

Section “B” – Track Events

These rules are to be read in conjunction with Section “A” Competition General Rules.

1. General Rules

1.1 Ties/Progression to Next Level

- i. In the event of a tie in any heat which affects the qualification of competitors to compete in the final, where practicable, the tying competitors shall both qualify, failing which the tying competitors only shall run off to decide who progresses to the final.
- ii. Where a required number of competitors need to be arrived at, the Referee will arrange for the competitors so tying to run off. All qualifying rounds, ie. Zone, Region to State, must adhere to this rule.
- iii. Run offs will not affect the original placing of the athlete.
- iv. Ties in other placings shall remain (IAAF 167).

1.2 Disqualification

- i. Any competitor jostling, running across or obstructing another competitor so as to impede their progress shall be liable to disqualification (IAAF 163.2-4. Also refer Section A 18 ii [hats]).
- ii. The Referee shall have power to order the race to be re-run excluding the disqualified competitor or, in the case of a heat, to permit any competitors affected by jostling or obstruction (other than a disqualified competitor) to compete in a subsequent round of the race
- iii. Regardless of whether there has been a disqualification, the Referee, in exceptional circumstances, shall also have authority to order the race to be re-run if it is considered just and reasonable to do so (IAAF 124.5).
- iv. The Referee shall have authority to warn, or exclude from the competition, any competitor guilty of improper conduct (IAAF 124.4).

1.3 Competition

- i. In all races run in lanes each competitor shall keep to their allotted lane from start to finish (NFGO Umpire 1.iii and IAAF 163.3).
- ii. A competitor after voluntarily leaving the track or course shall not be allowed to continue in the race (IAAF 163.6).
- iii. Except as provided in IAAF 144, no competitor shall receive assistance during the progress of an event. Assistance is direct help conveyed by any means and includes pacing in races by persons not participating in the race, by runners or walkers lapped or about to be lapped.
- iv. Except in the case of relay races run in lanes, competitors may not make check marks or place objects on or alongside the running track for their assistance (IAAF 163.7 & 170.11).
- v. The following shall not be considered as unfair assistance:
 - a. A hands-on medical examination during the progress of an event by the Medical Officer(s).
 - b. Verbal or other communication, without the use of any technical device, from an individual who is not in the competition area (IAAF 144.2).

1.4 Qualification to Finals

2 heats – 1st, 2nd & 3rd placing plus next 2 fastest times shall proceed to final.

3 heats – 1st & 2nd placing plus next 2 fastest times shall proceed to final.

4 heats - 1st & 2nd in each heat.

5 heats - heat winners plus the next 3 fastest times shall proceed to final.

- i. Placings will be taken into account when times are equal for the last qualifiers.
- ii. Where insufficient starters marshal for heats, that event shall be run as a final at the time of heats.
- iii. Where there is a tie for a place in the final, the qualifier for that place shall be decided by a run-off.
- iv. Where there have been qualifying heats, athletes shall be drawn for lanes in finals according to IAAF 166.2&3. For the purposes of determining the allocation of lanes, where athletes have run in the same heat and have recorded the same time, the higher placed athlete shall be deemed to have run the better time.

1.5 Relay Races

- i. Lines shall be drawn 10m before and after the scratch line to denote the take-over zone within which lines the baton must be passed.
- ii. In races up to 4 x 200m, members of a team other than the first runner may commence running not more than 10m outside the take-over zone. This area is known as 'the acceleration zone' and is denoted by a distinctive mark (IAAF 170.7).
- iii. The passing of the baton commences when it is first touched by the receiving runner and is completed at the moment it is in the hand of the receiving runner only. Within the take-over zone, it is only the position of the baton that is decisive and not the position of the body or the limbs of the competitor (IAAF 170.14).
- iv. When a relay race is being run in lanes, a competitor may make a check-mark on the track within their own lane, eg. by scratching with their shoe, but may not place marking objects on or alongside the track. Where the track is of a material which will not permit scratching with a shoe, adhesive tape only may be used, not chalk or a similar substance (IAAF 170.11).
- v. The baton must be carried by hand throughout the race.
- vi. If dropped, the athlete who dropped it must recover the baton. The athlete may leave their lane to retrieve the baton. Provided this procedure is adopted and no other athlete is impeded, dropping the baton shall not result in disqualification (IAAF 170.13).
- vii. Competitors after handing over the baton should remain in their lanes until the course is clear.
- viii. Should any competitor wilfully impede a member of another team by running out of their lane at the finish of their stage they are liable to cause the disqualification of their team (IAAF 170.15).
- ix. No competitor may run 2 sections for a team.

