

**USA TRACK & FIELD NATIONAL OFFICIALS COMMITTEE**  
**2017-2020 National Level LDR Rules Review**  
**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 governing Long Distance Running events.

**Instructions**

Use the 2016 [USATF Competition Rules](#)

**\*Using the 2017 USATF Competition Rules is acceptable.**

Some statements provide a contextual reference (e.g., “[At the fall Cross Country Championships]”) or provide only part of a complete sentence (as indicated by “...”) the statements are drawn from the rule books.

Enter your answers on the attached answer sheet and send it to your Association Certification Chair. As always, make a backup copy of what you send.

**Scoring**

There are 25 true/false questions, each worth 2 points and 25 multiple choice questions, each worth 2 points. To pass the test, a score of 90% (45 correct) or higher is needed.

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**PART 1: TRUE OR FALSE** (if the question is partially false, then the entire question is considered false.)

**Enter True or False on the answer sheet along with the applicable rule number.** Also provide the correct answer to any questions that you marked with the answer FALSE.

1. The open women’s distance contested at the Winter National Championships is 6,000 meters (or as close as feasible).
2. Runners should be seeded according to ability in any race when all runners cannot be placed on the starting line.
3. In Youth National Cross Country, the referee has the authority to rule on matters of a timing irregularity or other irregularities.
4. In Masters LDR, team scoring for road racing Championships shall be: All teams, men and women, in all 10 year age divisions, three (3) individuals shall score with a maximum of seven (7) individuals declared per team.
5. For all Long Distance and Road Events, water shall be available at suitable intervals of approximately 5km.
6. In order to ensure that a course is not short, the measurement must include an addition of 1/100<sup>th</sup> of the stated race distance.....
7. The course of all National, Regional and Association Road Championships must meet the certification requirements stated in Rule 204.
8. In races of 5000 Meters through 10,000 Meters, the meet organizers may furnish competitors with water and sponging stations on the track and in off-track events.
9. Cross Country and mountain running races shall be started by the firing of a pistol or other suitable device.

10. In Men's and Women's Cross Country Championships, there shall be one National Championships.
11. Only one starting line may be used in any road races.
12. No Lap Scorer should be responsible for more than three competitors (five in the case of ultramarathons and road walking events).
13. In Masters Long Distance Championships, a runner may compete in a younger division as a team member. If he/she runs on a younger team, the runner may still compete as an individual in his/her true age division if both divisions are run simultaneously.
14. In road events, a competitor must retire from a race immediately if directed to so by a duly authorized course umpire.
15. In Trail Racing, the aid stations shall be sufficiently spaced out according to the organizers' plan so as to respect autonomy of athletes but taking in account health and safety.
16. In hot weather, an athlete competing in a long distance road run must compete in a top shirt.
17. For road events, the Referee shall, wherever practicable, give a warning prior to disqualification.
18. Because of the nature of cross country running, the preferences of individual athletes in certain weather will not be allowed other apparel items .....
19. The 15,000 meters may be conducted by the Women's Long Distance Running Committee as USA Championships for women on the Track or Road.
20. Where transponders are not used to determine a preliminary order of finish, a finish corral system of sufficient capacity should be constructed.....
21. All competitors are responsible for knowing the starting time of the event(s), for knowing the registration or check-in.....and for being at the starting line at the appointed time for instructions and the start of the race.
22. In cross country, alternatively, the race may not finish with one half or more of a lap on a standard track.
23. For Non-Championship Competitions, so far as possible, the rules for Championships shall apply to all other competitions conducted or sanctioned by USATF or any of its Associations.
24. A competitor may compete in bare feet or with footwear on one or both feet.
25. The USATF Masters starting age for LDR events is the same defined by WMA or IAAF.

**PART 2: MULTIPLE CHOICE** Enter a, b or c on the answer sheet, along with the applicable rule number. Please read **all** of the choices when entering a, b or c on the answer sheet.

26. The approximate distances that athletes shall run in Youth National Cross Country are:
  - A. 4Km for the 15 – 16 divisions.
  - B. 3Km for the 11 - 12 divisions.
  - C. 2Km for the 9 – 10 divisions.
27. Master LDR Championships may be held:
  - A. At any distance of 5,000 meters on the track.
  - B. At any distance of one mile or longer off the track (i.e., road, trail, mountain or cross country).
  - C. At any distance of 3,000 meters on the track.

