2013 Track and Field Rules Examination
Select the best possible answer to complete each statement on the examination.

1. Which is the incorrect number of hurdles for the following races?
   A. Girls 100-meter - 10 hurdles.
   B. Boys 110-meter-10 hurdles.
   C. Girls 300-meter - 8 hurdles.
   D. Boys 300-meter -10 hurdles.

2. Which of the following is illegal and would result in a warning/disqualification for the individual competitor?
   A. Medical-alert necklace taped to the body.
   B. Nose stud.
   C. 2-inch unadorned bobby pin in the hair.
   D. Non-metal alert bracelet not taped to the body.

3. If the games committee approves, it is legal for the competitor in the triple jump to:
   A. Place one or two check markers alongside the runway.
   B. Place one check mark outside the runway at the start of the approach and a second mark outside the landing pit.
   C. Place one check mark between the takeoff board and the landing pit.
   D. Place one check mark on the runway.

4. Any competitor who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the meet and shall not return for competition in the meet until cleared by an appropriate health-care professional.
   A. True
   B. False

5. The head event judge shall not change the order of competition in the preliminaries and finals to accommodate those who may be excused to participate in other events.
   A. True
   B. False

6. The head event judge may use video replay equipment -- if approved by the games committee prior to the start of competition to assist in determining fouls.
   A. True
   B. False

7. The head event judge has the sole authority to disqualify a competitor when a violation is observed.
   A. True
   B. False

8. The event judge shall weigh, measure and inspect implements used in the throwing events.
   A. True
   B. False

9. When three or fewer competitors remain in the high jump competition, each competitor will be allowed three minutes to initiate a jump.
   A. True
   B. False

10. The zero point for the pole vault is located at the bottom of the back of the plant box.
    A. True
    B. False

11. In the vertical jumps, no passed heights shall be permitted in the jump-offs.
    A. True
    B. False

12. In the high jump, it is a foul if the competitor touches the ground or landing area beyond the plane of the crossbar, or crossbar extended, without clearing the bar.
    A. True
    B. False
13. It shall count as a trial if a competitor's pole is broken during his/her attempt.
   A. True  B. False

14. When only one competitor remains in the high jump, and has been determined to be the event winner, he/she may determine successive heights of the crossbar.
   A. True  B. False

15. In the pole vault, it is a successful attempt if the competitor clears the crossbar and catches his/her pole prior to it hitting the crossbar.
   A. True  B. False

16. In the long and triple jumps, competitors may not change which foul line or takeoff board they are using during competition.
   A. True  B. False

17. In the triple jump, the inadvertent touching of the drag foot is considered to be an aid to the jumper and is a foul.
   A. True  B. False

18. Competitors have 1 ½ minutes to completes trial in the triple jump.
   A. True  B. False

19. The fully automatic timing (FAT) operator shall not recall a start unless designated by the games committee.
   A. True  B. False

20. An acceleration zone may be used in relay races where the incoming competitor is running legs of 400 meters or less in the assigned lane.
   A. True  B. False

21. The meet director and/or his/her designee shall be responsible for handling unsporting conduct by spectators and other matters outside of the competition rules.
   A. True  B. False

22. In running events and cross country, the field can be charged with one false start rather than charging the false start to an individual competitor.
   A. True  B. False

23. In the pole vault, it is not considered a foul if the competitor aborts the approach and, in stopping, plants the pole and his/her momentum causes his/her feet to leave the ground.
   A. True  B. False

24. Removing any part of the uniform, excluding shoes, in a designated competition area will lead to a warning first, followed by an event disqualification if repeated.
   A. True  B. False

25. It is an unfair act when a competitor views a videotape or any other visual reproduction of his/her performance prior to the completion of competition.
   A. True  B. False

26. When hurdles do not conform to rule specifications, no application for a national record or national honor roll performance shall be allowed.
   A. True  B. False
27. In relays of 800 meters or longer that are not run in lanes, the responsibility is on the exchange judge to place the outgoing competitor in a position that corresponds to that of the incoming competitor.
   A. True   B. False

28. When using manual timing and only two watches record the winning time, the faster time shall be recorded.
   A. True   B. False

29. A race may be recalled by the assistant starter or recall judge within the first 100 meters if a competitor slips and falls.
   A. True   B. False

