



USATF Race Walk Officials Training

10th of March, 2024



GARY WESTERFIELD

World Athletics
Lecturer



JEFF SALVAGE

Silver Level International
Race Walking Judge

Founder
www.RaceWalk.com

Course Objectives

After successful participation in this seminar, a judge/official will be able:

1. to interpret Race Walking technique correctly
2. to interpret & apply the competition rules correctly and consistently
3. to be updated on the most recent rules changes and their application
4. to have a clear understanding of the management of competitions
5. to understand the duties of Race Walking Judges & Race Walking Officials

Role of a Judge

- The official's primary role is to act as an impartial judge and so facilitate the process of fair competition
- This role carries with it an obligation for the official to **perform with accuracy, consistency, objectivity and the highest sense of integrity.**

Features of an Ideal Race Walking Judge

Focus : Athletes

An ideal judge...

- assumes that most of the athletes are not breaking the rules
- is aware the judicious use of a Yellow Paddle can avoid an infringement of the rules by an athlete
- avoids prejudging athletes
- does not intimidate athletes
- understands that a judge's competence is not expressed through the number of Red Cards given.

Features of an Ideal Judge

Focus : Yellow Paddle / Disqualification

An ideal judge...

- acts immediately on all judgements
- ensures the athletes' understanding of Yellow Paddles
- correctly documents the reasons for Yellow Paddles and Red Cards
- communicates only with the Chief Judge (CJ) or recorder on disqualifications and queries (Card collection is purely transactional, no other communication occurs.)

Features of an Ideal Judge

Focus : before and after the competition

An ideal judge...

- arrives at least 1 hour prior to scheduled start time
- reports promptly to the Pre and Post Race Judges' Meeting.

Features of an Ideal Judge

Focus : during competition

An ideal judge...

- observes from a clear, non-elevated view
- when on a track, observes a progression of steps from the outside lanes and at rare times moves to the inside
- when on a road, observes a progression of steps from the side and when necessary, moves to the opposite side
- must not inform other competitors about the progress of a race
- does not time the race
- uses only his eyes to judge athletes

Features of an Ideal Judge

Focus : General

An ideal judge...

- appears professional - clothing and behavior
- is impartial to all competitors and teams
- is always active, concentrated and attentive during competition
- is not receptive to external comments e.g. by spectators, coaches
- does not have any additional responsibilities while judging
- does not use cameras, mobile phones and other electronic devices during competition - unless specifically issued for use during the event

What a Judge Should Never Do During the Race

- Have contact with spectators, team officials or other athletes, particularly those who may be identified as members of any Member Federation
- Use a mobile phone, radio transmitter or similar device on the track or on the course
- Refer to the Posting Board (including any views of the Board on any television screens showing progress of the race)
- Copy information from the Posting Board until after the competition is over



Competition Management

**To identify the duties
of the Race Walk Judges & Race Walk Officials
before, during and after
a competition**

Roles for Race Walk Judges & Race Walk Officials

- Chief Judge
- Walking Judges
- Chief Judge's Assistants
- Recorder
- Red Card Posting Board assistant
- Penalty Zone Manager & Assistant(s)



Chief Judge Most Important Duties

- Conduct a pre-race meeting to assign the judges to their respective judging areas and to explain the judging procedure to be used
- Make sure all the judges have all the necessary judging materials including:
 - Red cards
 - Individual Tally Sheets
 - Yellow Paddles
 - Course Map showing each judge's assigned position
 - List of bib numbers
 - Pencils / Pens / Wrist Watch
 - Stop Watches for Penalty Zone
 - Armbands etc.

Chief Judge Most Important Duties

- Ensure proper setup of race course including Penalty Zone, Refreshment Area, and Recording Station
- Make sure the card collecting system functions according to plan
- Notify competitors of their Penalty Zone stay as soon as possible after verifying that three red cards from three different judges were received
- Inform the referee of penalty times and disqualifications
- Conduct a post-race meeting to review the race, present the judging summary sheet(s) for analysis and discuss any problems

Race Walk Judges' Duties

- Participate at pre-race meeting
- Follow the instructions received from the Chief Judge
- Show a Yellow Paddle to a competitor who is in danger of breaking the rules and to record that action on the individual Tally Sheet
- Accurately complete a Red Card for any competitor breaking the rules and send it to the Recorder
- Participate at post-race meeting and relevant discussion

Chief Judge's Assistants

- Participate at pre-race meeting
- Follow the instructions received from the Chief Judge
- Direct athletes to the Penalty Zone according to the request of the Chief Judge / Recorder
- Disqualify competitors according to the instructions of the Recorder/Chief Judge
- Inform the Recorder of the time of disqualifications
- Participate at post-race meeting and relevant discussion
- Does not judge the competitors

Recorder

- Participate at pre-race meeting
- Collect the Judges' Red Cards and record that information on the Judging Summary Sheet and, where used, check the electronic data collection system
- Notify the Red Card Posting Board Operator of Red Cards and, where used, check the electronic Posting Board
- Immediately notify the Chief Judge & Chief Judge's Assistant when three (or four) red cards from three (or four) different Judges are received
- Participate at post-race meeting and relevant discussion
- Record time of entry to Penalty Zone and time of DQ
- Verify the consistency of the Red Cards, Tally Sheets, and Summary Sheets.


Red Card Posting Board Assistants

- When notified by the Recorder, immediately place Red Card symbols (~ <) in the relevant blank space beside the offending competitor's number
- Check continuously with the Recorder for the correctness of the Red Card Posting Board

Penalty Zone Coordinator and Assistants

- Oversee the operation of the Penalty Zone
- Record the time of entry and exit of athletes directed to the Penalty Zone
- Time spent in the Penalty Zone
- Count down the last ten seconds of penalties
- Supervise athletes in the Penalty Zone
- Report activities to the Chief Judge

Pre-Race Meeting

- **Led by the Chief Judge**
 - Attendance: Chief Judge, Race Walking Judges, Chief Judge Assistant(s), Penalty Zone Manager, Recorder, and Referee.
- 
- Other people could also be invited by the CJ if he/she considers it's necessary for the conduct of the competition (e.g. Course Measurer).
 - A meeting with the personnel in charge of collecting the red cards must be organized

