



# Study Guide 15 - Racewalking

## Study Guide 15 – Racewalking

### Junior Official Program Study Guidelines

The purpose of the Study Guides in this program are to help you acquire the knowledge needed to be able to understand and create a brief statement of the information that you will need for course completion and future knowledge. You might think of this Study Guide as a mini-outline to the different official positions that are contained in Track and Field competitions. Consider this Study Guide as a condensed version of all of the important information that you will need to complete the Junior Officials Program successfully.

Each Officials duties, skills and behaviors are contained in the 17 different Study Guides offered in this program. These Study Guides are a combination of

- Adopted USATF 2020 Competition Rules.
- Best Practices (those skills that describe “what works best” in a particular situation or environment). These Study Guides are data supported successes and researched supported over time, as offered by Track & Field officials in the quest for accountability for reliable methods.
- USATF Code of Ethics
- USATF Professional Guidelines

### Procedures

Once you have the Study Guide in front of you, do more than just read it. Take the time to look at the material to understand what you will be asked to do. Start by reading the description to formulate a big-picture idea of what your Mentors assessment will look like. Then, review the list of concepts.

Quizzing yourself is a highly effective study technique. Make a copy of the Mentors Checklist and carry it with you to the meets so you can review the questions and answers periodically throughout the day and across several days/meets. Identify the questions that you don't know and quiz yourself on only those questions. Say your answers aloud.

The important skills needed in this Guide correspond to the Learning and Performance Objective numbers that begin with the abbreviation **RW (Race Walk)**. (**RW1 through RW23**)

Ask questions of your Mentors, they are there to answer your questions and guide you to learning and performing as a USATF official.

Good Luck to you on your journey to become a USATF Certified Official!



# Study Guide 15 - Racewalking

## Study Guide Information

### USATF RULES 230, 231, & 232- RACEWALKING

#### 1. RULE 230 - JUDGES OF RACE WALKING (RW1)

##### 1. Judging

- (a) The Judges of Race Walking shall have the sole authority to determine the fairness or unfairness of walking, and their rulings thereon shall be final and without appeal. Judging decisions are made as seen by the human eye.
- (b) The appointed Judges of Race Walking shall elect a Chief Judge, if one has not been appointed previously by the Race Walking Officials Selection Committee.
- (c) The Chief Judge shall assign the Judges to their respective judging areas and explain the judging procedure to be used during the race.
- (d) In addition, at International Selection Competitions, National Championships and other events as determined by the Race Walk Committee, the Chief Judge shall act as a Judge as described in 230.3(f).
- (e) All Judges shall be currently certified as Race Walk Judges by USATF or by another WAC member federation.
- (f) All Judges shall act in an individual capacity.
- (g) The Chief Judge will serve as the Referee and Chief Umpire if none is assigned. The Judges will serve as Umpires if none are assigned.
- (h) In road races, depending on the size and layout of the course there should be a minimum of six to a maximum of nine Judges including the Chief Judge. In track races, indoors and outdoors, there should be five Judges including the Chief Judge. At International Selection Competitions there shall be five judges (including the Chief Judge) when the trial is conducted on a track, and there shall be no more than 9 judges (including the Chief Judge) when the trial is conducted on a road course.
- (i) All Judges' Tally Sheets shall be turned in to the Recorder at the end of the race. A copy of the completed Judges' Summary Sheet, identifying competitors, offenses, disqualifications and time of notifications, shall be certified by the Chief Judge/Referee and posted as soon after the event as possible. The original of this sheet shall be delivered to the Competition Secretary and made part of the official event records.



## Study Guide 15 - Racewalking

### 2. Yellow Paddle (RW2)

(a) When a judge is not completely satisfied that the athlete is fully complying with Rule 232.2 the judge should, where possible, show the athlete a yellow paddle indicating the offence. An athlete cannot be given a second yellow paddle by the same judge for the same offence. Having shown a yellow paddle to an athlete, the judge shall inform the chief Judge of this action after the competition.

(b) Each Judge shall use two yellow paddles for signaling cautions. One paddle should have the symbol ~ indicating "Loss of Contact" on both sides and the other paddle should have the symbol > indicating "Bent Knee" on both sides to show the reason for the caution.

### 3. Disqualification (RW3)

(a) When a Judge observes a competitor who fails to comply with Rule 232.2, the judge shall issue a red card. A red card is that Judge's proposal for disqualification of a competitor.

(b) Red cards shall be given to the Recorder as soon as possible. If there is no Recorder, the red card shall be given to the Chief Judge. A Judge shall record all proposals for disqualification on the Judge's Tally Sheet.

(c) Except as provided in Rule 230.3(j), when red cards from three different Judges have been sent to the Recorder or Chief Judge on the same competitor, that competitor is disqualified and shall be notified of this disqualification by the Chief Judge or the Chief Judge's Assistant by being shown a red paddle. Any disqualified athlete who fails to leave the course or track or comply with directions given under Rule 230.3(j) to enter and remain for the required period in the Penalty Zone may be liable to further disciplinary action in accordance with Rule 145.2.

(d) Notification of disqualification shall be given as soon as practicable after the competitor has finished, if it is impractical to notify the competitor of the disqualification during the race. The failure to give prompt notification shall not result in the reinstatement of a disqualified competitor.

e) The Chief Judge and, when applicable, the Chief Judge's Assistant, shall use a red paddle for signaling disqualification.

