



Study Guide 14 – LDR/CC/Road Racing

Study Guide 14 - LDR, Cross Country, Road Racing Program Learning/Performance Objectives

Junior Official Program Study Guide

The purpose of the Study Guides in this program are to help you acquire the knowledge needed to be able to understand and create a brief statement of the information that you will need for course completion and future knowledge. You might think of this Study Guide as a mini-outline to the different official positions that are contained in Track and Field competitions. Consider this Study Guide as a condensed version of all of the important information that you will need to complete the Junior Officials Program successfully.

Each Officials duties, skills and behaviors are contained in the 17 different Study Guides offered in this program. These Study Guides are a combination of

- Adopted USATF 2020 Competition Rules
- Best Practices (those skills that describe “what works best” in a particular situation or environment). These Study Guides are data supported successes and researched supported over time, as offered by Track & Field officials in the quest for accountability for reliable methods.
- USATF Code of Ethics
- USATF Professional Guidelines

Procedures

Once you have the Study Guide in front of you, do more than just read it. Take the time to look at the material to understand what you will be asked to do. Start by reading the description to formulate a big-picture idea of what your Mentors assessment will look like. Then, review the list of concepts.

Quizzing yourself is a highly effective study technique. Make a copy of the Mentors Checklist and carry it with you to the meets so you can review the questions and answers periodically throughout the day and across several days/meets. Identify the questions that you don't know and quiz yourself on only those questions. Say your answers aloud.

The important skills needed in this Guide correspond to the Learning and Performance Objective numbers that begin with the abbreviation **LDR (LDR/CC/RR)**. (**LDR1 through LDR14**)

Ask questions of your Mentors, they are there to answer your questions and guide you to learning and performing as a USATF official.

Good Luck to you on your journey to become a USATF Certified Official!



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Study Guide Information

USATF RULES – LDR/CC/ROAD RACING

LONG DISTANCE AND ROAD EVENTS (Running and Walking)

1. RULE 240 COURSE CERTIFICATION (LDR1)

1. The course used for a competition shall be certified prior to the running of the event unless the course is deemed uncertifiable by the Road Running Technical Council.
2. Definition of course:
 1. (a) Path: A running course shall be defined as the streets, roads, paths, marked paths on grass, gravel or dirt, and/or paths using established permanent landmarks or benchmarks which is intended as the runner's path for any type of race; and
 2. (b) Shortest possible route: The measured running course shall involve the course noted above and the measurement shall follow the runner's shortest possible legal route.
3. **USATF Certification** - A course may be designated as "USA Track & Field Certified" only if a final signatory national certifier who is approved by the certification chair of the Road Running Technical Council of USATF has determined that the shortest possible route has been measured with reasonably accuracy:

(a) Stated distance: Courses meet certification standards if the measurements demonstrate that the course is at least the stated distance. In order to ensure that a course is not short, the measurement must include an addition of 1/1000th of the stated race distance;

NOTE: *Information concerning acceptable methods of measuring courses should be obtained from the Road Running Technical Council of USATF prior to the measurement of a long distance course.*

(b) Effective date: Certification is effective as of the date that all measurements and necessary adjustments are submitted as evidenced by the postmark, although the actual review and approval of the certification may be at a later date.

2. RULE 241

MEDICAL AND REFRESHMENT SERVICES FOR ROAD EVENTS (LDR2)

1. The organizers of road races should provide appropriate medical and refreshment services for all competitors.
 1. (a) **Medical examinations** - A hands-on medical examination during the progress of an event by designated medical personnel clearly identified by the organizers shall not be considered assistance.
 2. (b) Adequate first aid facilities should be available.
 3. (c) A competitor must retire from a race immediately if directed to do so by a duly authorized member of the race medical staff. See Rule 144.4(c).
2. Drinking / Sponging and Refreshment Stations
 - (a) Water and other suitable refreshments shall be available at the start and finish of all races.



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(b) For all events, water shall be available at suitable intervals of approximately 5km. For events longer than 10km, refreshments other than water may be made available at these points.

NOTE 1: *Where conditions warrant, taking into account the nature of the event, the weather conditions and the state of fitness of the majority of the competitors, water and/or refreshments may be placed at more regular intervals along the route.*

NOTE 2: *Mist stations may also be arranged, when considered appropriate under certain organizational and/or climatic conditions.*

(c) Refreshments may include drinks, energy supplements and/or foodstuffs. The Organizing Committee will determine which refreshments it will provide based on prevailing conditions.