Pre-Race Meeting

Agenda

- Welcome and competition introduction
- Timetable confirmation
- Map of the course (track or road), including judges' position
- Competition general information (bibs, start lists, etc.)
- Distribution of individual Tally Sheets and Red Cards (other materials as pencils, pens...)
- Explanation of clear penmanship and appropriate use of English/USA numbers
- Uniform of the day

Pre-Race Meeting

Agenda (Cont)

- Judgement (Yellow Paddle “policy,” act as soon as you have a decision, etc)
- Time synchronising
- System for collecting red cards (assistants, bicycle, skaters, etc....)
- Penalty zone operation (if any)
- Communications between Chief Judge, Chief Judge Assistant(s) and Recorder
- Any other information (hotel pick-up, etc....)
- Post-meeting (s) confirmation (day, place and time)

Post-Race Meeting

- **Led by the Chief Judge**
- Attendance: Chief Judge, Race Walking Judges, Chief Judge Assistant(s), Recorder, and Referee.
- Other persons could also be invited by the CJ

Post-Race Meeting

Agenda

- General comments about the events
- Summary sheet analysis: discussing the number of disqualified athletes, number of athletes finishing with 2 RC....
- Individual comments by the judges
- Penalty Zone management

Components of a Race Walking Course

- To know the correct set-up for the different race walking events

Example of a Course



Key Points to be Considered on the Course

View of width and slope



Key Points to be Considered on the Course



Lap Counters



Key Points to be Considered on the Course



Personal Refreshment Area



Key Points to be Considered on the Course



Posting Board



Key Points to be Considered on the Course



Turning Points





Race-Walking Definition

Definition of Race Walking



- **Loss of contact**

“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”

USATF [232.2] - WA Handbook [TR 54]



- **Bent knee**

“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”

USATF [232.2] - WA Handbook [TR 54]

Race walking with a Double Support Phase



Double Support Phase

Single Support Phase

Double Support Phase

Single Support Phase

Double Support Phase

Non-Visible (to the Human Eye) Loss of Contact



Single Support Phase

Minimal Flight Phase

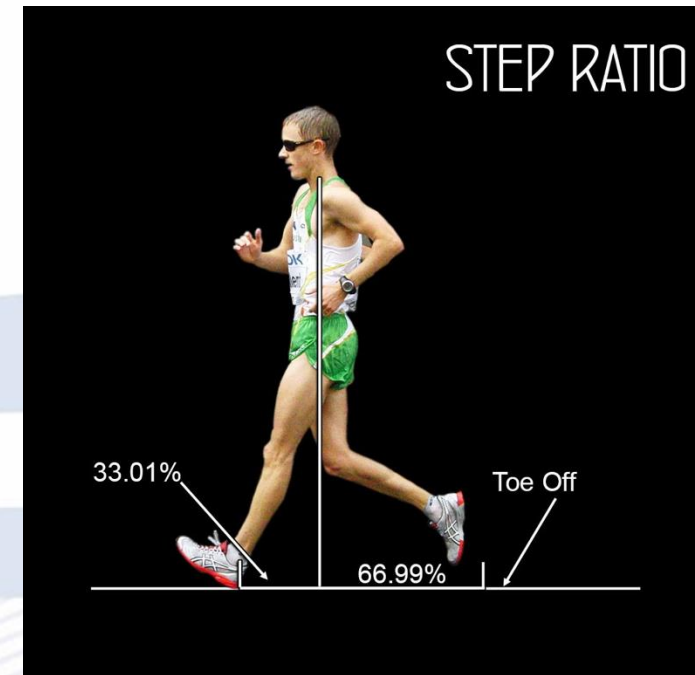
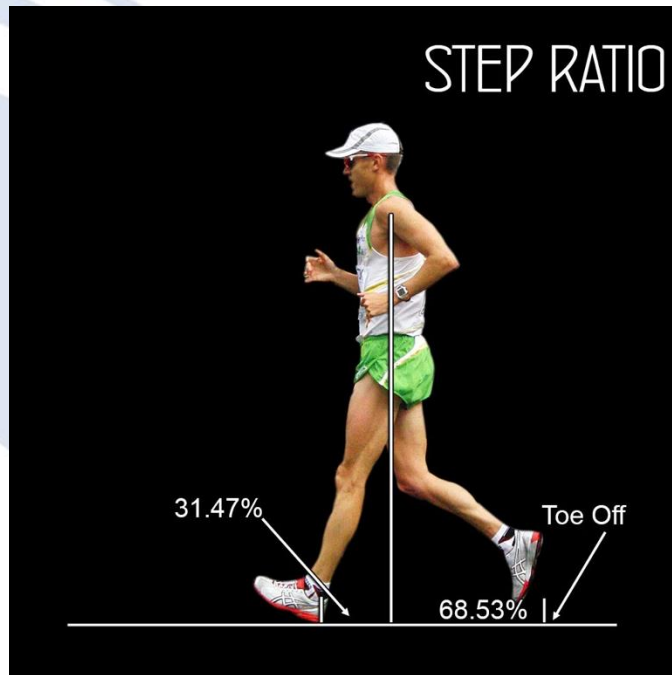
Single Support Phase