30. The referee's authority concludes immediately after the last event has concluded.
   A. True   B. False

31. The referee may not disqualify a competitor who commits an infraction personally observed by the referee.
   A. True   B. False

32. When a competitor is disqualified, either the event judge or the clerk shall notify or cause to be notified the competitor or competitor's coach of the disqualification.
   A. True   B. False

33. The jury of appeals has the sole authority to determine if a race shall be rerun.
   A. True   B. False

34. If the audio/visual start is not used, the starting command for cross country shall be "On your marks" followed by the firing of the starting device once the competitors are steady.
   A. True   B. False

35. A coach's first level of protest is to the jury of appeals.
   A. True   B. False

36. It is a foul if the competitor throws a discus that hits the cage.
   A. True   B. False

37. Springs, hand or body supports are not permitted on the starting blocks.
   A. True   B. False

38. It is illegal for the competitor's track or cross country uniform top to have his/her name on it.
   A. True   B. False

39. Team A's 4x800-meter relay team reports to the clerk of the course in legal school uniforms with A1 wearing a solid blue visible undergarment on the top and A2 wearing a solid red visible undergarment on the bottom. The clerk observes the undergarments, determines they are illegal because of being two different colors and reports to the referee. The visible undergarments are illegal.
   A. True   B. False

40. It is the correct procedure to disqualify a competitor for wearing bobby pins or flat hair clips that are no longer than 2 inches and used to control the competitor's hair because these are jewelry.
   A. True   B. False
41. Prior to the pole vault competition, which of the following is the coach not responsible to verify?
A. The competitor's weight is at or below the pole weight rating.
B. The pole is taped at the bottom to protect the pole and plant box.
C. The manufacturer's 1-inch circular band indicating the maximum top hand-hold position is displayed on the pole.
D. The manufacturer's weight rating in a %-inch contrasting color within or above the top hand-hold position is displayed on the pole.

42. The implement inspector does not have the responsibility to:
A. Weigh, measure and inspect all throwing implements.
B. Inspect poles.
C. Inspect batons.
D. Inspect starting blocks.

43. Which of the following may be placed on a track and field or cross country uniform top?
A. Competitor's name.
B. A single manufacturer's logo meeting dimension requirements.
C. School identification.
D. All are permissible on a uniform top.

44. In the discus throw, it is a foul if the competitor:
A. Throws the discus so it does not fall within the sector lines.
B. After stepping into the circle, fails to pause before initiating the throw.
C. Is not under control before exiting the back half of the circle.
D. All are fouls.

45. In discus, the throwing circle shall be:
A. 6 feet, 21/2 inches in diameter.
B. 8 feet, 21/2 inches in diameter.
C. 12 feet, 21/2 inches in diameter.
D. 20 feet, 21/2 inches in diameter.

46. If there are preliminaries and finals in the throwing events and horizontal jumps, the finals are conducted:
A. According to the judge's discretion.
B. In reverse order of the best performance in preliminaries.
C. In random order, drawn by lot.
D. None are correct.

47. In the high jump and pole vault, who determines the starting height and successive heights of the crossbar?
A. Head event judge.
B. Head field judge.
C. Meet referee.
D. Games committee.

48. Team scoring errors may be corrected up to:
A. 24 hours after the conclusion of the meet.
B. 36 hours after the conclusion of the meet.
C. 48 hours after the conclusion of the meet.
D. 72 hours after the conclusion of the meet.

49. In a meet with five teams, the individual scoring is:
A. 6-4-3-2-1.
B. 10-8-6-4-2-1.
C. 5-3-1.
D. 8-6-4-2-1.

50. The referee, field referee or head field judge shall have jurisdiction over all implement and apparatus inspectors.
A. True
B. False

51. At the conclusion of a race, the order of finish is certified by the:
A. Head umpire.
B. Referee.
C. Clerk of the course.
D. Head finish judge.
52. The umpire shall signal with a yellow flag when he/she observes which of the following?
A. The baton being passed outside the exchange zone.
B. The baton being thrown to the outgoing runner.
C. The incoming runner pushing the outgoing runner.
D. All should be signaled with a yellow flag.

53. In running events, one anemometer is required for races up to and including 200 meters and shall be placed:
A. Within 2 meters of the track.
B. 4 feet above the ground.
C. At least 50 meters from the finish.
D. All are requirements.

