

**USA TRACK & FIELD NATIONAL OFFICIALS COMMITTEE**  
**2017-2020 LDR Association Level**  
**Certification Rules Review (v 1.0)**



**Purpose**

The purpose of this open-book rules review is for officials to become familiar with the USATF rule book and to gain and demonstrate knowledge about selected rules governing Long Distance Running events.

**Instructions**

Use the 2016 USATF Competition Rules (<http://www.usatf.org/About/Competition-Rules.aspx>) to fill in the missing words in the following questions. Some statements provide a contextual reference (e.g., “[At the fall Cross Country Championships]”) or do not have a complete sentence (as indicated by “...”), the statements are quotes drawn from the USATF rule book.

Enter your answers on the attached answer sheet and send it to your Association Certification Chair for grading.

**\*Using the 2017 USATF Competition Rules is acceptable.**

**Scoring:** 50 fill-in-the blank questions, each worth 2 points; minimum passing score is 86% (43 correct)

**Questions**

1. [Meet Personnel]. No Lap Scorer should be responsible for more than three competitors ( \_\_\_\_\_ in the case of ultramarathons and road walking events.) (Rule 131.1)
2. [Starting]. Road events should be started in accordance with Rule 162.5, including the use of cannon, \_\_\_\_\_ or like device. (Rule 242.5)
3. [Cross Country Course]. The course must be clearly marked, preferably with red flags to indicate a left turn, \_\_\_\_\_ flags to indicate a right turn and blue flags to indicate continuing straight ahead. (Rule 251.2)
4. [Meet Personnel]. The Clerk of Course shall \_\_\_\_\_ the transit between the warm-up area and the competition area to ensure that the competitors after being checked-in are present and ready for the scheduled start of their event. (Rule 138.3)
5. [Non-Championships]. So far as possible, the rules for the Championships shall apply to all other competitions conducted or sanctioned by USATF or any of its \_\_\_\_\_. (Rule 9.1)
6. [Masters LDR- Championships]. An event chosen as a Master Long Distance Running Championship shall use a transponder system as the \_\_\_\_\_ timing and recording system, using either Net or Gun Timing. (Rule 341.10)
7. [Youth- National Cross Country Program]. The running path shall be \_\_\_\_\_ enough to allow several runners abreast during most, if not all, of the distance. (Rule 304.3 (b))
8. [Trail Racing]. \_\_\_\_\_ shall be sufficiently spaced out according to the organizers’ plan so as to respect the autonomy of athletes, but taking in account health and safety. (Rule 254.5) **2017 Competition Rule 254.3**
9. [Transponder Timing]. The use of transponder timing systems in race walking events not entirely within a stadium, road and cross country races is permitted provided that: the transponder reading devices are set up to ensure that times \_\_\_\_\_ recorded after the starting line or before the finish line. (Rule 165.15 (d))

10. [Running Competition]. In any track event of 20,000 meters or more or in any road race, a competitor \_\_\_\_\_ leave the marked course with the permission and under the control of a judge or authorized official, provided that by going off or returning to the course the athlete does not lessen the distance to be covered. (Rule 163.6 (c))
11. [Athlete Attire]. In hot weather, an athlete competing in long distance road run may compete \_\_\_\_\_ a top shirt. This ruling will be made by the Referee with the approval of the Games Committee. (Rule 143.2)
12. [Course Certification]. Information concerning acceptable methods of measuring courses should be obtained from the Road Running Technical Council of USATF \_\_\_\_\_ the measurement of a long distance course. (Rule 240.3 (a) Note)
13. [Men's And Women' Cross Country Championships]. There shall be \_\_\_\_\_ National Cross Country Championships... (Rule 15.1)
14. [Meet Personnel]. For road events, the Referee \_\_\_\_\_, wherever practicable, give a warning prior to disqualification..... (Rule 125.11) **2017 Competition Rule 125.10**
15. [LDR – Championship Distance]. The course of all National, Regional and Association Road Championships must meet the certification requirements stated in \_\_\_\_\_. (Rule 20.8)
16. [Finish Line]. In addition to an authorized finish line imaging system, an officially designated \_\_\_\_\_ or photograph may be used to review the order of finish. (Rule 244.6)
17. [Mountain, Ultra and Trail) Championships]. The course of all National, Regional and Association Ultra-Marathon Road Championships must meet the \_\_\_\_\_ stated in Rule 240. (Rule 21.3)
18. [Meet Personnel]. Among the officials and support personnel recommended for the conduct of cross country and road events are \_\_\_\_\_. **(List any one)** (Rule 110.5)
19. [Protests]. The time period to file a protest concerning the result or conduct of an event in Cross Country and Masters Long Distance Running shall be \_\_\_\_\_. (Rule 146.2b)
20. [Masters LDR- Championships]. The age of the competitor on the \_\_\_\_\_ of the start of the race determines the age division. (Rule 341.4)
21. [Start]. The starting area of a cross country course should avoid any significant turns for at least the first \_\_\_\_\_. (Rule 252.4)
22. [Timing]. The times for races conducted partly or entirely outside the stadium (off the track) shall be read in 0.01 of a second and shall be converted and recorded to the next longer \_\_\_\_\_. (165.11c)
23. [Medical and Refreshment Services]. A competitor may retire from a race immediately if directed to do so by a duly authorized member of the \_\_\_\_\_. (Rule 241.1(c))
24. [Starting]. \_\_\_\_\_ starting lines may be used in any road races. (Rule 242.3)
25. [Starting]. False starts in road races \_\_\_\_\_ be recalled. (242.5)
26. [Start]. For cross country and mountain running races, a race may be recalled upon a false start or a fall which impacts the field within the first \_\_\_\_\_. (Rule 252.1)

