

## USATF RULES – LONG DISTANCE AND ROAD EVENTS

### SECTION VII LONG DISTANCE AND ROAD EVENTS (Running and Walking)

#### RULE 240

##### COURSE CERTIFICATION

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:

(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

(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 reasonable 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.

#### RULE 241

##### MEDICAL AND REFRESHMENT SERVICES FOR ROAD EVENTS

1. The organizers of road races should provide appropriate medical and refreshment services for all competitors.

(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.

(b) Adequate first aid facilities should be available.

(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

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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.

### RULE 242

#### STARTING A RUNNING EVENT

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.

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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.

### RULE 243

#### COURSE MARKING AND MONITORING

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

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- (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

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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.

### RULE 244

#### THE FINISH LINE

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 closest to the approaching runners.

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.

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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 to indicate the finish line. 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.

### RULE 246

#### SCORING RUNNING EVENTS

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.