54. If a competitor uses an illegal implement, he/she:
A. Is warned the implement shall not be used.
B. Is disqualified from the event.
C. Causes the team to lose a point.
D. Is allowed to continue with no further action.

55. A preliminary flight or heat is the first level of competition in any event that qualifies competitors for the next level of competition.
A. True
B. False

56. In pole vault, the maximum top hand-hold on a pole is:
A. 3 inches.
B. 5 inches.
C. The vaulter’s preference.
D. Determined by the pole manufacturer.

57. In the pole vault, which of the following is NOT considered a hard and unyielding surface around the landing pit?
A. Concrete
B. Asphalt.
C. Metal
D. All would be considered hard and unyielding surfaces.

58. The vaulting pole may have a binding of not more than two layers of adhesive tape of uniform thickness on the grip end.
A. True
B. False

59. The assigned pole catcher may catch a pole that is about to dislodge the crossbar.
A. True
B. False

60. Which of the following may be included in the order of events as a special event?
A. Steeplechase.
B. 40-meter dash.
C. 10,000 meters.
D. None may be included.

61. Gloves are permitted to be worn by the competitors in relay events.
A. True
B. False

62. What is the length of an acceleration zone that may be used in relay events with legs being 200 meters or less?
A. 8 meters.
B. 10 meters
C. 11 meters
D. 15 meters.

63. The maximum number of individuals who may be listed on the relay entry card is:
A. Six.
B. Eight.
C. Ten.
D. Twelve

64. In the hurdle events, it is not an infraction if a competitor:
A. Runs around a hurdle.
B. Knocks down any hurdle by hand.
C. Runs over a hurdle not in the assigned lane.
D. Knocks down any hurdle with the heel of the foot.
65. What is the penalty for not finishing the race in the assigned lane?
A. Warning.  
B. No penalty.  
C. Disqualification from the event.  
D. Disqualification from the meet.

66. Starting violations that constitute a false start include:
A. Failure to comply with the starter's commands.  
B. Failure to place the starting blocks within the respective competitor's lane.  
C. Repeated use of disconcerting acts.  
D. All would constitute a false start.

67. The starting command for individual races, or opening relay legs of 800 meters or more outdoors and 600 meters or more indoors, shall be to ask all competitors to take a position behind the starting line at which distance?
A. One meter.  
B. Three meters.  
C. Any position behind the line.  
D. None are correct.

68. The clerk of the course is responsible for all field events.
A. True  
B. False

69. If approved by the referee, the clerk of the course may change a competitor's lane when:
A. Wind conditions warrant.  
B. Two competitors are in adjacent lanes.  
C. Unusual conditions arise that may handicap a competitor.  
D. A competitor fails to report to the start.

70. The clerk of the course is in charge of:
A. Recording the name and number of each competitor.  
B. The competitors at the starting line and during the start.  
C. All activities during the meet.  
D. Determining if a race shall be re-run.

71. The use of computerized bib transponders or two chips, one attached to each shoe, to record the finish of a competitor in cross country is legal.
A. True  
B. False

72. When the number of entries dictates in the pole vault and high jump, the games committee may assign competitors to flights in preliminaries of not less than:
A. Three.  
B. Four.  
C. Five.  
D. Any number the games committee deems appropriate.

73. In field events, the clock is started for the competitor to initiate a trial when the competitor is called for a trial.
A. True  
B. False

74. In the long jump, A1 notifies the event judge that he/she is changing the takeoff board that he/she has been using in the competition and requests a run-through. The judge acknowledges the change, but shall deny the request of the run-through.
A. True  
B. False

75. If permitted by the head event judge, a competitor in the throwing events may take preliminary and final trials in succession.
A. True  
B. False

76. Medical-alert medals:
A. Are not considered jewelry.  
B. On a bracelet made of metal or unyielding material shall be taped to the body.  
C. On a bracelet made of pliable material are not required to be taped to the body.  
D. All are correct.
77. A competitor shall not compete in more than events, including relays.
   A. 2  
   B. 3  
   C. 4  
   D. 5

78. The cross country course shall be meters in length as determined by the meet director, games committee or by a state association policy stipulating course distance.
   A. 2,000-4,000  
   B. 2,500-5,000  
   C. 3,000-6,000  
   D. 3,000-10,000

79. In cross country, up to team members retain their order of finish.
   A. 4  
   B. 5  
   C. 6  
   D. 7

80. A warning is issued first for which of the following rule violations when observed during an event.
   A. Coaching a competitor from a restricted area.  
   B. A competitor wearing an illegal uniform.  
   C. A competitor using profanity that is not directed at an official.  
   D. Interference with another competitor.

