## USATF National Officials Committee

# Association Level Rules Review

## Long Distance Running and Cross Country

### 2009-2012 Olympiad Edition

**Instructions**: Fill in the missing word(s) from the following rule statements taken from *USA Track & Field 2008 Competition Rules*. Although some statements provide a context reference (e.g., "[At the Fall Cross Country Championship]") or do not complete the entire sentence (as indicated by " . . ."), the statements are quotes drawn from the *USA Track & Field 2008 Competition Rules* and are not in a sequential order. Please **PRINT** your answers on the **ANSWER SHEET** provided and return it to your Association Certification Chair for their review.

**Purpose:** This is not an exam. Rather, our goal is that every certified LDR official be familiar with and understand 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 LDR competitions. Effective competition officials do not rely on memory alone in making decisions--when in doubt they look it up. Note this review is intended for LDR Officials certification only. If you also want to be certified as a T&F official also you would need to complete the appropriate level of T&F exam. Note some sections of the rulebook are applicable to all competitions. This review will emphasize important rules and rule changes that have occurred since 2005 in Long Distance Running and Cross Country. Questions are in sequential order with the book.

***Note:*** *This is a* ***2009- 2012 Olympiad Rules Review*** *and requires the* ***USA Track & Field 2008 Competition Rules or later*** *to complete. The current rulebook can also be found on line under Rules section of USATFofficials.com or downloaded from www.usatf.org.*

1. [Athlete Attire] In hot weather, an athlete competing in a long distance road run may compete (1)_____ a top shirt. This ruling will be made by the Referee with the approval of the Games Committee.
2. [Methods of Starting] All questions concerning the start shall be decided by the (2)_____.
3. [Medical and Safety Concerns for Road Events] A competitor (3) _____ retire from a race immediately if directed to do so by a duly authorized official of the race or by a member of the race medical staff.
4. [World Records] Each athlete who achieves a World Record shall submit to a (4) _____ control at the end of the event in accordance with IAAF and/or USA Track & field rules currently in force.
5. [Rules Applicable to Long Distance Running Events] For road records, a complete set of lap sheets must be kept for any event which is run in (5) _____ or more loops of the same course.
6. [Masters Long Distance Running General Rules] All long distance running races with (6)_____ athletes are encouraged to follow the rules for Masters Long Distanced Running championships whenever possible.
7. [National Records] When a national record is to be claimed, the Association, club, or organization sponsoring or conducting the competition at which the performance was made shall take all necessary (7) _____ to have the record applied for, including: ……
8. [Course Marking and Monitoring] (8) _____ shall keep a record of the runners and their running times at specific points on the course.
9. [Transponder Timing] The use of transponder timing systems in road and cross country races is permitted provided that the resolution is (9) ____ seconds.

10. [Non-Championships] So far as possible, the rules for the conduct of championships shall apply to all other competitions conducted or (10) _____ by USA Track & Field or any of its Associations.
11. [Judges] When possible, judges shall be placed on the same side of the track at least (11) _____ meters back from the finish, on an elevated platform
12. [Referee] When appointed, the (12) _____ referee has the authority to make a final decision on any facts related to the start where there is a disagreement with a decision of the starter.
13. 13. [The Competition] No performance accomplished by an athlete shall be (13) _____ unless it has been made during a bona fide competition.
14. [Medical and Safety Concerns for Road Events] In all events 10 km or longer, (14)_____ shall be provided at intervals of no more than 5 km.
15. [Timing] The times for races partly or entirely outside the stadium shall be converted and recorded to the next longer (15) _____ second.
16. [Finish Line and Timing Requirements] False starts in road races should not be (16) _____.
17. [Finish] (17) _____ shall be stationed at the finish line to determine the order of finish.
18. National Records] There are six (6) categories of national records… 1. American Record, 2. American Junior Record, 3. (18) _____ Record, 4. All-Comers Record, 5. Masters All-Comers Record, 6. American Youth Athletic Record.
19. Rules Applicable to Long Distance Running Events] Road running performances will not be accepted if the (19) _____ shows the actual course distance was shorter than the stated distance.
20. (National) In the Men's and Women's Senior and Junior Cross-Country Championships and the Men's and Women's Long Distance Running Championships, only citizens of the United States who are eligible to represent the United States in all levels of (20) _____ competition are eligible to compete.
21. [Athlete Attire] A competitor may (21) _____ in bare feet or with footwear on one or both feet.
22. [Assistance to Athletes] Pacesetting by a person entered in an event for that purpose is (22)_____.
23. [Track Lanes and Measurement] If a track with a removable curb is used without the curb in place for races longer than 10,000 meters, it must then be regarded as an (23) _____ track according to Rule 160.2 and 160.3 (2008).
24. [Timing] The time shall be taken from …….to the moment at which any part of the competitor's body (i.e., the (24) _____ as distinguished from the head, neck, arms, hand, legs or feet) reaches the plane of the nearer edge of the finish line.
25. [Fully Automatic Timing] A videotape-based system may be used for non championship competitions, provided: …it uses a videotape camera aligned with the finish line and videotape produces at least (25) ___ frames per second.
26. [Starting a Running Event] The commands and procedure for races longer than (26)_____ shall be used (See Rule 162.3).
27. [Finish Line and Timing Requirements] The (27)_____ time will be the time elapsed between the start of the watches or timing devices and the athlete crossing the finish line.
28. [World Records] When a World record is claimed, the application blank must be completed without delay and forwarded to the National Office of USA Track and Field or to the Chair of the

