

CORE RULES

- **Contact:** Continuous contact; no visible loss of ground touch.
- **Knee:** Advancing leg straight from first contact to vertical upright.
- **Note:** The advancing foot of the walker must make contact with the ground before the rear foot leaves the ground
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YELLOW PADDLES (Warnings)

- When: Used for doubtful compliance.
- Limit: Max 2 per judge per athlete (1 for knees, 1 for contact).
- Impact: Do not count toward disqualification.

RED CARDS (Violations)

- When: Used for clear rule failures.
- Limit: Max 1 per judge per athlete.
- U11 & Under: Loud verbal alerts given immediately.
- U12 to U17: Verbal yellow paddles; non-verbal red cards.

DISQUALIFICATION CRITERIA

- Triggers: Requires 3 red cards from different judges.
- Authority: Only the Chief Judge can disqualify or notify

JUDGE POSITION & CONDUCT

- **Location:** Lanes 5–7; spread evenly around track.
- **Angle:** Side-on view is best; front-on helps judge contact.
- **Don't:** Do not crouch, pre-judge, or converse during races.



WALKS

DISTANCE

Age	Distance
U10	700m
U11	1100m
U12	1100m
U13	1500m
U14	1500m

