



USATF National Officials Committee
LDR Referee's Examination
Long Distance Running and Cross Country
2009-2012 Olympiad Edition

Instructions: This is an open book test but it is required that you take it as an individual. The questions are not in any particular order. You should not discuss your answers with anyone else. You should use the 2008 or later USATF Competition Rules and NCAA Rules to complete this test. You will need to give the appropriate rule references when completing the questions in Section 3.

- Section 1 contains true-false, multiple choice or fill-in questions. Generally each question is worth one point unless otherwise indicated.
- Section 2 contains various rule applications. The value of each question is shown in the parenthesis.
- Section 3 contains situations that you might rule on as a referee. To get full credit for these discussion questions, please list as many alternatives as you can think of, indicate your chosen decision, reference the appropriate rule by number and explain why you have made the decision you have chosen. Some questions have no clear right answer. The goal of this examination is to assess your approach to refereeing and your application of the rules when there is no direct answer in the book. The rational for your answer is the most important element of your answer. This section contains the majority of the points.
- Please **write or type** your answers clearly on the **ANSWER SHEET** provided and return it to your Certification Chair for review and grading. If you need more room for a particular answer, clearly label any additional sheets with the question number and indicate on the main answer sheet that there is additional discussion on an attached sheet. Generally, this test should not take more than two hours to complete.

PURPOSE: This is an examination. The goal is to make sure that every Referee is familiar with the current content and location of the rules and their application to the USATF and NCAA competitions in which he or she will officiate. This test is a part of the Committee's three-step training program (clinic, formal rules review and supervised practice), and emphasizes those rules basic to USATF and NCAA competitions. Effective competition officials and referees do not rely on memory alone in making decisions- when in doubt they look it up and quote the appropriate rule in rendering their decision.

Section 1 (17 points)

1. Who can compete in an Association's LDR Championship? (1 point)
 - a) All members of USATF
 - b) All members of an association
 - c) Anyone who enters
2. Who is responsible for approving the officials in a LDR championship meet? (1 point)
 - a) Meet Director
 - b) Coordinator of Officials
 - c) Appropriate Sports committee
 - d) Officials committee
3. True False All LDR events conducted by or sanctioned by USATF or one of its associations must be conducted under the Championship rules. (1 point)
4. Where do you find the rule for team scoring for all the sport committees? (1 point)
5. Describe the purpose and duties of the National Technical Official or NTO. (2 points)

6. True False The referee has the power to cancel or postpone to a future date any event, even if it is underway, if in the Referee's judgment the competition cannot be conducted or completed in a satisfactory manner and in fairness to the competitors and the officials. (1 point)
7. What are the recognized methods of timing? (4 points)
8. Which side of the 5 cm line drawn on the track is the finish line? (1 point)
9. You have what appears to be an American junior record for a 5 km road race but you don't have a select time for him. There is a select time 4 places before him of 14:15.23 and one after him at 14:18.99. The record was 14:20. What is his official time and therefore the record time to be submitted? (1 point)
 - a) 14:15 b) 14:16 c) 14:17 d) 14:18 e) 14:19
10. True False An athlete who competes in New Mexico's 10 km cross country championship is also eligible to compete as a scoring member in the Arizona 10 km cross country championship. (1 point)
11. Where do you find a listing of the acceptable relay legs for the marathon relay? (2 points)
12. What is the age group of a women's masters cross country team made up of a 60 year old, a 56 year old, a 54 year old and a 59 year old?(1 point)
 - a) 45+ b) 50+ c) 55+ d) 60+

Section 2 (25 points)

