

## **U.S. Power Walking Association Rules** downloaded 12 October 2017

<http://www.uspwa.org/power-walking-rules-and-regulations.html>  
edited using Track Changes in Word, by Jon Price, 2 November 2017

### **Power Walk Rules**

Power Walk is a Monitored Event:

Just like the race walk event, power walk is a monitored event in which an athlete can be disqualified. Power walking, while very similar to race walking, does not have the same technical requirements. The Power Walk rules are:

- a.** One foot must be on the ground at all times. Loss of contact with the ground may result in a red card issued by a judge or monitor. Continued violation can result in disqualification.
- b.** 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 and may result in a red card issued by a judge or monitor. Continued violation can result in disqualification.
- c.** Creeping, where the advancing leg is stretched forward beyond a normal walk form and the knee is bent into a running form, may result in a red card issued by a judge or monitor. Continued violation can result in disqualification.
- d.** A slightly bent knee is the accepted form, but a bent knee in a running or jogging form may result in a red card issued by a judge or monitor. Continued violation can result in disqualification.
- e.** Running or jogging mode is forbidden and may result in a red card issued by a judge or monitor. Continued violation can result in disqualification.
- f.** Any violation of the above rules in the last 100 meters as determined by a single judge or monitor is reason for immediate disqualification.
- g.** The advancing leg as it moves forward and when the heel strikes the ground does not have to completely lock as it passes under the body as it does in race walking. Soft knee is acceptable; however, over excessive bent knee is deemed to be in a creeping or running shuffle form, is not acceptable, and may result in a red card issued by a judge or monitor. Continued violation can result in disqualification.
- h.** Unsportsmanlike conduct can result in disqualification by the judges, monitors or race official.
- i.** People requiring a cane as an aid will be allowed, but walking sticks or walkers are not allowed.
- j.** Disqualification will result when an athlete is judged to be in violation of the above rules in three separate instances by three separate officials or monitors or the race director during the course of the race competition.
- k.** Each athlete is responsible for counting their own laps even if lap counters are provided.
- l.** Rules are strictly enforced to maintain the integrity of the sport.