(d) The Organizing Committee may permit athletes to provide their own refreshments, in which case the athlete shall nominate at which stations they shall be made available to the athlete. Refreshments provided by the athletes shall be kept under the supervision of officials designated by the Organizing Committee from the time that the refreshments are lodged by the athletes or their representatives. Those officials shall ensure that the refreshments are not altered or tampered with in any way. In National Championships of 20k and longer, the Organizing Committee shall make provisions for the collection and distribution of personal refreshments for those competing for the championship, as determined by the Games Committee.

(e) The Organizing Committee shall delineate, by barriers, tables or markings on the ground, the area from which refreshments can be received or collected. It should not be directly in the line of the measured route. Refreshments shall be placed so that they are easily accessible to, or may be put by authorized persons into the hands of, the athletes. Such persons shall remain inside the designated area and not enter the course nor obstruct any athlete. No official shall, under any circumstances, move beside an athlete while he is taking refreshment or water.

(f) An athlete may at any time carry water or refreshment by hand or attached to his body provided it was carried from the start or collected or received at an official station.

(g) A competitor who collects refreshment from a place other than a refreshment station is liable to disqualification by the Referee.

NOTE: *A competitor may receive from or pass to another competitor refreshment, water or sponges provided it was carried from the start or collected or received at an official station. However any continuous support from a competitor to one or more others in such a way may be regarded as unfair assistance and warnings and/or disqualifications as outlined above may be applied.*

(h) For Mountain, Ultra-Marathon, and Trail Races, athletes may receive physiotherapy (massage, etc.) at official stations. This may be done by personal representatives of the athletes or persons designated by the Organizing Committee.



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(g) A competitor who collects refreshment from a place other than a refreshment station is liable to disqualification by the Referee.

NOTE: *A competitor may receive from or pass to another competitor refreshment, water or sponges provided it was carried from the start or collected or received at an official station. However any continuous support from a competitor to one or more others in such a way may be regarded as unfair assistance and warnings and/or disqualifications as outlined above may be applied.*

(h) For Mountain, Ultra-Marathon, and Trail Races, athletes may receive physiotherapy (massage, etc.) at official stations. This may be done by personal representatives of the athletes or persons designated by the Organizing Committee.

3. RULE 242 STARTING A RUNNING EVENT (LDR3)

1. All competitors are responsible for knowing the starting time of the event(s), for knowing the registration or check-in method utilized at the start (for some or all of the competitors), and for being at the starting line at the appointed time for instructions and the start of the race.
2. Ten to fifteen minutes (or as otherwise specified) before the start of the race, all entries should be closed and the athletes directed to the starting line for final instructions and the start of the race.
3. One or more starting lines may be used in any road race. In the event that more than one starting line is used, it is recommended that the point where the runners converge be at least 800m (1/2 mile) from the starting line.
4. Runners should be seeded according to ability in any race when all of the runners cannot be placed on the starting line.
5. The races shall be started in accordance with Rule 162.5, including the use of a cannon, air horn or like device. The commands and procedures for races longer than 400m, Rule 162.8, shall be used. The method of starting to be used must be explained prior to the start in such a manner that all participants will receive and understand the information. The athletes shall assemble on the start line in the manner determined by the organizers. In races which include a large number of competitors, a five-minute, three-minute and one-minute warning before the start of the race should be given. False starts in road races should not be recalled.
6. The Starter shall report to the Referee any misconduct by any competitor(s) at the start. The Referee shall have the authority to disqualify such competitors.
7. In events using transponder reading devices located on the running surface, at least 15cm of the last device shall be of a color in contrast to the running surface and other parts of the device to indicate the start line. The last device shall be placed so that the edge of the contrasting color closest to the course is the start line. Any additional or backup device shall be placed before the starting line. See Rule 165.15.