Single Support Phase



Rear Single Support Phase

Front Support Phase



Front Portion of Stride < Rear Portion of Stride

Race Walking – Hip Rotation

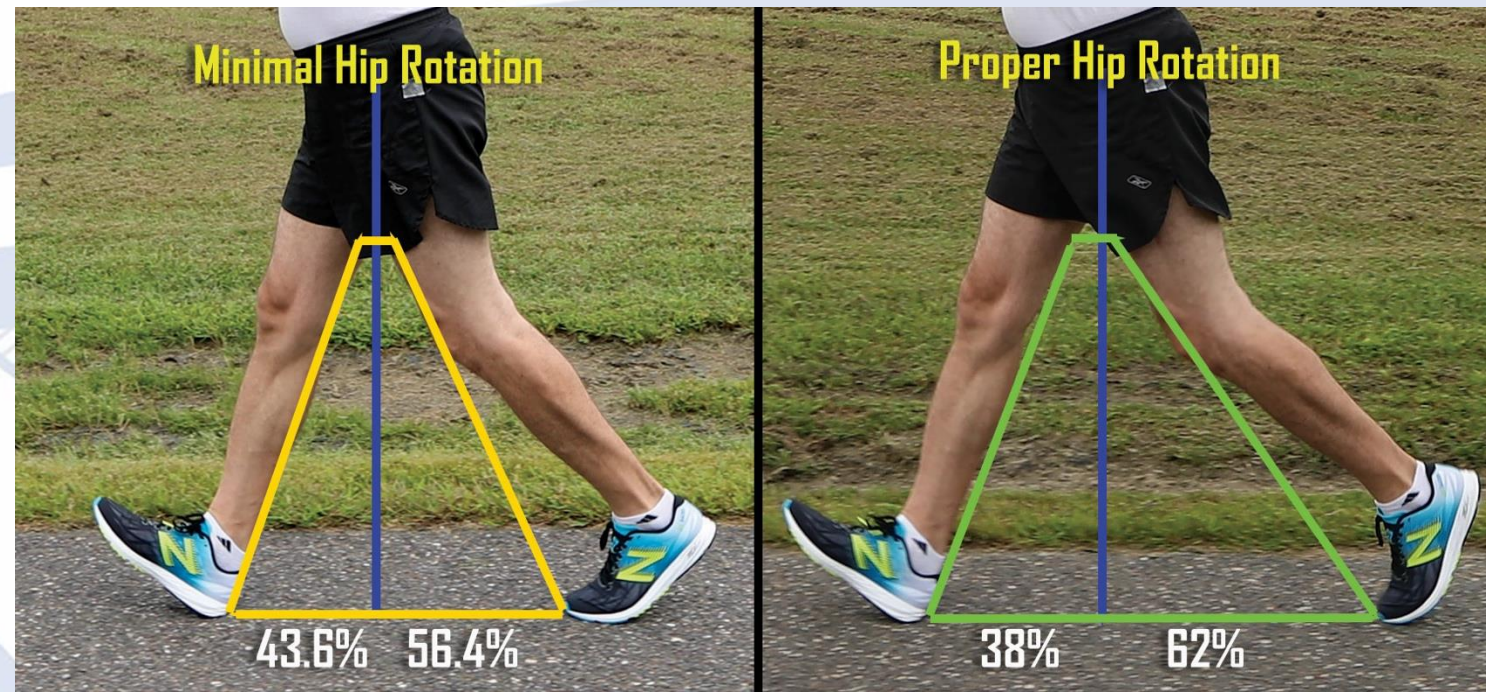
During hip motion

Hips rotate forward in an elliptical path

Hips rotate forward more than up and down or side to side

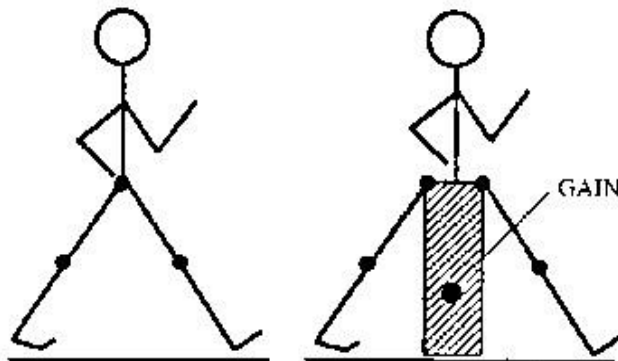
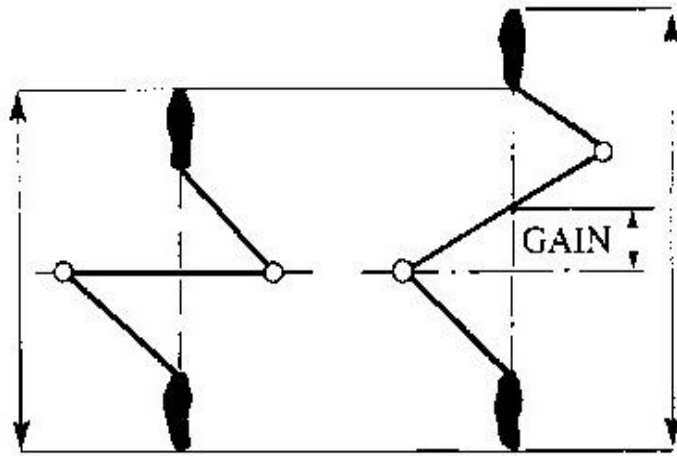
Forward hip rotation:

- increases step length behind the center of mass, thus increasing the propulsive phase of the step
- reduces the braking forces in the front of the center of mass



Race Walking

Hip Action



During hip motion

The centre of gravity position should remain at the same level

Technique reduces most vertical oscillations.





Application of Competition Rules

Drinking, Sponging & Refreshments

- Drinking, Sponging & Refreshments may only be taken at meet provided locations
- Handling of the personal refreshments
 - from / at a table (must not step in front of the table)
 - events 20 kilometers or longer (including the Marathon Race Walk Mixed Relay)



Interpretation of Competition Rules

Application of Race Walking Rules

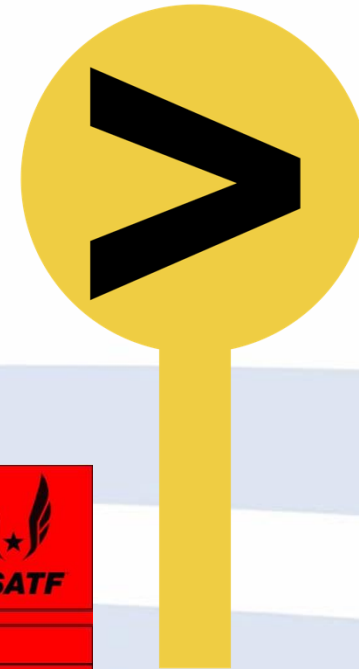
When to show a Yellow Paddle to an athlete

- for loss of contact
- for bent knee

When to fill out the **red card**

- Red Card for loss of contact
- Red Card for bent knee

* Note, the 1 for Judge's No is prefilled



Judge's Red Card		USATF	
Distance:			
Men/Women			
Bib Number			
Reason:	<input checked="" type="radio"/>	Hour	Minute
<small>(fill in the time where the case)</small>	<input checked="" type="radio"/>	Hour	Minute
Judge's No.:	1		
Judge's Signature:			

Reasons for Yellow Paddle

- Allow the athlete to correct themselves
- The caution from a yellow paddle is the only help allowed for an athlete (with the exception of the posting board)

Yellow Paddle's use

Yellow Paddle is always be used before giving a Red Card to an athlete with the following exceptions, where:

- an athlete obviously breaks the rule, clearly gaining an unfair advantage compared to his/her opponents
- an athlete breaks the rule in the last part of the race where it is too late to caution him/her
- the circumstances in which the Chief Judge can use his/her special powers

In all the other cases, a judge **MUST** give a Yellow Paddle to an athlete before giving a Red Card.

