



**USA Track & Field National Officials Committee
Master Level Long Distance Running & Cross Country Rules Review
2005-2008 Olympiad Edition**

PART 3- APPLICABLE FOR MASTER LEVEL CERTIFICATION

Instructions: The questions below are divided into three sections. Section I contains questions taken out of the NFSHSA, NCAA and IAAF Rule Books, Section II contains questions involving specific meet situations at meets conducted under the USATF 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, and IAAF Track & Field 2004 Competition Rules*. Although the statements are not quoted identically as quoted 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 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 not an exam; rather, our goal is 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 competitions. Effective Master LDR competition officials do not rely on memory alone in making decisions--when in doubt they look it up.

Note: *This is a 2005-8 Olympiad Rules Review and requires the USA Track & Field, NCAA, and IAAF 2004 Competition Rules and a subsequent updates if they exist for each governing bodies to complete. Links to the USATF, IAAF and NCAA rules are available as PDF files on 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, and IAAF rules. If the question is partially false the entire question is to be considered false.

A. USATF

- T F 1. Cross Country is basically a team sport so individual entries are not allowed.
- T F 2. The start commands are the same as for track races over 400 m.
- T F 3. On cross country courses red flags are use for left turns and yellow flags for right turns.
- T F 4. Individuals that are not counted in determining team scores.

- T F 5. Ties in team scoring of the first 5 runners are resolve by the time of the sixth place finisher in cross-country.
- T F 6. The number of entries on a men's team is limited to eight up to 30 km.
- T F 7. All cross country team members must wear basically identical jerseys or may be disqualified.
- T F 8. An official video can be used to review and change the order of finish.
- T F 9. LDR and XC Championships and those with prize money must have a Jury of Appeal.
- T F 10. The referee can rerun a road race if circumstances arise such that justice demands it.

B. NCAA

- T F 1. The men's cross-country distance is normally from 8000 to 10,000 meters.
- T F 2. The course should not normally be narrower than 2 meters and preferably 5 meters.
- T F 3. A blue flag indicates that there is no turn at this point in the course.
- T F 4. A regulation course will allow for 250 cm on the starting line for 5 members.
- T F 5. The use of a finish chute is recommended for all cross-country meets.
- T F 6. The finish chute begins at the finish line and narrows to a single or multiple chute funnel at between 15 and 25 m from the finish line.
- 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. Course marshals keep the course clear, unobstructed and keep unauthorized people away from restricted areas.
- T F 9. Collegiate teams may consist of up to 12 runners or more if otherwise agreed upon.
- T F 10. Uniform singlets shall be identical and pants may be of any length but must have identical color and marking.

C. IAAF

- T F 1. A hands on medical examination during the progress of an event is not considered assistance.
- T F 2. For road events over 10km drinking/sponge stations shall be provided every 2-3 km if weather conditions warrant.
- 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. The use of transponder timing systems in road races is permitted if the system meets certain requirements.
- T F 5. The international Junior Women's XC Championship distance is 5 km.
- T F 6. The finish place of individual runners in Cross-Country may be eliminated and subsequent finishing positions adjusted accordingly but with large fields, this is not recommended.
- T F 7. Competitors may not receive individual assistance during an event.
- T F 8. The IAAF does not formally recognize a world record for road courses including the marathon.
- T F 9. The referee can warn and or disqualify an athlete for improper conduct.
- T F 10. Verbal or other communication from a person not in the competition area without the use of a technical device is not considered assistance.

SECTION II - This portion of the test requires that you select 2 questions listed below and present the steps you will take to resolving the situation. Your answers should reflect rules applicable to officiate an LDR event conducted under the USATF rules.

ROAD RACING EVENTS and CROSS-COUNTRY SITUATIONS

1. At the Junior National Cross Championships during the last 400 meters one of the Umpires raises his violation flag and on the Violation Card that he handed over to the Chief Umpire he has written that athlete #434 intentionally blocked a runner from passing him by putting out his arms and moving from side to side. It is your responsibility as Referee of the meet to determine if the athlete should be disqualified.
2. During your association's 10,000 meters Senior Championships reported a violation that runner 351 had cut through the trees rather than running all the way to the flag at the end of the course turnaround. Neither you nor the Chief Umpire observed the violation. As Referee of the meet it is your responsibility to determine if the athlete should be disqualified.
3. During the Masters' Cross-Country Championship the Starter starts one of the age groups prior to the announced Start Time of the race. An entered athlete arrives at the Start Line a moment after the firing of the gun to start the race. After the athlete had checked in 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 starting time. As Referee of the meet what steps would you take to resolve this problem?
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?

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?