27. [Athletic Attire]. A competitor may \_\_\_\_\_ in bare feet or with footwear on one or both feet. (Rule 143.3(a)).
28. [Course Marking and Monitoring]. Runner's Identification shall consist of running numbers pinned securely on the \_\_\_\_\_ of each runner's uniform and displayed throughout the race. (Rule 243.3)
29. [Masters LDR- Championships]. Championships must be sanctioned by USATF, and the road course ... must be \_\_\_\_\_ to the running of the event. (Rule 341.3)
30. [Masters LDR-General]. A competitor may be asked to provide his/her legal date of birth when he/she registers for a USATF \_\_\_\_\_ competition. (Rule 340.3)
31. [World Records]. Each athlete who sets a World Record shall submit to a \_\_\_\_\_ control at the end of the event, to be conducted in accordance with IAAF Rules and Procedural Guidelines currently in force. (Rule 260.5)
32. [Youth- National Cross Country Program]. The athlete's \_\_\_\_\_ of birth shall determine the division in which the athlete shall compete. (Rule 304.5)
33. [Masters LDR-General]. The Masters Long Distance Running Committee shall conduct and supervise a program for long distance running for all athletes over the age of \_\_\_\_\_. (Rule 340.1)
34. [Transponder Timing]. When the Games Committee elects to determine times and places based on 'net times' in non-championship races, as allowed by Rule 165.16, and two or more athletes have the same net time, they are \_\_\_\_\_. (165.16 (b) ii)
35. [Course Certification]. The course used for a competition shall be certified prior to the running of the event unless the course deemed uncertifiable by the \_\_\_\_\_. (Rule 240.1)
36. [Mountain Racing-Course]. Mountain Races take place on terrain that is mainly \_\_\_\_\_..... (Rule 253.1 (a))
37. [Finish]. In \_\_\_\_\_..... the race may finish with one half or more of a lap on a standard track. (Rule 256.1)
38. [Masters LDR-General]. All long distance running races with master athletes are encouraged to follow the rules for Master Long Distance Running Championships \_\_\_\_\_ possible. (Rule 340.2)
39. [Youth- National Cross Country Program]. Competition numbers shall be worn on the \_\_\_\_\_. (Rule 304.7)
40. [Finish]. Where transponders are not used to determine a preliminary order of finish, a finish \_\_\_\_\_ system of sufficient capacity should be constructed ..... (Rule 256.3)
41. [Medical and Refreshment Services]. Water and \_\_\_\_\_ shall be available at the start and finish of all races. (Rule 241.2 (a))
42. [Medical and Refreshment Services]. No \_\_\_\_\_ shall, under any circumstances, move beside an athlete while he is taking refreshment or water. (Rule 241.2 e)
43. [Youth - National Cross Country Program]. The 9-10 and 11-12 divisions shall run approximately \_\_\_\_\_. (Rule 304.2)
44. [Rules Applicable to LDR]. For track records at distances longer than 10,000, lap sheets \_\_\_\_\_ be kept. (Rule 265.3)

45. [Course Marking and Monitoring]. \_\_\_\_\_ shall keep a record of the runners and their running times at specific points on the course. (Rule 243.2 (b))
46. [Rules Applicable to LDR]. For road records, a complete set of lap sheets must be kept for any event that is run in \_\_\_\_\_ or more loops of the same course. (Rule 265.7)
47. [Youth- National Cross Country Program]. The course must be clearly marked. If flags are used, all flags must be visible from a distance of \_\_\_\_\_. (Rule 304.3 (a))
48. [Course Marking and Monitoring]. Turns and major \_\_\_\_\_ on the course shall be monitored. (Rule 243.2)
49. [Rules Applicable to LDR]. Net timing provided by a transponder system shall not be accepted for any records in \_\_\_\_\_, except as described in Rule 265.8 (Rule 265.1 (b))
50. [Youth- National Cross Country Program]. National Championships may be conducted as directed by the Cross Country Subcommittee upon approval of the \_\_\_\_\_. (Rule 304.1)

**USA TRACK & FIELD NATIONAL OFFICIALS COMMITTEE**  
**2017-2020 LDR Association Level Rules Review**



**Answer Sheet** (v 1.0)

(Please Print)

Name:		Phone:		Association:	
Address, City, State, Zip Code:					
Email Address:			Certification # (if recertifying)		
<b>2 points for each correct answer; max score = 100. 43 correct answers - 86 points (86%) needed to pass.</b>					
Enter (print) the correct answer			Enter (print) the correct answer		
1.		26.			
2.		27.			
3.		28.			
4.		29.			
5.		30.			
6.		31.			
7.		32.			
8.		33.			
9.		34.			
10.		35.			
11.		36.			
12.		37.			
13.		38.			
14.		39.			
15.		40.			
16.		41.			
17.		42.			
18.		43.			
19.		44.			
20.		45.			
21.		46.			
22.		47.			
23.		48.			
24.		49.			
25.		50.			
<b>Association Certification Chair Use Only</b>			# Correct		Score %
Official Notified of Score – Date _____			Notes:		