Red Card Prerequisites

Judge's Red Card			
Distance:			
Men/Women			
Bib Number			
Reason: <small>(fill the time where the case)</small>		Hour	Minute
		Hour	Minute
Judge's No.:	1		
Judge's Signature:			

- The infringement must be observed by the human eye
- We need to be sure about our decision, no doubts

Red Card

- **Red Card** proposes disqualification of the athlete
- **Red Card** is the "last final decision" by the judge, not a "first instinctive reaction"
- **Red Card** is given when the athlete who has received a Yellow Paddle continues to violate the definition of race walking

Some examples



Yellow paddle or red card ?

Some examples



Yellow paddle or red card ?

Some examples



Yellow paddle or red card ?

Some examples



Yellow paddle or red card?

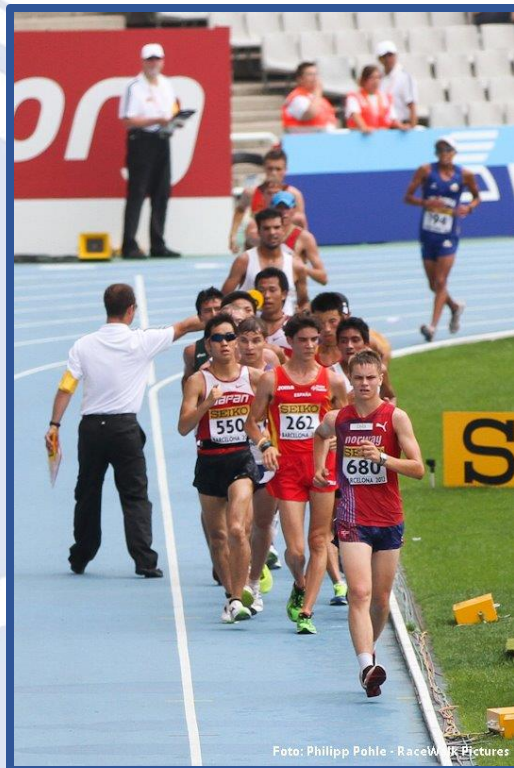
Some examples



Yellow paddle or red card ?

Correct Position of the Judge

Position which present a clear view of the legs of competitors



On the Track

Outside lane where the raised inner curb does not block the view of the competitor's feet

Correct Position of the Judge

Position which present a clear view of the legs of competitors

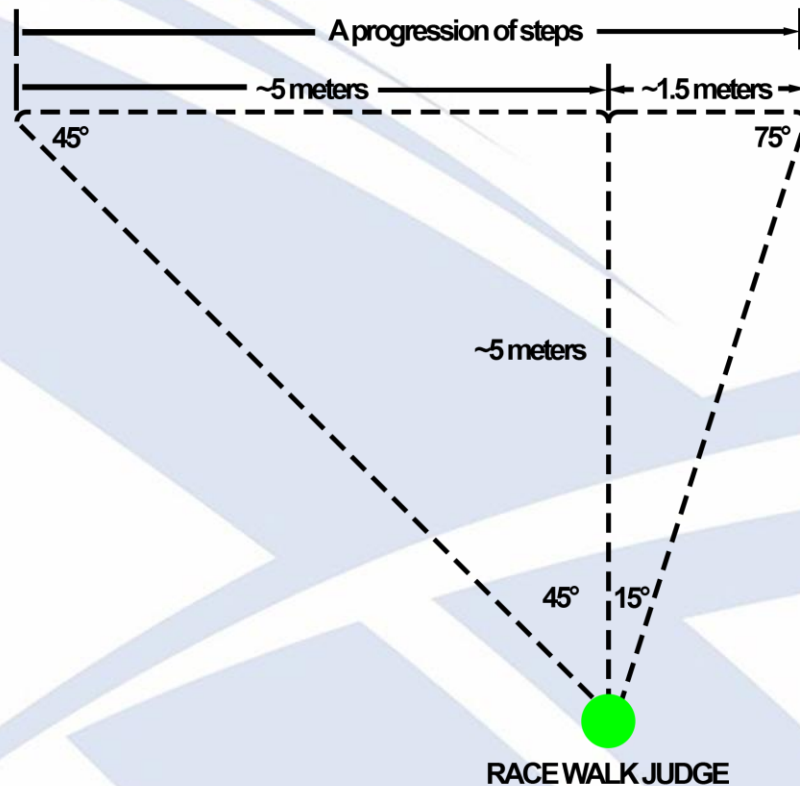


On the Road

- Clearly see the contact with the surface of the road

Correct Position of the Judge

Position which present a clear view of the legs of competitors



On the Road or Track

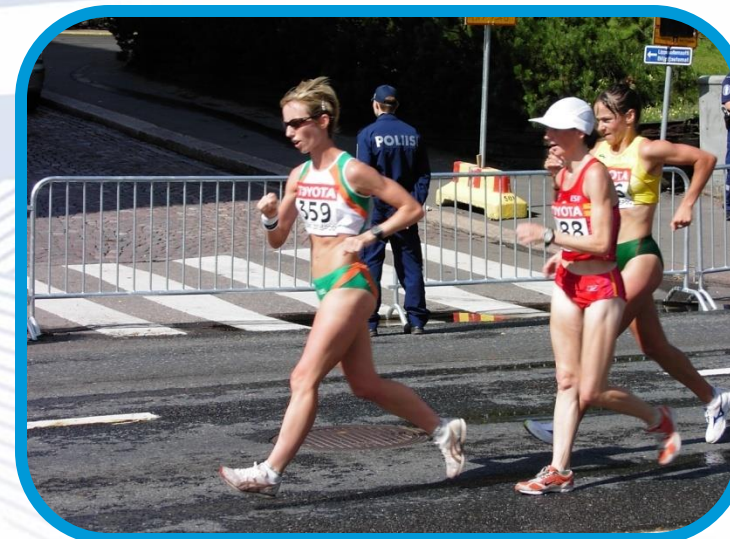
- Look at the competitors from an angle of 45° when he/she is moving towards the Judge and until 15° when moving away
- Do not judge outside of the zone
- Ensure distance to the walker enables evaluating a progression of steps

