



**USATF National Officials Committee**  
**LDR Master Level Rules Review**  
**Long Distance Running and Cross Country**  
**2009-2012 Olympiad Edition**

**I**nstructions: The questions below are divided into three sections. Section I contains questions taken out of the USATF, NCAA, IAAF AND NFSHSA Rule Books, Section II contains questions involving specific meet situations at meets conducted under the USATF and NCAA rules which you will be required present the steps that you will take to resolve the situation. Section III requires you to explain your philosophy of officiating and the role of the Master LDR official. The review questions in Section I have been taken from the USATF, NCAA, IAAF and NFSHSA Track & Field 2008 Competition Rules. Although the statements may not be quoted identically as stated in the rulebook they are drawn from the listed rulebooks. Please **PRINT** your answers on the **ANSWER SHEET** provided and return it to your Association Certification Chair for his/her review.

**Purpose:** As a Master Certified LDR Official you may be selected to be a Chief official or Referee of your event or another event at major meets/races because of your expertise. 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. As a Master LDR official you are the expert and will be expected to show leadership ability. This review is an open book exam with the goal that a Master LDR certified official becomes familiar with the *current* content and location of the rules applied to USATF, NCAA, 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 Master LDR competition officials do not rely on memory alone in making decisions-- they are routinely prepared to look it up.

*Note: This is a 2009-12 Olympiad Rules Review and requires the USA Track & Field, NCAA, IAAF and NFSHSA 2009 Competition Rules and subsequent updates if they exist from each governing bodies for completion. However, because the review had to be prepared in 2008, it is based on the 2008 rule books, and the page numbers may differ from the 2009 rule books. Links to the USATF, IAAF and NCAA rules are available as PDF files on [www.USATFOfficials.com](http://www.USATFOfficials.com) under Rules.*

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

**A. USATF**

- T F 1. Although there are varying circumstances in which cross country running is practiced, there is rigid legislation standardizing the sport.
- T F 2. Cross country races do not have to be started by firing a pistol or other suitable device.
- T F 3. On cross country courses yellow flags are used for left turns and red flags for right turns.
- T F 4. Two methods exist for scoring team Championships: 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 team's last scoring member finished nearest to first place.
- T F 6. Drinking stations for LDR are only required at the start and finish.
- T F 7. All cross country team members must wear basically identical jerseys or may be disqualified.
- T F 8. For XC, transponder timing shall not be used to determine order of finish.
- T F 9. A XC race may be recalled if a false start or a fall which impacts the field within the first 200 meters.

T F 10. False starts in road races should not be recalled.

## **B. NCAA**

T F 1. The men's cross-country distance shall be from 5000 to 8,000 meters.

T F 2. The course shall be certified by a NCAA XC course certifier.

T F 3. A blue flag indicates that there is a right turn at this point in the course.

T F 4. The first turn shall be not less than 600 meters from the start on championship courses.

T F 5. XC meets that use transponders (chips) do not need to use a finish chute.

T F 6. An officially designated video or photograph must be used to verify the order of finish in all cases for all timing systems.

T F 7. Two of the duties of the referee are to ensure that all rules are observed and to render decisions on all technical aspects of the meet.

T F 8. XC meets do not use umpires, only course marshals.

T F 9. The clerk of the course enforces uniform, number, shoe and logo rules at the time of initial check-in.

T F 10. The starter is not required to use a red flag or a whistle in conjunction with a starting pistol.

## **C. 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 a judge, 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.

## **D. NFSHSA**

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 select two questions listed below and present the steps you will take to resolving the situation. Your answers should reflect rules applicable to officiate a LDR event conducted under the USATF or NCAA rules as indicated in the situation.**

### **Road Racing Events And Cross-Country Situations**

1. At the USATF National Cross Country Championships during the last 100 meters one of the runners (#234) becomes exhausted and starts running from side to side but is alone at that time. He falls to the ground and in trying to get up as three other runners come up behind him. One of the oncoming runners (#567) pushes the exhausted runner forcibly to his right, sending him back to the ground but out of the way of other runners. The umpire closest to scene raises his violation flag and on the violation card that he handed over to the Chief Umpire, he has written that athlete #567 intentionally impeded #234 by pushing him down. It is your responsibility as Referee of the meet to determine if the athlete (#567) should be disqualified. What steps would you take to make your decision? What different would you do if this was a youth meet?
2. During your association's 10,000 meters Open Road Race Championships a spectator reported a violation that runner #951 had turned around about 50 meters short of the turn around rather than running all the way to the flag at the end of the course turnaround. No official observed the violation, but the spectator had a video. As Referee of the meet it is your responsibility to determine if the athlete should be disqualified. What steps would you take to make your decision?
3. During the Eastern Regional NCAA XC race, the Starter starts the women's race one minute prior to the announced Start Time of the race and all entered athletes except one (#007), were at the start of the race. Athlete # 007 arrives at the Start Line one moment after the firing of the gun to start the race. The situation was that athlete #007 had checked in as required 30 minutes before the start of the race. She asked the Clerk if it would be okay for her to have her trainer check her tight hamstring. Permission was granted and she was instructed to report to the Starting Line 5 minutes before the posted starting time. However, 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 required under Rule 4.6. As Referee of the meet, what steps would you take to resolve this protest?
4. A possible national record has been set in the competition. What steps would you take to determine if there was a record and if it is determined that it is a record what steps would you take to certify it as a record for USATF, NCAA, IAAF and NFSHA?

**SECTION III - This portion of the test requires that you briefly answer the questions listed below:**

1. What is your philosophy of officiating Long Distance and Cross-Country events?
2. Why do you want to be a Master LDR official and what does it mean to be a Master LDR Official?
3. What do you consider to be the role of the Master LDR official within your Association's officiating program?



# USATF National Officials Committee

## LDR Masters Level Answer Form

### Long Distance Running and Cross Country

#### 2009-2012 Olympiad Edition

\_\_\_\_\_ # Correct

\_\_\_\_\_ # Correct

Name \_\_\_\_\_

Home Phone \_\_\_\_\_

*Please Print*

*Please be neat!*

E-mail address \_\_\_\_\_

*Street*

*City*

*State*

*Zip*

### Section I: USATF/NCAA/IAAF/NFSHSA Competition Rules (95% On Section 1)

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

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

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

#	Answer	Page	Rule
1			
2			
3			
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NCAA Rules Year of Rulebook Used: \_\_\_\_\_

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

#	Answer	Page	Rule
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2			
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#	Answer	Page	Rule
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## **Section II: Situational Short Essay Answers**

Use a separate piece(s) of paper to answer the following questions. Before you begin your answer, write down the complete question as listed below. You should list the steps that you would take to resolve the situations selected. It is important that you provide the necessary steps to resolve the problem and your decision.

**Event Situation #1, Interference violation**

**Event Situation #2, 10,000 running violation**

**Event Situation #3, Starter starting event before scheduled time:**

**Event Situation #4, possible National Record in the Race...**

## **Section III: Officiating Philosophy And Role Of Master Official**

**1. Officiating Philosophy (The Official Should Include Some Basic Reasons For Wanting To Be An Official.)**

**2. Why Do You Want To Be A Master Official?**

**3. What Would Your Role Be As A Master Official In Your Association?**

dprice 5/26/08