**Level 2 Questions**

Please quote the relevant rule number in your response to the question(s).

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| **1. What are the two parts of the main rule of race walking?** |
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| **2. What do these paddles mean?**  **C:\Users\laptop\Documents\Walk Judging\Race Walks Paddles (2).jpg** |
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| **3. When would these paddles be shown to the competitors?** |
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| **4. Can a judge show the same paddle more than once to the same competitor?** |
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| **5. Why is a red card completed and what happens to it once that has been done?** |
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| **6. What is a red paddle used for and who would use it?** |
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| **7. Where is the best position from which to judge at a track event?** |
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| **8. Where is the best position from which to judge at a road race?** |
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| **9. Where are competitors most likely to break the rules of race walking? Give at least two examples** |
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