Key Danger Areas (Track & Road)

During the acceleration at the start



While passing another walker



Key Danger Areas (Track & Road)

- In the middle of the group
- During the finishing sprint



Key Danger Areas (Track & Road)

- Marathon Race Walk Mixed Relay Transition Zone



Key Danger Areas (Track & Road)

- Turn arounds on narrow courses
- Hill and Incline areas



Key Danger Areas (Track & Road)

Sharp turns



Aid and refreshment or water/sponging areas



Other Difficult Situations

- Large number of competitors
- From the Circuit to the stadium
- Last lap on track events

Race Walk Judge's Tally Sheet

RACE WALK JUDGE'S TALLY SHEET				
JUDGE # 2	DATE <u>3/11/21</u> START TIME <u>9:02</u>			
	COMPETITION <u>Tom Easter Memorial</u>			
	MALE <input type="radio"/> FEMALE <input checked="" type="radio"/>		AGE GROUP <u>Open</u>	
	EVENT / DISTANCE <u>20 km</u>			
COMP. #	YELLOW PADDLE TIME OF DAY		RED CARD TIME OF DAY	
	~	>	~	>
6				
7				
8	9:27	10:00		
>12		9:07		9:14
13				
14			10:26	
~ LOSS OF CONTACT > BENT KNEE				
NAME <u>Peggy Lee Zorba</u>				
SIGNATURE <u>Peggy Lee Zorba</u>				

Race Walk Judge's Tally Sheet

- Prefill all event information
- Each Race Walk Judge must record all the actions that the Judge made during the competition... Yellow Paddles, Red Cards, times
- Once the competition is finished, the judge forwards the Tally Sheet to the Chief Judge or Recorder

Red Card

Judge's Red Card 					
Distance:	20Km				
Men/Women					
Bib Number	14				
Reason: <small>(fill the time where the case)</small>	<input checked="" type="radio"/> <table border="1"> <tr> <td>Hour</td> <td>Minute</td> </tr> <tr> <td>10</td> <td>26</td> </tr> </table>	Hour	Minute	10	26
	Hour	Minute			
10	26				
<input type="radio"/> <table border="1"> <tr> <td>Hour</td> <td>Minute</td> </tr> <tr> <td></td> <td></td> </tr> </table>	Hour	Minute			
Hour	Minute				
Judge's No.:	2				
Judge's Signature: 					

Red Card

Red Cards must be filled in completely. If not, the Red Card is returned by the Chief Judge, the Recorder or the Card Collector.

Race Walk Summary Sheet

Race Walk Summary Sheet

Responsibility of the Recorder and the Chief Judge

The Summary Sheet is a complete, historical record of the event including:

- Athlete data
- Yellow Paddles shown
- Red Cards given
- Penalty Zone data
- time of notification for any disqualifications.

It is given to all Judges and the Referee

Race Walk Summary Sheet

The time at which the Chief Judge or Assistant shows the Red Paddle to an athlete will be noted as part of the historical record.

Include all athletes, even those who have not received any Yellow Paddles or Red Cards.

If following the race, there are athletes with no Yellow Paddles/Red Cards it is also a reflection of consistency in the judging.

Put the athletes' bib number in ascending order.

DATE			START TIME			EVENT												CHIEF JUDGE'S NAME															
20th	August	2023	07:15			World Athletics Championships, Budapest 2023- Women's 20km Race Walk												Zoë Eastwood-Bryson (AUS)															
Judge's Name	Jean-Pierre	DAHM	FRA	José	DIAS	POR	Anne	FRÖBERG	FIN	Daniel	MICHAUD	CAN	Sergio	SOLANA SOR	ESP	Man Chun	YEUNG	HKG						Penalty Zone	Chief Judge	DQ Notification	Check of	Disqualifications					
	Number	1		2		3		4		7		8												Entry Time	Time	Time	~	<	RC				
Athlete's Number	Yellow Paddle	RC	Yellow Paddle	RC	Yellow Paddle	RC	Yellow Paddle	RC	Yellow Paddle	RC	Yellow Paddle	RC	Yellow Paddle	RC	Yellow Paddle	RC	Yellow Paddle	RC	Yellow Paddle	RC	Yellow Paddle	RC	Entry Time	Time	Time	~	<	RC					
100	HENDERSON Rebecca AUS 1:35:51 (33.)																																
							07:30								07:28		07:45											2	0	1			
101	MONTAG Jemima AUS 1:27:16 (2.)																																
				07:40			08:34						07:54		08:04													3	0	1			
103	SANDERY Olivia AUS DQ TR 54.7.5																																
		08:11			07:36	07:42	07:25		08:15				07:20	07:34		07:29	07:36						07:46			08:17	1	4	4				
104	CASTRO CHIRIVECHZ Angela Melania BOL 1:40:01 (40.)																																
																											0	0	0				
105	DE SOUSA Gabriela BRA 1:33:59 (27.)																																
	07:35			07:51																								2	0	0			
106	LYRA Viviane BRA 1:28:36 (8.)																																
	08:40					07:43		07:51	07:35																			3	0	1			
108	SENA Erica BRA 1:29:53 (13.)																																
	08:05									08:13	08:25		08:37															1	2	1			
111	LIU Hong CHN 1:30:43 (17.)																																
	08:20											07:50			08:10													3	0	0			
112	MA Zhenxia CHN 1:28:30 (7.)																																
		07:42		08:29		07:55			08:19	07:51	08:23																	3	2	1			
114	YANG Jiayu CHN 1:29:40 (12.)																																
																												0	0	0			
CHECK PAGE	~	<	RC	~	<	RC	~	<	RC	~	<	RC	~	<	RC	~	<	RC	~	<	RC	~	<	RC	~	<	RC	~	<	RC	~	<	RC
	4	2	0	3	1	1	5	0	2	2	2	2	2	2	2	2	2	1	2	0	0	0	0	0	0	0	0	18	8	9			
CHECK TOTAL	~	<	RC	~	<	RC	~	<	RC	~	<	RC	~	<	RC	~	<	RC	~	<	RC	~	<	RC	~	<	RC	~	<	RC	~	<	RC
	4	2	0	3	1	1	5	0	2	2	2	2	2	2	2	2	2	1	2	0	0	0	0	0	0	0	0	18	8	9			

ASSISTANTS TO CHIEF JUDGE NAME
Orsolya Gruber (HUN), Guillermo Pera Vallejos (ARG)

RECORDER'S NAME
Zuzana Costin (SVK)

Race Walk Red Card Posting Board (DQ Board)

	PENALTY ZONE			DQ
BIB	1	2	3	4
2	~	>	>	>
3	>	>		
4	~	~	~	

As soon as the red cards are verified, they are posted on the Red Card Posting Board.

