

USA TRACK & FIELD NATIONAL OFFICIALS COMMITTEE
2017-2020 LDR Master 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 & Scoring

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

Parts 1: Answer all 23 fill-in-the blank questions, each worth 2 points; total possible score = 46 points. Questions in these two parts are in sequential order as they appear in the rule books.

Part 2: Answer all essay or situational questions in this part, worth points as indicated in the question; total possible score = 54 points.

Total test possible score = 100. Minimum passing score is 90% (90 points).

Enter your answers on the answer sheet and send it to your Association Certification Chair.

**Using the 2017 USATF Competition is acceptable.*

PART 1: Questions

Scoring 23 fill-in-the blank questions, each worth 2 points; total possible score = 46 points.

1. 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.
2. For road records, a complete set of lap sheets must be kept for any event that is run in _____ (how many?) or more loops of the same course.
3. Runner's Identification for LDR shall consist of running numbers pinned securely on the _____ of each runner's uniform and displayed throughout the race.
4. The open women's distance contested at the Winter National XC Championships is _____ meters (or as close to that distance as feasible.)
5. Road events should be started in accordance with Rule 162.5, including the use of cannon, _____ or like device.
6. The LDR courses of all National, Regional and Association Road Championships must meet the certification requirements stated in _____. **(List the number of the Rule for either Men or Women where this answer can be found.)**
7. In hot weather, an athlete competing in long distance road run may compete _____ a top shirt. This ruling will be made by the Referee with the approval of the Games Committee.
8. Among the officials and support personnel recommended for the conduct of cross country and road events are _____. **(List any one of the officials listed in Rule 110.5.)**
9. For Youth Athletics, in cross country, the athlete's _____ of birth shall determine the division in which the athlete shall compete. (Rule 304.5)
10. For Masters Long Distance Championships, the age of the competitor on the _____ of the start of the race determines the age division.

11. Because of the nature of cross country running, the preferences of individual athletes, in certain weather situations allows other _____ items to be worn. These items can vary widely and be worn without penalty.
12. The cross country course must be clearly marked, preferably with red flags to indicate a left turn, yellow flags to indicate a right turn and _____ flags to indicate continuing straight ahead.
13. No Lap Scorer should be responsible for more than three competitors. Lap Scorers can be responsible for more when the number of competitors increases to _____ in the case of ultramarathons and road walking events.
14. For road events, the Referee _____, wherever practicable, give a warning prior to disqualification. (There are situations where no warning is to be given and disqualification is automatic.)
15. Mountain Races take place on terrain that is mainly _____. If there is a significant elevation gain on the route, a macadamized or asphalt surface is acceptable.
16. The Masters Long Distance Running Committee shall conduct and supervise a program for long distance running for all athletes including those over the age of _____.
17. In any track event of 20,000 meters or longer or in any road race, a competitor may _____ 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.
18. For the Youth National Cross Country Program, there should be no turn within _____ of the start.
19. For LDR, in addition to an authorized finish line imaging system, an officially designated _____ or photograph may be used to review the order of finish.
20. The time period to file a protest concerning the result or conduct of an event in Cross Country and Masters Long Distance Running Championships shall be _____.
21. For Trail Racing, _____ 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.
22. 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 _____ meters.
23. The times for races conducted partly or entirely outside the stadium (off the track) shall be read in 0.01 of a second and but shall be converted and recorded to the next longer _____.

This concludes Part 1. Transfer your answers for these questions onto the answer sheet below.

Now proceed to Part 2 on the answer sheet below, which contains the questions and space for your answers.

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

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2017-2020 LDR Level Master Rules Review
Answer Key (v 1.0) For Certification Chair Use Only



Overall max score =100 90 points (90%) needed to pass.

