



Examination

For

**Nordic Sprint
IASSRF Racing Official Certification**

Open Book

94 County Route 25
Corinth, NY 12822
518-654-7648

1 On a separate sheet of unlined paper, draw the Nordic Sprint Track.

- A. Include 4 lanes
- B. Label the 100m, and 400m finish lines
- C. Label the 200m finish line
- D. Label the staggered start lines in lanes 2,3, and 4
- E. Write the distances each of the three staggered starts are from the original 100m start line
- F. Place small circles on the lane divisions where cones are needed to establish clear paths for competitor (especially on curves)

2. Describe the competitors start position, below

3. Name the 3 official who must hold IASSRF Certification in a sanctioned Nordic Sprint event.

- 1. -
- 2. -
- 3. -

4. Name the official with the authority to declare a particular heat be run again.

5. Describe the position of the 5 timekeepers at the finish line.

6 Describe the function of the red flag at both the start and finish lines.

7. Describe (a) where the starter stands and (b) what the starter says at the start of a race.

- a. -
- b. -

8. Describe the three reasons for competitor disqualification

- 1. -
- 2. -
- 3. -

9. In your estimation, is it necessary for all race officials to be familiar with Nordic Sprint Rules

and carry a rule book to competitions?

10. If Nordic Sprint races were held across the country, and the rules were not adhered to; then describe how the competitors would be at a disadvantage during a national Championship

11. Name the race official who is ultimately responsible to the USSSA for executing a Nordic Sprint race in accordance with the Track Racing Manual.

Upon completion of this exam, your paper must be mailed by the examiner to the IASSRF headquarters for correction. 94 County Route 25, Corinth, NY 12822, USA

The corrected exam will then be returned to each individual.

If a passing score is earned, a certification card will be issued. The card will be valid for life.

Please write:

Name _____

Address _____

City _____ State _____ Postal/Zip Code _____

Country _____

Phone # ____ - ____ - ____ - _____

A \$10 US processing fee must accompany the examination. IASSRF membership is not required.

Cash, Money Order, or Check made out to the IASSRF is acceptable.