

SECTION VII - RACE WALKING EVENTS

RULE 230 Race Walking

Definition of Race Walking

1. 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 shall be straightened (i.e. not bent at the knee) from the moment of first contact with the ground until the vertical upright position.

Judging

2. (a) The appointed judges of Race Walking shall elect a Chief Judge, if one has not been appointed previously.
 - (b) All the Judges shall act in an individual capacity and their judgements shall be based on observations made by the human eye.
 - (c) In competitions held under Rule 1.1(a), all Judges shall be International Race Walking Judges. In competitions held under Rules 1.1(b), (c), (e)(ii), (f), (g) and (j), all Judges shall be either Area or International Race Walking Judges.
 - (d) For road races, there should normally be a minimum of six to a maximum of nine Judges including the Chief Judge.
 - (e) For track races, there should normally be six Judges including the Chief Judge.
 - (f) In competitions held under Rule 1.1(a) not more than one Judge from any country can officiate.

Chief Judge

3. (a) In competitions held under Rules 1.1(a), (b), (c), (d) and (f), the Chief Judge has the power to disqualify an athlete inside the stadium when the race finishes in the stadium or in the last 100m when the race takes place solely on the track or on the road course, when his/her mode of progression obviously fails to comply with the Rule 230.1 regardless of the number of previous Red Cards the Chief Judge has received on that athlete. An athlete who is disqualified by the Chief Judge under these circumstances shall be allowed to finish the race.

- (b) The Chief Judge shall act as the supervising official for the competition, and act as a Judge only in the special situation noted in Rule 230.3(a) in competitions under Rules 1.1(a), (b), (c), (d) and (f). In competitions held under Rules 1.1(a), (b) (c) and (f), a maximum of two Chief Judge's Assistants shall be appointed. The Chief Judge's Assistant(s) are to assist with the notification of disqualifications only and shall not act as Race Walking Judges.
- (c) For all competitions held under Rules 1.1(a), (b), (c) and (f), an official in charge of the Posting Board(s) and a Chief Judge's Recorder shall be appointed.

Caution

- 4. Athletes shall be cautioned when, by their mode of progression, they are in danger of failing to comply with Rule 230.1 by showing the athletes a yellow paddle with the symbol of the offence on each side.

An athlete cannot be given a second caution by the same Judge for the same offence. Having cautioned an athlete, the Judge shall inform the Chief Judge of his action after the competition.

Red Cards

- 5. When a Judge observes an athlete failing to comply with Rule 230.1 by exhibiting visible loss of contact or a bent knee during any part of the competition, the Judge shall send a Red Card to the Chief Judge.

Disqualification

- 6. (a) When three Red Cards from three different Judges have been sent to the Chief Judge on the same athlete, the athlete is disqualified and he shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by showing the athlete a red paddle. The failure to give notification shall not result in the reinstatement of a disqualified athlete.
- (b) In all competitions, either directly controlled by the IAAF or taking place under IAAF permit, in no circumstances shall the Red Cards of two Judges of the same nationality have the power to disqualify.
- (c) In track races, an athlete who is disqualified shall immediately leave the track and, in road races, shall, immediately after being disqualified, remove the distinguishing numbers and leave the course. Any disqualified athlete who fails to leave the

course or track may be liable to further disciplinary action in accordance with Rules 22.1(f) and 145.2.

- (d) One or more Posting Boards shall be placed on the course and near the finish to keep athletes informed about the number of Red Cards that have been sent to the Chief Judge for each athlete. The symbol of each offence should also be indicated on the Posting Board.
- (e) For all Rule 1.1(a) competitions, hand held computer devices with transmission capability must be used by the judges to communicate all Red Cards to the Recorder and the Posting Board(s).

The Start

- 7. The races shall be started by the firing of a gun. The commands and procedure for races longer than 400m shall be used (Rule 162.3). In races which include a large number of athletes, a five-minute warning before the start of the race should be given, with additional warnings if required.

Safety and Medical

- 8. (a) The Organising Committee of Race Walking events shall ensure the safety of athletes and officials. In competitions held under Rules 1.1(a), (b), (c) and (f), the Organising Committee shall ensure that the roads used for the competition are closed to motorised traffic in all directions.
- (b) In competitions held under Rules 1.1(a), (b), (c) and (f), the events shall be scheduled to start and finish in daylight.
- (c) A hands-on medical examination during the progress of an event by the official medical staff appointed by the Organising Committee and identified by armbands, vests or similar distinctive apparel shall not be considered assistance.
- (d) An athlete shall retire at once from the race if ordered to do so by the Medical Delegate or a member of the official medical staff.

Drinking/Sponging and Refreshment Stations

- 9. (a) Water and other suitable refreshments shall be available at the start and finish of all races.
- (b) For all events up to and including 10km, drinking/sponging stations shall be provided at suitable intervals if weather conditions warrant such provision.
- (c) For all events longer than 10km, refreshment stations shall be

provided every lap. In addition, drinking/sponging stations for water only shall be placed approximately midway between the refreshment stations or more frequently if weather conditions warrant such provision.

- (d) Refreshments, which may be provided by either the Organising Committee or the athlete, shall be placed at the stations so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes.
- (e) An athlete who collects refreshment from a place other than the refreshment stations renders himself liable to disqualification by the Referee.
- (f) In competitions held under Rules 1.1(a), (b), (c) and (f), a maximum of two officials per country may be stationed behind the refreshment table at any one time. No official shall, under any circumstances, run beside an athlete while he is taking refreshment.

Road Courses

- 10. (a) For competitions held under Rule 1.1(a), the circuit shall be no shorter than 2km and no longer than 2.5km. For all other competitions, the circuit shall be no shorter than 1 km and no longer than 2.5 km. For events that start and finish in the stadium, the circuit should be located as close as possible to the stadium.
- (b) Road courses shall be measured in accordance with Rule 240.3.

Race Conduct

- 11. In events of 20km or more, an athlete may leave the road or track with the permission and under the supervision of an official, provided that by going off course he does not lessen the distance to be covered.
- 12. If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.