



National Veterans Golden Age Games

Power Walk

800M, 1600M

INSTRUCTIONS TO ATHLETES & RULES

Competition numbers must be worn

1. Number of heats will be based on the number of entries.
2. All competitors must stay in their assigned lane.
3. All athletes must be signed-in when their event heat is announced.
4. Athletes must wear appropriate clothing
5. Athletes may utilize a guide if in the VI division. Guide runner may lead the athlete to the completion area and tether the athlete with a non-elastic material not to exceed 100cm (athlete must provide their own material).
6. Places will be based on fastest time for each event.
7. One foot must be on the ground at all times. If both feet are off the ground simultaneously, that is cause for disqualification.
8. Each advancing foot-strike must be heel to toe at all times. Striking with the toe or ball of the advancing foot is considered running (or "creeping"), and is cause for disqualification.
9. As the advancing leg moves forward and the heel strikes the ground, the knee need not be completely locked as it passes under the body (as it does in race walking). A soft knee is perfectly acceptable; however, an overly excessive, bent knee is deemed to be in a creeping or running shuffle. This will also be subject to disqualification.
10. Running or jogging mode is forbidden.
11. Disqualification will also result when an athlete is judged to be in violation of the above rules in **three separate instances**, by **three separate officials**, during the race/competition.
12. Rules are strictly enforced to maintain the integrity of the sport.
13. A competitor will be disqualified after the third warning.
14. Any violation in the last 100 meters as determined by a single judge is reason for immediate disqualification.
15. Medals will be awarded based on age division and gender.

16. Medals will be awarded to the first, second, and third place finishers, ribbons will be awarded to 4th-8th place finishers.
17. Resolving ties: competitors who tie will be awarded duplicate medals.

National Officials:

1. Nationals officials or judges can be from the power walk events, or can be other officials or volunteers assigned by the Head National Official.
2. Each judge or monitor should employ the above rules to ensure that all athletes are "legal." Should an athlete be seen violating the rules, verbal warnings from the judges or monitors will be forthcoming.
3. Continued violation by an athlete will result in a red card issued by the judge or monitor. All cards are to be turned into the Lead National Official.
4. If an athlete accumulates three red cards from three different judges or monitors during the event, the athlete is disqualified and will be asked to leave the course by the Head Judge or monitor. If the race has been completed, but an athlete has accumulated three red cards during the event, the Head Judge shall notify the athlete that he or she has been disqualified. The Head Judge or monitor shall have the final decision on athlete disqualification.