(f) At International Selection Competitions, National championship, and other events such as determined by the Race Walk Committee, the Chief Judge has the power to disqualify a competitor in the last 100m when his/her mode of progression obviously fails to comply with Rule 232.2 regardless of the number of previous red cards the Chief Judge has



## Study Guide 15 - Racewalking

received for that competitor. A competitor who is disqualified under these circumstances shall be allowed to finish the race. The competitor shall be notified of this disqualification by the Chief Judge or a Chief Judge's Assistant by showing the athlete a red paddle at the earliest opportunity after the athlete has finished the race.

**Note:** *A chief Judge may issue a red card to an athlete during the race and also disqualify the same athlete in the last 100m.*

(g) For Championships and International Selection Competitions, one or more posting boards shall be placed on the course and/or near the finish to keep competitors informed about the number of red cards that have been received by the Recorder or Chief Judge for each competitor. The symbol for each offense shall also be indicated on the posting board.

(h) Where appropriate equipment is available, computer devices with transmission capability may be used by the judges in communicating proposals for disqualification to the Recorder and the disqualification proposal posting board(s).

(i) If the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that a competitor has left the marked course thereby shortening the distance to be covered, the competitor shall be disqualified.

(j) **(RW4)** A Penalty Zone may be used as determined by the Sport Committee. In such cases competitor will be required to enter the Penalty Zone and remain there for the applicable period once they have received three Red Cards and are so advised by the Chief Judge or someone delegated by him

The applicable period in the Penalty Zone shall be:

For races up to and including 5km - 0.5 min; 10km - 1 min; 20km - 2 min; 30km - 3min; 40km-4min; 50km-5min.

If, at any time, the competitor receives an additional Red Card from a judge other than one of the three who had previously sent a Red Card, he/she shall be disqualified. A competitor who fails to enter the Penalty Zone when required to do so shall be disqualified by the Referee. If a competitor receive a third red card and it is no longer practical to direct him/her to enter the Penalty Zone before the race, the Referee shall add the time the competitor would have been required to spend in the Penalty Zone to the competitor's finishing time and adjust the finishing order as may be necessary.

**Note:** For Masters exception see Rule 333.4

### 4. RULE 231

#### RACE WALKING OFFICIALS (RW5)

Race Walking Officials may be appointed to assist in the administration of the race walking event(s) by administering the disqualification proposal posting board, recording information for



## Study Guide 15 - Racewalking

the Chief Judge, assisting the Chief Judge and/or other Judges, overseeing and coordinating the functions of the Lap Counters, and performing such other relevant duties as may be required by the Chief Judge or the Meet or Event Director.

### 5. RULE 232 GENERAL RULES (RW6)

1. Article III and Sections I and VII of Article IV shall be followed unless otherwise provided in this Section VI. In the rules of those articles and sections, all forms of the word "run" shall be construed to apply to the corresponding form of "walk."
2. Definition of 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 must be straightened (i.e., not bent at the knee) from the moment of first contact with the ground until the leg is in the vertical upright position.

Disqualification for failure to adhere to the above definition is governed by Rule 230.3.

3. **Race Conduct (RW7)** - For all Race Walking events, the following code of conduct must be adhered to:

(a) In track races a competitor who is disqualified must immediately leave the track. In road races the disqualified competitor must, immediately after being disqualified, remove the distinguishing numbers that he or she is wearing and leave the course. A competitor, who fails to leave the track or course, as required by this Rule, shall be subject to Rule 145. No finishing time shall be listed in results for any competitor who receives notice of disqualification after the competitor has completed the race.

(b) In walks where multiple distances are contested simultaneously, each competitor must declare on the entry form which distance is being entered. Times for other distances (but not placings) are valid only if the competitor finishes the distance entered.

(c) A race must have a minimum of three Judges as prescribed in Rule 230.1(e). For record requirements, see Rule 266.

4. (a) Water and/or refreshment stations shall be provided at the beginning and end of the race.

(b) For all events up to and including 10km, water only drinking/sponging stations shall be provided at suitable intervals if weather conditions warrant such provision. Mist stations may also be provided, when considered appropriate by the Organizing Committee.



## Study Guide 15 - Racewalking

(c) For all events longer than 10km, refreshment stations shall be provided every lap. In addition, water only drinking/sponging stations shall be placed approximately midway between the refreshment stations or more frequently if weather conditions warrant such provision.

(d) Competitors shall be permitted to provide their own refreshments at refreshment stations. A competitor who receives or collects refreshment from a place other than official stations, except where provided for medical reasons from or under the direction of race officials, or takes the refreshment of another competitor, should, for a first such offense, be warned by the Referee normally by showing a yellow card. For a second offense, the Referee shall disqualify the competitor, normally by showing a red card. The competitor shall then immediately leave the course.

### 5. Courses and Conditions for Walking Events. (RW8)

1. In Road Championships, the circuit for events of 10km and longer shall be a maximum of 2000m. The circuit for events of less than 10km shall be a maximum of 1250m.
2. No Race walking events shall be so arranged as to ensure that the entire event is held in daylight or with suitable artificial light.

**NOTE:** *A competitor may receive from or pass to another competitor refreshment, water or sponges provided it was carried from the start or collected or received at an official station. However any continuous support from a competitor to one or more others in such a way may be regarded as unfair assistance and warnings and/or disqualifications as outlined above may be applied.*

3. National Championships and all other walking events that qualify or advance a competitor to subsequent events must be competitive, race walk only, events that comply fully with race walk Competition Rules.
4. National Championships and International Selection Competitions shall be American Record eligible events, conforming with Rule 266.



