



# RACE WALKING

**RAJAN BHATIA**

# **What is Race Walking?**

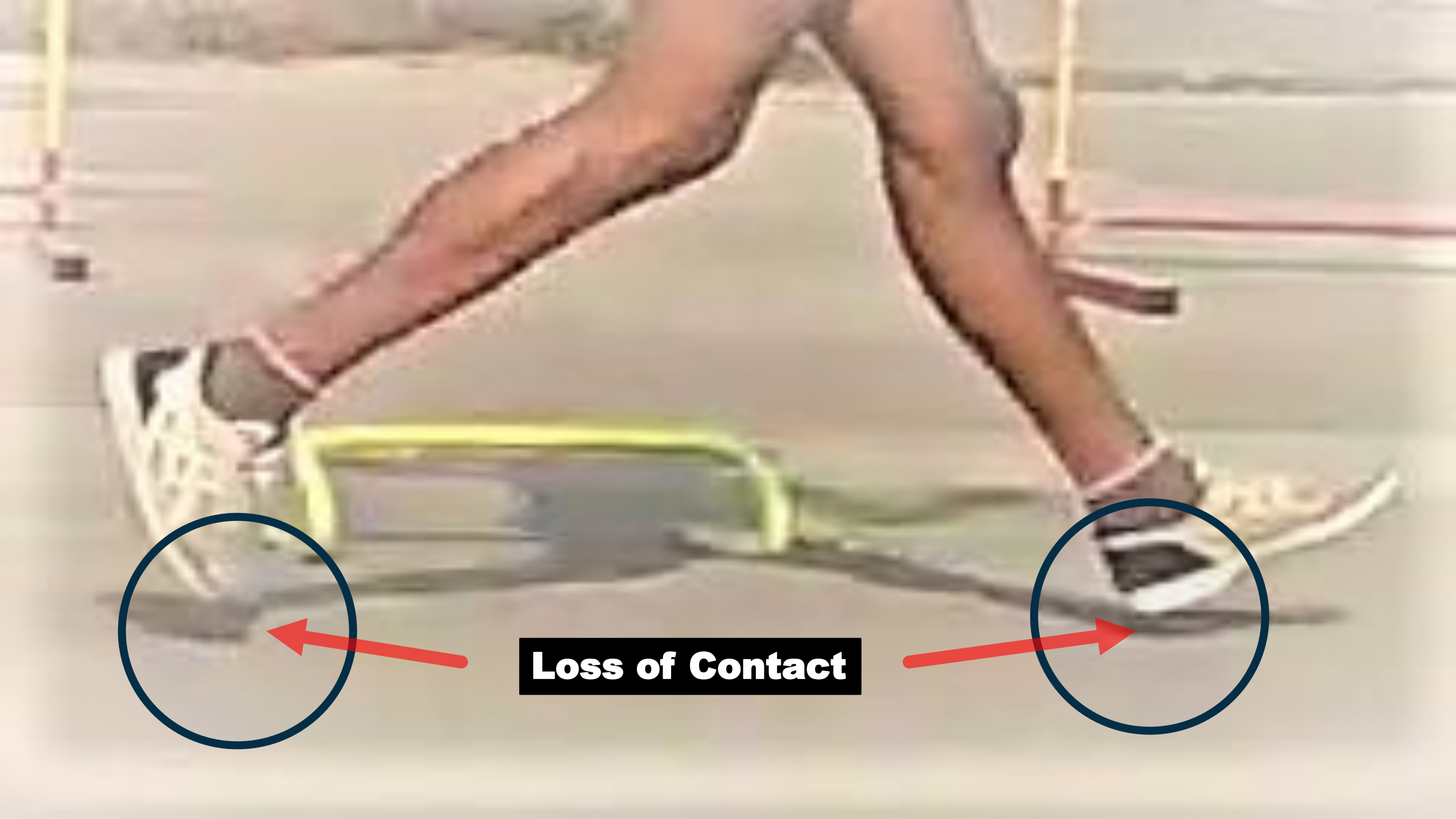
**Race Walking is a progression of steps so taken that the walker makes contact with the ground,**

**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 vertical upright position.**

**No visible (to the human eye) loss of contact occurs.**





**Loss of Contact**

# Loss of contact



**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.**





WhatsApp Video 2020-12-30 at 12.47.27 PM (3)

00:00:01 00:00:02

Speaker icon, Comment icon, 10, Play button, 30, Edit icon, Share icon, More options icon

