

RACE WALKING

The VLAA Race Walking Committee (RWC) is responsible for the further education of race walking judges. If you be interested in learning more about walk judging, or being able to judge at State Championship events you can contact the RWC through the VLAA Office. You can progress through the ranks and gain accreditation at different levels. The RWC is the best way to further your knowledge of walk judging.

DEFINITION

- Race Walking is a progression by steps so taken that the athlete has continual contact with the ground, i.e., no visible loss of contact (to the human eye) occurs.

EQUIPMENT

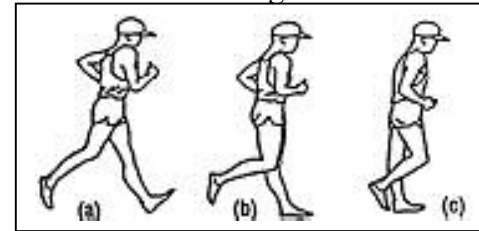
- Walk Jackets: Each venue should have enough numbered Walk Jackets to be able to conduct two consecutive events. Walk Jackets may be of one colour or of two different coloured sets with preferably sequential numbering.
- Judging Pads: Each walking judge should be issued with a judge's pad for recording of cautions and reports for each event. Judging slips are handed to the Chief Judge (or their assistant) at the conclusion of the event.
- Chief Judge's Sheet: Each event requires a Chief Judge's Master Sheet. An example may be obtained from the VLAA Office. The Chief Judge is responsible for collating appropriate details based on reports received from the other judges. The completed Chief Judge's Sheet indicates the competitors disqualified by number. Having signed the sheet the Chief Judge forwards numbers of the disqualified competitors to the recorders.

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 advanced leg must be straight (not be bent at the knee) from when the foot first makes contact with the ground until it is directly under the body

BREACHES OF WALK RULES

- Either or both of the following constitutes a breach of the Walking Rules:
- Failure to have the advancing leg straight as above, or
- Loss of contact with the ground.



- (a) Good Contact and Good Double Support.
- (b) Knees good, upright carriage, showing the swinging & supporting phase.
- (c) Supporting Leg Vertical.

METHODS OF CAUTIONING & REPORTING

- In Little Athletics, judges give:
 - **Verbal cautions** up to and inclusive of the U12 age group
 - **Verbal reports** up to and inclusive of the UI0 age group.
 - **Non-Verbal cautions & reports** to all others.
- No Cautions are permitted in the last lap.
- A judge may caution an athlete twice, once for contact and once for knees. Not twice for contact and / or knees
 - Examples :
 - Number 15: Caution 'Knees'.
 - Number 6: Report 'knees not straightening'
 - Number 18: Caution 'Contact'

PROCESS

- If a judge suspects there is the possibility of an athlete infringing the rules, the judge issues a caution (either verbal or non verbal)
- If a judge notices a definite infringement the judge should:
 - a) Make a report by listing the event, athlete's number, judge's name and type of infringement.
 - b) Inform the athlete as soon as a report is made. As an example "No. 10 Report – Contact".
 - c) Hand the report card to the Chief Judge as soon as the event is completed.

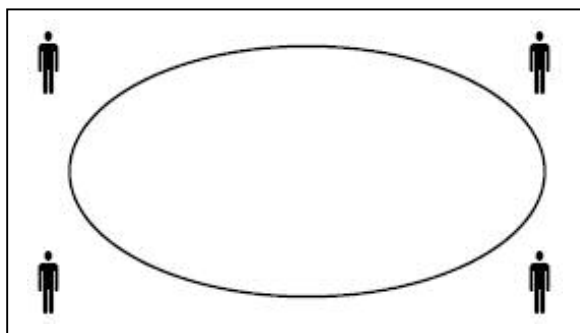
DISQUALIFICATIONS

- The maximum number of judges for a track event is seven. The following should apply:

No. of Judges	No. of Reports for Disqualification
2 or 3	2
4, 5, 6 or 7	3

PLACEMENT OF JUDGES

- Suggested positions for placement of judges for maximum coverage of the track are as follows



NOTE

1. If in doubt, give the benefit of any doubt to the athlete. If the judge can't 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 judge may caution an athlete once for each infringement either loss of contact or bent knee. These cautions do not count towards disqualification.
4. Each judge can only report the same athlete once.
5. The Chief Judge is normally the highest graded judge officiating.
6. The Chief Judge is the ONLY judge who informs the athlete of their disqualification.
7. Each judge must hand in their report sheet to the Chief Judge as soon as the event has finished.
8. Decisions of the Judging Panel are final.
9. When there are less than 3 judges on the Judging Panel the number of reports for disqualification of an athlete is left to the discretion of the Chief Judge.
10. It is best to view an athlete from side on.
11. In certain circumstances judges may not be able to stand on the outer edge of the track, e.g., when hurdles are in progress
12. Do not pre-judge any athlete and do not be biased.
13. Judges must not confer with each other regarding their opinions (reports) of athletes.
14. The Chief Walk Judge (or their Assistant) must instruct athletes on the rules of walking, and conduct of the event, prior to the start