The Red Card Posting Board provides feedback to walkers and coaches after Red Cards are issued.

Bent Knee and Loss of Contact infractions are indicated.

Active walking judges should not look at the Red Card Posting Board during the competition.



Penalty Zone

Penalty Zone TR54

- When a Penalty zone is utilized, an athlete is required to enter the Penalty zone once they receive three Red Cards and are notified by the Chief Judge or Chief Judge's Assistant.
- The athlete remains there for the applicable time-period until released by the Penalty Zone Operator.

Penalty Zone

The applicable period in the Penalty Zone is as follows:

Races up to and including	Time
5000m/5km	30secs
10,000m/10km	1 min
20,000m/20km	2 min
30,000m/30km	3 min
35,000m/35km	3.5 min
40,000m/40km	4 min
50,000m/50km	5 min
Marathon Mixed Relay	3 cards = 3 minutes 1 minute for each addition card

Penalty Zone

After serving the time penalty, the athlete shall re-enter the event

The athlete is not judged in the Penalty Area

Penalty Zone

If an athlete receives the third Red Card at the late stage of the race and it's not possible for the Chief Judge or his/her assistant to notify the athlete that he must stop in the penalty zone, the athlete shall finish the race and the penalty time shall be added to his/her official time.

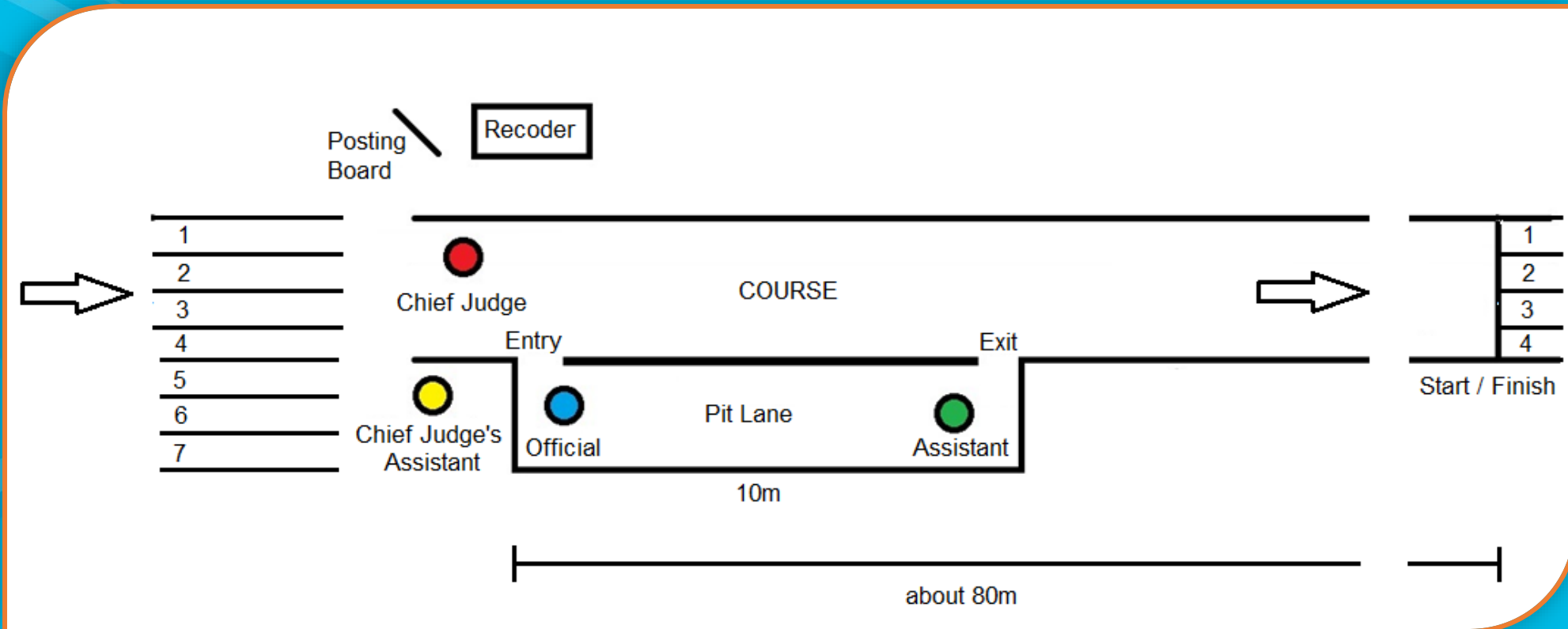
An athlete who fails to enter the Penalty Zone when required to do so, or remain there for the applicable period, shall be disqualified by the Chief Judge or Referee.

