

The Chief Judge or the Chief Judge's Assistant will direct the athlete with three red cards into the Pit Lane. For a 3,000-meter race walk, the athlete with three red cards must stay in the pit lane for 60 seconds. Officials will keep track of the time, alert the athlete when there is 10 seconds remaining on the penalty, then release the athlete when the 60 seconds has expired.

The athlete is free to stop or continue moving inside the penalty area; however there shall be no benches and no access to refreshments, drinking, sponging or other kind of assistance, but communication with coaches is allowed. The athlete is not judged in the penalty area.

If the athlete receives a fourth red card (from a fourth judge), either while in the Pit Lane or afterward, the athlete will be disqualified.

If the athlete receives the third Red Card at the late stage of the race and it's not possible for the Chief Judge's Assistant to notify the athlete that the athlete must stop in the Pit Lane, the athlete shall finish the race, and the penalty shall be added to the race walker's official time. Currently IAAF recommends the following penalty times: 30 seconds for races up to and including 5,000 meters, 60 seconds (1 minute) for \leq 10 km, 120 seconds (2 minutes) for \leq 20 km, 180 seconds (3 minutes) for \leq 30 km, 240 seconds (4 minutes) for \leq 40 km, and 300 seconds (5 minutes for \leq 50 km. At the USATF annual meeting in 2016 the National Race Walk Committee endorsed these IAAF recommendations for penalty times.