

USA TRACK & FIELD NATIONAL OFFICIALS COMMITTEE
2017-2020 LDR Referee (Grades 1 & 2)
Certification Rules Review (v 1.0)



Purpose

The purpose of this open-book rules review is for officials to become familiar with the USATF rule book and to gain and demonstrate knowledge about selected rules as a Referee governing Long Distance Running events.

Instructions & Scoring

Use the [2016 USATF Competition Rules](#).

**Using the 2017 USATF Competition Rule Book is also acceptable.*

Part 1: Answer all 14 fill-in-the blank questions, each worth 2 points; total possible score = 28 points.

Part 2: Answer all questions, point values are specified in the question. Total possible score = 29 points.

Part 3: Answer all essays or situational questions, point values are specified in the question; total possible score = 43 points

Scoring

A total of 100 points are available. The minimum passing score is as follows: **Grade 1** - 80%; **Grade 2** – 90%

Scoring Summary

Part	Questions	Points	Score
Part 1 – Answer All	1 - 14	28	
Part 2 – Answer All	15	8	
	16	7	
	17	3	
	18	3	
	19	3	
	20	5	
Part 3 – Answer All	21	14	
	22	14	
	23	8	
	24	7	
Total		100	

PART 1: Fill-In-The Blank Questions

Record your answers on the answer sheet provided below, after the questions.

Scoring: For all fill-in-the blank questions, each answer is worth 1 point, each applicable Rule number is worth 1 point. The total possible score = 28 points.

1. A cross country race shall be run over a course confined, to the extent possible, to open country, fields, parks, golf courses and grasslands. The traversing of _____ roads should be kept to a minimum.

2. In the National Junior Olympics Cross Country Program, all members of the same club listed on the team declaration roster at the _____ finals shall be eligible to compete on the club's team in the next round of Qualifications up to and including the National Championships as long as the team qualifies.
3. In a USATF Master's Women Cross Country Team Championship, when team members are in different age divisions, the age on the first day of a meet of the _____ member shall determine the age division of a team in a team event.
4. For road events, the Referee shall, wherever _____, give a warning prior to disqualification.
5. Narrow gaps or other hindrances that would deny to the competitors an unhampered run and obstacles must be avoided for the first _____ in a USATF Cross Country race with a large number of competitors.
6. In USATF Mountain and Trail Running, the _____ rules of Long Distance Running apply unless modified.
7. Personally carrying or wearing articles of equipment such as wrist chronometers, heart rate monitors, speed distance monitors, stride sensors or similar devices during a race (shall not be considered examples of assistance) provided that such device cannot be used to _____ with any other person.
8. For Long Distance and Road Events, In order to ensure that a course is not short, the measurement must include an addition of _____ (What fraction?) of the stated race distance.
9. For road records, a complete set of lap sheets must be kept for any event that is run in _____ (how may?) or more loops of the same course.
10. For Long Distance and Road Events, the course used for a competition shall be certified prior to the running of the event unless the course is deemed uncertifiable by the _____.
11. Road events should be started in accordance with the general rule concerning starts (Rule 162.5) In addition to the report of a pistol or approved device, the method of starting may also include the use of cannon, _____ or like device.
12. The open women's distance contested at the Winter National XC Championships is _____ meters (or as close to that distance as feasible.)
13. Runner's Identification in Long Distance Running shall consist of running numbers pinned securely on the _____ of each runner's uniform and displayed throughout the race.
14. In hot weather, an athlete competing in long distance road run may compete _____ a top shirt but this ruling will be made by the Referee with the approval of the Games Committee.

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Answer Sheet (v 1.0)

PART 1: You Must Answer All 14 Questions.

Name:	Phone:	Association:
Address, City, State, Zip Code:		
Email Address:	Certification #	
2 points for each correct answer and correct rule number; total = 28 points.		
Enter (print) the correct answer	USATF Rule Number	
1.		
2.		
3.		
4.		
5.		
6.		
7.		
8.		
9.		
10.		
11.		
12.		
13.		
14.		
Association Certification Chair Use Only	# Correct	
	Notes:	

In Part 2 and Part 3 and write your answers on a separate sheet or sheets and attach it. Make sure to put the number of the question before your answer.

