



# ATHLETICS NSW WINTER HANDBOOK 2013

## GENERAL RULES FOR RACE WALKING

### 1. JUDGING OF RACE WALKING

The Athletics Australia Walking Commission has adopted "IAAF The Judging of Race Walking – A Practical Guide" as the sole reference manual for the judging of race walking events throughout Australia. Athletics

### 2. INDIVIDUAL

**2.1** Only athletes registered with Athletics NSW are entitled to compete in NSW Championship events. Associate members are not entitled to compete in NSW Championships.

**2.2** Entries for NSW Championships will be taken online. Online entry will open three (3) weeks prior to the Championship and will close Midday on the Thursday before the event. Athletes may enter on the day, however will incur a higher entry fee.

**2.3** Where two or more Championship events are combined and there is some difficulty in identifying the athletes in each event, a coloured ribbon attached to the registration number (front and back) may be worn to identify one group from another.

**2.4** In State Championships where Open and other age groups compete together in the same event, the first three place getters across the line will be awarded the NSW Open Championship medals even if they are Masters or under age athletes. The first age group walkers to finish after third place will be awarded first place and so on in the relevant age category. Athletes may only compete in one team and one individual event on the same day.

**2.5** Age groups for State Championships are U12, U14, U16, U18, U20, Open, 35+, 45+, 55+, 65+.

### 3. NSW DISTANCE WALKER OF THE YEAR

**3.1** These competitions will be decided by calculating points earned over the following events:

- Men - 30 km Long Walk, 20 km Short Walk and 10 km Team Road Walking Championships.

- Women – 20 km Long Walk, 15km Short Walk and 10 km Team Road Walking Championships.

**3.2** Competitors will be awarded fifteen (15) points for first, fourteen (14) points for second and so on until one (1) point for fifteenth place.

**3.3** The male and female walkers scoring the highest number of points over the whole series shall be deemed the NSW Distance Walker of the Year. In the event of a tie of competition points, the winner shall be the walker with the lowest aggregate of event placings.

### 4. NSW TEAM WALKS CHAMPIONSHIPS

The team events held in conjunction with the NSW Team Walks Championships will be conducted under the following rules:

**4.1** The team scoring the least number of points according to the positions in which scoring members of the team finish shall be the winner. The position of all entrants shall be taken into account when computing the scores of the teams.

**4.2** In team Championships, competitors from the country may combine with competitors from other clubs in their region to form a regional team, which shall be treated the same as a club team.

**4.3** A team shall consist of the first three (3) members of a club or region to complete the event. In the event of a club or region having more than one team, the first three (3) competitors from that club or region to finish will be team one and the second three competitors from that club or region to finish will make up team two and so on.

**4.4** Male teams will normally comprise of male athletes only. However female athletes are able to make up a shortfall in a team but not replace available men. Females in male teams will not be eligible for individual placing in the female event.

**4.5** Teams events will be contested in the following age groups: U14, U18, and Open.

- Rules 10, 11, 12, 14 for Cross Country and Road Racing in this handbook also apply.