4. RULE 243 COURSE MARKING AND MONITORING (LDR4)

1. Running courses shall be adequately marked at strategic points to keep the competitors on course.



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- (a) Each turn and intersection shall be clearly marked in such a way that there will be no doubt as to the direction the runner should go to stay on course.
 - (b) Distance markers should be located throughout the course. It is recommended that markers be placed at maximum intervals of 3 to 5km or 2 to 3 miles. The spacing of their intervals shall be determined by the Games Committee.
 - (c) The measurement line should be marked along the course in a distinctive color that cannot be mistaken for other markings.
2. Turns and major intersections on the course shall be monitored. 2019 USATF Competition Rules - 136
 - (a) Umpires should be placed at regular intervals and in each key point. Other umpires should move along the course during the race.
 - (b) Monitors shall always be standing and shall be located at or before the change of direction, not after it occurs on the course.
 - (c) Scorers shall keep a record of the runners and their running times at specific points on the course.
 - (d) Whenever possible, the route of the competition should be free of vehicular traffic or nearly so. All dangerous intersections should be staffed to provide for traffic and spectator control.
 - (e) A lead vehicle should be provided with additional vehicles to assist in monitoring the competition, timing, or other required functions.
 - (f) Whenever possible, elapsed times should be displayed or read at various points along the running course for the benefit of the runners and to record such time intervals.
 - (g) In Trail or Mountain races of 100km or greater, the Games Committee may permit monitors for part or all of the race. Such monitors shall be designated and properly identified. Except for hands-on medical examination, or in designated refreshment stations, a monitor shall remain behind the competing athlete at an interval of at least 10 meters.

NOTE: *Verbal or other pacing, conveying advice, exchanging supplies or providing non-safety related assistance is subject to Rule 144 and the athlete may be disqualified.*

3. Runner's identification shall consist of running numbers pinned securely on the front of each runner's uniform and displayed throughout the race. The registration list will contain each runner's name and running number.
4. Any competitor who has been found by the Referee and/or Jury of Appeal to have gained an unfair advantage by intentionally shortening the route of the race ("cutting the course") shall be immediately disqualified from the competition. See also Rule 163.6.

5. RULE 244 THE FINISH LINE (LDR5)

1. The finish shall be of a material which will adhere to a fixed position on the running surface. The line shall be placed so that the finish of the course is the edge of the line.



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2. Should there be an extensive painted design adjacent and prior to the finish line, the exact location of the finish line shall be clearly stated in instructions to all competitors.
3. A tape may be held above and parallel to the finish line and at right angles to the course by individuals who are not serving as judges. The individuals holding the tape shall be positioned so they do not interfere with the view of the judges. This tape is not itself the finish line, but is there only to indicate the approximate location of the actual finish line to approaching runners.
4. In events using transponder reading devices located on the running surface, the device shall be of a color in contrast to the running surface and other parts of the device. The first device shall be placed so that the edge of the contrasting color closest to the course is the finish line. Any additional or backup devices shall be placed beyond the finish line. See Rule 165.15.
5. Races may use separate points along the finish line as the crossing location of the first men's and first women's finishers.
6. Official places and times shall be determined according to Rules 163 and 165. In addition to an authorized finish line imaging system, an officially designated video or photograph may be used to review the order of finish.

6. RULE 246 SCORING RUNNING EVENTS (LDR6)

1. The method of team scoring shall be set forth in the entry blank and printed program for the race.
2. Individuals will be scored according to the designated divisions.
3. See Rules 5, 7, 16.9, 20.9 for scoring of Championship races.

7. RULE 250 GENERAL (LDR7)

1. **Variability** - The varying circumstances in which cross country and mountain running is practiced preclude rigid legislation standardizing this sport. The Rules in this Section are intended as a guide for cross country running and mountain running.
2. **Participation** - Cross country is basically a team sport, but participation is not limited to teams, and individual entries may be accepted.
3. The provisions of Rule 241 shall apply as modified by Rule 253.3 and 254.6.
4. The general rules of Long Distance Running apply unless otherwise modified in this section.
5. The responsibility for providing an acceptable, well-marked course, details of which should appear in the program, rests with the organizing body, which should station umpires or monitors on the course to direct competitors where necessary.
6. If the Referee is satisfied, on the report of a Judge or Umpire or otherwise, that a competitor has left the marked course thereby shortening the distance to be covered, the competitor shall be disqualified.

8. RULE 251 CROSS COUNTRY COURSE (LDR8)

1. The race shall be run over a course confined, to the extent possible, to open country, fields, parks, golf courses, and grasslands. The traversing of paved roads should be kept to a minimum.



