

Junior Women      4 km                      400 m                      4 km                      250 m

Not more than 20% of the distance may be on macadamised surface. The courses may be of a lap design.

## The Finish

### Rule 164

1. The finish of a race shall be denoted by a white line 5cm wide.

*Note: In the case of events finishing outside the stadium, the finish line may be up to 30cm in width and maybe of any colour contrasting distinctively with the surface of the finish area.*

The finish area shall be wide enough to enable several runners to sprint side by side and long enough to separate them at the finish.

The finish will be marked on the ground with a 5cm wide chalk line between two posts holding a "finish" banner visible to the athletes as soon as they enter the finish area.

8 to 10 metres after the finish line, finish lanes ("funnels") will be set up, 70cm to 80cm wide maximum (in the lanes, the runners must not be able to overtake one another) and about 35-40 metres long (or longer if necessary) in which the athletes will be directed as they cross the finish line. At the end of each lane, two officials will note the athletes' numbers and if applicable recover their transponder timing chips.

The finish lanes should have moveable ropes at the end at which the runners enter, so that when one lane is full, the next rope can be drawn across behind the last athlete, to enable the next finisher to enter the new finish lane, and so on.

The judges and timekeepers will be placed on either side of the finish line and it is recommended that, in order to follow up any appeal relative to the finishing order, an official with video recording equipment shall be assigned and placed a few metres after the finish line in order to record the order in which the athletes cross the line. It is also recommended to consider the setting-up of a video timing system for all finishes.

## Race Walking Events

### International Race Walking Judges (IRWJs)

#### Rule 116

A Panel of International Race Walking Judges shall be established by the IAAF Race Walking Committee using criteria approved by the IAAF Council.

Race Walking Judges appointed for all Rule 1.1(a) international competitions must be members of the Panel of International Race Walking Judges.

*Note: Race Walking Judges appointed for Competitions under Rules 1.1(b), (c), (e), (f), (g) and (j) shall be members either of the Panel of International Race Walking Judges or one of the Panels of Area Race Walking Judges.*