Penalty Zone

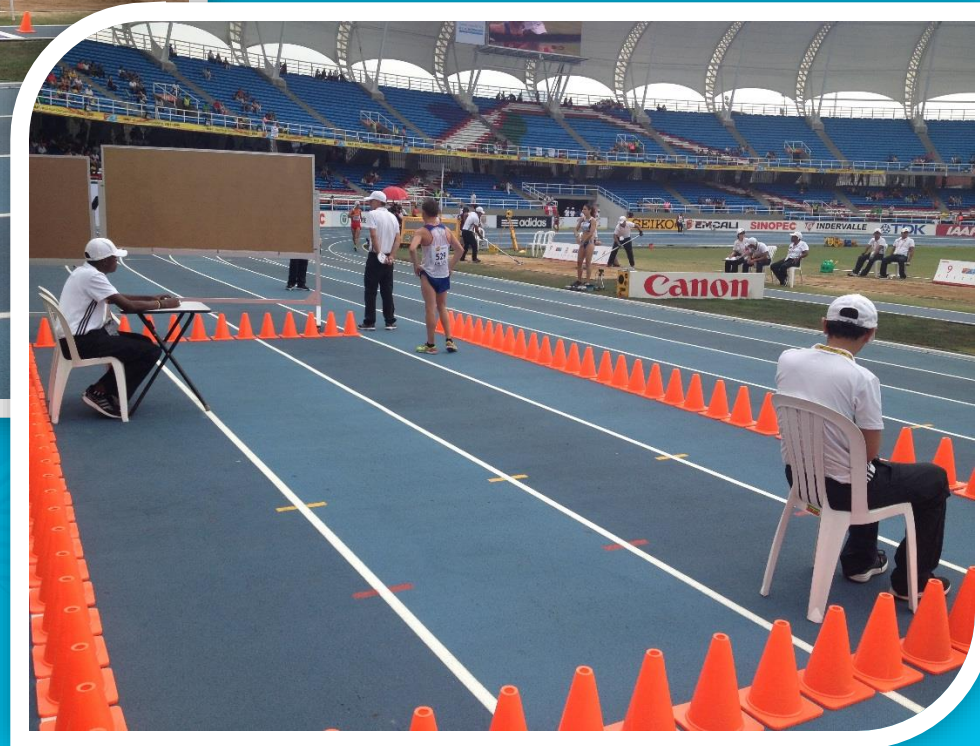
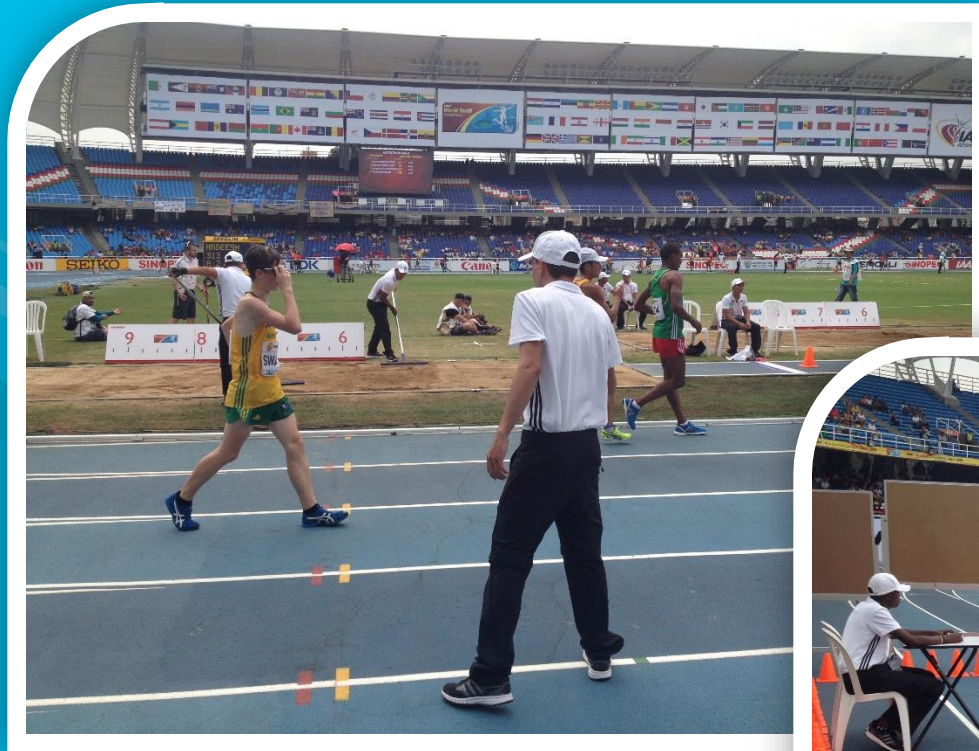
Penalty Zone Set-up (for track events)

- Locate it in the final straight, in lanes 5 to 7, close to the 100m start line and after the Red Card Posting Board
- Small barriers or cones are used to clearly identify the Penalty Zone
- The Penalty Zone should be 10m in length (maximum). The width can vary but should be such to allow up to 5 athletes at the same time
- Have one entrance and one exit at opposite ends (both of the same size)
- The athlete is free to stop or continue moving any way they want inside the Penalty Zone, however there are no benches and no access to refreshments, drinking, sponging, or other kind of assistance unless under medical orders
- Port-a-johns are allowed
- Communication with coaches is allowed
- Set up for road events is similar though compatible with existing space constraints.