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2. The course must be clearly marked, preferably with red flags to indicate a left turn, yellow flags to indicate a right turn and blue flags to indicate continuing straight ahead. All flags must be visible from the point where the runner passes the previous flag, with a maximum interval of 50m. A white chalk line should be marked on the ground the entire route for the athletes to follow. Each kilometer point should be clearly recognizable. The course should be laid out so that there are no sharp turns at the beginning of the course and so that it is not less than 9m (approximately 10 yds.) wide at any point.
3. Courses should be designed so as to avoid very high obstacles, deep ditches, dangerous ascents or descents, thick undergrowth, and, in general, any obstacle which would constitute a difficulty beyond the aim of the competition.
4. It is preferable that artificial obstacles not be used, but if the requirements of the event render them unavoidable, they should be made to simulate natural obstacles encountered in open country. In World Trials competition, barriers simulating those that are planned to be used in the World Championships should be constructed. In races where there are large numbers of competitors, narrow gaps, or other hindrances that would deny to the competitors an unhampered run, obstacles must be avoided for the first 1500 meters.
5. The race distance must be declared and the course briefly described at the time invitations are extended. See Rule 15 for required distances.
6. For Cross-Country Relays, lines 50mm wide 20m apart shall be drawn across the course to denote the takeover zone. All takeover procedures, which, unless otherwise specified by the Games Committee, shall comprise a physical contact between the incoming and outgoing athletes, shall be completed within this zone.

9. RULE 252 START (LDR9)

1. Cross country and mountain running races shall be started by the activation of a suitable starting device. The commands for races longer than 400m should be used. See Rule 162.8. However, where a race will be started using a different procedure, such procedure should be clearly conveyed to all competitors either in writing or by public address announcement. A race may be recalled upon a false start or a fall which impacts the field within the first 100m.
2. In races that include a large number of competitors, five minute, three-minute, and one-minute warnings shall be given.
3. Starting boxes shall be randomly assigned by the Games Committee or the Meet Director for each team in team races and the members of each team shall be lined up in an order of their own choosing within their assigned position. In non-team races, the competitors shall be lined up in the manner determined by the Games Committee.
4. The starting area of a cross country course should avoid any significant turns for at least the first 400m. The width of the starting area should be such as to accommodate the competitive field.

10. RULE 253 MOUNTAIN RUNNING (LDR10)

1. **Course**
 - (a) Mountain Running takes place on terrain that is mainly off-road, unless there is significant elevation gain on the route in which case a macadamized surface is acceptable.



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- (b) Each Mountain Running course is specific with the natural conditions dictating the basic course route. Existing roads and trails should be used. The Organizers are responsible to care for the environment.
- (c) The course length may vary from 1km to the Marathon distance, respecting required technical details. Courses can be mostly uphill, up and down or a mix.
- (d) The average incline should include a minimum of 5% (or 50 meters per kilometer).
- (e) The entire course shall be clearly marked.
- (f) Natural obstacles or challenging points along the course should be additionally marked.
- (g) The Games Committee shall, prior to the race, announce the distance and total ascent / descent of the course which must have been measured. The Games Committee shall also provide a map and detailed profile of the course together with a description of the technical difficulties to be confronted during the race.

2. Race Types (LDR11)

- (a) Classic Mountain Running races have mass starts in which all competitors start together or separately by sex or age categories
- (b) Time Trial Mountain Running races have individual start times at various intervals and are considered time trials. The results are ordered by the individual finish times.
- (c) Long Distance Mountain Running race courses include distances of approximately 20km to 42km.
- (d) Mountain Running relay race composition, course distances and course types could vary widely, depending on the natural conditions and the plans of the Organizers.

3. Water, Sponging, Refreshment

Water and other suitable refreshments shall be available at the start and finish of all races. Additional drinking / sponging stations may be provided at suitable places along the course, if the length, difficulty or weather conditions of the race warrant such provision.

