Just for clarification, when you say:
The insert and remove methods must use zero-based indexing and must run in constant time for insertions at the end of the list and at a constant distance from the front. Deletions from a constant distance from the front must also run in constant time.

Are you stating that the insertions only occurring at the back and/or front of the list?

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No, insertions and deletions can occur at any index. An insertion or deletion in the middle would take $O(n)$ time, though. Ask me about this in class.