***If you are unsure about your answer because you felt the situation or question was confusing, just write an explanation regarding your answer(s).**

PART 2: Answer All of the Questions in this Section (15-20)

Point values are specified in the questions. Write your answers on a separate sheet or sheets and attach it to these pages. Just make sure next to your answer you put the number of the question. **(Total of 29 points)**

15. Team Scoring Questions: (8 points)

(1 Point) A.) What method is used for scoring team championships in Long Distance Running (including Mountain, Ultra- Marathon and Trail events)?

(1 Point) B.) What method is used for scoring team championships for Open, Masters, Junior and Youth Cross Country events?

(1 Point) C.) What additional method of LDR scoring exists?

(1 Point) D.) In a race scored by time, if the clock fails and the Games Committee determines there is no acceptable way to determine times, how should the race be scored?

(1 Point) E.) In races scored by place, how do you handle the situation where two teams have the same score?

(1 Point) F.) In races scored by place, how are unattached individuals handled?

(1 Point) G.) In races where teams began the competition with enough runners to get a team score but do not finish with enough scoring members, how is the situation handled?

(1 Point) H.) What is the primary applicable rule number for the above Team Scoring situations?

16. Protest Questions: (7 points)

(1 Point) A.) For Men and Women's Long Distance Running Road Races, what is the normal time period to file a protest?

(2 Points) B.) What group is not covered in question (A) above and how long is their protest period?

(1 Point) C.) For Cross Country and Masters Long Distance Running Championships, what is the protest time limit?

(1 Point) D.) For LDR road races, when there is a Jury of Appeals, what is the normal time limit (after the Referee has made a decision and an official announcement of that decision or amended results are issued) that a person has to file an appeal?

(1 Point) E.) For Cross Country events, runners in the "professional section" of a road race and, Masters LDR, what is the time limit (as in question D) to file an appeal?

(1 Point) F.) What is the primary applicable rule number for the above Protest questions?

17. (3 points.) What is the width of the finish line in a USATF road race? Which edge of the line is the actual finish line? What is the applicable rule number?

18. (3 Points) A competitor only has a transponder time for a 5K USATF road race. It reads **14:30.23** and appears to be an American Junior record. The race was timed in accordance with **Rule 165**. The record form requires that the transponder time be verified (independently of the primary timing systems). You do not have such a time. There is a select time for an athlete who finished four places ahead of him in **14:25.23** and a select time for the finisher just after him at **14:31.89**. The American Junior record is **14:38**. What is the athlete's "verified" official time and therefore the time to be used on the record application? What two rules relate to the time you submit?

19. (3 points.) An open athlete who is a registered in one association competes in and wins his Association's 10K Road Race Championship. He often trains with members of a neighboring association and wants to run in their Association's 10K Road Race Championship. Can he officially run in that championship, win, and be declared that Association's champion. Can he run in that championship under any circumstances? What rule applies?

20. (5 points.) At the 75 km mark, there is a hands-on medical exam for all athletes competing in the USATF 100 km Trail Championships? An athlete is ordered to retire from the race by a member of the official medical staff who is clearly identified as such. The athlete ignores the race medical staff and continues to the finish line. What action would you take? Barring some unexpected information, if the interaction took place as described, what would your decision be? What rule applies to this situation? As the athlete did, in fact, finish the race, how would the athlete's performance be handled in the official results of the race? What rule applies to this decision?

PART 3: Answer All Essays in this Section

Point values are specified in the questions. Write your answers on a separate sheet or sheets and attach it to these pages. Make sure, before your answer, you put the number of the question.