81. The may designate specific areas for coaches to observe and confer with competitors during competition.
   A. Meet director  
   B. Referee  
   C. Clerk of the course  
   D. Games committee

82. In the high jump, the approach shall consist of a of unvarying surface.
   A. Semicircle  
   B. Rectangle  
   C. Square  
   D. Semicircle or rectangle

83. Hand-held times registered in one-hundredth of a second shall be .
   A. Rounded up to the next tenth of a second.  
   B. Rounded up or down to the next tenth of a second.  
   C. Recorded with the time on the watch.  
   D. Ruled illegal.

84. In the horizontal jumping events and throwing events in the preliminary trials, competitors shall be assigned to flights of:
   A. No less than three competitors.  
   B. No less than four competitors.  
   C. No less than five competitors.  
   D. All are permissible under the games committee.

85. In order to accommodate competitors who may be excused to participate in other events, the head event judge may permit which of the following:
   A. Change the order of competition within a flight.  
   B. Move a competitor to a different flight.  
   C. Allow the competitor to make successive trials.  
   D. All of the above are permissible.

86. If interference occurs in the final heat or section, the referee may order a new race between those who, in the referee's opinion, are entitled to re-run the race.
   A. True  
   B. False

87. All schools hosting meets are required to ensure that there is an obstacle-free zone on the inside and the outside of the track at least 1 meter in width.
   A. True  
   B. False

88. Starting blocks on a curve can be positioned .
   A. On, but not over the outside lane line.  
   B. On, but not over the inside lane line.  
   C. On, but not over the starting line.  
   D. None of the above.
89. While hurdling, it is not an infraction to:

A. Knock down any hurdle within the assigned lane with the trail leg.
B. Knock down any hurdle with a hand.
C. Run around a hurdle.
D. Advance or trail a leg or foot along the side or below the height of the hurdle gate.

90. Interference is any action by a competitor that unfairly changes the course or natural running rhythm of a competitor during a race. This may include bumping, tripping or running across the competitive path. The resulting penalty is:

A. A warning.
B. Disqualification from the meet.
C. Disqualification from the event.
D. A disqualification and no points deducted.

91. In the discus, the measurement should be made from the nearest edge of the first mark made by the discus to the inside edge of the throwing circle nearest such mark, measured along an extended radius of the circle.

A. True
B. False

92. The starter shall receive a whistle or signal from the head finish judge that the judges and timers are ready.

A. Yellow flag
B. Hand
C. White flag
D. Horn

93. The implement inspector shall weigh, measure and inspect only the implements to be used during the course of warm-ups and competition in the throwing events.

A. True
B. False

94. Which situation(s) is not subject to protest?

A. Any judgment decision pertaining to violations or alleged violations of the rules.
B. A decision made by the finish judges or timers that does not involve misapplication of a rule or the terms and conditions of completion.
C. Whether a start is fair and legal.
D. None of these situations is a subject to protest.

95. When an apparent place winner is disqualified in an event, lower place winners in that event shall be advanced to fill vacant places, unless the disqualification occurs after the event results have become official.

A. True
B. False

96. Which of the following item(s) is not required to be worn by competitors?

A. Shoes.
B. Full-length track top or one-piece uniform issued by the school.
C. Track bottom or one-piece uniform issued by the school.
D. Forearm cover.

97. Competitors, while excused to participate in another event, shall not be called for a trial.

A. True
B. False

98. Which of the following actions is a foul by a competitor in the shot put event?

A. The heel of the competitor's shoe is above, but does not touch, the top of the stopboard.
B. After gaining control, and the judge calls "mark." exits the circle on the back half of the circle.
C. Does a "cartwheel" as the competitor crosses the circle as part of the put.
D. After entering the circle, pauses before starting the put.

99. If a competitor's javelin breaks in the air and the throw is in accordance with the rules, the throw is not measured and the competitor is awarded a replacement throw.

A. True
B. False

100. It is a violation for both the incoming and outgoing runners to touch the baton outside the 20-meter exchange zone.

A. True
B. False