

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 foot must make contact with the ground before the rear foot leaves the ground.

The advancing leg must be straightened, i.e. not bent at the knee, from the moment of first contact with the ground (heel of advancing foot) until the vertical upright position.

Event offered to

Only the U8 to U17 age groups can do Race Walking.

U8: 300m

U9: 700m

U10 to U11: 1100m

U12 to U17: 1500m

Event equipment

- ✓ Judging Summary Sheet
- ✓ Race Walk Judge's Records
- ✓ Pens and clipboards

Optional equipment

- ✓ Yellow paddles/folders with symbols

Event safety

The track and nearby areas must be clear of obstructions and hazards.

Where to assist

Chief Walk Judge: to inform athletes of procedures at the start and debrief athletes at the finish of the event and the only person permitted to disqualify an athlete for breaking the Race Walking rules.

Walk Judges: to observe only in the allocated area, give verbal reports to athletes and record the reports on the Race Walk Judge's Record.

Recorder: to collate the results and complete the Judging Summary Sheet.

Where to stand

- The Chief Walk Judge will allocate positions evenly around the outside of the track as required.
- Walk Judges observe from lanes 5-7 for a clear view of the athletes.



Basic rules

- There are two basic rules in Race Walking:
 - **Contact (loss of contact):** the athlete fails to have continuous contact with the ground.
 - **Knees (bent knees):** the athlete fails to land with a straight leg on first contact with the ground until the vertical upright position.
- There are two reports called for 'contact' or 'knees':
 - **Caution** is given when an athlete appears to be in danger of breaking the Race Walking rules.
 - **Red Card** is given when an athlete is breaking the Race Walking rules.
- At Centre level, all reports are verbal.
- Each Walk Judge can give two cautions to an athlete — one for 'contact' and one for 'knees'.
- Cautions have no bearing on disqualifications.
- A Walk Judge can give only one Red Card to each athlete.
- A Red Card from any three Walk Judges disqualifies an athlete from the event.
- Cautions are called, e.g. "Number 6, *Caution*, contact" — show yellow paddle.
- Red Cards are called, e.g. "Number 9, *Red Card*, knees."
- Reports must not constitute coaching.

How to record

- All caution and Red Card reports are recorded on the Race Walk Judge's Record then collated onto the Judging Summary Sheet.
- When recording: ~ = loss of contact > = bent knees DQ = disqualified
- Red Cards should be circled. Cautions are recorded but not circled.

Example of a Judging Summary Sheet.

Judges		1		2		3		4		5		6		Total Red Cards	Action
Athlete	No.	Caution	RC	Caution	RC	Caution	RC	Caution	RC	Caution	RC	Caution	RC		
A	1	~	Ⓝ		Ⓝ					~	Ⓝ			3	DQ
B	2		Ⓝ		Ⓝ	>								2	
C	3														
D	4		Ⓝ	>			Ⓝ							2	
E	5	~		~				~							

Handy hints to run Race Walking

- Athletes aiming to use correct technique can use lane 1, non-competitive athletes can use lane 2.
- Use shorter distances for athletes to gain confidence with technique or for training purposes.



Handy hints for the athletes

The basic technique for Race Walking:

- **Posture** is of major importance in Race Walking.
- **Body:** tall with head relaxed and looking ahead.
- **Shoulders:** parallel to the front, relaxed and low with no rolling action.
- **Arms:** bent at 90°, drive elbows backwards close to body then swing forwards.
- **Hips:** flexible and rotate forwards and backwards, not side to side.
- **Legs:** smooth rhythmic stride pattern with a strong rear leg drive action, knee bent and foot close to the ground when advancing foot swings forwards.
- **Feet:** travel in a straight line with full extension, ankles flexing and toes pulled back towards the shin.
- **Heel:** land on heel of advancing foot, roll forwards and off toes.
- The advancing leg is straight from the time the heel contacts the ground until the upright position (passes under the body).
- Older and stronger athletes are encouraged to lean from the ankles at 3-5°.

