



USATF National Officials Committee
National Level Track & Field Rules Review
2009-2012 Olympiad Edition

Instructions: The following review questions are divided into True/False and Multiple Choice questions. The questions are derived from the *USA Track & Field 2008 Competition Rules*. Please PRINT your answers on the ANSWER SHEET provided and return to your Association Certification Chair for his/her review.

Purpose: The goal is that every certified official be familiar with the current content and location of the rules applied to USATF competitions. Effective competition officials acquire and maintain current rule books and updates for the purpose of not having to rely on memory alone in making decisions in track and field competitions.

Note: This 2009-2012 Olympiad Rules Review requires the *USA Track & Field 2008 Competition Rules* in CONJUNCTION with any subsequent USATF updates.

SECTION 1 – TRUE/FALSE. (If the question is partially false, the entire question is to be considered false)

- T F 1. (Non Championships) So far as possible, the rules of the conduct of Championships shall apply to all other competitions conducted/sanctioned by USATF or any of its Associations.
- T F 2. (Meet personnel)The referee shall appoint all Competition Officials, except for those events covered by Regulation 4H in the governance manual.
- T F 3. The Referee may consider any available evidence including film or picture produced by an official video tape recorder, or any available video evidence.
- T F 4. The starters shall be clearly identifiable and shall be positioned so that there is full visual control over all the runners during the start of the race.
- T F 5. The Competition Secretary shall cause all start lists, including any amendments to start lists, to be distributed appropriately to other officials.
- T F 6. The Combined Events Coordinator shall be present at all times to assist in the conduct of the event and shall report to the assigned meet coordinator.
- T F 7. Athletes competing in an event on the infield may, during competition, cross to the outside of the track, e.g., to confer with their coach.
- T F 8.. Measurements made with fiberglass tapes are not acceptable for records.
- T F 9. Where starting blocks are used, at least one of the runner's feet must be in contact with the starting blocks.
- T F 10. The standard distance for the steeplechase is 2000 meters.
- T F 11. In relay races being run in lanes, a runner may place unlimited check marks within his/her own lane.
- T F 12. In non-championship competition, in the discretion of the Games Committee, the number of trials allowed to each competitor may be reduced to four.
- T F 13. In a separate qualifying competition a competitor who has achieved the qualifying standard can be allowed to continue in the qualifying competition to improve his position.
- T F 14. Whenever immediate appeal is taken regarding a decision of a Field Judge that a jump or throw is foul or invalid, the jump or throw should be measured, if possible, in order to protect the rights of all concerned if the appeal should be upheld.
- T F 15. In the High Jump, there shall be a space of at least 2 cm between the ends of the crossbar and the uprights.

- T F 16. In the Long Jump, if any competitor takes off to either side of the take-off board, whether beyond or behind the take-off line extended, is counted as a failure or foul.
- T F 17. In throwing events, it is not a failure or foul if the competitor leaves the circle/runway before the implement has landed.
- T F 18. In throwing events (hammer/discus/weight), a throw may be valid even if the implement has touched the cage.
- T F 19. Unlike other field events using a runway, a competitor in the javelin is not permitted to cross either of the runway parallel lines for a valid throw.
- T F 20. Records made in heats or qualifying trials, in deciding ties, and in the combined events will be accepted.
- T F 21. No throwing event record will be accepted unless the implement was impounded and re-certified as legal following the record except combined events.
- T F 22. In Youth, Masters and Combined Events Competitions, false starts are called on the individuals, and not on the field.
- T F 23. In the combined events in Youth Athletics, the increments for the Pole Vault shall be 10 cm and the High Jump 5 cm.
- T F 24. The Masters Long Distance Running Committee shall conduct and supervise a program for LDR for all athletes over the age of 50.
- T F 25. In wheelchair races, to determine the finish, it is the torso of the athlete that is considered.

Section II – Multiple Choice Responses

1. Jury of Appeal :
 - a. composed of 3-5 persons
 - b. preferably certified officials
 - c. considers appeals of decisions by the referee
 - d. All of the above
2. Which Officials have the authority to exclude or disqualify a competitor from competition?:
 - a. Referee
 - b. Chief Starter
 - c. Field Event Head
 - d. a & b
 - e. a, b & c
3. It shall be the duty of any umpire to:
 - a. watch the competition closely
 - b. indicate a foul/violation by raising and waving a yellow flag
 - c. to report, orally and in writing to the Chief Umpire, what was observed
 - d. All of the above
4. No lap scorer, except in the case of walking events and ultra marathons, shall be responsible for more than:
 - a. four runners
 - b. five runners
 - c. seven runners
 - d. None of the above

