**Apprentice/Association Level**

**Race Walk Rules Review**

**Purpose:** This is NOT A TEST. It's a REVIEW. It's meant to make you familiar with the Rule Book, what's in it and how it's set up. It evaluates your ability to read a rule and correctly interpret it. To save you a significant amount of time, the rule numbers are given. Hopefully, after taking the Review, you will feel that you are a much more knowledgeable official.

**Instructions Use:** The Answers and Rule Numbers cited in this Review are based on the 2024 USATF Rule Book, <https://www.usatf.org/governance/rule-books>, and WA RW Marathon Mixed Relay memorandum found at on the front page of the NOC website. https://noc.mach2k.net/#acceptedlists Enter your answers on this Rules Review and send it to your Association Certification Chair for scoring. The review can be taken online by gong to the NOC website. The review online can also be found on the NOC website.

**Suggestions:** 1) Taking the Review in a group setting that allows open discussion or with other officials is encouraged. 2) New and less experienced officials should try to work with a "mentoring" official. 3) "Specialty" officials who mainly work in the same areas at most meets should take the review with other officials, benefit from shared experiences and the knowledge of all.

**Important Notes:** 1.) Be sure to read the rule that is referenced carefully, just one word may make the difference in a question or answer choice. 3.) Don't "over read." Take the questions at face value. Don't think "but what if …". The questions are not meant to trick anyone.

**Scoring:** Successful completion of the Review requires a success rate of at least 30 correct answers. Individuals who do not reach the 30 correct answers are encouraged to retake the review

1. In Cross Country, Long Distance Running, and Race Walking the competitors shall wear a bib on the \_\_\_\_\_\_\_\_\_ and in \_\_\_\_\_ \_\_\_\_\_, also on the back. The bib(s) shall be visible at all times during the competition. Failure to do so may result in disqualification from the event. 143.7
2. Examples of illegal assistance are \_\_\_\_\_\_ in running or walking events by persons not participating in the event, by competitors lapped or about to be lapped. 144.3(a)
3. The Judges of Race Walking decisions are made as seen by the \_\_\_\_ \_\_\_\_. 230.1(a)
4. The Chief Judge shall act as the supervising official for the competition and shall judge the \_\_\_\_\_ \_\_\_\_\_\_\_. 230.1(c)
5. All Judges shall be currently \_\_\_\_\_\_\_\_ as Race Walk Judges by USATF or by another World Athletics member federation. 230.1(e)
6. The Judges will serve as \_\_\_\_\_\_\_ if an insufficient number are assigned. 230.1(g)
7. All Judges' \_\_\_\_ \_\_\_\_ shall be turned in to the Recorder at the end of the race. 230.1(i)
8. When a judge is not completely \_\_\_\_\_\_\_\_\_\_\_ that the athlete is fully complying with Rule 232.2 the judge should, where \_\_\_\_\_\_\_\_\_\_\_\_\_, show the athlete a yellow paddle indicating the offence. 230.2(a)
9. When a Judge observes a competitor who fails to comply with Rule 232.2, the Judge shall issue a \_\_\_\_ \_\_\_\_\_. 230.3(a)
10. Except as provided in Rule 230.3(j), when Red Cards from \_\_\_\_\_\_\_ 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 230.3(c)
11. Notification of disqualification shall be given as soon as \_\_\_\_\_\_\_\_\_ after the competitor has finished, if it is impractical to notify the competitor of the disqualification during the race. 230.3(d)
12. At International Selection Competitions, National Championships and other events as determined by the appropriate Sport Committee, the \_\_\_\_\_\_ \_\_\_\_\_\_ has the power to disqualify a competitor in the last \_\_\_\_\_\_\_ m when his/her mode of progression obviously fails to comply with Rule 232.2. 230.3(f)
13. A Penalty Zone may be used as determined by the Sport Committee. In such cases a competitor will be required to enter the Penalty Zone and remain there for the applicable period once they have received \_\_\_\_\_\_\_ \_\_\_\_\_\_\_. 230.3(j)
14. The applicable period in the Penalty Zone shall be: For races up to and including 5km - \_\_\_\_\_ minute(s); 10km - 1 min; 20km - \_\_\_\_\_\_\_ minute(s). 230.3(j)
15. Race Walking Officials may be appointed to assist in the administration of the race walking event(s) by administering the \_\_\_\_ \_\_\_\_\_\_ and \_\_\_\_\_\_\_ \_\_\_\_. 231
16. 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) \_\_\_\_\_\_ \_\_\_\_\_\_ \_\_\_\_\_\_ occurs. 232.2
17. The \_\_\_\_\_\_\_\_\_\_\_ leg must be straightened (i.e., not bent at the knee) from the moment of \_\_\_\_\_ \_\_\_\_ with the ground until the leg is in the vertical upright position 232.2
18. A race must have a minimum of \_\_\_\_\_\_\_\_ Judges. 232.3(c)
19. For all events up to and including \_\_\_\_\_\_\_\_\_ km, water only drinking/sponging stations shall be provided. 232.4(b)
20. For all events longer than 10km competitors shall be permitted to provide \_\_\_ \_\_\_\_\_ refreshments at refreshment stations. 232.4(c) and (d)

21-30: Please complete the following on the given tally sheet and send to your certification chair.

1. M40-44 5000m Masters West Region Championship held 6/2/2023
2. Race Start 6:30 pm
3. #5 caution at 6:37 for loss of contact
4. #8 caution at 6:38 for loss of contact
5. #12 caution at 6:41 for bent knee
6. #8 red card at 6:43 for bent knee
7. #2 caution at 7:02 for bent knee
8. #2 red card at 7:07 for bent knee
9. #9 caution at 7:09 for bent knee
10. Print name and sign

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| RACE WALK JUDGE’S  TALLY SHEET | | | | |
| JUDGE  NUMBER | Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Start Time\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Competition: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Male/Female Age Group \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Event/Distance \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ | | | |
| Competitor  Number | Yellow Paddle  Time of Day | | Red Card  Time of Day | |
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| **~ Loss of Contact > Bent Knee** | | | | |
| Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  Signature | | | | |

Race Walk Marathon Mixed Relay

1. There shall be four legs – each of a minimum distance of \_\_\_\_\_\_\_. The male athlete shall walk the first and third legs and the female athlete the second and fourth legs.
2. The actual distance of each \_\_\_\_\_\_ shall be determined according to local circumstances and the layout of the venue.
3. The applicable period in the Penalty Zone shall be as follows:

After three red cards \_\_\_\_\_ minute(s)

After the fourth red card \_\_\_\_\_ minute(s)

1. Lines shall be drawn \_\_\_\_\_\_ m before and \_\_\_\_\_\_m after the scratch line to denote the takeover zone.
2. All takeover procedures, which, unless otherwise specified by the organizers, shall comprise a \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ between the incoming and outgoing athletes.