



What distances do the athletes walk?

Participation		Competition	
9's	700m	13's, 14's, 15's	3000m
10's, 11's	1100m	16's, 17's	5000m
12's, 13's, 14's, 15's, 16's 17's	1500m	U20's	5000/10,000m

What is the 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.



What is a YELLOW PADDLE vs RED CARD?

- **Yellow Paddle:** given when athlete is "close" to breaking the rules.
- i.e. a caution, this can be for bending their knee to early or lose of contact with the ground.
- You can get a yellow paddle from each judge.
- **Red Card:** issued to athletes who have "broken" the rules.
- 3 Red Cards= DQ (disqualification).
- For Knees (not keeping the leg straight from first contact to a vertical position) or loss of contact with the ground.

Athletes in the U9-U11 age groups are given *verbal red cards* during the race.

Athletes in the U12-U17 age groups are given *non-verbal red cards*. i.e. they are not informed by the judge during the race that they have been issued a red card and only find out at the end of the race how many red cards they have received.

WALKS

When is an athlete DQ (disqualified)?

- If they receive a red card by three or more different walk judges.
- Each judge can only give each athlete one yellow paddle for knees and one for contact.
N.B. Athletes are allowed unlimited yellow paddles and will not be disqualified.

Where do the Judges stand?

- Judges spread themselves out around the outside of the track so that between them they have all areas covered i.e. divide the track up by the number of judges.
- Each judge is responsible for his/her own area. Judges cannot give yellow paddles or red cards to any athlete for something they see outside of their area.



HANDY TIPS & TRICKS

- Conduct 1 race walks event per ahe group or combine age groups.
- Allow walkers aiming to use correct technique to use lane 1, non-competitive walkers to use lane 2.
- Allow the athletes to finish the race before disqualifying.
- If an athlete is disqualified explain why there are DQ and show the correct technique.