

*Excerpt*  
**RULE 230-230**  
**RACE WALKING**

(Pages 135 - 139)

including  
**RULE 333 (p. 193)**  
**MASTERS RACE WALKING**  
**CHAMPIONSHIPS**

and  
**RULE 145.2 (p. 55)**  
**DISQUALIFICATION**

and  
**RULE 240-241 (p. 140-141)**  
**LONG DISTANCE AND ROAD EVENTS**  
**(Running and Walking)**



2023  
**USATF**<sup>TM</sup>  
**COMPETITION**  
**RULES**

**SECTION VI  
RACE WALKING**

**RULE 230  
JUDGES OF RACE WALKING**

**1. Judging**

- (a) The Judges of Race Walking shall have the sole authority to determine the fairness or unfairness of walking, and their Red Card 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. The Chief Judge shall act as the supervising official for the competition and shall judge the full competition. In addition, at International Selection Competitions, National Championships and other events as determined by the appropriate Sport Committee, the Chief Judge shall act as a Judge as described in 230.3(f).
- (d) At International Selection Competitions one or more Chief Judge's Assistants should be appointed. The Chief Judge's Assistants shall not act as a Race Walking Judge.
- (e) All Judges shall be currently certified as Race Walk Judges by USATF or by another World Athletics 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 an insufficient number of Umpires 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.

**2. Yellow Paddle**

- (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 offense. 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

- (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 Championships and other events as determined by the appropriate Sport 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 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. Disqualification by the Chief Judge, in the last 100m, shall include a Red Card if one has not been previously issued by the Chief Judge for that competitor.
- (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 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) 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 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 - 3 min; 35km - 3.5 min; 40km - 4 min; 50km - 5 min.

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, or remain there for the applicable period, shall be disqualified by the Referee. If a competitor receives a third Red Card and it is no longer practicable to direct him/her to enter the Penalty Zone before the end of 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.**

## RULE 231 RACE WALKING OFFICIALS

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

## RULE 232 GENERAL RULES

- 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."
- 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. 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.
  - (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.
- 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.
5. Courses and Conditions for Walking Events.
- (a) 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 should be a maximum of 1250m. No circuit should be shorter than 1000m.
  - (b) Race walking events shall be so arranged as to ensure that the entire event is held in daylight or with suitable artificial light.

6. 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.
7. National Championships and International Selection Competitions shall be American Record eligible events, conforming with Rule 266.

**RULE 333**  
**MASTERS RACE WALKING CHAMPIONSHIPS**

1. **Outdoors**  
Masters race walking Championships may be held at any distance of 1500 meters or longer and may be conducted with the Open Championships. A 5000 Meter Walk is a Championship event in the National Outdoor Track and Field Championships, held in addition to the 5000 Meter Walk Championship conducted in accordance with the list in Rule 25.1(a).
2. **Indoors**  
The 3000 Meter Walk is an event in the National Indoor Track and Field Championships.  
For record requirements, See Rule 266.  
For Championship meet requirements, See Rules 25.2 through 25.4.
3. **Team Championships**  
In race walking events, except those conducted as part of the Masters Track and Field Championship, team championships shall be conducted in 10-year age divisions for men and women. For all divisions, the number of entries for each team shall be unlimited, the number of declared team members shall be up to five (5), and three (3) individuals shall score. Team Championships at the Association level are optional.
4. **A Penalty Zone shall not be used in Masters races.**

**RULE 145**  
**DISQUALIFICATION**

2. Any competitor who shall refuse to obey the directions of the Referee or other proper official, or who shall conduct himself/herself in an unsportsmanlike manner, or who is offensive by action or language to the officials, spectators, or competitors at any competition, or under Rule 162.17, shall render that competitor liable to disqualification by the Referee from participation in all further events or rounds of events, including individual events of a Combined Event, simultaneous events and relays, at the meet. If such disqualification occurs, any performance accomplished up to that time in the same event session shall not be considered valid. Performances accomplished in any previous event session, such as a qualifying round or previous events of a combined event, shall stand. If the Referee thinks the offense worthy of additional action, he/she shall promptly make detailed statement of the offense to the appropriate National or Association Officer.



