

The Fellowship of International Centurions

General Walker rules:

1. Long shorts, leggings, long tights, etc are allowed especially during the night and in times of inclement weather. However, clothing should be tight to the knee and lower leg.
2. Walkers may provide their own food and drink.
3. Supporters are allowed to hand over drinks and food within the designated support area and should not walk with the athlete to feed/supply food and drink.
4. No pacers are allowed during the race. However, two or more walkers who have entered the race may walk together but must not impede other competitors.
5. No walker will be allowed "hands on" assistance during the race, e.g., to help a competitor to reach the finish line.
6. Poles, canes, walking sticks, wheelchairs and / or any other supportive aid will not allowed.
7. If an entrant leaves the course for any reason they must return to the course at the same point.
 - a. Course cutting, and thus making the route shorter, may result in disqualification.
8. Each walker will be subject to all rules set by the race director.
9. Rules pertaining to wearing listening devices, reflective vest etc.. will be at the discretion of the race director in accordance with national athletics/IAAF (World Athletics) Rules of Competition.

"B" Walker Rules:

1. The Contact Rule: Each walker must have at least one foot in contact with the ground at all times.
2. In races of 100 miles or 24 hours, the rules differ slightly from shorter race walks, in that these races are generally "B" races - meaning that no walker will get disqualified for bent knees.
3. The judging criteria is simple: judges expect each walker to walk honestly in such a way that he/she is not gaining an unfair advantage over other competitors through his/her mode of walking.
4. Walkers will be notified of any infringements.
 - a. On the second and any subsequent warnings, the event director and / or judge will determine a penalty for the infringement. This may include, but is not limited to:
 - i. Removal of the lap in which the infringement occurred.
 - ii. Adding a time penalty to the final finish time of the walker.
5. In a long distance race, clothing can present a problem for some judges.
 - a. The general rule in race walking competitions is that the knees must be "uncovered" in order that a judge can actually see the "straight" knee in operation.
 - b. In races of 100 miles or 24 hours, the rules differ slightly in that these races are "B" races, meaning that no walker will get disqualified for bent knees.
6. Leggings, tracksters, long tights, etc. are acceptable in 100 mile and 24 hour/multi day races - especially during the night /winter and in times of inclement weather.
 - a. Some judges may insist that where long tights are worn, they should be plain (ie not multi coloured or patterned) so the judges can better see the angle of the knees. Given that the "bent knee" rule does not apply - this insistence is questionable in a 100 miles/24 hour race.
7. Walkers in any doubt whatsoever about their clothing should always check with the judge, or race organiser prior to the race start.

For further details, contact fellowshipofcenturions@gmail.com.