

**POWER WALK**  
**1500M on a Track or Road course**  
**5K on a road course**

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**QUALIFYING RULES**

1. For 2023 Power Walk event will be classified as an “OPEN” event. Athletes do not need to qualify at a 2022 state qualifier.
2. The minimum distance acceptable for qualifying will be 1500M.
3. The preferred 5K Power Walk at the State qualifier is on a road course but the State qualifier will have the option to use a track for the event. The National Senior Games 5K Power Walk event will be held on a road course.
4. If a track is used the 5K is referred as a 5000M.

**ENTRY REGULATIONS**

1. Athletes qualified in either the 1500M or the 5K power walk may compete in both events.
2. Power Walk will continue as an Open Sport for the 2023 National Senior Games presented by Humana. Qualification will not be required for Power Walk.

**FORMAT**

1. Courses and formats for the 1500M and 5K will be determined by the availability of facilities in the host city.
2. The circuit for 5 km should be conducted on the road in a recommended loop of 1000M and 500M between turn around to turn around. The 1500M Power Walk can be held on a road course or a track.
3. Awards will be presented for 1<sup>st</sup> through 8<sup>th</sup> place for each event within each age division.

**SPORT RULES**

1. All Power Walking events will be conducted in accordance with USPWA rules, except as modified herein. For a copy of these rules, please email or call:

United States Power Walking Association  
Doug & Marianne Hamilton, Administrators  
[Unitedstatespwa@gmail.com](mailto:Unitedstatespwa@gmail.com)  
(408) 205.9641

2. No canes, walkers, headphones, cell phones or water bottles allowed during the 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.

- a) One foot must be on the ground at all times. Loss of contact with the ground is forbidden.
- 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.
- c) Creeping, where the lead toe strikes prior to the heel and knee are bent into a running form is forbidden.
- d) A slightly bent knee is the accepted form but a bent knee in a running or jogging form is forbidden.
- e) Running or jogging mode is forbidden.
- f) Any violation in the last 100 meters as determined by a single judge is reason for immediate disqualification.
- g) The advancing leg as it moves forward (and when the heel strikes) the ground; it does not have to be completely locked as it passes under the body. Soft knee is acceptable however; over excessive bent knee is deemed to be in a creeping or running shuffle is not acceptable and subject to disqualification.
- h) Unsportsmanlike conduct can result in disqualification by the judges, monitors or race official.
- i) 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 race director during the course of the race competition.