

USA TRACK & FIELD NATIONAL OFFICIALS COMMITTEE
2017-2020 LDR Apprentice Level 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 (<http://www.usatf.org/About/Competition-Rules.aspx>) to determine whether the statements written below are true or false. The key word for each question appears in **bold font**. Some statements provide a contextual reference (e.g., “[At the fall Cross Country Championships]”) or do not have a complete sentence (as indicated by “...”), the statements are quotes drawn from the USATF rule book. Questions are in sequential order as they appear in the rule book.

Circle your answers on the attached answer sheet and send it to your association certification chair.

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

Scoring: 50 true/false questions, each worth 2 points; minimum passing score is 80% (40 correct)

Questions

1. [Non-Championships]. So far as possible, the rules for the Championships shall apply to all other competitions conducted or sanctioned by USATF or any of its **Associations**. (Rule 9.1)
2. [Men’s And Women’ Cross Country Championships]. There shall be **one** National Cross Country Championships... (Rule 15.1)
3. [LDR – Championship Distance]. The course of all National, Regional and Association Road Championships must meet the certification requirements stated in **Rule 204**. (Rule 20.8)
4. [Mountain, Ultra, and Trail Championships]. The courses of all National, Regional and Association Road Ultra-Marathon Road Championships must meet the **certification requirements** stated in Rule 240. (Rule 21.3)
5. [Meet Personnel]. Among the officials and support personnel recommended for the conduct of cross country and road events are **course umpires**. (Rule 110.5)
6. [Meet Personnel]. For road events, the Referee **shall**, wherever practicable, give a warning prior to disqualification..... (Rule 125.11) **2017 Competition Rules - Rule 125.10**
7. [Meet Personnel]. No Lap Scorer should be responsible for more than three competitors (**five** in the case of ultramarathons and road walking events.) (Rule 131.1)
8. [Meet Personnel]. The Clerk of Course shall **supervise** the transit between the warm-up area and the competition area to ensure that the competitors after being checked-in are present and ready for the scheduled start of their event. (Rule 138.3)
9. [Athlete Attire]. In hot weather, an athlete competing in long distance road run may compete **without** a top shirt. This ruling will be made by the Referee with the approval of the Games Committee. (Rule 143.2)
10. [Athletic Attire]. A competitor may **compete** in bare feet or with footwear on one or both feet. (Rule 143.3(a)).
11. [Protests]. The time period to file a protest concerning the result or conduct of an event in Cross Country and Masters Long Distance Running shall be **30 minutes**. (Rule 146.2b)

12. [Running Competition]. In any track event of 20,000 meters or more or in any road race, a competitor **may** leave the marked course with the permission and under the control of a judge or authorized official, provided that by going off or returning to the course the athlete does not lessen the distance to be covered. (Rule 163.6 (c))
13. [Timing]. 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 and recorded to the next longer **0.1 of a second**. (165.11c)
14. [Transponder Timing]. The use of transponder timing systems in race walking events not entirely within a stadium, road and cross country races is permitted provided that: the transponder reading devices are set up to ensure that times **are** recorded after the starting line or before the finish line. (Rule 165.15 (d))
15. [Transponder Timing]. When the Games Committee elects to determine times and places based on 'net times' in non-championship races, as allowed by Rule 165.16, and two or more athletes have the same net time, they are **tied**. (165.16 (b) ii)
16. [Course Certification]. The course used for a competition shall be certified prior to the running of the event unless the course deemed uncertifiable by the **Organizing Committee**. (Rule 240.1)
17. [Course Certification]. Information concerning acceptable methods of measuring courses should be obtained from the Road Running Technical Council of USATF **after** the measurement of a long distance course. (Rule 240.3 (a) Note)
18. [Medical and Refreshment Services]. A competitor must retire from a race immediately if directed to do so by a duly authorized **course umpire** (Rule 241.1(c))
19. [Medical and Refreshment Services]. Water and **other suitable refreshments** shall be available at the start and finish of all races. (Rule 241.2 (a))
20. [Medical and Refreshment Services]. **No official** shall, under any circumstances, move beside an athlete while he is taking refreshment or water. (Rule 241.2 e)
21. [Starting]. **Only one** starting line may be used in any road races. (Rule 242.3)
22. [Starting]. Road events should be started in accordance with Rule 162.5, including the use of cannon, **air horn**, or like device. (Rule 242.5)
23. [Starting]. False starts in road races **should** be recalled. (242.5)
24. [Course Marking, Monitoring]. Turns and major **intersections** on the course shall be monitored. (Rule 243.2)
25. [Course Marking and Monitoring]. **Scorers** shall keep a record of the runners and their running times at specific points on the course. (Rule 243.2 (b))
26. [Course Marking and Monitoring]. Runner's Identification shall consist of running numbers pinned securely on the **front** of each runner's uniform and displayed throughout the race. (Rule 243.3)
27. [Finish Line]. In addition to an authorized finish line imaging system, an officially designated **video** or photograph may be used to review the order of finish. (Rule 244.6)
28. [Cross Country Course]. The course must be clearly marked, preferably with red flags to indicate a left turn, **white** flags to indicate a right turn and blue flags to indicate continuing straight ahead. (Rule 251.2)
29. [Start]. For cross country and mountain running races, a race may be recalled upon a false start or a fall which impacts the field within the first **50 meters**. (Rule 252.1)
30. [Start]. The starting area of a cross country course should avoid any significant turns for at least the first **200m**. (Rule 252.4)

