



## USATF National Officials Committee

# LDR National Level Rules Review

## Long Distance Running and Cross Country

### 2009-2012 Olympiad Edition

**I**nstructions: The following review questions are divided into True and False and Multiple Choice. The rule statements have been taken from *USA Track & Field 2008 Competition Rules*. The statements are not quoted identically from the *USA Track & Field 2008 Competition Rules* and are in a random order. Please **PRINT** your answers on the **ANSWER SHEET** provided and return it to your Association Certification Chair for his/her review.

**Purpose:** This is not an exam. Rather, our goal is that every certified LDR official be familiar with the *current* content and location of the rules applied to USATF LDR 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 USA Track & Field competitions. Effective competition officials do not rely on memory alone in making decisions--when in doubt, they look it up.

**Note:** *This is a 2009-12 Olympiad Rules Review and requires the USA Track & Field 2008 Competition Rules to complete. An online copy of the current rulebook and yearly updates are available at [www.USATFOfficials.com](http://www.USATFOfficials.com) or [www.USATF.org](http://www.USATF.org) under Officials.*

**SECTION I - This portion of this review requires a True or False response. If the question is partially false, the entire question should be considered false. The answers are applicable only to USATF Rules.**

- T F 1. Separate Referees may be named for out of stadium events.
- T F 2. The Umpire has the authority to disqualify an athlete who has violated a running rule.
- T F 3. A road race is not recalled if there is a false start while a cross country race may be recalled if there is a false start or is someone goes down within the first 100 m
- T F 4. The Starter has complete control of the competitors at their marks on the Starting Line.
- T F 5. The decision of the Jury of Appeal can be appealed only if new conclusive evidence becomes available.
- T F 6. A lapped runner may act as a "pacesetter".
- T F 7. In an USATF Championships at any level, only teams consisting of duly accredited representatives of a member club are eligible to win a Team Championship.
- T F 8. In Association Championships Resident aliens cannot compete.
- T F 9. When using Scoring by Place, runners of incomplete teams, an unattached or an individual competitor and team members not declared eligible for team scoring do not displace team members in team scoring.
- T F 10. Road records cannot be set on a course which had a net decrease in elevation from start to finish of more than 1 part per thousand.

**SECTION II - This portion of the test requires that you select the most correct answer or answers from the multiple choices listed. The answers are applicable only to USATF Rules.**

11. In the Masters LDR the age of the competitor on the:
- day of the start of the race determines the age division.
  - day of the start of the meet determines the age division.
  - day at the end of the race determines the age division.

12. For a record a tailwind shall be deemed to be significant if it prevails consistently throughout more than:
  - a. 1 mile of the race
  - b. 10% of the course during the race.
  - c. 50% of the course during the race.
13. The results for fully automatic timing in a road race longer than 10,000 meters shall be recorded to:
  - a. whole second
  - b. 1/10<sup>th</sup> of a second
  - c. 1/1000<sup>th</sup> of a second
14. A Referee's decision can be over ridden by the:
  - a. Games Committee
  - b. Meet Director
  - c. Appeals Committee
14. In the case of a false start in a road race, the race will be:
  - a. recalled
  - b. timed from the break of the first runner
  - c. timed from when the gun or starting device goes off or at the first moment a competitor crosses the start line, whichever happens first.
15. In determining the placing of competitors in the finish of a race it is the athlete's:
  - a. Head position that is considered in relation to the plane of the Finish Line
  - b. torso position that is considered in relation to the plane of the Finish Line
  - c. Foot position that is considered in relation to the plane of the Finish Line
17. The Referee may disqualify an athlete from the competition for:
  - a. Running violations
  - b. For leaving the course even under the control of an official
  - c. For any of the Starting violations after "runners to your marks".
18. In a road race the Medical Crew may:
  - a. Help an injured athlete to get back on his feet
  - b. Remove an athlete from competition for medical reasons
  - c. May not examine or touch an athlete in trouble without causing disqualification.
19. When number bibs are issued they:
  - a. Must be worn as issued.
  20. May be cut to fit the jersey or allow for air flow.
  21. May be folded to fit the jersey.
22. When one number is issued it must be worn on
  - a. Front
  - b. Back
  - c. Either
21. In a long distance race the runner shall be disqualified if:
  - a. the runner gains an advantage by shortening the course
  - b. the runner goes to a restroom not on the course
  - c. the runner leaves the course but reenters where the runner left it and continues the race,
22. In team scoring for Masters LDR the age group of the team is determined by:
  - a. the age group of the oldest runner
  - b. the age group of the youngest runner
  - c. the equivalent age group of the average age of the team

23. In Cross Country the finish area should include a final straightaway which is:
  - a. at least 400m long
  - b. at least 100m long
  - c. at least 200m long
24. Team scoring for Championships in Long Distance running normally shall be scored by:
  - a. Time
  - b. Place
  - c. Time or place depending on distance
25. The time before the start of a road races that entries should close, unless otherwise specified in race literature, is:
  - a. 5 minute
  - b. 10-15 minutes
  - c. 30 minutes
26. A course should be certified:
  - a. Before the running of the event.
  - b. Anytime
  - c. Before the entry blank is printed.
27. For a National or World record on a road course to be accepted, the course
  - a. must be remeasured showing that the course distance was at least as long as the stated distance.
  - b. need not be remeasured if it was measured and certified within two months of the race.
  - c. need not be remeasured.
28. For a record the start and finish of a road race must line no more than
  - a. 10% of the race distance.
  - b. 30% of the race distance apart as measured along a straight line .....
  - c. 15% of the race distance as measured along a straight line between them ....
29. In the Youth Athletics cross country an athlete may
  - a. Compete in an older age group with the referee's approval.
  - b. Compete only in his or her own division.
  - c. Compete on an older age group team if there aren't enough team members in that age group to make a team.
30. The Referee of the National LDR Championships is selected by or subject to the approval of :
  - a. The Games Committee
  - b. The Officials Selection Committee
  - c. Neither of the above
31. In Masters LDR, a runner may
  - a. compete in a team in a younger age group
  - b. not compete on a team in a younger age group
  - c. be disqualified from the race for running on a younger age group team.
32. The correct starting command for road races is:
  - a. Five, four, three.....
  - b. On your marks, set then fire the gun or starting device when all are steady.
  - c. On your marks and then fire the gun or starting device when all are steady.
33. National road record applications and all long distance record applications should be sent to
  - a. the appropriate sports committee chair.
  - b. the USATF National Office c/o Records Committee.
  - c. the Road Running Information Center in Santa Barbara.

34. The actual time between an athlete reaching the starting line and the finish line is:
- the official time for that athlete.
  - is known as chip time and can be published but not used as the official race time.
  - can be used for record purposes for any age group but not an open record.
35. National Clubs may score in .
- the Winter National Cross Country Championship
  - the Fall National Cross Country Championship
  - neither. They no longer exist.
36. In an Association Championship the maximum number of entries for a team and the number of scoring members:
- may be set by the Games Committee.
  - is the same as for National Championships.
  - must be the same.



**USATF National Officials Committee**  
**LDR National 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 \_\_\_\_\_

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*Street*
*City*
*State*
*Zip*

Instructions: Fill out complete form. From the attached Rules Review, indicate the appropriate answer.

Year of Rulebook Used: \_\_\_\_\_

**TRUE AND FALSE ANSWERS**

No.	Answer	Page	Rule No.
1.			
2.			
3.			
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5.			
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**MULTIPLE CHOICE ANSWERS**

No.	Answer	Page	Rule No.
11.			
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Passing for National is 90%