28. In road events, an athlete may at anytime carry water or refreshment by hand or attached to his/her body:
- A. Provided it was collected or received at an official station.
  - B. Provided it was carried from the start.
  - C. All of the above.
29. A Referee shall disqualify an athlete:
- A. Found to have gained an unfair advantage by intentionally shortening the route of the race.
  - B. 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 provided that such device cannot be used to communicate with any other person.
  - C. Leaving the course with permission and under control of authorized official and does not lessen the distance to be covered.
30. The use of transponder timing system in road and cross country is permitted provided that:
- A. The transponder reading device is set up to ensure that times are recorded after the starting line.
  - B. The system is started in accordance with Rule 164.5.
  - C. The system requires no action by the runner during the competition, at the finish line, or during any finish line or results related system or process.
31. Cross country course must be clearly marked. When flags are used on the course, which flag indicates indicate a right turn? (Either applicable Rule in Youth or Section VIII is acceptable)
- A. A red flag
  - B. A yellow flag
  - C. A blue flag
32. All are true for Mountain Racing course except:
- A. The highest point on the course should not exceed 5,000 meters altitude
  - B. Natural obstacles or challenging points along the course should be additionally marked
  - C. Race takes place on terrain that is mainly off-road, unless there is significant elevation gain on the route.....
33. In 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:
- A. The Organizing Committee
  - B. The Road Running Technical Council
  - C. The Chair of the Sport Committee
34. The starting area of a cross country course should avoid any significant turns for at least the first:
- A. 200 meters
  - B. 100 meters
  - C. 400 meters
35. In the Youth National Cross Country Program, the age to determine the division in which the athlete shall compete is:
- A. The athlete's age on the day the meet begins
  - B. The athlete's year of birth
  - C. The athlete's age on the day of his or her first event
36. In the men's marathon road relay, teams who consist of **five** runners will run legs in the following order:
- A. 10km, 5km, 10km, 5km and 12.2km.
  - B. 10km, 5km, 10km, 5km and 12.195km
  - C. 10km. 5km, 10km, 5km and 7.5km

37. For Cross Country, Mountain and Trail Running, when there are a large numbers of competitors, narrow gaps..... obstacles must be avoided for the first:
- A. 800 meters
  - B. 400 meters
  - C. 1500 meters
38. The result for a fully automatic timed race in the Marathon is 2:09:44.32. It shall be recorded as:
- A. 2:09:44.4
  - B. 2:09:45
  - C. 2:09:44
39. The Masters Long Distance Running Committee shall conduct and supervise a program for long distance running for all athletes over the age of:
- A. 40
  - B. 30
  - C. 45
40. Who is responsible for approving officials in a USATF LDR Championship event?
- A. Coordinator of Officials
  - B. Officials Selection Committee
  - C. Appropriate Sports Committee(s)
41. For road records which of the following is **not** applicable:
- A. World and National Open Records, the course measurement and verification shall comply with the provision of IAAF Rule 260.28
  - B. The start and finish of the race must lay no more than 60% of the race distance apart as measured along the straight line.....
  - C. The course must not have a net decrease in elevation from start to finish exceeding 1 part per thousand (i.e., 1m per km)
42. For the Youth National Cross Country Program, if flags are used, they must be visible from a distance:
- A. of 125 meters
  - B. of 25 meters
  - C. of 50 meters
43. When the Games Committee elects to determine times and places based on 'net times' which of the following does not apply:
- A. A net time for each competitor is calculated as the difference between the raw (un-rounded) times recorded by transponder timing systems at the start and finish.
  - B. The official times are determined by rounding up the net times to the next full second.....
  - C. If two more athletes have the same net time, the tie will be broken per Rule 167.
44. Which of the following officials and support personnel are **not** recommended for the conduct of cross country and road events?
- A. Competition Secretaries
  - B. Clerk of Course
  - C. Wind Gauge Operator
45. For Youth National Country Cross, competition numbers shall be worn .....in:
- A. Back
  - B. Front
  - C. Both Front and Back
46. For Long Distance Running and Cross Country, which methods exist for scoring team Championships?
- A. Scoring by place and time

- B. Scoring by place, scoring by time and scoring by distance
  - C. None of the above
- 47.** For Cross Country and Masters Long Distance Running Championships the time period for protests shall be:
- A. one hour
  - B. 30 minutes
  - C. 24 hours
- 48.** Which situation is appropriate regarding starting a running event?
- A. False starts in road races should be recalled.
  - B. A mountain running race may be recalled upon a false start or a fall which impacts the field within the first 100m.
  - C. A cross country race is recalled upon a fall which does not impact the field, no interference and it was a fair start.
- 49.** When using FAT, the times for races conducted partly or entirely outside the stadium (off the track) shall be read in 0.01 of a second and shall be converted to the next longer:
- A. 1/10<sup>th</sup> of a second
  - B. Whole second
  - C. 1/100<sup>th</sup> of a second
- 50.** In the Masters Long Distance Running Championships, the age of the competitor is:
- A. The age you are as of January 1<sup>st</sup> determines the age division.
  - B. The day you are on December 31<sup>st</sup> determines the age division.
  - C. The day of the start of the race determines the age division.

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**Answer Sheet** (v 1.0)



Name:	Phone:	Association:
Address, City, State, Zip Code:		
Email Address:	Certification # (if recertifying)	

**2 points for each correct answer; max score =100. 45 correct answers – 90 points (90%) needed to pass.**

Question	Correct Answer	Correct Answer for FALSE statements	Rule Number(s)	Question	Correct Answer	Rule Number(s)
1.				26.		
2.				27.		
3.				28.		
4.				29.		
5.				30.		
6.				31.		
7.				32.		
8.				33.		
9.				34.		
10.				35.		
11.				36.		
12.				37.		
13.				38.		
14.				39.		
15.				40.		
16.				41.		
17.				42.		
18.				43.		
19.				44.		
20.				45.		
21.				46.		
22.				47.		
23.				48.		
24.				49.		
25.				50.		