11. RULE 254 TRAIL RACING (LDR12)

1. Course

- (a) Trail Races take place on a variety of terrain (including dirt roads, forest paths and single track footpaths) within a natural environment in open country (such as mountains, desert, forests or plains) that is mainly off-road.
- (b) Sections of macadamized surfaces or concrete are acceptable but should be the minimum possible for the desired course and must not exceed 20% of the total distance of the race. There shall be no set limit on distance or altitude gain or loss.
- (c) The Games Committee shall, prior to the race, announce the distance and total ascent / descent of the course which must have been measured and provide a map and detailed profile of the course together with a description of the technical difficulties to be confronted during the race.
- (d) The course must be marked in such a way that athletes receive sufficient information to complete it without deviating from it.



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2. Equipment

- (a) Trail-Running does not specify the use of a particular technique in its progression.
- (b) The MUT Council or Games Committee may, however, impose or recommend obligatory equipment applicable to the conditions expected or possibly to be encountered during the race.
- (c) A survival blanket, whistle, supply of water and a food reserve are the minimum elements which each athlete should possess.
- (d) If specifically permitted by the Games Committee, athletes may use poles such as hiking poles.

3. Aid Stations

Aid stations 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.

12. RULE 255 APPAREL (LDR13)

- 1. The jersey or singlet worn by the members of a team in cross country shall be basically identical for each member in color and style, and must be clearly visible throughout the race, i.e., worn as the outer garment if other apparel items are worn underneath by one or more team members. Because of the nature of cross country running, the preferences of individual athletes in certain weather situations will allow other apparel items to vary widely without penalty.
- 2. Individuals not complying with paragraph 1 may be disqualified from scoring for a team.

13. RULE 256 FINISH (LDR14)

- 1. The finish area for a cross country race should include a final straightaway of at least 200m with clear visibility of the finish line by all runners and clear visibility of the runners by spectators. A straightaway of 400m is preferred. Alternatively, the race may finish with one half or more of a lap on a standard track.
- 2. The finish line shall be marked both with a solid line and an overhead banner or other indicator of the finish line. Judges shall be stationed at the finish line to determine the order of finish. Transponder timing shall not be used to determine the final order of finish.
- 3. Where transponders are not used to determine a preliminary order of finish, a finish chute system of sufficient capacity should be constructed to enable the race officials to hold each runner until the method or methods of scoring are applied. It is recommended that at least two independent systems (e.g., pull tags and recording of competitor numbers) be used to score. At the Open, Junior and Masters Cross Country Championships, three independent systems shall be used, at least one of which shall produce a visual record of the finishers as approved by the Games Committee.
- 4. Finishers should be recorded and timed according to Rule 244.6.
- 5. See Rule 7 for team scoring.



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Resources

Best Practices:

- Emergency Planning Template, Sep 2009

Other Resources:

- Championship Cross Country Timing, April 2020
- LDR Championship Referee's Case Book, April 2020
- Masters LDR Championship Timing, March 2019
- Officiating Long Distance Running and Road Events, Nov 2000
- Road Running and Cross Country Chute /Finish line Layout
- Understanding Long Distance Running Officiating, 2001 (Word/[PDF](#))

All of the above RESOURCES are available at:

<https://www.flipsnack.com/USATF/ldr-cross-country-and-road-racing/full-view.html>

- LDR Manual - [USATF LDR Officiating & Planning](#)
- Age Grading for Road Racing - [Race Walking Age Grading Calculator](#) (.xls file)

- USAFT Code of Ethics/ Professional Guidelines

[USATF Code of Ethics and Performance Guidelines](#)



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REMINDER MAP - Common Learning/Performance Objectives (PO's) for all Junior Official Participants

Mentors will be concentrating on the areas in gray to determine your Checklist and Field of Play Evaluation during and at the end of your individual time-line in the program.