## Technical Rules

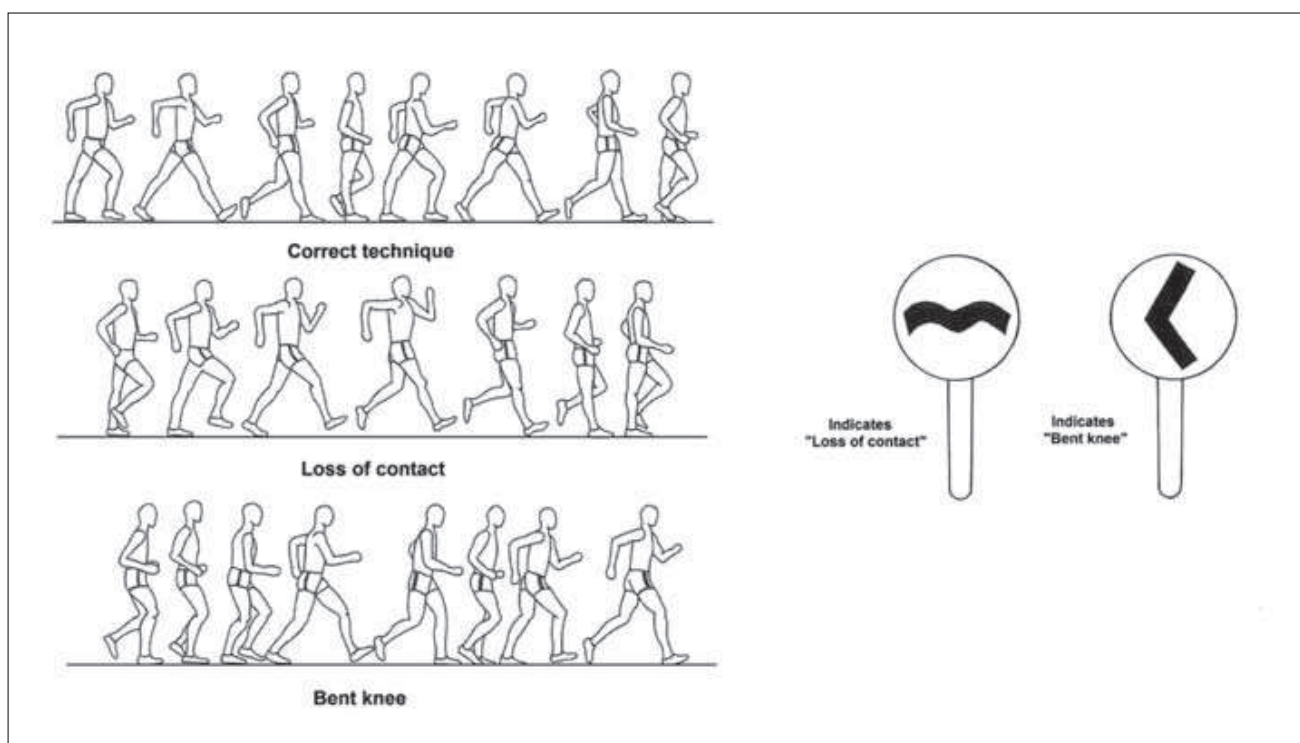
### Rule 230

#### Definition of Race Walking

1. 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 vertical upright position.

## Judging

2. (a) The appointed judges of Race Walking shall elect a Chief Judge, if one has not been appointed previously.
- (b) All the Judges shall act in an individual capacity and their judgements shall be based on observations made by the human eye.
- (c) In competitions held under Rule 1.1(a), all Judges shall be International Race Walking Judges. In competitions held under Rules 1.1(b), (c), (e), (f), (g) and (j), all Judges shall be either Area or International Race Walking Judges.
- (d) For Road Races, there should normally be a minimum of six to a maximum of nine judges including the Chief Judge.
- (e) For Track Races there should normally be six judges including the Chief Judge.
- (f) In competitions held under Rule 1.1(a) not more than one judge from any country can officiate.



## Chief Judge

3. (a) In competitions held under Rules 1.1(a), (b), (c), (d) and (f), the Chief Judge has the power to disqualify an athlete in the last 100m when his mode of progression obviously fails to comply with the Rule 230.1 regardless of the number of previous Red Cards the Chief Judge has received on that athlete. An athlete who is disqualified by the Chief Judge under these circumstances shall be allowed to finish the race. He 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.
- (b) The Chief Judge shall act as the supervising official for the competition, and act as a Judge only in the special situation noted in Rule 230.3(a). In competitions held under Rules 1.1(a), (b), (c) and (f), a maximum of two or more Chief Judge's Assistants shall be appointed.

The Chief Judge's Assistants are to assist with the notification of disqualifications only and shall not act as Race Walking Judges.

- (c) For all competitions held under Rules 1.1(a), (b), (c) and (f), an official in charge of the Posting Board(s) and a Chief Judge's Recorder shall be appointed.

### **Yellow Paddle**

- 4. When a judge is not completely satisfied that an athlete is fully complying with Rule 230.1, he should, where possible, show the athlete a yellow paddle (with the symbol of the offence of each side), indicating the offence.

An athlete cannot be shown 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 his action after the competition.

### **Red Cards**

- 5. When a Judge observes an athlete failing to comply with Rule 230.1 by exhibiting visible loss of contact or a bent knee during any part of the competition, the Judge shall send a Red Card to the Chief Judge.

### **Disqualification**

- 6. (a) When three Red Cards from three different Judges have been sent to the Chief Judge, the athlete is disqualified and he shall be notified of this disqualification by the Chief Judge or the Chief Judge's Assistant being shown a red paddle. The failure to give notification shall not result in the reinstatement of a disqualified athlete.
- (b) In competitions, under Rules 1.1(a), (b), (c) or (e), in no circumstances shall the Red Cards of two Judges of the same nationality have the power to disqualify.
- (c) In Track Races, an athlete who is disqualified shall immediately leave the track and, in Road Races, shall, immediately after being disqualified, remove the distinguishing numbers and leave the course.

Any disqualified athlete who fails to leave the course or track may be liable to further disciplinary action in accordance with Rules 60.4(f) and 145.2.

- (d) One or more Posting Boards shall be placed on the course and near the finish to keep athletes informed about the number of Red Cards that have been sent to the Chief Judge for each athlete. The symbol of each offence should also be indicated on the Posting Board.
- (e) For all Rule 1.1(a) competitions, hand held computer devices with transmission capability must be used by the judges to communicate all Red Cards to the Recorder and the Posting Board(s). In all other competitions, in which such a system is not used, the Chief Judge, immediately after the end of the event, shall report to the Referee the identification of all athletes disqualified under Rule 230.3(a) or 230.6(a), by indicating the bib identification, the time of the notification and the offences; the same shall be done for all the athletes who received Red Cards.

