

# **RACE WALKING EVENTS**

## **Penalty Zone rule - Implementation**

### **September 2020**

The Race Walking events at the European Athletics events will be conducted using the “Penalty Zone” Rule – following below Operational Guidelines.

Results achieved in competitions conducted with the “Penalty Zone” Rule will be accepted for the purpose of Entry Standards.

### Penalty Zone Rule – Operational Guidelines

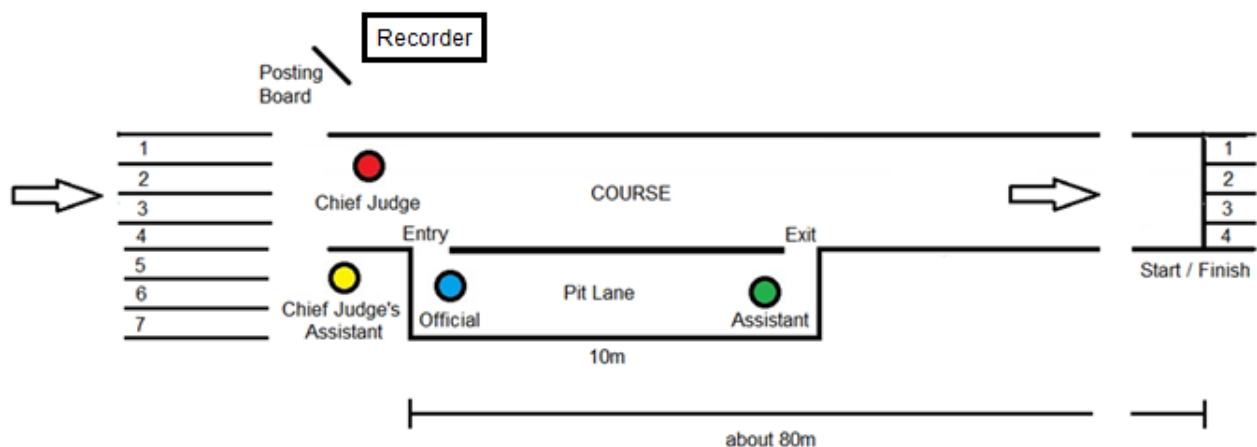
These Guidelines are designed for a competition held on a track over the distance of 5000m or 10,000m (common for youth athletes) and conducted in accordance with World Athletics Rule TR 54.7.3, i.e., with six Race Walking Judges including the Chief Judge.

Should the competition be held on the road, in the interest of fairness, conditions similar to those of a track event (number and position of judges, length of loop, position of Penalty Zone, etc.) should apply.

#### Penalty Zone Set-up

- It should be located in the final straight, in lanes 5 to 7, close to the 80m start line and in front of the Posting Board.
  - It shall have one entrance and one exit at opposite ends (both of the same size) and be of 10m in length (maximum). The width can vary but should be such to allow up to 5 athletes at the same time.
  - Small barriers or cones should be used to clearly identify the Penalty Zone.
  - The athlete is free to stop or continue moving inside the Penalty Zone however there shall be no benches and no access to refreshments, drinking, sponging or other kind of assistance but communication with coaches is allowed.
- Set up for road events should be similar though compatible with existing space constraints.

#### Example of set-up for a track event



#### Additional Officials

- There must be 2 red-card collectors next to each Race Walking Judge to ensure the fastest possible delivery of the red cards to the recorder.

- 1 official and 1 assistant will be required to manage the operation of the Penalty Zone (in charge of the athletes' entry and exit, plus the control of the penalty time).
- 1 Chief Judge's Assistant will be required to help the Chief Judge communicate the penalty times to the athletes concerned, especially in the last laps.

**Judging WA Race Walking Rules (TR54) must be applied with the following adaptations:**

- When one athlete receives 3 Red Cards, he must receive a communication from the Chief Judge or his Assistant showing him a paddle with the time penalty on both sides and he must stop in the Penalty Zone at the first opportunity.

Depending on the race distance, the following penalty times shall apply:

Races up to and including

✓ 5000m / 5km	0.5 min
✓ 10,000m / 10km	1 min
✓ 20,000 m / 20km	2 min
✓ 30,000m / 30km	3 min
✓ 40,000m / 40km	4 min
✓ 50,000m / 50km	5 min

- At the first opportunity the athlete will be guided by the Chief Judge's Assistant into the Penalty Zone.
- The time penalty starts immediately as the athlete enters the Penalty Zone.
- The athlete shall be shown an appropriate card notifying him when 10 seconds remain on the penalty.
- After the time penalty, and following the instructions of the official in charge of the Penalty Zone, the athlete shall re-enter the event.
- The athlete is not judged in the Penalty Zone.
- An athlete 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 the athlete then receives any additional Red Card(s) (from the judges who had not previously sent him one), he shall be disqualified and the Chief Judge or his assistant must notify the disqualification as soon as possible.
- If an athlete receives 4 or more Red Cards before stopping in the Penalty Zone, the athlete shall be disqualified and the Chief Judge or his assistant must notify the disqualification as soon as possible.
- If an athlete receives the third Red Card at the late stage of the race and it's not possible for the Chief Judge or his assistant to notify the athlete that he must stop in the Penalty Zone, the athlete shall finish the race and the penalty time shall be added to his official time.
- The Chief Judge maintains the power to immediately disqualify the athlete in the last 100m of a race (no time penalty).