Code of Ethics/Performance Objectives (PO's)	PO #	Assessment Evaluation Criteria (P.O.'s)	PO #
Be fair, consistent, and impartial to ensure equitable treatment for all competitors.	PO1	Arrives on time for meetings and events.	AEC1
Have a thorough knowledge of the rules and procedures for the particular event or position assigned and review them prior to a competition.	PO2	Properly wears officials' uniform; presents a professional appearance.	AEC2
Cooperate with fellow officials to conduct competition in a safe and professional manner. Be courteous and avoid confrontations or making derogatory comments to athletes, coaches, spectators, or other officials.	PO3	Knows and applies rules correctly and consistently.	AEC3
Demonstrate respect and courtesy for other officials. Avoid interfering with duties assigned to other officials or publicly questioning the performance of other officials. Assist in correctly applying rules and support final decisions rendered by chief officials. Provide and accept performance feedback in a positive manner.	PO4	Treats all personnel with respect and professionalism	AEC4
Honor all assignments and agreements made for performance of officiating and support duties.	PO5	Communicates effectively with competitors.	AEC5
Not discriminate against any individual or group on the basis of race, color, religion, gender, national origin, age, or other protected characteristic.	PO6	Stays alert to the competition, potential problems, and the athletes.	AEC6
Not engage in harassment by making unwelcome advances, remarks, or display of materials where such would create an intimidating, hostile, or offensive environment.	PO7	Works well with other officials for success of the crew.	AEC7
Not fraternize with athletes or coaches, provide tips or comments which could be construed as coaching for any athlete, nor cheer for or provide encouragement to particular athletes or teams during a competition.	PO8	Willing to pitch in and help wherever needed or directed.	AEC8
Not use tobacco products while in the field of competition, nor consume alcoholic products before or during a competition.	PO9	Has applicable rule books and necessary personal equipment.	AEC9
Not seek recognition or attention during a competition.	PO10	Correctly and efficiently prepares the venue; maintains safety	AEC10
Conduct an honest self-evaluation after each competition, to identify errors made and areas for improvement; and be receptive to suggestions for conducting events in the best possible manner in the future.	PO11	Conducts complete, accurate briefings for athletes.	AEC11



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Comply with the USA Track & Field Officials Code of Ethics	PO12	Effectively manages volunteers	AEC12
Be punctual in reporting for assigned officiating duties, including allowing adequate time for venue inspection and set-up prior to the warm-up period and competition.	PO13	Completes event forms properly and neatly	AEC13
Possess the appropriate rule book(s) for the competition.	PO14	Demonstrates good decision-making and problem-solving skills.	AEC14
Possess and maintain appropriate uniform items and wear the national uniform or other dress prescribed by meet management, and be prepared to continue duties in all types of weather.	PO15	Accepts & responds to feedback, contributes to post-event review	AEC15
Inspect assigned venues to ensure the safety of athletes, officials, and spectators. Correct or report apparent or suspected dangers to meet management before beginning a competition.	PO16		
Be calm, positive, and polite. Refrain from dialog with athletes and coaches regarding disputed calls or decisions, and instead refer them to the referee, protest table, or games committee for resolution. Report abusive behavior toward officials to meet management.	PO17		
Not use any electronic or photographic devices, including cell phones, while officiating.	PO18		
Assist in submitting competition results, cleaning the event area, and returning equipment. Before departing the site, determine if any other venues need officiating assistance.	PO19		
Attend periodic training sessions or clinics to maintain or update officiating skills. Assist, as appropriate, in developing and presenting training materials.	PO20		
Keep physically fit, and advise their association or coordinator of officials of physical limitations on their ability to perform any assigned duty.	PO21		
Mentor less experienced officials by sharing information and techniques, demonstrating use of equipment, identifying potential problems or issues and recommending solutions, and encouraging questions.	PO22		
Assist in recruiting new officials.	PO23		
Consider active involvement with the officials' committees of the local association and USATF.	PO24		
Make recommendations for rules changes as appropriate.	PO25		



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Study Guide 14 - LDR, Cross Country, Road Racing -Mentor Checklist

Participant Name _____ Mentor Name _____

Evaluate applicable areas, based on assignment(s) for this meet/some areas will be Non-Applicable (NA)

INSTRUCTIONS: All items on this Checklist must be completed during the timeline of the program. Some participants are in the program for one-to-four years. All items/objectives should be checked when the item is successfully completed. Not all items will be completed at any particular meet but over a series of meets. Enter the date of the completed PO/LO, your initials for verification, and any comments that you may have. Make three (3) copies when the form is completed. Keep one (1) copy for yourself. Distribute one (1) to the participant. Send one (1) to your Certification chairperson or to your Junior Officials Program coordinator as per your specific Association designee. All Objectives must be met before submission. Note: Some of the items on the checklist maybe “Not Applicable (NA) but those items are very limited. Ex. A 14 year-old JOP Participant will not be a Starter at a meet or assigning other officials to duties. These type criteria will be marked NA. NA’s should be used sparingly.