PART 1: Questions – Must Answer All 23 Questions

Name _____

| 2 points for each correct answer and correct rule number; total = 46 points. | | | |
|--|-------------------|----------------|-------------------|
| Part 1 | | | |
| Correct Answer | USATF Rule Number | Correct Answer | USATF Rule Number |
| 1. | | 13. | |
| 2. | | 14. | |
| 3. | | 15. | |
| 4. | | 16. | |
| 5. | | 17. | |
| 6. | | 18. | |
| 7. | | 19. | |
| 8. | | 20. | |
| 9. | | 21. | |
| 10. | | 22. | |
| 11. | | 23. | |
| 12. | | | |
| Score for Parts 1 & 2: _____ | | | |

Name _____

Scoring Summary

| Part | Questions | Points | Score |
|----------------------|-----------|------------|-------|
| Parts 1 – Answer All | 1 - 23 | 46 | |
| Part 2 – Answer All | 24 | 18 | |
| | 25 | 12 | |
| | 26 | 10 | |
| | 27 | 7 | |
| | 28 | 7 | |
| Total | | 100 | |

Overall max score = 100 points 90 points (90%) needed to pass.

PART 2: Answer All of the Questions in this Section (24-27)

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.

24. (Total Points, 18.) The availability of fluids and refreshments is an important part of Long Distance Races. What provisions would you make to provide them?

(2 points) Where would you make refreshments available?

(2 points) What fluids or other items would be available?

(4 points) How would you handle athletes who want to use their own personal refreshments?

(2 points) What guidelines would you establish for athletes who wanted to carry their own refreshments?

(5 points) How would you set up areas to dispense refreshments and what direction would you give the personnel working those areas?

(2 points) How you would handle an athlete who, at a Championship race, collects refreshment from a place other than a designated station or receives them from an unauthorized individual?

(1 point) What is the primary Rule Number concerning the above issues?

25. (Total Points, 12.) Answer the following questions about Masters LDR.

(2 Points) In Masters **Cross Country** Team Competitions, how many athletes can be on a team in each category? Men 40+, Men 50+, Men 60+ and above, ALL Women's teams?

(2 Points) In Masters **Cross Country** Team Competitions, how many athletes **score** for a team in each category? Men 40+, Men 50+, Men 60+ and above, ALL Women's teams?

(1 Point) If an older runner competes on a younger team, in which age category does he or she compete as an individual?

(2 Points) At National **Masters LDR** Championships, may members of different clubs form a team? Must all team members in each age division (e.g. Men 50+) live in the same association?

(1 Point) What type of timing system **must** be used at Masters LDR Championship races?

(1 Point) What is the minimum distance that could be used for **off the track** Masters LDR Championship?

(3 Points) For National **Masters** Records, what methods to start the race must be used? For Masters LDR Championships, what additional timing systems must be used at the finish to validate places, times and records?

26. (Total Points, 10.) You are the head official at the finish line for a large cross country invitational using three chutes. There is no chip or video recording system to determine times and places. You have a combination of 20 officials and volunteers. What tasks would you assign them?

27. (Total Points, 7.) Answer the following questions about the start of a road race.

(1 Point) May more than one starting line be used?

(1 Point) How should runners be placed at the start? (i.e. on the front line, second line, and so on)

(1 Point) In a race with a large number of runners, when should warnings about the start of the race be given?

(1 Point) What starting commands should be used?

(1 Point) What can be used instead of a starting gun?

(1 Point) How is a runner's false start handled at a road race?

(1 Point) If the primary transponder reading device is at the starting line, where should any additional backup devices be placed.

28. (Total Points, 7.) Answer the following questions about race walking championships.

(1 Point) What is the longest USATF Racewalk Championship distance that may be conducted?

(1 Point) What common racewalk championship based on a time limit is often contested?

(1Point) In longer racewalk events, what should be the maximum number of athletes one lap scorer should monitor?

(1 Point) In addition to the number of laps covered, what other information should be on a lap scorer's sheet?

(2 Points) At the National Championship what is the maximum number or race walkers who can be on a team?
How many score?

(1 Point) At other than National Championship races, how many race walkers can be entered on a team?