# Study Guide 15 - Racewalking

## RESOURCES:

### *Best Practices:*

- **Race Walk Officiating Handbook - October 2016 – READ ME!**
- Pit Lane Instructions
- Pit lane Time Sheets
- Race Walk Red Cards
- RW Judge Summary Sheet – Road
- RW Judge Summary Sheet – Track
- RW Tally Sheets
- Annual Meeting Clinic
- Exercise for RW Recorder - Road
- Exercise for the Recorder - Track
- Scoring Exercises

**All of the above Resources are available at:**

<https://www.flipsnack.com/USATF/race-walking-fu5a68mcb/full-view.html>

- USAFT Code of Ethics/ Professional Guidelines  
[USATF Code of Ethics and Performance Guidelines](#)



# Study Guide 15 - Racewalking

Red Cards at

<https://www.pausatf.org/wp-content/uploads/2019/12/RED-CARDS-for-Race-Walk-Judges-16December2019.pdf>

RACE WALK JUDGE NUMBER	<b>1</b>
RED CARD PROPOSAL FOR DISQUALIFICATION	
DATE	EVENT
COMPETITOR NUMBER	
LOSS OF CONTACT	~
BENT KNEE	>
TIME OF DAY	
NAME:	
SIGNATURE:	

ver. 12/19

RACE WALK JUDGE NUMBER	<b>2</b>
RED CARD PROPOSAL FOR DISQUALIFICATION	
DATE	EVENT
COMPETITOR NUMBER	
LOSS OF CONTACT	~
BENT KNEE	>
TIME OF DAY	
NAME:	
SIGNATURE:	









# Study Guide 15 - Racewalking

Example of completed RACE-WALK-JUDGING-SUMMARY-SHEET-for-TRACK at <https://www.pausatf.org/wp-content/uploads/2019/07/RACE-WALK-JUDGING-SUMMARY-SHEET-for-TRACK-wPZ-31July2019-EXAMPLE.pdf>

## USATF Race Walk Judging Summary Sheet **EXAMPLE** ver. 7/2019

Event: USATF Pacific Association Youth Championships, 3,000-m 15-16 + 17-18 Women  
 Page 1 of 1 Date: 9 June 2017 Starting Time: 9:00 a.m. Finish Time: 9:20 a.m.  
 Chief Judge: # 011950 Patricia Hanna *Patricia Hanna*  
 Recorder: # 026023 Elisabeth Price *Elisabeth M. Price*

Judge's Name & Number	1 Patricia Hanna 011950 M		2 Dan Pierce 012741 M		3 Ann Gerhardt 018775 M		4 Jo Burrows 020010 M		5 Ian Whatley 034372 N		DQ Notification Time		
	Yellow Paddle	RC	Yellow Paddle	RC	Yellow Paddle	RC	Yellow Paddle	RC	Yellow Paddle	RC			
Competitor #	~	>	~	>	~	>	~	>	~	>	or Penalty Zone time added after the race		
Smith 1540		9:03	>	9:04	>	9:07		9:08	>	9:11	9:03	>	Into Penalty Zone, DQ at 9:13
Jones 1291	9:03		~	9:03			~	9:05		~	9:05		Into Penalty Zone
Selassie 950	9:05			9:10		~	9:06		~	9:11	9:11	~	30 sec. added after race
Perez 42		9:07	>	9:09	>	9:09		9:06	>	9:14	9:05	>	DQ after race
Grossoma 1931						9:08	>				9:08		
Tochoerlein 2017				9:01		9:01		9:00			9:02		
Laufer 222			~										DQ after race/Rule 230.3(f)

In this example,  
 Athlete #1540 receives three red cards, enters the Penalty Zone for the 30-second penalty, but is then disqualified when the fourth red card is received. The athlete does not finish the race.  
 Athlete #1291 receives three red cards, enters the Penalty Zone, serves the penalty time there, re-enters the race, and is not disqualified.  
 Athlete #950 receives the third red card after finishing the race, and the Referee or Chief Judge informs the finish line/meet management to add 30 seconds to the athlete's time and tells the athlete.  
 Athlete #42 receives the third and fourth red cards after finishing the race, and the Referee or Chief Judge informs the Timing Officials that the athlete is disqualified and tells the athlete.  
 Athletes #1931 and #2017 finish the race with no penalty times or disqualifications.  
 Athlete #222 is disqualified by the Chief Judge by Rule 230.3(f) for obvious loss of contact or bent knee in the last 100 meters of the race.  
 Items in blue are entered before the race. In case a record may be set, N = national-level judge; M = master-level judge. Items in red are entered during the race. Items in black are entered after the race.





# Study Guide 15 - Racewalking

**PENALTY-ZONE-TIME-SHEET at**

<https://www.pausatf.org/wp-content/uploads/2019/07/PENALTY-ZONE-TIME-SHEET-31July2019.pdf>

<b>RACE WALK PENALTY ZONE TIME SHEET</b>				
Date _____		Start Time _____		
Competition _____				
EVENT/DISTANCE _____				
Male/Female (circle) AGE GROUP _____		PENALTY TIME _____ seconds		
Competitor Bib Number & Name	Hip Number	Stopwatch/ Timer ID	Time IN	Time OUT
POST-FINISH PENALTIES (not served in the Penalty Zone, to communicate to the Chief Judge, Referee, and Timing Officials)				
Bib Number	Name	Hip Number	Penalty to be assessed (seconds)	
NAME _____		Official's # _____ <small>Head Penalty Zone Official</small>		
SIGNATURE _____				
NAME _____		Official's # _____ <small>Penalty Zone Timer</small>		
SIGNATURE _____				
NAME _____		Official's # _____ <small>Referee or Chief Judge</small>		
SIGNATURE _____				