Example of set-up for a track or road event



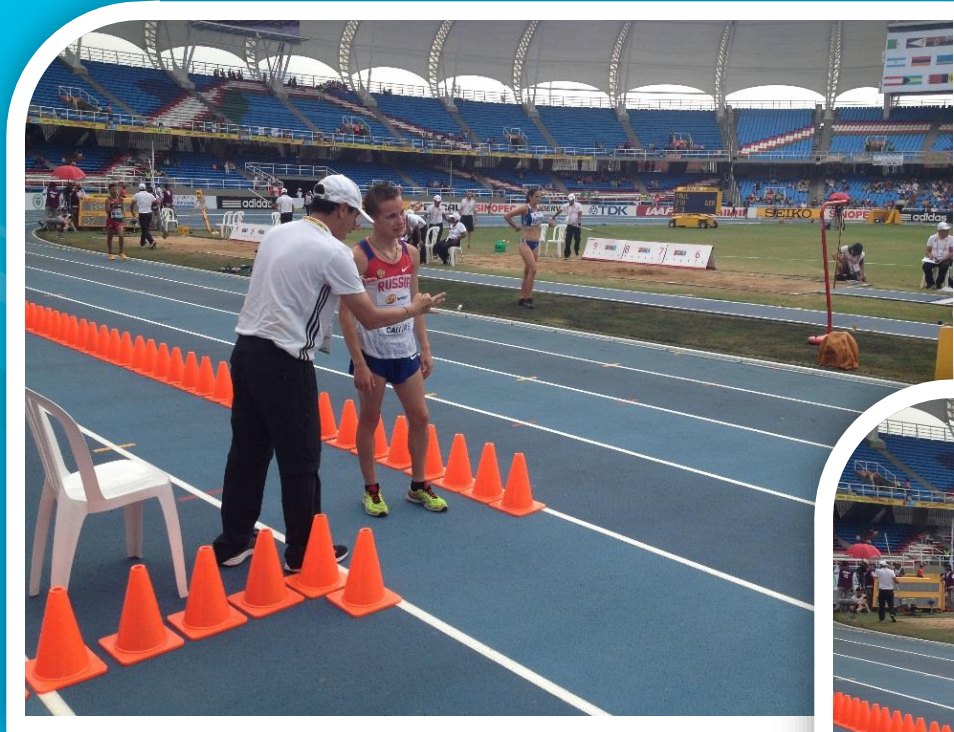
Penalty Zone – IAAF WYC Cali 2015



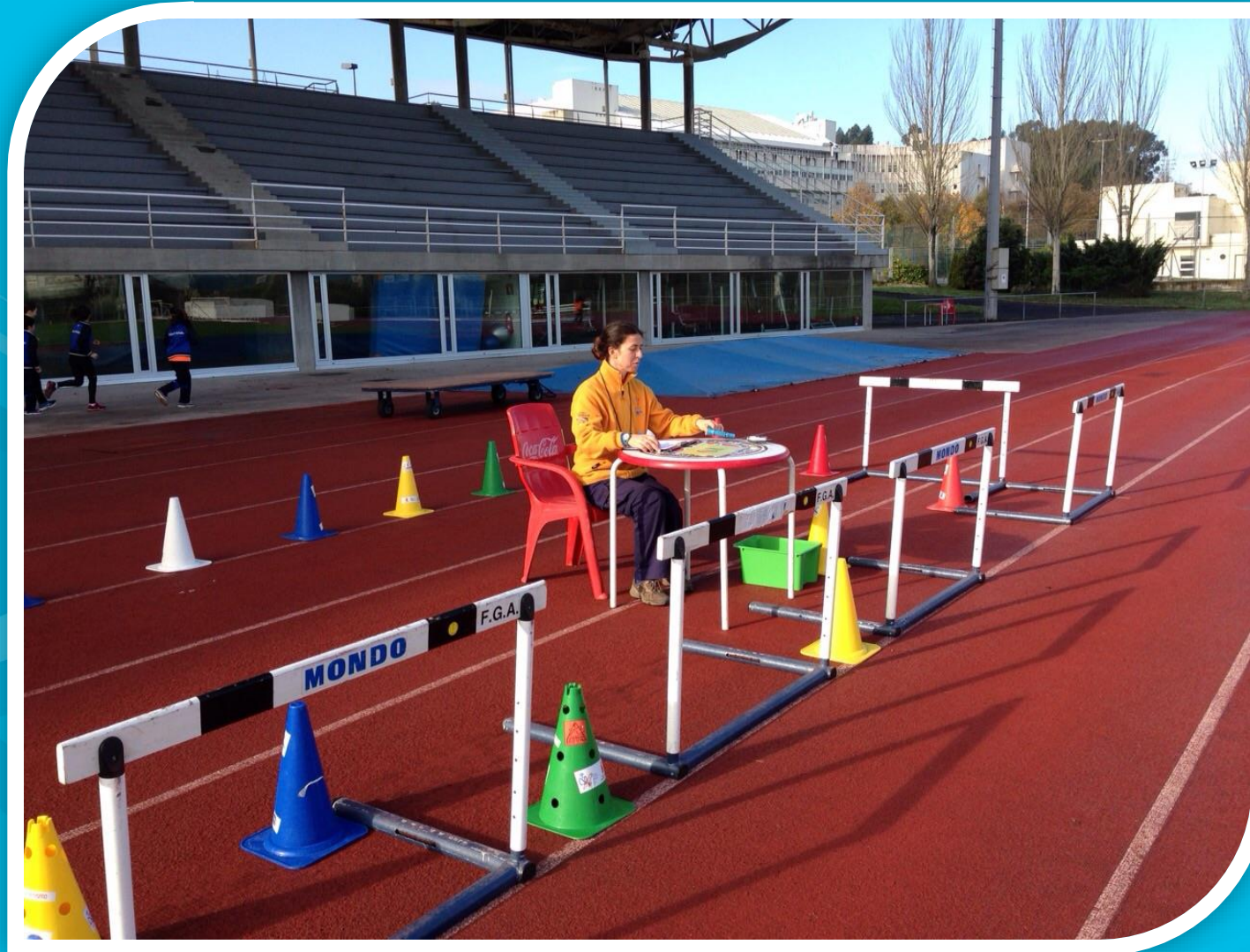
Penalty Zone – IAAF WYC Cali 2015



Penalty Zone – IAAF WYC Cali 2015



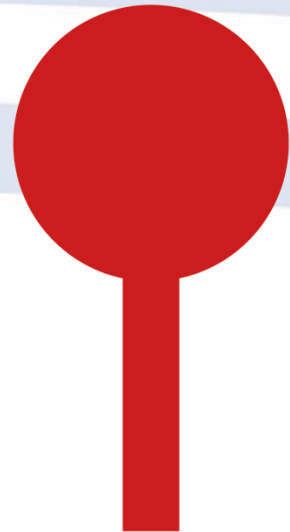
Penalty Zone – Other Examples



Athlete Disqualification

RACES WITHOUT PENALTY ZONE

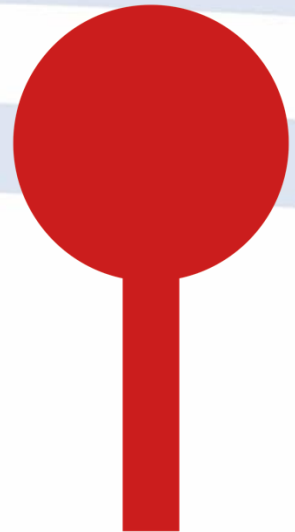
- When 3 Red Cards from 3 different Judges, on the same athlete, are sent to the Recorder- the athlete is disqualified
- Recorder verifies this
- Recorder notifies the Chief Judge
- Chief Judge or Chief Judge's Assistant notifies Athlete with the Red Paddle and the time of notification is recorded



Athlete Disqualification

RACES WITH PENALTY ZONE

- When 4 Red Cards from 4 different Judges, on the same athlete, are sent to the Recorder- the athlete is disqualified
- Recorder verifies this
- Recorder notifies the Chief Judge
- Chief Judge or Chief Judge's Assistant notifies Athlete with the Red Paddle and the time of notification is recorded



Athlete Disqualification

MARATHON RACE WALK MIXED RELAY

- When 7 Red Cards from 7 different Judges on the same Team are sent to the Recorder, the Team is disqualified
- Recorder verifies this
- Recorder notifies the Chief Judge
- Chief Judge or Chief Judge's Assistant notifies the Team with the Red Paddle and the time of notification is recorded