31. [Mountain Racing-Course]. Mountain Races take place on terrain that is mainly **off-road**..... (Rule 253.1 (a))
32. [Trail Racing]. **Aid stations** shall be sufficiently spaced out according to the organizers' plan so as to respect the autonomy of athletes, but taking in account health and safety. (Rule 254.5) **2017 Competition Rules - Rule 254.3**
33. [Finish]. In **cross country races**, alternatively, the race may finish with one half or more of a lap on a standard track. (Rule 256.1)
34. [Finish]. Where transponders are not used to determine a preliminary order of finish, a finish **corral** system of sufficient capacity should be constructed (Rule 256.3)
35. [World Records]. Each athlete who sets a World Record shall submit to a **doping** control at the end of the event, to be conducted in accordance with IAAF Rules and Procedural Guidelines currently in force. (Rule 260.5)
36. [Rules Applicable to LDR]. Net timing provided by a transponder system shall not be accepted for any records in **road events**, except as described in Rule 265.8 (Rule 265.1 (b))
37. [Rules Applicable to LDR]. For track records at distances longer than 10,000, lap sheets **may** be kept. (Rule 265.3)
38. [Rules Applicable to LDR]. For road records, a complete set of lap sheets must be kept for any event that is run in **two** or more loops of the same course. (Rule 265.7)
39. [Youth- National Cross Country Program]. National Championships may be conducted as directed by the Cross Country Subcommittee upon approval of the **Youth Athletics Division**. (Rule 304.1)
40. [Youth- National Cross Country Program]. The 9-10 and 11-12 divisions shall run approximately **2km**. (Rule 304.2)
41. [Youth- National Cross Country Program]. The course must be clearly marked. If flags are used, all flags must be visible from a distance of **50m**. (Rule 304.3 (a))
42. [Youth- National Cross Country Program]. The running path shall be **wide** enough to allow several runners abreast during most, if not all, of the distance. (Rule 304.3 (b))
43. [Youth- National Cross Country Program]. The athlete's **year** of birth shall determine the division in which the athlete shall compete. (Rule 304.5)
44. [Youth- National Cross Country Program]. Competition numbers shall be worn on the **back**. (Rule 304.7)
45. [Masters LDR-General]. The Masters Long Distance Running Committee shall conduct and supervise a program for long distance running for all athletes over the age of **45**. (Rule 340.1)
46. [Masters LDR-General]. All long distance running races with master athletes are encouraged to follow the rules for Master Long Distance Running Championships **whenever** possible. (Rule 340.2)
47. [Masters LDR-General]. A competitor may be asked to provide his/her legal date of birth when he/she registers for a USATF **sanctioned** competition. (Rule 340.3)
48. [Masters LDR- Championships]. Championships must be sanctioned by USATF, and the road course ... must be **USATF-certified prior** to the running of the event. (Rule 341.3)
49. [Masters LDR- Championships]. The age of the competitor on the **day** of the start of the race determines the age division. (Rule 341.4)
50. [Masters LDR- Championships]. An event chosen as a Master Long Distance Running Championship shall use a transponder system as the **primary** timing and recording system, using either Net or Gun Timing. (Rule 341.10)

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Answer Sheet v.1.0



| | | | |
|--|--------------|-----------------------------------|--------------|
| Name: | | Phone: | |
| Address, City, State, Zip Code: | | | |
| Email Address: | | Certification # (if recertifying) | |
| 2 points for each correct answer; max score = 100. 40 correct answers - 80 points (80%) needed to pass. | | | |
| Circle the Correct Answer | | Circle the Correct Answer | |
| 1. | True / False | 26. | True / False |
| 2. | True / False | 27. | True / False |
| 3. | True / False | 28. | True / False |
| 4. | True / False | 29. | True / False |
| 5. | True / False | 30. | True / False |
| 6. | True / False | 31. | True / False |
| 7. | True / False | 32. | True / False |
| 8. | True / False | 33. | True / False |
| 9. | True / False | 34. | True / False |
| 10. | True / False | 35. | True / False |
| 11. | True / False | 36. | True / False |
| 12. | True / False | 37. | True / False |
| 13. | True / False | 38. | True / False |
| 14. | True / False | 39. | True / False |
| 15. | True / False | 40. | True / False |
| 16. | True / False | 41. | True / False |
| 17. | True / False | 42. | True / False |
| 18. | True / False | 43. | True / False |
| 19. | True / False | 44. | True / False |
| 20. | True / False | 45. | True / False |
| 21. | True / False | 46. | True / False |
| 22. | True / False | 47. | True / False |
| 23. | True / False | 48. | True / False |
| 24. | True / False | 49. | True / False |
| 25. | True / False | 50. | True / False |
| Association Certification Chair Use Only | | # Correct | Score % |
| Official Notified of Score – Date _____ | | Notes: | |