<b>RACE WALK PENALTY ZONE TIME SHEET</b>				
Date _____		Start Time _____		
Competition _____				
EVENT/DISTANCE _____				
Male/Female (circle) AGE GROUP _____		PENALTY TIME _____ seconds		
Competitor Bib Number & Name	Hip Number	Stopwatch/ Timer ID	Time IN	Time OUT
POST-FINISH PENALTIES (not served in the Penalty Zone, to communicate to the Chief Judge, Referee, and Timing Officials)				
Bib Number	Name	Hip Number	Penalty to be assessed (seconds)	
NAME _____		Official's # _____ <small>Head Penalty Zone Official</small>		
SIGNATURE _____				
NAME _____		Official's # _____ <small>Penalty Zone Timer</small>		
SIGNATURE _____				
NAME _____		Official's # _____ <small>Referee or Chief Judge</small>		
SIGNATURE _____				



# Study Guide 15 - Racewalking

USATF RACE WALK		PENALTY ZONE TIME SHEET		
Date <u>26 June 2016</u>		Start Time <u>7:00 a.m.</u>		
Competition <u>USA Junior Championships, Clovis, CA</u>				
EVENT/DISTANCE <u>10,000 meters</u>				
Male <input checked="" type="radio"/> Female (circle) AGE GROUP <u>Junior</u> PENALTY TIME <u>60</u> seconds				
Competitor Bib Number & Name	Hip Number	Stopwatch/Timer ID	Time IN	Time OUT
<b>1215 JONES</b>	<b>7</b>	<b>A</b>	<b>7:21</b>	<b>7:22</b>
<b>1219 CALAVERAS</b>	<b>3</b>	<b>B</b>	<b>7:29</b>	<b>7:30</b>
<b>1492 COLUMBUS</b>	<b>11</b>	<b>A</b>	<b>7:33</b>	<b>7:34</b>
<b>POST-FINISH PENALTIES</b> (not served in the Penalty Zone, to communicate to the Chief Judge, Referee, and Timing Officials)				
Bib Number	Name	Hip Number	Penalty to be assessed (seconds)	
<b>1218</b>	<b>SMITH</b>	<b>15</b>	<b>60</b>	
NAME <u>OSCAR D. OFFICIAL</u>		Official's # <u>026024</u>		
SIGNATURE <u>Oscar D. Official</u>		Head Penalty Zone Official		
NAME <u>NUMER O. PYE</u>		Official's # <u>314159</u>		
SIGNATURE <u>Numer O. Pye</u>		Penalty Zone Timer		
NAME <u>E. L. JEFE</u>		Official's # <u>010101</u>		
SIGNATURE <u>E. L. Jefe</u>		Referee or Chief Judge		
				v 7/2019

An example is to the left.

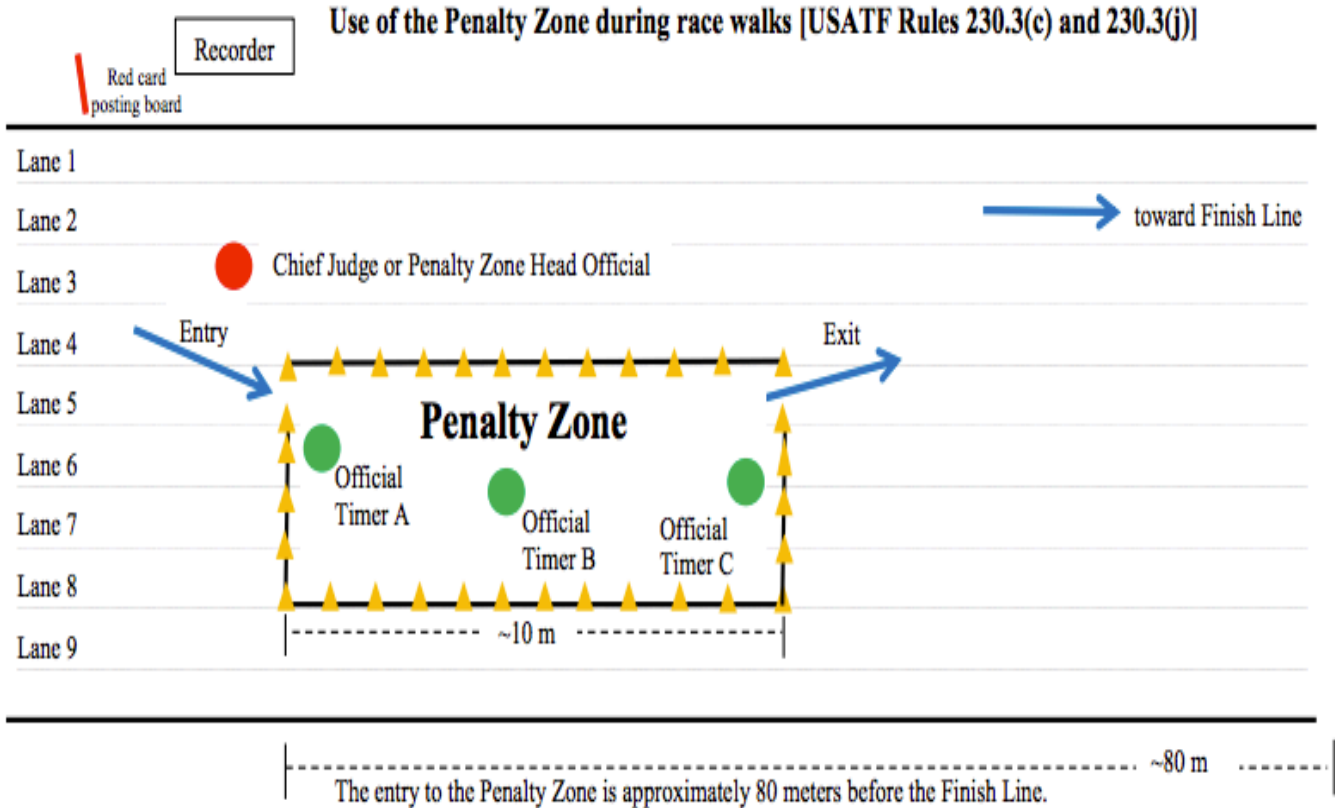
Athletes 1215, 1219, and 1492 served 60-second penalties in the Penalty Zone during the race.

