

**USATF National Officials Committee**  
**LDR Master Level IAAF and NFHS NFSHSA Rules Review**  
**Long Distance Running and Cross Country**  
**2011-2012 Olympiad Edition**

**Instructions:** The questions below only are applicable to IAAF AND NFHS Rule Books, Section II contains questions relation to the two organizations. Please **PRINT** your answers on the **ANSWER SHEET** provided and return it to your Association Certification Chair for his/her review.

**Purpose:** As a Certified LDR Official you may be selected to be an official at a IAAF or NFHS meet. Therefore, it is important that you are familiar with the rules of the other rule books so that you can make the proper decision when applying the rules that will be enforced at the meet. This review is an open book exam with the goal that a LDR certified official becomes familiar with the current content and location of the rules applied to NFHS and IAAF competitions. This review, a part of the Committee's three-step training program (clinic, formal rules review and supervised practice), emphasizes those rules which are basic to Long Distance Running and Cross Country race competitions. Effective LDR competition officials do not rely on memory alone in making decisions- they are routinely prepared to look it up.

**Note:** This is a **2011-12 Olympiad Rules Review** and requires the **IAAF and NFHS 2011 Competition Rules and subsequent updates if they exist** from each governing bodies for completion. However, because the review had to be prepared in 2010, it is based on the 2010 rule books, and the page numbers may differ from the 2010 rule books. Links to the IAAF rules are available as PDF files on [www.USATFOfficials.com](http://www.USATFOfficials.com) under Rules. The NFHS rules are only available in hard copy.

**SECTION I - This portion of the test requires a True or False response. The questions are applicable to the IAAF and NFHS rules. If the question is partially false the entire question is to be considered false.**

**A. IAAF**

T F 1. IAAF sanctioned road race events shall have their course certified by an IAAF approved course certifier. To prevent a course from being found to be short on

future re-measurement, it is recommended that a "short course prevention factor" be built in when laying out the course. For bicycle measurements this factor should be 1% which means that each km on the course will have a "measured length" of 1010m.

T F 2. For road events over 10 km refreshment stations shall be provided at approximately 5 km intervals. In addition, drinking/sponging stations for water only shall be placed approximately midway between the refreshment stations or more frequently if weather conditions warrant such provisions.

T F 3. In road races, a competitor may leave the road or track with the permission and under the supervision of an official, provided that by going off course he does not lessen the distance to be covered.

- T F 4. Timing provided by a transponder system in road races is accepted for records set in road events.
- T F 5. The international Junior Women's XC Championship distance is 5 km.
- T F 6. Both road races and cross country races shall be started by the firing of a gun.
- T F 7. Road races do not have judges or umpires.
- T F 8. The IAAF does not formally recognize a world record for road courses including the marathon.
- T F 9. The Referee shall have the authority to warn or exclude from competition, any athlete guilty of acting in an unsporting or improper manner.
- T F 10. The only one that can require an athlete to retire from competition is the referee.

## **B. NFHS**

- T F 1. The cross country run shall be a course 2500 to 5000 meters in length
- T F 2. In meets with four or less schools, a school may enter a maximum of 12 competitors, and all may enter into scoring.
- T F 3. On cross country courses blue flags are used for left turns and red flags for right turns. This is where High School rules differ from the rest.
- T F 4. Two methods exist for scoring teams: scoring by place and scoring by time.
- T F 5. Ties in team scoring between two or more teams shall be resolved by determining which tying team's sixth-place finisher placed higher.
- T F 6. The competitor's uniform shall consist of shoes, and a school issued jersey and shorts but not a one-piece uniform.
- T F 7. A school name or insignia may be on an undergarment if it is not larger than 2 ½ square inches with no dimension more than 2 ½ inches.
- T F 8. It is the duty of the marshals to observe the activity of the competitor. If any competitor fails to run the proper course, the marshal reports the infraction to the referee.
- T F 9. A XC race may be recalled if there is a reason that would constitute an unfair start during the first 100 meters.
- T F 10. The decision of the Finish Judge is generally final and without appeal except for possible action taken by the referee or jury of appeals.

## **Section II - This portion of the test requires that you to fill in the blanks with the words as written in the respective rule books.**

### **A. IAAF**

1. IAAF stands for \_\_\_\_\_.
2. The IAAF, alone, shall have the right to organize the Athletics completion at the \_\_\_\_\_ and the competition that is included in the World Athletics Series.
3. Road Race Courses shall be run on \_\_\_\_\_ roads.
- 4-6. Road Races shall be started by firing a (6) \_\_\_\_\_, (7) \_\_\_\_\_, (8) \_\_\_\_\_ or like device.
7. Water and other suitable refreshments shall be available at the start and \_\_\_\_\_ of all races.

8-9. An athlete shall retire at once from the race if ordered to do so by the (8) \_\_\_\_\_ delegate or a member of the official (9) \_\_\_\_\_ staff.

10. For Cross-Country Races, for Championship and International events and, whenever possible for other competitions, a loop course must be designed, with the loop measuring between \_\_\_\_\_ and 2000m.

## **B. NFHS**

1. NFHS stands for \_\_\_\_\_ web site using logo NFHS \_\_\_\_\_.
2. A cross country team shall consist of \_\_\_\_\_ members unless otherwise agreed.
3. The Clerk of the Course shall place the teams in proper position on the starting line and give all \_\_\_\_\_ instructions.
- 4\_6. When all runners (cross country) are set and motionless and the recall (4) \_\_\_\_\_ signal with a (5) \_\_\_\_\_ flag, the starting device is fired and at the same time, the (6) \_\_\_\_\_ flag is motioned downward, indicating the start of the race.
7. The \_\_\_\_\_ shall keep the competitive area free from all persons except officials, contestants and other individuals authorized by the games committee.
8. The course \_\_\_\_\_ observe the activity of the competitors.
- 9-10. A cross country race begins when the competitors are called to the (9) \_\_\_\_\_ line for final (10) \_\_\_\_\_ and is considered to be official and concluded when places have been determined and the results have been recorded.

Draft WDP 9,30,2010

**USATF National Officials Committee**  
**LDR Master Level IAAF and NFHS Answer Form**  
**Long Distance Running and Cross Country**  
**2009-2012 Olympiad Edition**

**Name** **Phone**  
**Street** **City** **State** **ZIP**

**Email address:**

**Section 1: IAAF/NFHS True and False**

IAAF Rules Year of Rulebook Used: \_\_\_\_\_

NFHS Rules Year of Rulebook Used: \_\_\_\_\_

#	Answer	Rule	Page		#	Answer	Rule	Page
1					1			
2					2			
3					3			
4					4			
5					5			
6					6			
7					7			
8					8			
9					9			
10					10			

**Section 2: IAAF/NSHS Competition Rules**

IAAF Rules Year of Rulebook Used: \_\_\_\_\_

NFHS Rules Year of Rulebook Used: \_\_\_\_\_

#	Word	Rule	Page		#	Word	Rule	Page
1					1			
2					2			
3					3			
4					4			
5					5			
6					6			
7					7			
8					8			
9					9			
10					10			