1.6 Hurdle Races

- i. The hurdle shall be placed so that the edge of the bar nearest the approaching hurdler coincides with the track marking nearest the athlete.
- ii. All races shall be run in lanes and each competitor shall keep to their own lane throughout (IAAF 168.6).
- iii. A competitor who trails their foot or leg below the horizontal plane of the top of any hurdle at the instant of clearance, or jumps any hurdle not in their own lane, or in the opinion of the Referee deliberately knocks down any hurdle by hand or foot, shall be disqualified (IAAF 168.7). Except as provided in the preceding sentence the knocking down of hurdles shall not result in disqualification (IAAF 168.8).

Further Reading - IAAF 126, 144, 163, 170, 168

1.7 Walks

i. Definition Of Race Walking

- a. 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.
- b. 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 (IAAF 230.1).

Note

- The advancing foot of the walker must make contact with the ground before the rear foot leaves the ground.
- The advancing leg shall be straightened (ie. not bent at the knee) from the moment of first contact with the ground.
- The vertical upright position.

ii. Judging

- a. The appointed judges of racewalking shall elect between them a Chief Judge unless the Officer for Officials has already appointed a Chief Judge for the relevant meeting.
- b. All judges shall act in an individual capacity and their judgements shall only be based on observations by the human eye (IAAF 230.2c).
- c. The number of appointed walk judges for an event, including the Chief, shall comprise a minimum of 4 and maximum of 6 for track, and a minimum of 6 and maximum of 9 for roadwalks.
- d. The independence of judges is extremely important and wherever possible connections between athletes and judges should be avoided.
 - The Carnival Manager shall have the authority to allow judges where such connections exist. Connections means relative, coach or protégé.
 - This is provided there are an insufficient number of available, experienced and qualified judges without such connection.
 - It will be up to individual judges to disclose these connections and to indicate if they wish to stand down for a particular race.
 - At State Championships conducted by LAANSW, members of the same family should not serve as a judge for the same race.
 - This should permit Centres, Zones, Regions etc., to conduct walk events where the only source of judges is local or participating families.

iii. Caution

Any judge can give a "CAUTION" to a competitor when a competitor appears to be in danger of failing to comply with the rules (definition of race walking per 7 i a & 7 i b above).

Note

- Cautions are issued verbally and briefly taking care that remarks do not constitute coaching.
- All remarks should be loud and clear and always in the form
EG "CAUTION No..... for loss of contact or knees"
- A yellow sign or baton shall also be used to indicate that a 'CAUTION' has been given, to ensure that the athlete is aware of the caution.
- For loss of contact ~ a wavy line in black on a yellow background.
- For knees a 45° angle < also in black on a yellow background shall be used.
- A judge can only caution a competitor once for each offence during the event.
- A caution has no bearing on disqualification. It is possible to be cautioned by every judge in the race yet not receive a single warning. This advice is only to indicate to a competitor that their action is deteriorating to a dangerous state.

iv. Warning

- a. A judge gives a "WARNING" for disqualification if a competitor is actually breaking the rules of race walking.
- b. The warning should be given verbally (except U13, U14 & U15 where non-verbal warnings are given) at the time of detection of the actual infringement.
- c. The competitor is to be addressed by their walk number (leg No.) and the word "Warning" is to be used and the reason for the warning given.

EG. No... WARNING FOR LOSS OF CONTACT or
No... WARNING FOR KNEES (not straightening leg)
- d. The warning is recorded on the judging pad and forwarded to the Chief Judge as soon as practicable.
- e. A judge may only give a competitor one warning during the event irrespective of the infringement.
- f. If a judge in an event requiring verbal warnings to be given, is not sure a competitor has heard the "WARNING" the Judge should repeat it at the next suitable

Note

- A warning should never be given unless there is absolute certainty the rules have been infringed. Any doubt existing must be given to the competitor and the warning not issued.
- Normally a warning is only given after a caution, however if a competitor is in blatant disregard of the rules, a caution may not be given.
- There are non-verbal warnings for U13, U14, and U15 athletes at all walking events at all Association Carnivals

v. Disqualification

- a. The warning by 3 or more walk judges, that in their opinion a competitor's mode of progression failed to comply with the definition of race walking brings about a disqualification.
- b. Only the Chief Judge may advise a competitor of their disqualification.
- c. Where a competitor is disqualified the Chief Judge shall indicate to such competitor verbally that they are disqualified and give the reasons for the disqualification.
- d. The result of an event shall not become final until the Chief Walk Judge and Track Referee has given the all clear.

vi. Methods of Judging

- a. Prior to each walking event, the Chief Judge or a judge appointed by the Chief Judge, will acquaint the competitors with the judging procedures for the event.
- b. It is imperative that during an event all judges act in an individual capacity and their judging is not influenced by the judging of another judge, per medium of conversation or messages.
- c. The Chief Judge shall allocate judges their judging position.
- d. Walk judges, recorders or messengers shall not use transceivers during the conduct of the event.
- e. If it is so desired, the Chief Judge may have assistance from other people who shall act as recorders and/or messengers. The functions of these messengers/recorders are:
 - To listen carefully to the Chief Judge and record the correct information onto the Chief Judge's master sheet.