Athlete 1218 finished the race but received three red cards after passing the Red Card Posting Board on the last lap. NOTE: The Chief Judge should indicate that a 60-second penalty must be added to the athlete's finish time; the "SUMMARY OF RACE WALK DISQUALIFICATIONS & TIME PENALTIES" form should be used to communicate this information to the Referee and Timing Officials.



## PENALTY-ZONE-LAYOUT at

<https://www.pausatf.org/wp-content/uploads/2019/07/PENALTY-ZONE-LAYOUT-31July2019-1.pdf>



The Chief Judge or the Penalty Zone Head Official will direct the athlete with three red cards into the Penalty Zone. For a 3,000-meter race walk, the athlete with three red cards must stay in the Penalty Zone for 30 seconds. Officials will keep track of the time, alert the athlete when there is 10 seconds remaining on the penalty, then release the athlete when the 30 seconds has expired. See below for other penalty times.

The athlete is free to stop or continue moving inside the Penalty Zone; however, there shall be no benches and no access to refreshments, drinking, sponging or other kind of assistance, but communication with coaches is allowed. The athlete is not judged in the Penalty Zone. **If any athlete receives a fourth red card (from a fourth judge), either while in the Penalty Zone or afterward, the athlete will be disqualified.**

If the athlete receives the third Red Card at the late stage of the race and it's not possible for the Chief Judge or the Penalty Zone Head Official to notify the athlete that the athlete must stop in the Penalty Zone, the athlete shall finish the race, and the penalty shall be added to the race walker's official time.

USATF Rule 230.3(j) indicates the following penalty times: 30 seconds (0.5 minute) for races up to and including 5,000 meters, 1 minute for races >5,000 m and up to and including 10 km, 2 minutes for races >10 km and up to and including 20 km, 3 minutes for races >20 km up to and including 30 km, 4 minutes for races >30 km and up to and including 40 km, and 5 minutes for races >40 km and up to and including 50 km. **Due to quickness of 1,500-m races, the actual Penalty Zone normally will not be used, but a time penalty of 30 seconds will be added to the finish times of those athletes receiving three red cards.**

[version 31 July 2019, parts quoted from the 2016 IAAF document "Race Walking – A Guide to Judging and Organising"]



# Study Guide 15 - Racewalking

CHIEF-JUDGE-100-meter-CARD at

<https://www.pausatf.org/wp-content/uploads/2019/12/CHIEF-JUDGE-100-meter-CARD-16December2019.pdf>

<b>RACE WALK</b> DISQUALIFICATION by Rule 230.3(f)	
CHIEF JUDGE	DATE _____ TIME OF DAY _____ COMPETITION _____ Male/Female AGE GROUP _____ EVENT/DISTANCE _____
Competitor Number	obviously failed to comply with Rule 232.2 in the last 100 meters  Loss of Contact / Bent Knee ~ or >
Name of Chief Judge	
Signature of Chief Judge	
Name of Referee	
Signature of Referee	

<b>RACE WALK</b> DISQUALIFICATION by Rule 230.3(f)	
CHIEF JUDGE	DATE _____ TIME OF DAY _____ COMPETITION _____ Male/Female AGE GROUP _____ EVENT/DISTANCE _____
Competitor Number	obviously failed to comply with Rule 232.2 in the last 100 meters  Loss of Contact / Bent Knee ~ or >
Name of Chief Judge	
Signature of Chief Judge	
Name of Referee	
Signature of Referee	

<b>RACE WALK</b> DISQUALIFICATION by Rule 230.3(f)	
CHIEF JUDGE	DATE <u>25 Jan 20</u> TIME OF DAY <u>8:35 a</u> COMPETITION <u>USATF Nat'l / Santee</u> Male/Female AGE GROUP <u>Open</u> EVENT/DISTANCE <u>50 km</u>
Competitor Number	obviously failed to comply with Rule 232.2 in the last 100 meters  Loss of Contact / Bent Knee <u>~</u> or >
<b>E. L. Jefe</b> Name of Chief Judge	
<i>Elaine Lynn Jefe</i> Signature of Chief Judge	
<b>Dee S. Boss</b> Name of Referee	
<i>Dee Boss</i> Signature of Referee	





# Study Guide 15 - Racewalking

RACE-WALK-Umpire-Incident-Report at <https://www.pausatf.org/wp-content/uploads/2019/01/LDR-and-RACE-WALK-Umpire-Incident-Report-ROAD-20December2018-2-pages.pdf>

**LDR & RW Umpire's Incident Report** Meet/Location: \_\_\_\_\_ Date \_\_\_\_\_ Time: \_\_\_\_\_  
 Athlete/# \_\_\_\_\_ Athlete's Team/Uniform \_\_\_\_\_ Division: Women / Men  
 DISTANCE \_\_\_\_\_ HEAT \_\_\_\_\_ **USATF Rule Number - see brackets** \_\_\_\_\_

**Interference [163.4]:** jostled, ran across, or obstructed so as to impede another competitor  
 What did the athlete do? \_\_\_\_\_  
 \_\_\_\_\_ Who was impacted? \_\_\_\_\_

**Assistance [144.2]:** Who provided it to whom? \_\_\_\_\_  
 Pacing by persons not participating or lapped or about to be lapped [144.3(a)] Aided by technology or appliance [144.3(c)]  
 Possession or use by athlete of video, audio, or communication device [144.3(b)] Personal assistance marker on or alongside the running surface [163.2]

**Left track/course voluntarily and returned [163.6(a)]** **Intentionally shortened the route of the race [243.4]**  
 (except in road races or ≥20,000 m, under control of an official [163.6(c)])  
**Unsporting conduct [125.10]** **Clothing that impedes the view of the judges [143.1]**

Umpire's Name \_\_\_\_\_ Umpire's Signature \_\_\_\_\_  
 Head Umpire's Name \_\_\_\_\_ Head Umpire's Signature \_\_\_\_\_  
*Details of the incident/infraction and the Referee's decision are written on the other side.*

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**LDR & RW Umpire's Incident Report** Meet/Location: \_\_\_\_\_ Date \_\_\_\_\_ Time: \_\_\_\_\_  
 Athlete/# \_\_\_\_\_ Athlete's Team/Uniform \_\_\_\_\_ Division: Women / Men  
 DISTANCE \_\_\_\_\_ HEAT \_\_\_\_\_ **USATF Rule Number - see brackets** \_\_\_\_\_

**Interference [163.4]:** jostled, ran across, or obstructed so as to impede another competitor  
 What did the athlete do? \_\_\_\_\_  
 \_\_\_\_\_ Who was impacted? \_\_\_\_\_

**Assistance [144.2]:** Who provided it to whom? \_\_\_\_\_  
 Pacing by persons not participating or lapped or about to be lapped [144.3(a)] Aided by technology or appliance [144.3(c)]  
 Possession or use by athlete of video, audio, or communication device [144.3(b)] Personal assistance marker on or alongside the running surface [163.2]

**Left track/course voluntarily and returned [163.6(a)]** **Intentionally shortened the route of the race [243.4]**  
 (except in road races or ≥20,000 m, under control of an official [163.6(c)])  
**Unsporting conduct [125.10]** **Clothing that impedes the view of the judges [143.1]**

Umpire's Name \_\_\_\_\_ Umpire's Signature \_\_\_\_\_  
 Head Umpire's Name \_\_\_\_\_ Head Umpire's Signature \_\_\_\_\_  
*Details of the incident/infraction and the Referee's decision are written on the other side.*

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Lap Scoring Sheets and Exercises at <https://www.pausatf.org/officials/officials-training-tools-rules/>



## Study Guide 15 - Racewalking

Further Race Walking Resources: Click on any bullet.

### Race Walking

- [RED CARDS for Race Walk Judges, version 16December2019](#) (Word docx file with multiple options for printing)
- [RED CARDS for Race Walk Judges, version 16December2019](#) (PDF file with multiple options for printing)
- [TALLY SHEETS for Race Walk Judges: IAAF STYLE](#) (Word docx file with multiple options for printing)
- [TALLY SHEETS for Race Walk Judges: IAAF STYLE](#) (PDF file with multiple options for printing)
- [SYLLABUS for COMBINED CLINIC on LDR OFFICIATING and INTRODUCTION TO RACE WALK JUDGING and OFFICIATING 1Aug2019](#) (Word docx file for printing)
- [SYLLABUS for COMBINED CLINIC on LDR OFFICIATING and INTRODUCTION TO RACE WALK JUDGING and OFFICIATING 1Aug2019](#) (PDF for printing)
- [CHIEF JUDGE's DUTIES – card 1August2019](#) (Word docx file for printing back-to-back)
- [Race Walk JUDGING SUMMARY SHEET for the Recorder, TRACK Race](#) (Word docx file)
- [This is an example of the Race Walk JUDGING SUMMARY SHEET for the Recorder, TRACK Race](#) (Word docx file)
- [Race Walk JUDGING SUMMARY SHEET for the Recorder, TRACK Race](#) (PDF file)
- [This is an example of the Race Walk JUDGING SUMMARY SHEET for the Recorder, TRACK Race](#) (PDF file)
- [SUMMARY of DQs and TIME PENALTIES for the Recorder to give to the Chief Judge immediately after the race, version 16December2019](#) (Word docx file)
- [SUMMARY of DQs and TIME PENALTIES for the Recorder to give to the Chief Judge immediately after the race, version 16December2019](#) (PDF file)
- [CHIEF JUDGE 100-meter CARD for the Chief Judge to record obvious violation of Rule 232.2 in the last 100 meters of the race, version 16December2019](#) (Word docx file)
- [CHIEF JUDGE 100-meter CARD for the Chief Judge to record obvious violation of Rule 232.2 in the last 100 meters of the race, version 16December2019](#) (PDF file)
- [Race Walk JUDGING SUMMARY SHEET for the Recorder, ROAD Race](#) (Word docx file)
- [Race Walk JUDGING SUMMARY SHEET for the Recorder, ROAD Race](#) (PDF file)
- [Race Walk JUDGING ASSIGNMENTS, TRACK Race with FIVE JUDGES, 16December2019 version](#) (Word file)
- [Race Walk JUDGING ASSIGNMENTS, TRACK Race with FIVE JUDGES, 16December2019 version](#) (PDF file)
- [RED CARD ONLY Race Walk JUDGING SUMMARY SHEET for the Recorder, TRACK Race](#) (Word file)
- [RED CARD ONLY Race Walk JUDGING SUMMARY SHEET for the Recorder, TRACK Race](#) (PDF file)
- [RED CARD ONLY Race Walk JUDGING SUMMARY SHEET for the Recorder, ROAD Race](#) (Word file)



## Study Guide 15 - Racewalking

- RED CARD ONLY Race Walk JUDGING SUMMARY SHEET for the Recorder, ROAD Race (PDF file)
- RECORDER: This is an exercise to teach officials to be the Recorder for race walking events. This example is for a track race. (PDF with instructions)
- RECORDER: This is another exercise to teach officials to be the Recorder for race walking events. This example is for a road race. (PDF with instructions)
- PENALTY ZONE (formerly called the PIT LANE) TIME SHEET: This is a form used by the Pit Lane Official. See IAAF guidelines for operation of the pit lane. (Word docx file for printing)
- PENALTY ZONE (formerly called the PIT LANE) TIME SHEET: This is a form used by the Pit Lane Official. See IAAF guidelines for operation of the pit lane. (PDF file for printing)
- IAAF Guidelines for Race Walk Judges, including operation of the pit lane. (PDF file for printing)
- PENALTY ZONE (formerly called the PIT LANE) LAYOUT: This is a diagram and explanation of the penalty zone for any distance, updated 31 July 2019. See IAAF guidelines for operation of the pit lane. (docx file for printing)
- RACE WALK Umpire Incident Report for TRACK races – 31Jan2017 Word.docx file
- RACE WALK Umpire Incident Report for TRACK races – 31Jan2017 PDF version



## Study Guide 15 - Racewalking

### REMINDER MAP - Common Learning/Performance Objectives (PO's) for all Junior Official Participants

Mentors will be concentrating on the areas in gray to determine your Checklist and Field of Play Evaluation during and at the end of your individual time-line in the program.

Code of Ethics/Performance Objectives (PO's)	PO #	Assessment Evaluation Criteria (P.O.'s)	PO #
Be fair, consistent, and impartial to ensure equitable treatment for all competitors.	PO1	Arrives on time for meetings and events.	AEC1
Have a thorough knowledge of the rules and procedures for the particular event or position assigned and review them prior to a competition.	PO2	Properly wears officials' uniform; presents a professional appearance.	AEC2
Cooperate with fellow officials to conduct competition in a safe and professional manner. Be courteous and avoid confrontations or making derogatory comments to athletes, coaches, spectators, or other officials.	PO3	Knows and applies rules correctly and consistently.	AEC3
Demonstrate respect and courtesy for other officials. Avoid interfering with duties assigned to other officials or publicly questioning the performance of other officials. Assist in correctly applying rules and support final decisions rendered by chief officials. Provide and accept performance feedback in a positive manner.	PO4	Treats all personnel with respect and professionalism	AEC4
Honor all assignments and agreements made for performance of officiating and support duties.	PO5	Communicates effectively with competitors.	AEC5
Not discriminate against any individual or group on the basis of race, color, religion, gender, national origin, age, or other protected characteristic.	PO6	Stays alert to the competition, potential problems, and the athletes.	AEC6
Not engage in harassment by making unwelcome advances, remarks, or display of materials where such would create an intimidating, hostile, or offensive environment.	PO7	Works well with other officials for success of the crew.	AEC7
Not fraternize with athletes or coaches, provide tips or comments which could be construed as coaching for any athlete, nor cheer for or provide encouragement to particular athletes or teams during a competition.	PO8	Willing to pitch in and help wherever needed or directed.	AEC8
Not use tobacco products while in the field of competition, nor consume alcoholic products before or during a competition.	PO9	Has applicable rule books and necessary personal equipment.	AEC9
Not seek recognition or attention during a competition.	PO10	Correctly and efficiently prepares the venue; maintains safety	AEC10
Conduct an honest self-evaluation after each competition, to identify errors made and areas for improvement; and be receptive to suggestions for conducting events in the best possible manner in the future.	PO11	Conducts complete, accurate briefings for athletes.	AEC11
Comply with the USA Track & Field Officials Code of Ethics	PO12	Effectively manages volunteers	AEC12



## Study Guide 15 - Racewalking

Be punctual in reporting for assigned officiating duties, including allowing adequate time for venue inspection and set-up prior to the warm-up period and competition.	<b>PO13</b>	Completes event forms properly and neatly	<b>AEC13</b>
Possess the appropriate rule book(s) for the competition.	<b>PO14</b>	Demonstrates good decision-making and problem-solving skills.	<b>AEC14</b>
Possess and maintain appropriate uniform items and wear the national uniform or other dress prescribed by meet management, and be prepared to continue duties in all types of weather.	<b>PO15</b>	Accepts & responds to feedback, contributes to post-event review	<b>AEC15</b>
Inspect assigned venues to ensure the safety of athletes, officials, and spectators. Correct or report apparent or suspected dangers to meet management before beginning a competition.	<b>PO16</b>		
Be calm, positive, and polite. Refrain from dialog with athletes and coaches regarding disputed calls or decisions, and instead refer them to the referee, protest table, or games committee for resolution. Report abusive behavior toward officials to meet management.	<b>PO17</b>		
Not use any electronic or photographic devices, including cell phones, while officiating.	<b>PO18</b>		
Assist in submitting competition results, cleaning the event area, and returning equipment. Before departing the site, determine if any other venues need officiating assistance.	<b>PO19</b>		
Attend periodic training sessions or clinics to maintain or update officiating skills. Assist, as appropriate, in developing and presenting training materials.	<b>PO20</b>		
Keep physically fit, and advise their association or coordinator of officials of physical limitations on their ability to perform any assigned duty.	<b>PO21</b>		
Mentor less experienced officials by sharing information and techniques, demonstrating use of equipment, identifying potential problems or issues and recommending solutions, and encouraging questions.	<b>PO22</b>		
Assist in recruiting new officials.	<b>PO23</b>		
Consider active involvement with the officials' committees of the local association and USATF.	<b>PO24</b>		
Make recommendations for rules changes as appropriate.	<b>PO25</b>		