# Bent knee





**A Judge can show a yellow paddle to each competitor only once for each offence**

***Two yellow paddles maximum***

**The Judge cannot show a yellow paddle to a competitor after having given that athlete a *Red Card***

**To issue a Red Card on any competitor who is breaking the rules**

**Judge's  
Red  
Card**



**Distance:**

**Men/Women**

**Bib Number**

**Reason:**

(fill the time where the case)



Hour Minute



Hour Minute

**Judge's No.:**

**Judge's Signature:**

# Chief Judge

**Act as the supervising official**

**Act as a Judge only in the special situation**

**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 230.2 regardless of the number of previous Red Cards the Chief Judge has received on that athlete.**



**POSTING BOARD**



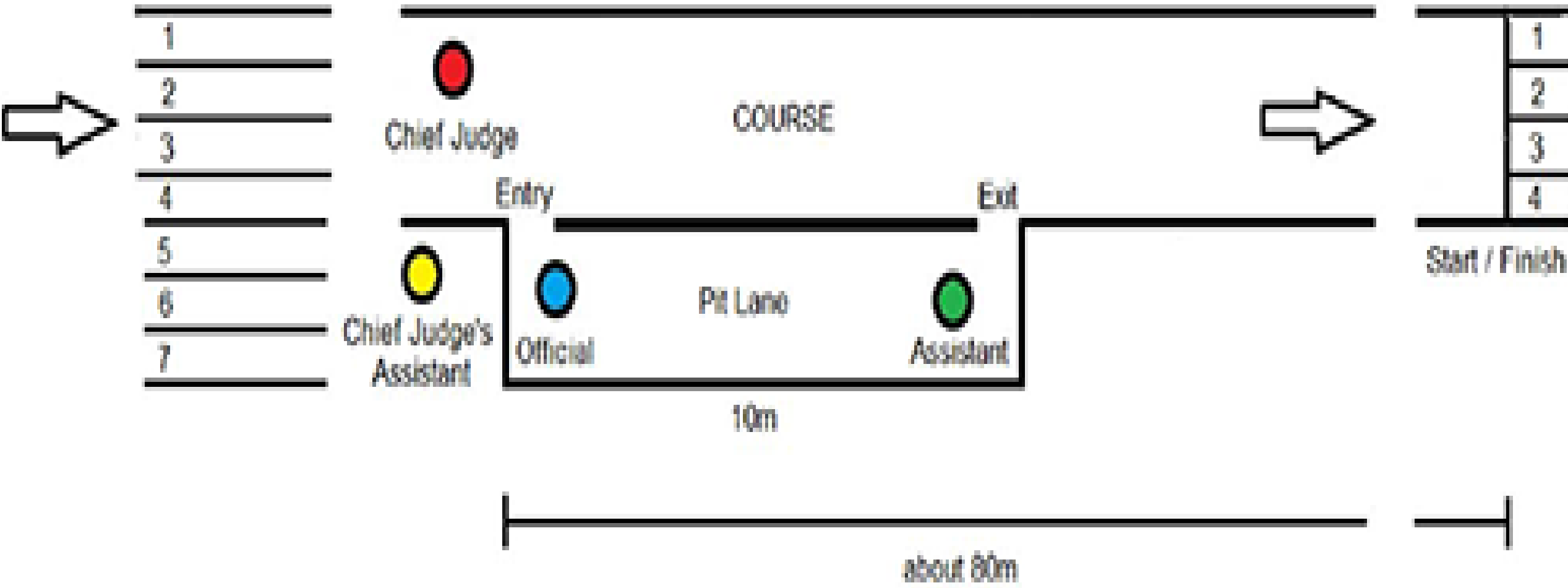
204  
218  
205  
212

10km M U18  
10km M U20  
59  
68  
64  
67  
60

1117  
1104  
1107  
1102  
1109

# Penalty zone

Posting Board  
Recorder



The applicable period in the Penalty zone shall be as follows: Races up to and including Time

**5000m/5km 0.5 min**

**10,000m/10km 1 min**

**20,000m/20km 2 min**

**30,000m/30km 3 min**

**40,000m/40km 4 min**

**50,000m/50km 5 min**

After receiving 3 Red Cards the walker is sent to the pit lane



Once the walker comes out of the Penalty zone after completing the time. If he or she is shown the forth red card by the walk judge **(who has not previously given him any card)** then the walker is disqualified from the race





**THANK YOU**