13. How many team members may enter a men's race? (1 point)
14. Who can score for a team? (1 point)
15. When can a foreign athlete run in the Fall National XC championship? (1 point)
16. If you are team scoring in a championship by time and the clock stops before all team members have finished, how do you determine the team champion? (1 point)
17. How is the age group of a master competitor in a road race determined? (1 Point)
18. At the finish line there are just two chutes since there are only about 150 runners in the race. Because a runner went down, there is a fast chute change from chute 2 back to chute 1 before chute one is fully processed. The next runner coming in does not get a card or have someone to lead them to indicate a chute change has occurred. Thus you have tags for some runners in chute 2 that are not in proper order; i.e., there is no marker indicating the chute change. How can you place runners from chute 2? You have select timing so you know approximately where the change must have occurred because you can identify several runners that finished before the first chute change from 1 to 2 and you can identify some of the runners in chute 2 and then some that finished after them. There are 8 runners in chute 2 with select times for runner 3 and runner 6. Between the last one in chute 1 that you have a select time for before runner 3 in chute two and the next one in chute one you have 10 runners. At least one of those in chute 2 is a master runner who may have set a record. What can you do and what time would you give the various runners including the master runner? (8 points)

Chute 1	Chute 2
Runner 345 at 15:45	Runner 1
Runner A	Runner 2
Runner B	Runner 545 at 16:01
Runner C	Runner 4
Runner D	Runner 5 Master Runner
Runner E	Runner 755 at 16.10
Runner F	Runner 7 Runner that fell.
Runner G	Runner 8
Runner H	

Runner I	
Runner 25 at 16:15	

If you also had the following time tape from the head timer how would you place the runners?

30. 15:43.10

31. 15:44.91

32. 15:45.42

33. 15:47.93

34. 15:49.14

35. 15:51.45

36. 15:53.06

37. 15:56.77

38. 15:59.28

39. 16:00.99

40. 16:05.40

41. 16:08.41

42. 16:09.12

43. 16:10.83

44. 16:12.44

45. 16:13.15

46. 16:13.46

47. 16:13.97

48. 16:14.28

49. 16:14.69

50. 16:15.20

19. Where should the chip sensor mats be placed at the start and the finish of a race course to comply with record requirements? (2 points)

20. What are the official Master LDR age groups for teams and how many declared members on a team? (6 points)

21. What is the official race time to be assigned to each finisher? (2 points)

22. Can the actual elapsed time or net time recorded by a transponder ever be used as an official time? (2 points)

Section 3 (25 points)

23. At the 50 mile mark, there is a hands-on medical exam for all athletes competing in a 100 mile race. An athlete is ordered to retire from the race by a member of the official medical staff who is clearly identified as such. The athlete continues to the 100 km mark because that was the distance he declared on his entry form. What action would you take? (2 points)

24. The cross country meet has begun and the first race has been run. Just before the start of the second race, a team bus arrives. There are some ten races scheduled that day. The coach of the late team requests that the second race be held up for 15 minutes while his runners get ready. What would you do? (2 points)

25. The lead runners miss a critical turn and run a few hundred feet before they realize their mistake. The course is clearly marked with chalk on the ground, but not with banners or flags. As the referee what action would you take when you receive a protest from one of the lead runners who lost by just a second at the finish. (3 points)

26. After entering the finish chute, a runner gets out of line because he is sick. As a result his tag is not pulled in the correct order. Although there is select timing plus finish line timing, his number is not recorded by the

select timers. He remembers the time he finished was 25:15 on the overhead clock. He has 25.14.45 on his watch. How would place him in the final results? (2 points)

27. A finisher has to get out of line because he is going to throw up. He hands his bib tag to the runner in front of him # 333 but it never gets put on the finish tag spindle. His time was about 32:30. When you see the select timing there are only two runners without select time around that time. What options do you have, and can you place him? (4 points)
28. Following publication of the results of a Sunday morning 10 km road race in the Monday morning paper, a protest is filed on Tuesday concerning an individual who supposedly set an age group record. It is alleged that the athlete shortened the course by changing direction before the turnaround point. The results and possible record were announced at the race site as part of the awards ceremony following the race. The protest is from the previous record holder and there is no other corroborating evidence from either side. Should the record be approved? List the issues and how you would handle each. (4 points)
29. In local road race they are using transponder timing. Because of the large crowd it takes the winning junior runner about 2 minutes to reach the start line after the gun. His official time is 14:35.1. His net time is 12:24.8. The winner's time and net time is 12:25.2. He files a protest claiming he should be given first place overall since his net time (actual on course time) is faster. What is your decision? (1 point)
30. A record marathon time is set at Grandma Marathon for Age Group 60-64. What is necessary to submit the record? (7 points)

Total Points:

66 Points



USATF National Officials Committee
Referee's Examination Answer Sheet
Long Distance Running and Cross Country
2009-2012 Olympiad Edition

_____ # Correct

_____ # Correct

Name _____ **Home Phone** _____
Please Print *Please be neat!*

E-mail address _____ **USATF Official's #** _____

<i>Street</i>	<i>City</i>	<i>State</i>	<i>Zip</i>

Please **write or type** your answers clearly on this **ANSWER SHEET** and return it to your Certification Chair for review and grading. If you need more room for your answers, please indicate "Continue" in the answer section for that question and indicate the page where the rest of your answer is located. Clearly label any additional sheets with the question number.

Section 1 **17 Points**

	<i>Answer</i>	<i>Rule #</i>	<i>Comment</i>	<i>Points</i>
1.				1
2.				1
3.				1
4.				1
5.				2
6.				1
7.				4
8.				1
9.				1
10.				1
11.				2
12.				1

Section 2

25 Points

13. How many team members may enter a men's race?

1

14. Who can score for a team?

1

15. When can a foreign athlete run in the Fall National XC championship?

1

16. If you are team scoring in a championship by time and the clock stops before all team members have finished, how do you determine the team champion?

1

17. How is the age group of a master competitor in a road race determined?

1

18.

	Runner		Runner		Runner
30.		37.		44.	
31.		38.		45.	
32.		39.		46.	
33.		40.		47.	
34.		41.		48.	
35.		42.		49.	
36.		43.		50.	

8

19. Where should the chip sensor mats be placed at the start and the finish of a race course to comply with record requirements? (2 points)

2

20. What are the official Master LDR age groups for teams and how many declared members on a team?

6

Age Groups	<= 25 Km	> 25 Km
M40+,M50+	5	3
M60+ M70+ and all Women	3	3

21. What is the official race time to be assigned to each finisher?

2

22. Can the actual elapsed time or net time recorded by a transponder ever be used as an official time?

2

Section 3

25 Points

23. At the 50 mile mark, there is a hands-on medical exam for all athletes competing in a 100 mile race. An athlete is ordered to retire from the race by a member of the official medical staff who is clearly identified as such. The athlete continues to the 100 km mark because that was the distance he declared on his entry form. What action would you take?

2

24. The cross country meet has begun and the first race has been run. Just before the start of the second race, a team bus arrives. There are some ten races scheduled that day. The coach of the late team requests that the second race be held up for 15 minutes while his runners get ready. What would you do?

2

25. The lead runners miss a critical turn and run a few hundred feet before they realize their mistake. The course is clearly marked with chalk on the ground, but not with banners or flags. As the referee what action would you take when you receive a protest from one of the lead runners who lost by just a second at the finish.

3

26. After entering the finish chute, a runner gets out of line because he is sick. As a result his tag is not pulled in the correct order. Although there is select timing plus finish line timing, his number is not recorded by the select timers. He remembers the time he finished was 25:15 on the overhead clock. He has 25.14.45 on his watch. How would place him in the final results?

2

27. A finisher has to get out of line because he is going to throw up. He hands his bib tag to the runner in front of him # 333 but it never gets put on the finish tag spindle. His time was about 32:30. When you see the select timing there are only two runners without select time around that time. What options do you have, and can you place him?

4

28. Following publication of the results of a Sunday morning 10 km road race in the Monday morning paper, a protest is filed on Tuesday concerning an individual who supposedly set an age group record. It is alleged that the athlete shortened the course by changing direction before the turnaround point. The results and possible record were announced at the race site as part of the awards ceremony following the race. The protest is from the previous record holder and there is no other corroborating evidence from either side. Should the record be approved? List the issues and how you would handle each.

4

29. In local road race they are using transponder timing. Because of the large crowd it takes the winning junior runner about 2 minutes to reach the start line after the gun. His official time is 14:35.1. His net time is 12:24.8. The winner's time and net time is 12:25.2. He files a protest claiming he should be given first place overall since his net time (actual on course time) is faster. What is your decision?

1

30. A record marathon time is set at Grandma Marathon for Age Group 60-64. What is necessary to submit the record?

7

Total Points

67