### **The Start**

#### **Rule 162**

- 1. The start of a race shall be denoted by a white line 5cm wide. In all races not run in lanes, the start line shall be curved, so that all the athletes start the same distance from the finish. Starting positions in events at all distances shall be numbered from left to right, facing the direction of running.

*Note: In the case of events starting outside the stadium, the start line may be up to 30cm in width and may be of any colour contrasting distinctively with the surface of the start area.*

### Rule 230

7. The races shall be started by the firing of a gun. The commands for races longer than 400m shall be used (Rule 162.2(b)). In races which include a large number of athletes, five-minute, three-minute and one-minute warnings before the start of the race should be given. On the command "On your marks", the Starter shall ensure that no athlete has his foot (or any part of his body) touching the start line or the ground in front of it, and shall then start the race.

Please note the earlier commentary on Rule 162 in the section dealing with Road Races.

### Safety and Medical

8. (a) The Organising Committee of Race Walking events shall ensure the safety of athletes and officials. In competitions held under Rules 1.1(a), (b), (c) and (f), the Organising Committee shall ensure that the roads used for the competition are closed to motorised traffic in all directions.
- (b) In competitions held under Rules 1.1(a), (b), (c) and (f), the events shall be scheduled to start and finish in daylight.
- (c) A hands-on medical examination during the progress of an event by the official medical staff appointed by the Organising Committee and identified by armbands, vests or similar distinctive apparel shall not be considered assistance.
- (d) An athlete shall retire at once from the race if ordered to do so by the Medical Delegate or a member of the official medical staff.

### Drinking / Sponging and Refreshment Stations in Road Events

9. (a) Water and other suitable refreshments shall be available at the start and finish of all races.
- (b) For all events of 5km or longer up to and including 10km, water only drinking/sponging stations shall be provided at suitable intervals, if weather conditions warrant such provision.  
*Note: Mist stations may also be arranged, when considered appropriate under certain organisational and/or climatic conditions.*
- (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) Refreshments, which may be provided by either the Organising Committee or the athlete, shall be placed at the stations so that they are easily accessible to, or may be put by authorised persons into the hands of, the athletes.
- (e) Such authorised persons may not enter the course nor obstruct any athlete. They may hand the refreshment to the athlete either from behind, or from a position no more than one metre to the side, but not in front, of the table.
- (f) In competitions held under Rules 1.1(a), (b), (c) and (f), a maximum of two officials per country may be stationed behind the table at any one time. No official shall, under any circumstances, run beside an athlete while he is taking refreshment or water.
- (g) An athlete who collects refreshment or water from a place other than the official stations renders himself liable to disqualification by the Referee.

The revisions to Rules 230, 240 and 250 undertaken in 2011 included a harmonisation of the provisions within the three rules pertaining to outside events, where this was logical and in accordance with practice. It should be noted however that sub rule 9(e) above is intentionally different from Rule 240.8(e) in that in walking events, the team officials are not permitted in front of the tables.



**Road Courses**

10. (a) For competitions held under Rule 1.1(a), the circuit shall be no shorter than 2km and no longer than 2.5km. For all other competitions, the circuit shall be no shorter than 1 km and no longer than 2.5km. For events that start and finish in the stadium, the circuit should be located as close as possible to the stadium.
- (b) Road courses shall be measured in accordance with Rule 240.3.

**Race Conduct**

11. In events of 20km or more, an athlete may leave the road or track with the permission and under the supervision of an official, provided that by going off course he does not lessen the distance to be covered.
12. If the Referee is satisfied on the report of a Judge or Umpire or otherwise that an athlete has left the marked course thereby shortening the distance to be covered, he shall be disqualified.

**The Finish****Rule 164**

1. The finish of a race shall be denoted by a white line 5cm wide.

*Note: In the case of events finishing outside the stadium, the finish line may be up to 30cm in width and maybe of any colour contrasting distinctively with the surface of the finish area.*

**Records**

See Rules 260.25, 260.29 and 261.

**Note that provision was made in 2011 that World Records in Road Races for women, including race walking, are to be recognised only women only races.**