# Study Guide 15 - Racewalking

## Study Guide 15 – RACE WALKING -Program Learning/Performance Objectives – Mentor Checklist

Participant Name \_\_\_\_\_ Mentor Name \_\_\_\_\_

*Evaluate applicable areas, based on assignment(s) for this meet/some areas will be Non-Applicable (NA)*

**INSTRUCTIONS:** All items on this Checklist must be completed during the timeline of the program. Some participants are in the program for one-to-four years. All items/objectives should be checked when the item is successfully completed. Not all items will be completed at any particular meet but over a series of meets. Enter the date of the completed PO/LO, your Initials for verification, and any comments that you may have. Make three (3) copies when the form is completed. Keep one (1) copy for yourself. Distribute one (1) to the participant. Send one (1) to your Certification chairperson or to your Junior Officials Program coordinator as per your specific Association designee. All Objectives must be met before submission. Note: Some of the items on the checklist maybe “Not Applicable (NA) but those items are very limited. Ex. A 14 year-old JOP Participant will not be a Starter at a meet or assigning other officials to duties. These type criteria will be marked NA. NA’s should be used sparingly.

Learning/Performance Objectives – Race Walking What the JOP should be able to do or explain...	PO#	Date Completed	Mentors’ Initial
Judges of Race Walking – USATF Rule 230	RW1		
Yellow Paddle – Indicating an offense	RW2		
Disqualification - Red cards/ Red paddle	RW3		
Penalty Zone and time limits (USATF)	RW4		
Race Walking Officials	RW5		
General Rules	RW6		
Race Conduct	RW7		
Courses and Conditions for Walking Events	RW8		
Rules for Race Walking Officials Handbook (RW9 – RW 23)	RW9		
Rules of Race Walking	RW10		
USATF Rules of Competition	RW11		
Race Walk Officials	RW12		
Records	RW13		
Judging Race Walk Events	RW14		
Duties of the Chief Judge	RW15		
Procedures for Making Race Walking Calls	RW16		
Red Card collectors	RW17		
Duties of the Recorder	RW18		
Operating the Red Card Posting Board	RW19		
Umpire Calls	RW20		
Uniform	RW21		
Judging Philosophies and Practices	RW22		
Pit Lane Rule (IAAF)	RW23		
Water/Refreshments	RW24		

Comments:

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# Study Guide 15 - Racewalking

## Study Guide 15 – Racewalk – Mentor Assessment- Field of Play Evaluation

Participant Name \_\_\_\_\_ Mentor Name \_\_\_\_\_

**MENTORS** – All items on this Checklist must be completed during the timeline of the program. Some participants are in the program from one-to-four years. All items/objectives should be checked when the item is successfully completed. Not all items will be completed at any particular meet but over a series of meets. Checkoff the rating that you give to the JOP Participant, enter the date of completion and enter your initials as a verification that the objective was completed. If you have assigned a rating of Fair\* - Please add your rationale to the \*Area for Improvement space. *Please submit a copy of this Field of Play Evaluation/Assessment final form with the completion dates and your Mentor signature, to the Association Certification Chairperson or JOP Designee in your Association. Please make 3 copies -One (1) for your records, one (1)for the Association Chair/JOP Designee, and one (1) to give to the JOP Participant for their records. Hardcopies or electronic copies are acceptable. All Objectives must be met before submission.*

Code of Ethics/Professional /Learning Objectives	PO#	Fair* (Check)	Good (Check)	Excellent (Check)	Date Completed	Mentor Initials
1. Arrived on time for meetings and events.	AEC1					
*Area for Improvement (Fair or below):						
2. Maintained a professional appearance.	AEC2	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
3. Knew and applied rules to the event consistently and fairly.	AEC3	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
4. Treated all personnel with respect and professionalism.	AEC4	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
5. Communicated effectively with athletes and other officials.	AEC5	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
6. Always stayed attentive to the competition and potential problems.	AEC6	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
7. Worked well with other officials for success of the crew.	AEC7	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						





## Study Guide 15 - Racewalking

8. Willingly assisted as needed in other areas.	AEC8	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
9. Provided a venue that ensured safety of athletes, officials, volunteers and spectators.	AEC9	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
10. Prepared the venue correctly and efficiently.	AEC10	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
11. Conducted complete, accurate briefings for athletes.	AEC11	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
12. Worked effectively with volunteers.	AEC12	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
13. Completed event forms properly and neatly.	AEC13	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
14. Demonstrated good decision-making and problem-solving skills.	AEC14	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
15. Accepted and responded to feedback and attended post-event reviews.	AEC15	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
16. Presentation of JOP Log of meet experiences containing the number of Hours based on age group.	Program Requirement	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
17. Presentation of Journal or "Briefcase "of acquired materials indicating the participants knowledge of growth over the length of the program.	Program Requirement	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						

Comments: \_\_\_\_\_