(28) _____ Committee.

29. [Apparel] The jersey or singlet worn by members of a team in cross-country shall be basically (29) _____ for each member in color and style and must be clearly visible throughout the race.

30. (General) The officials and the Games and Seeding Committees, who are responsible for the (30)_____ of a championship, shall be appointed by or subject to the approval of the appropriate sport committees.

31. [Transponder Timing] Net times (the elapsed time between an individual's transponder generated starting and finish times) shall not be used for (31) _____ purpose other than Masters LDR records.

32. [Jury of Appeal] If the Jury of Appeal is in doubt, other available evidence may be considered. If such evidence, including any available video evidence, is not (32)_____ , the decision of the Referee shall be upheld.

33. [Timing] If for any reason only two watches (hand timing) record the time of an event, and they fail to agree, the (33)_____ time of the two shall be accepted as the official time.

34. [Course Marking and Monitoring] Runner's identification shall consist of running numbers pinned securely on the (34) _____ of each runner's uniform and displayed throughout the race.

35. [LDR Championships-Men] Age limitations are as stated in the Classification preceding Rule (35) _____.

36. [Finish] What rule is used for team scoring in cross country? Rule # (36) ___ .

37. [Rules Applicable to all Records] For track events over 10,000 meters and road events up to and including the Marathon, multiple events may be contested simultaneously. The athlete must (37) _____ the distance entered in order for any intermediate time to be considered as a record.

38. . [Course Certification]The course used for a competition (38) _____ be certified prior to the running of the events in accordance with USATF Operating Regulation 6….

39. [Cross Country Championships] The number of entries for a team shall be (39) _____.

40. (Team Scoring) The team Championships in Long Distance Running and Race Walking shall be scored by _____(40).

41. [Meet Personnel] There are (41) _____ different types of officials and support personnel recommended for the conduct of cross-county and road events.

42. [Assistance to Athletes] The visible possession or use by athletes of video or audio cassette recorders or players, TV's, CD or DVD players, radio transmitters or receivers, mobile phones, computers, or any similar devices in the competition area(is (42) _____ allowed.

43. [Timing] A timing device that operates automatically at either the start or finish, but not at both, shall be considered to produce (43)_____ hand times or fully automatic times and should not be used to obtain official times.

44. [Numbers] The numbers bibs are to be worn as (44)_____, (cutting or folding numbers is not permitted).

45. [Rules Applicable to Long Distance Running Events] No non-winning performance in a road race shall be accepted as a record unless it can be verified (independent of the primary timing systems) that a (45) _____ time was recorded for that particular runner.

46. [Junior Olympics Cross-Country Qualifying] Teams must represent current USA Track & Field members clubs; and athletes representing clubs must be registered members of said clubs prior to participation in their (46) _____ Championships.

47. [Rules Applicable to all Records] For races (47)_____ than the Marathon distance, an athlete may compete at a distance shorter than the stated race distance but longer than the Marathon distance.

48. [Protests] Protests relating to matter which developed during the conduct of the competition must be made to the Referee at once and not later than (48) _____ hour in the case of a cross country meet.
49. [Cross Country Championships] The distance contested at the Fall National Championships are 10,000 meters for men (or as close as feasible) and (49) _____ meters for women (or as close as feasible).
50. [Team Scoring by Place] Runners of incomplete teams, team entries not declared eligible for team scoring and unattached or individual competitors will be (50) _____ from team scoring.

USATF National Officials Committee

# Association Level Answer Key

## 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* __ __ __ __ - __ __ __ __

Instructions: Fill out complete form. From the attached Rules Review, indicate the appropriate answer.
Year of Rulebook Used: _____

| No. | Answer | Pg | Rule | No. | Answer | Pg | Rule |
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Note: Passing Association 85%