walk Jackets or Numbers:** Each venue should have enough numbered Walk Jackets or numbers to be able to conduct two consecutive events. Walk Jackets may be of one colour or of two different coloured sets with preferably sequential numbering.
- **Judging Pads:** Each Walk Judge should be issued with a walk judge's pad for recording Yellow paddles and Red cards for each event. Walk judging slips are handed to the Chief Walk Judge (or their assistant) at the conclusion of the event.
- **Chief Walk Judge's Sheet:** Each event requires a Chief Walk Judge's Master Sheet. An example may be obtained from the Office. The Chief Walk Judge is responsible for collating appropriate details based on reports received from the other walk judges. The completed Chief Walk Judge's Sheet indicates the total yellow paddles and red cards received by each athlete. The Chief Walk Judge then speaks to the athletes at the end of the race and advises if any disqualifications have occurred. Having signed the sheet, the Chief Walk Judge forwards numbers of the disqualified athletes to the recorders.

Race Walking Rules

There are two basic rules in Race Walking:

- **Contact:** The athlete must never have both feet off the ground at once.
- **Knees:** The advancing leg must be straightened (not bent at the knee) from when the foot first makes contact with the ground until the vertical upright position.

Methods of issuing a Yellow Paddle or Red Card

Walk Judges give:

- **Verbal Yellow Paddles:** for all age groups and where possible show the athlete a yellow paddle indicating the offence along with the verbal caution.
- **Verbal Red Cards:** up to and inclusive of the U11 age group.
- **Non-Verbal Red Cards:** for U12 and above age groups.

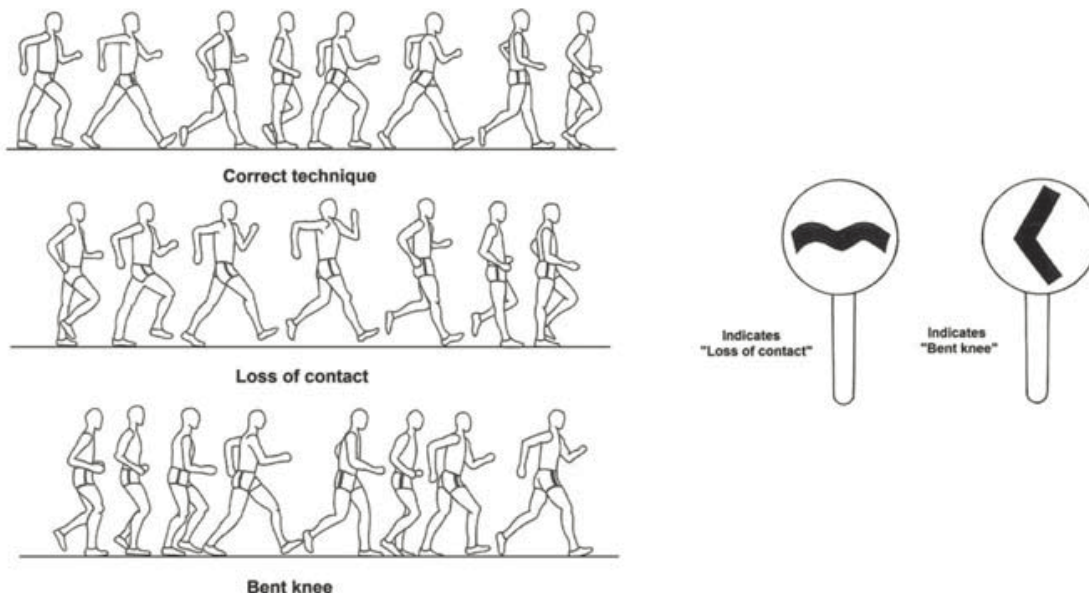
A Walk Judge may Yellow Paddle an athlete twice, once for Contact and once for Knees. However, they cannot issue 2 for Knees or 2 for Contact.

Examples: U9 – U11 athletes – Verbal Yellow Paddles & Red cards

- Number 15: Caution 'Knees' - where possible show the Yellow paddle of the offence.
- Number 15: Caution 'Contact' - where possible show the Yellow paddle of the offence.
- Number 6: Red Card 'Knees'
- Athlete No 15 has received two Yellow paddles from the same Walk Judge: one for Knees and one for Contact.

Walk distances for each age group

- **U6-U7:** Not allowed at any level
- **U8:** up to 700 mts – Centre level only
- **U9:** 700 mts – all levels
- **U10 – U11:** 1100 mts – all levels
- **U12 & above:** 1500 mts – all levels



Process

If a Walk Judge suspects there is the possibility of an athlete infringing the rules, the Walk Judge:

- Issues a Yellow paddle informing the athlete immediately, "Number 15 Caution – Knees".
- Record this Yellow paddle on your Walk Judges slip.
- Hand the Walk Judges slip to the Chief Walk Judge as soon as the event is completed.

If a Walk Judge notices a definite infringement the Walk Judge should:

- Issue a Verbal Red Card (up to & including U11 age group), "Number 10 Red Card – Contact". All other age groups, the Red Card is silent, and the athletes are not informed.
- Record the Red Card listing the athlete's number and type of infringement on the judging slip.
- Hand the Walk Judges slip to the Chief Walk Judge as soon as the event is completed.

Note

1. If in doubt, give the benefit of any doubt to the athlete. If the Walk Judge cannot form a definite opinion on an infringement, they should not penalise the athlete.
2. It is essential that the advancing foot be in contact with the ground before the rear foot is lifted.
3. Each Walk Judge may Yellow paddle (Caution) an athlete once for loss of contact & bent knee. These Yellow paddles do not count towards disqualification.
4. Each Walk Judge may only Red Card the same athlete once.
5. The Chief Walk Judge is normally the highest graded Walk Judge officiating.
6. The Chief Walk Judge is the ONLY Judge who informs the athlete of their disqualification.
7. Each Walk Judge must hand in their Judge's slip to the Chief Walk Judge as soon as the event has finished.
8. Decisions of the Judging Panel are final.
9. When there are less than 4 Walk Judges the number of Red Cards for disqualification of an athlete is in the table below, otherwise three Red cards are required for disqualification.
10. It is best to view an athlete from side on, not from behind
11. In certain circumstances Walk Judges may not be able to stand on the outer edge of the track, e.g., when hurdles are in progress. However, it is ideal to stand in lanes 5-8 to gain the best view.
12. Do not pre-Judge any athlete & do not be biased.
13. Walk Judges must not confer with each other regarding their opinions (Yellow Paddles/Red cards) of athletes.
14. The Chief Walk Judge (or their Assistant) must instruct athletes on the rules of Race Walking and conduct of the event, prior to the start.
15. Walk Judges should be placed for maximum coverage of the track. Suggested positions are as diagram below:

Disqualifications

The maximum number of Walk Judges for a track event is six. The following should apply:

No. of Walk Judges	No. of Red Cards for Disqualification
2 or 3	2
4 - 6	3

Judging Sectors on Track

