

New Mexico Senior Olympics

Race Walk Rules

Revised 12-2022

Playing Format

1. All Race Walk events will be governed in general by standard rules recommended by the USA Track and Field (USATF). For a copy of these rules please write or call:
USA Track and Field National Senior Games Association
132 E. Washington St. Suite 800 P.O. Box 5630
Indianapolis, IN 46204 Clearwater, FL 33758
(317) 261-0500 (727) 475-1187
www.usatf.org www.nsga.com
2. Race Walking events include 1500M and 5K. Athlete must register for each event, 1500M and 5K separately.
1. Race Walk meeting will be held prior to competition and athletes are strongly encouraged to attend. Sport Coordinator will cover topics to include playing rules, technique and format.

Playing Rules

1. Participants must use proper Race Walk techniques or risk disqualification.
2. Race Walking is the 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 straight (i.e. not bent at the knee) from the moment of first contact with the ground until in the vertical position.
3. These rapid steps must meet the rules for Race Walking which states that: One foot must be on the ground at all times. This means that the lead foot must be in contact with the ground before the back foot can leave the ground. When a person loses contact with the ground, both feet are off the ground at the same time. This is called lifting.
4. The athlete's entire knee must be visible at all times during competition.
5. When in the opinion of 3 independent judges, a competitor's mode of progression fails to comply with the definition of Race Walking during any part of the competition; the competitor having received 3 warnings (DQs) shall be disqualified.
6. Judges will post disqualified competitors' numbers and reason for disqualification at Event.