

# A VOLUNTEERS GUIDE TO THE

# RACE WALKS

Race walking is highly technical and very different to running because one foot must be in contact with the ground at all times. Failure to do so is known as 'lifting'. The rules also state that the advancing leg must straighten from the point of contact with the ground and remain straight until the body passes over it.

## EQUIPMENT

- Walk Judge Summary Sheet/Judging Pads to record yellow and red cards.
- Red cards (Used mainly at State events)
- Yellow paddles x 2



## RULES

There are two basic rules in race walking, relating to the following.

- **Contact** - the child must never have both feet off the ground at once (Lifting).
- **Knees** - the advanced leg must be straight (Not bent at the knee) from when the foot first makes contact with the ground until it is directly under the body.

## ONCE THE RACE HAS STARTED

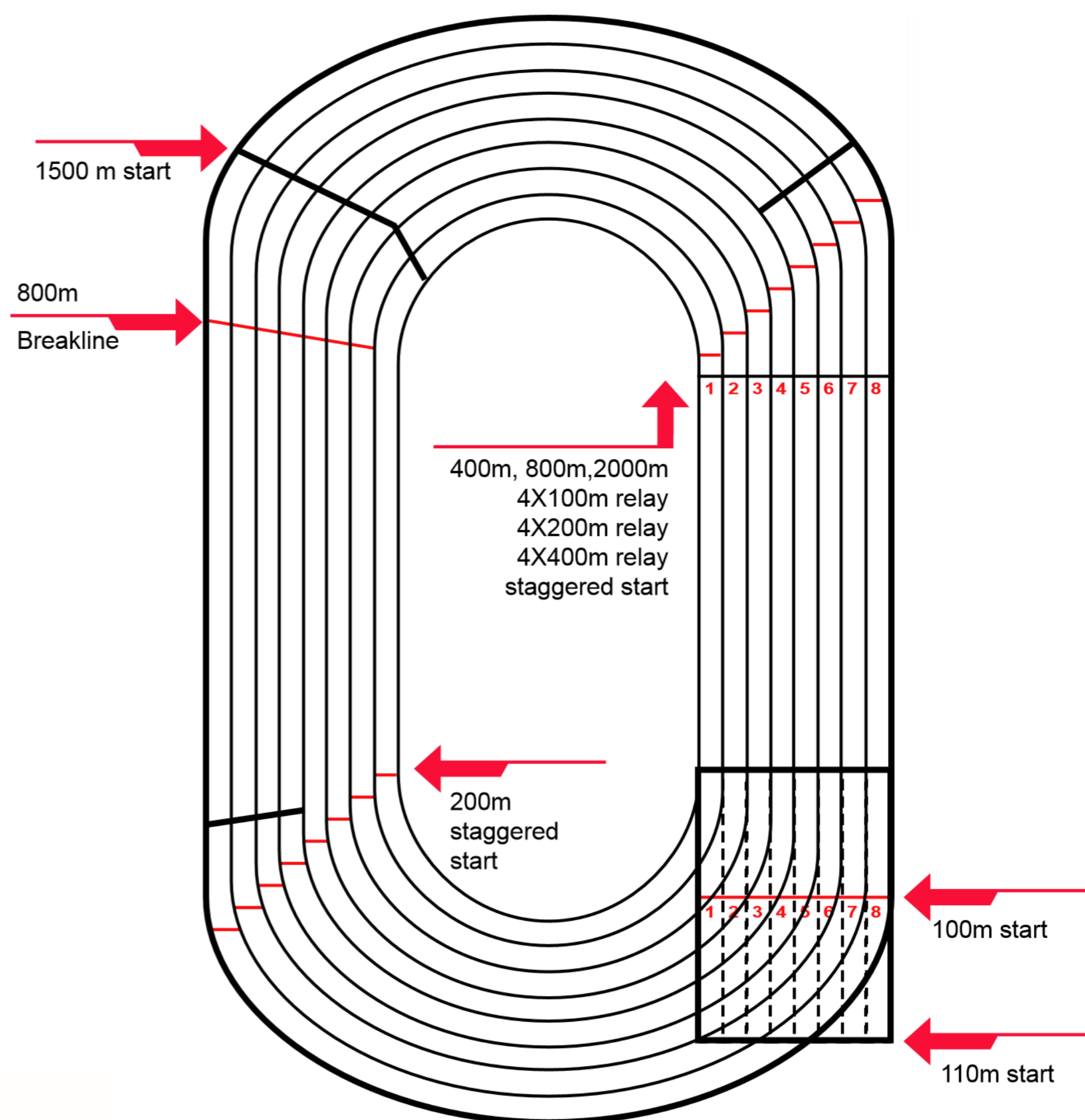
- 1 If you suspect there is the possibility of child infringing the rules, you should issue a caution (Either verbal or non-verbal) - *for more information please see Rules & Regulations.*
- 2 If you notice a definite infringement of the rules, you should:
  - Make a report by listing the event, child's name, your name, and the type of infringement.
  - Inform the child as soon as the report is made.
  - Hand the report card to the Chief Judge as soon as the event is complete
- 3 If there are two or three judges, then a child requires two reports to be disqualified. If there are more than three judges, then three reports are required.

## DID YOU KNOW...

...2 time Commonwealth champion, Jemima Montag, was a member of Caulfield Little Athletics Centre.

...Olympian and JDS coach, Kyle Swan, was a member of Knox Little Athletics Centre.

# TRACK REFERENCES



## LAPS

		$\frac{3}{4}$ 700m	1 400m	<b>700m Walk</b>
		2 800m	1 400m	<b>800m</b>
	$\frac{3}{4}$ 1100m	2 800m	1 400m	<b>1100m Walk</b>
$\frac{3}{4}$ 1500m	3 1200m	2 800m	1 400m	<b>1500m/Walk</b>



These guides are intended as a template for the conduct of events only, noting that individual Centres will have varying operating procedures based largely on available resources, including personnel and equipment.

For a full copy of Little Athletics Victoria's Rules and Regulations, including the more expansive Centre Officiating Guide, please visit [www.lavic.com.au](http://www.lavic.com.au)

With thanks to Athletics New Zealand and Athletics West for the sharing resources and graphics in the creation of this guide.