Learning/Performance Objectives – LDR,CC, Road Racing What the JOP should be able to do or explain...	PO/LO #	Date Completed	Mentor Initial
RULE 240 Course Certification	LDR1		
RULE 241 Medical and Refreshment Services for Road Events.	LDR2		
RULE 242 Starting a Running Event	LDR3		
RULE 243 Course Marking and Monitoring	LDR4		
RULE 244 The Finish Line	LDR5		
RULE 246 Scoring Running Events	LDR6		
RULE 250 General	LDR7		
RULE 251 Cross Country Course	LDR8		
RULE 252 Start	LDR9		
RULE 253 Mountain Running	LDR10		
Race Types	LDR11		
RULE 254 TRAIL RACING	LDR12		
RULE 255 APPAREL	LDR13		
RULE 256 FINISH	LDR14		

Comments:



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Study Guide 14 – LDR,CC, Road Racing, Trail Racing – Mentor Assessment Field of Play Evaluation

Participant Name _____ Mentor Name _____

MENTORS – All items on this Checklist must be completed during the timeline of the program. Some participants are in the program from one-to-four years. All items/objectives should be checked when the item is successfully completed. Not all items will be completed at any particular meets but over a series of meets. Checkoff the rating that you give to the JOP Participant, enter the date of completion and enter your initials as a verification that the objective was completed. If you have assigned a rating of Fair* - Please add your rationale to the *Area for Improvement space. *Please submit a copy of this Field of Play Evaluation/Assessment final form with the completion dates and your Mentor signature, to the Association Certification Chairperson or JOP Designee in your Association.* Please make 3 copies -One (1) for your records, one (1)for the Association Chair/JOP Designee, and one (1) to give to the JOP Participant for their records. Hardcopies or electronic copies are acceptable. All Objectives must be met before submission.

Code of Ethics/Professional/ Learning Objectives	PO#	Fair* (Check)	Good (Check)	Excellent (Check)	Date Completed	Mentor Initials
1. Arrived on time for meetings and events.	AEC1					
*Area for Improvement (Fair or below):						
2. Maintained a professional appearance.	AEC2	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
3. Knew and applied rules to the event consistently and fairly.	AEC3	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
4. Treated all personnel with respect and professionalism.	AEC4	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
5. Communicated effectively with athletes and other officials.	AEC5	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
6. Always stayed attentive to the competition and potential problems.	AEC6	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						



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7. Worked well with other officials for success of the crew.	AEC7	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
8. Willingly assisted as needed in other areas.	AEC8	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
9. Provided a venue that ensured safety of athletes, officials, volunteers and spectators.	AEC9	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
10. Prepared the venue correctly and efficiently.	AEC10	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
11. Conducted complete, accurate briefings for athletes.	AEC 11	Fair*	Good	Excellent	NA	NA
*Area for Improvement (Fair or below):						
12. Worked effectively with volunteers.	AEC12	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
13. Completed event forms properly and neatly.	AEC13	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
14. Demonstrated good decision-making and problem-solving skills.	AEC14	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
15. Accepted and responds to feedback and attended post-event reviews.	AEC15	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
16. Not discriminate against any individual or group on the basis of race, color, religion, gender, national origin, age, athletic ability or other protected characteristic.	PO6	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						



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17. Not engage in harassment by making unwelcome advances, remarks, or display of materials where such would create an intimidating, hostile, or offensive environment.	PO7	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
18. Not use tobacco products while in the field of competition, nor consume alcoholic products before or during a competition.	PO9	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
19. Be calm, positive, and polite. Refrain from dialog with athletes and coaches regarding disputed calls or decisions, and instead refer them to the referee, protest table, or games committee for resolution. Report abusive behavior toward officials to meet management.	PO17	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
20. Not use any electronic or photographic devices, including cell phones, while officiating.	PO18	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
21. Keep physically fit, and advise their association or coordinator of officials of physical limitations on their ability to perform any assigned duty.	PO19	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
22. Presentation of JOP Log of meet experiences containing the number of Hours based on age group.	Program Requirement	Fair*	Good	Excellent		
*Area for Improvement (Fair or below):						
23. Presentation of Journal or "Briefcase of acquired materials indicating the participants knowledge of growth over the length of the program.	Program Requirement	Fair*	Good	Excellent		



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*Area for Improvement (Fair or below):

Comments: _____