- When the Chief Judge so directs, a messenger may be used to collect warnings from the other walk judges stationed around the track/course.
- f. The judges must adequately cover the whole of the track/course, this can be done by having approximately equal distance between judges. There should be no blind spots, judges should judge from the outside of the track/course and not encroach on an area allocated to another judge, but judge from their allotted position as walkers are passing or approaching their section.
- g. If a judge in an event requiring verbal warnings to be given is not sure a competitor has heard the "WARNING" the Judge should repeat it at the next suitable opportunity.
- vii. Track Umpires and Referees**
- a. Track Umpires and Referees shall work during the event to determine the fairness of the competition other than walking rules.
- b. The Track Umpires will be responsible for detecting deliberate impedance or interference by competitors who leave their lane, the track or the course, or who cut corners and reporting it to the Track Referee.
- c. The Track Referee should confer with the Chief Walk Judge and indicate any athletes who are to be disqualified before walk results are finalised.
- viii. Walk Judge's Master Sheet**
- a. A copy of the master sheets of each walk event will be posted on the notice board with the result sheet.
- b. The master sheet is that document which the Chief Judge records the warnings of the judges and themselves and indicates which competitors received three or more warnings.
- c. Judges should be indicated by number and not by name on the notice board copy of the sheet.
- ix. Uniforms and Numbers**
- a. Competitors will comply with the current uniform and number rules of LAANSW or ANSW (in the case of a dual registered athlete).
- b. In addition to this an individual number may be required to be placed on the outside leg of the competitor to assist the judges in competitor identification.
- x. Summary of Chief Judge's Duties**
- a. To place judges in position as required and give them the necessary direction.
- b. To ensure that the appropriate Caution indicators and documentation are issued to the judges and authorised personnel.
- c. Advise recorders and messengers of their duties.
- d. To check with each judge on completion of the event for any last minute warnings.
- e. To re-check judging master sheets and all warnings received. To make a summary of the master sheets. This summary to be placed on the notice board.
- f. To advise Referee, Finish Judges and/or Chief Timekeeper, as may be required, of any disqualified competitor who may have crossed the finish line.
- g. To advise any disqualified competitor of his disqualification.
- h. Judging master sheets are not to be made available for general perusal. They are to be attached to the official results.
- i. Check with Track Referee to see if umpires have reported any other offences.

xi. Summary of Judges' Duties

- a. To be available at least 30 minutes prior to the scheduled start. This time could be varied according to the Carnival Manager.
- b. If for some reason, the Chief Judge has not already been appointed, the appointed judges shall meet and elect a Chief Judge.
- c. To follow the instructions received from the Chief Judge.
- d. If requested by the Chief Judge, advise the competitors of the judging procedures, prior to the start of the event.
- e. To fill in the judging pad correctly and pass it on to the Chief Judge.
- f. To act in an individual capacity.
- g. To report to the Chief Judge after the event and confirm that all warnings have been forwarded and recorded - or hand in any last minute warnings.
- h. To be available to answer any query raised by the Chief Judge seeking details of the reason for warnings given.

xii. Notes for Judges

- a. Do not believe that the proof of a good judge is in how many warnings they give. A good judge can assist more competitors to finish by the judicial use of a caution before an infringement of the rules takes place.
- b. Do not believe that most of the competitors are breaking the rules. Only a small percentage in each race will actually warrant a warning for a disqualification.
- c. The rules of walking are designed to protect a competitor's opponents. Therefore if you form an opinion, act on it immediately. Do not hesitate or you will lose confidence in your judging and become regularly hesitant to act.
- d. Remember, what a competitor may do today is not necessarily what that competitor will do next week. Because a competitor is disqualified today do not pre-judge that competitor for next week.
- e. Do not be influenced by outside opinions. Avoid getting into conversation during the race with judges and spectators as to your opinion, or this could influence the other judges.
- f. In a track race, judge from outside the track position and not from the grass area inside, as often the edge of the track can obscure your view.
- g. Do not let your judging border on intimidation by running close beside the walker and watching. Keep well back, move alongside the competitor, if you wish, but keep your distance.
- h. Lying down on the track is a waste of time, as one can see nothing from this point. The human eye is not fast enough to detect a slight loss of contact from this angle and it is only from some metres back that the full view can be seen and an effective opinion formed.

Further Reading - IAAF 230

1.8 Road Races – Walks (IAAF 240)

The organisers of walking events held on roads must ensure the safety of competitors and where possible, should ensure that the roads used for the competition are closed in both directions and not open to motorised traffic.