Note: The essay questions below reflect complex situations that have multiple things to consider. Be certain to address such things as: What information do you need? Who would you talk to? What questions would you ask? What are the possible options you have in dealing with the situation? What ruling and/or actions would you take and why? **Total possible score = 43 points.**

****For these questions, it is not necessary to list the rule or rules unless the question specifically asks you to do so.***

21. (14 points) During the first 2k loop of the 12k Open Men's race at the USATF National Club Cross Country Championships the lead runners did not notice the line on the course backstretch that marked the shortest distance and ran about 50m off course before they realized their mistake. During your course preview you verified that the course was clearly marked with chalk on the ground but there were no additional direction markings in this section. As the referee what action would you consider when you learned that runners "left the course" and what Rule number applies? **(2 points)** What actions would you take when you receive a protest from one of the lead runners who took the wrong turn and eventually lost the race by just one second at the finish? **(2 points)** List at least one additional point regarding each of those actions. **(2 points)** What basic issues and rules would you consider in making a decision on the protest? **(4 points)** What would your final decision be and the reasoning behind it? **(2 points)** What might you have done to prevent this situation? **(2 points)**

**** To get all 14 points it is not necessary to mirror this answer. As long as you cover what is important, how you set up the answer does not affect your score.***

22. (14 points) At the USA Masters 8 km Road Championships the Overall Master Championship results are posted onsite at 11:00 a.m. and which is noted on the posting.

Situation 1: At 11:45 a.m., Runner A informs the Referee that his name and result is missing from the posted results. He claims to have finished around 30:00 based on gun time. He is still wearing their race bib with the bib transponder antennae attached. The antennae do not appear to be damaged.

Situation 2: At 2:15 p.m., Runner B informs the Referee that his name and result is missing from the posted results. He claims to have finished around 30:30 based on gun time. He is still wearing his race bib with the transponder antennae attached. The antennae do not appear to be damaged.

Situation 3: At 11:45 a.m., Runner C informs the Referee that her name and result is missing from the posted results. She claims to have finished around 33:30 based on gun time. She informs the Referee that she did not wear her race bib because she forgot it back at the hotel and didn't realize until just before the gun went off that she didn't have her bib with the transponder antennae.

How must protests be made considering this is a National Championship? **(1 point)**

What time limit is established for protests in Masters LDR and what is the applicable Rule number? **(2 points)**

In each case, what action would you take? What would your ruling be? How would you instruct the results to be amended or not be amended? **(9 points, 3 points each situation)**

Based on the use of a transponder timing system as the primary system, what would you have insisted be in place? **(2 points)**

23. (8 points) During a Regional Cross Country race, the Starter starts a race one minute prior to the announced Start Time of the race and all entered athletes except one were present at the start of the race. That athlete arrived at the Starting Line several seconds after the firing of the gun to start the race. The athlete had checked in, as required, 30 minutes before the start of the race. She asked the Clerk at that time if it would be okay for her to have her trainer check her tight hamstring. Permission was granted and she was instructed to report back to the Starting Line 5 minutes before the posted starting time. Unfortunately, the athlete's coach had held her back from the starting line as he contended that the race was not supposed to be started until the posted time. The coach files a protest. As Referee of the meet, what would you do to resolve this protest?

What document or meet information would you check and what would you look for? **(2 points)**

What two officials would you consult **(2 points)** and what information would you want from each one? **(2 points)**

What would your ruling be and what would your main reasoning be? **(2 points)**

24. (7 Points.) In the wheelchair division of a large road race, there are 34 entries which include men and women in a variety of different classifications. How would you handle the following situations?

***You will find the Rules in the Special Section for Adaptations to the USAT Track and Field Rules of Competition for Para-Athletes (Athletes with Disabilities) at the end of the Rule Book. (Page 197)**

Situation 1: Rule 242.4, Notes 1 and 2: A female athlete in a less functional classification has the world's best time in her division that year. She is concerned about her placement at the start. What are the guidelines for seeding wheelchair athletes at the start? **(1 point)** Whenever possible, how should the start of each classification take place? **(1 point)** Who, In addition to the Referee may also decide issues regarding the start? **(1 point)**

Situation 2: Rule 243.5: You receive a protest that an athlete drafted off another athlete who is not in the same classification. A second protest concerns a woman drafting off of a man in the same classification. **(2 points)**

Situation 3: Rule 163.15: You receive a protest that an athlete's chair could be propelled using a hand crank. **(1 point)**

Situation 4: Rule 155.2: You receive a protest that an athlete has constructed an aerodynamic aid that extends beyond the back of the chair. **(1 point)**