**SECTION VII  
LONG DISTANCE AND ROAD EVENTS  
(Running and Walking)**

**RULE 240  
COURSE CERTIFICATION**

1. The course used for a competition shall be certified prior to the running of the event unless the course is deemed uncertifiable by the Road Running Technical Council.
2. Definition of course:
  - (a) Path: A running course shall be defined as the streets, roads, paths, marked paths on grass, gravel or dirt, and/or paths using established permanent landmarks or benchmarks which is intended as the runner's path for any type of race; and
  - (b) Shortest possible route: The measured running course shall involve the course noted above and the measurement shall follow the runner's shortest possible legal route.
3. **USATF Certification** - A course may be designated as "USA Track & Field Certified" only if a final signatory national certifier who is approved by the certification chair of the Road Running Technical Council of USATF has determined that the shortest possible route has been measured with reasonably accuracy:
  - (a) Stated distance: Courses meet certification standards if the measurements demonstrate that the course is at least the stated distance. In order to ensure that a course is not short, the measurement must include an addition of 1/1000th of the stated race distance;

**NOTE:** *Information concerning acceptable methods of measuring courses should be obtained from the Road Running Technical Council of USATF prior to the measurement of a long distance course.*

  - (b) Effective date: Certification is effective as of the date that all measurements and necessary adjustments are submitted as evidenced by the postmark, although the actual review and approval of the certification may be at a later date.

**RULE 241  
MEDICAL AND REFRESHMENT SERVICES FOR ROAD EVENTS**

1. The organizers of road races should provide appropriate medical and refreshment services for all competitors.
  - (a) **Medical examinations** - A hands-on medical examination during the progress of an event by designated medical personnel clearly identified by the organizers shall not be considered assistance.
  - (b) Adequate first aid facilities should be available.
  - (c) A competitor must retire from a race immediately if directed to do so by a duly authorized member of the race medical staff. See Rule 144.4(c).
2. Drinking / Sponging and Refreshment Stations

- (a) Water and other suitable refreshments shall be available at the start and finish of all races.
- (b) For all events, water shall be available at suitable intervals of approximately 5km. For events longer than 10km, refreshments other than water may be made available at these points.

**NOTE 1:** *Where conditions warrant, taking into account the nature of the event, the weather conditions and the state of fitness of the majority of the competitors, water and/or refreshments may be placed at more regular intervals along the route.*

**NOTE 2:** *Mist stations may also be arranged, when considered appropriate under certain organizational and/or climatic conditions.*

- (c) Refreshments may include drinks, energy supplements and/or foodstuffs. The Organizing Committee will determine which refreshments it will provide based on prevailing conditions.
- (d) The Organizing Committee may permit athletes to provide their own refreshments, in which case the athlete shall nominate at which stations they shall be made available to the athlete. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organizing Committee from the time that the refreshments are lodged by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way. In National Championships of 20k and longer, the Organizing Committee shall make provisions for the collection and distribution of personal refreshments for those competing for the championship, as determined by the Games Committee.
- (e) The Organizing Committee shall delineate, by barriers, tables or markings on the ground, the area from which refreshments can be received or collected. It should not be directly in the line of the measured route. Refreshments shall be placed so that they are easily accessible to, or may be put by authorized persons into the hands of, the athletes. Such persons shall remain inside the designated area and not enter the course nor obstruct any athlete. No official shall, under any circumstances, move beside an athlete while he is taking refreshment or water.
- (f) A competitor who collects refreshment from a place other than a refreshment station is liable to disqualification by the Referee.

**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.*

- (g) For Mountain, Ultra-Marathon, and Trail Races, athletes may receive physiotherapy (massage, etc.) at official stations. This may be done by personal representatives of the athletes or persons designated by the Organizing Committee. See Rule 250 through Rule 252 for Cross Country, Mountain and Trail Running.