5. The Inspector of Implements shall be responsible for all the following EXCEPT:
 - a. weigh and measure competition implements
 - b. released the failed implements prior to competition
 - c. place a designation mark on each passed implement
 - d. can certify additional implements between qualifying rounds and in competition proper
6. In races that do not start in lanes, competitors may be divided into two groups and placed on separate arced starting lines according to the following:
 - a. 65% of runners placed on outer lanes arced line
 - b. 35% of runners placed on inner lane arced line
 - c. 65% of runners placed on inner lane arced line
 - d. None of the above
7. Unless a material advantage is gained, a competitor shall **not** be DQ'd if he or she
 - a. is pushed/forced by another competitor to run out of their lane
 - b. runs out of the lane on the straightaway and does not impede
 - c. runs outside of the outer lane line on the curve
 - d. All of the above
8. The periods for which the wind will be measured are as follows:
 - a. 100 meters = 10 seconds
 - b. 100 meters = 13 seconds
 - c. 100 meter hurdles = 10 seconds
 - d. a and c
9. Time in minutes for initiating Field Events in open competition with **ONE** athlete remaining unless they are just entering the competition is:
 - a. High Jump = 3 minutes, Pole Vault = 5 minutes
 - b. High Jump = 1.5 minutes, Pole Vault = 2 minutes
 - c. High Jump = 1 minute, Pole Vault = 1 minute
 - d. None of the above
10. In the Hammer and Weight Throw, which of the following are true:
 - a. gloves are permitted
 - b. tops of the fingers of the gloves must not be closed
 - c. taping the glove to or at the wrist is acceptable
 - d. All of the above are true
11. Which of the following are NOT true in measuring vertical jumps:
 - a. measurement of new height before competitor(s) attempt such height
 - b. No measurement needed if new crossbar is substituted for broken one
 - c. Measure record height and recheck if crossbar displaced
 - d. All of the above
12. In the High Jump, indicator lines shall be drawn:
 - a. 50 mm wide
 - b. extend for 3 meters on either side of the uprights
 - c. nearer edge of line is along nearer edge of crossbar.
 - d. All of the above
13. Which of the following is NOT considered a failure in the Pole Vault:
 - a. crossbar does not remain on pegs due to competitor action
 - b. competitor touches area beyond vertical plane of stopboard without first clearing the bar.
 - c. runs outside the white lines marking the runway at any point
 - d. during the vault, the vaulter steadies/replaces the bar with hand (s)

14. In the horizontal jumps, it is a failure/foul if:
 - a. a mark in the plasticine is produced by the athlete
 - b. runs outside the white line marking the runway
 - c. exits the pit closer to the take-off line nearest break in sand
 - d. a & c only
15. In throwing events, competitors may use a suitable substance only on their hands except in the case of the following where an athlete may apply substance to an additional area:
 - a. Shot Put
 - b. Hammer /weight throw
 - c. A & B
 - d. None of the above
16. Race Walking Officials may be appointed to assist in the administration of the race:
 - a. by administering the DQ proposal posting board
 - b. recording information for the Chief Judge
 - c. overseeing and coordinating the functions of the Lap Counters
 - d. All of the above
17. In Long Distance road events, what must organizers do to ensure the safety of all competitors?
 - a. Provide drinking/sponging/refreshment stations
 - b. Provide adequate first aid stations
 - c. Require a parent/guardian signed statement for under 18 aged athletes in races longer than 5 miles.
 - d. All of the above
18. No Records shall be acceptable unless they were made in an event and sanctioned by at least one of the following:
 - a. National Officials Committee
 - b. USATF, a member organization of USATF or another member federation of IAAF
 - c. both a & b
 - d. none of the above
19. For all outdoor records in open competition, where wind readings are required, the average velocity of the wind shall not exceed:
 - a. 4.00 meters per second
 - b. 2.00 meters per second
 - c. 3.00 meters per second
 - d. None of the above
20. In Youth athletics, if an athlete is competing in a running event simultaneously with the Shot Put, what accommodations are allowed?
 - a. no time limit imposed on excused athletes from the shot put.
 - b. must return before conclusion of prelims and/or finals of the shot put.
 - c. may take attempts in succession before or after being excused from the shot put.
 - d. All of the above
21. In Masters competition in the vertical jumps, during competition, which one of these situations is allowed:
 - a. one warm up jump shall be allowed for each 3 passed consecutive heights and may be taken only as earned, not cumulatively.
 - b. warm up jumps can be made with a crossbar
 - c. can pass 6 consecutive heights and get 2 consecutive warm up jumps
 - d. None of the above

22. In Wheelchair competitions, it is compulsory in all individual and team track races of 800m and over, including the 4x400 and in all road races, that:
- reflectors must be mounted on the wheelchair
 - helmets must be worn
 - both A & B
 - None of the above
23. In Wheelchair competition, progression by any other method except the competitor pushing the wheels or hand rims will result in:
- victory
 - 10 second penalty on final time
 - disqualification
 - None of the above
24. In Wheelchair relay competition, each team shall be allowed:
- two adjacent lanes
 - to stay in their single 42" inch lane
 - A & B
 - None of the above
25. When separate referees are appointed for track events, field events, or combined events, which of the following is false?
- the running events referee has overall jurisdiction over the other referees.
 - the running events referee has no jurisdiction over the Race Walk or Chief Finish Judge unless that judge cannot decide.
 - the referee shall not act in a dual capacity, e.g., Chief Finish Judge and Referee
 - None of the above.



USATF National Officials Committee
National Level T&F Answer Sheet
2009-2012 Olympiad Edition

_____ # Correct
 % Correct _____
 Passing is 90%

Name _____

Home Phone _____

Please Print

Please be neat!

E-mail address _____

USATF Official ID # _____

<i>Street</i>	<i>City</i>	<i>State</i>	<i>Zip</i>

True And False Answers

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Multiple Choice Answers

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*Passing for National is 90% * Not all references required.*

Correct Answers for **FALSE** questions:
