



RACE WALKING



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.

Safety

- Athletes should wear closed in shoes. Spike shoes are only to be worn on the track
- Everyone should look both ways before crossing the track in case a race is in progress.
- Athletes run in the same direction. Usually this is anti-clockwise.

Basic Technique

- Posture—have the head and body tall, shoulders parallel to the front.
- Arms—swing the arms with shoulders relaxed and low.
- Legs/feet—The basic action of the walk is a heel-toe action. The athlete lands on their heel and rolls forward on to their toe. From the time the heel hits the ground to the time the foot passes underneath the body the leg must be straight.

Cautions

- A caution is given when an athlete is “close” to breaking the rules. E.g. It looks like they might be starting to bend their knee too early. Athletes are allowed unlimited “cautions” and will not be disqualified. These cautions can be given by each judge.
- The judge may give the caution verbally to the athlete or use a yellow card.

Warnings

- A warning is issued when an athlete has “broken” the rules. This can be done for knees (not keeping the leg straight from first contact to a vertical position) or loss of contact with the ground.
- Non-verbal warnings are given. i.e. They are not informed by the judge during the race that they have been issued with a warning and only find out at the end of the race how many warnings they have received.

Disqualification

- If an Athlete receives 3 warnings by 3 or more different walk judges.

Judges

- Judges spread themselves out around the outside of the track so that between them they have all areas covered.
- Each judge is responsible for his/her own area. Judges cannot give cautions or warnings to any athlete for something they see outside of their area.