

**USA TRACK & FIELD NATIONAL OFFICIALS COMMITTEE**  
**2017-2020 Association Level Track and Field**  
**Certification Rules Review (v 3.0)**



**Purpose**

The purpose of this open-book rules review is for officials to become familiar with the USATF rule book and to gain and demonstrate knowledge about selected rules governing track and field events.

**Instructions**

Use the 2016 USATF Competition Rules (<http://www.usatf.org/About/Competition-Rules.aspx>) to fill in the missing words in the following questions. Questions are in sequential order as they appear in the rule book. Some statements provide a contextual reference (e.g., “[At the fall Cross Country Championships]”) or do not have a complete sentence (as indicated by “...”), the statements are quotes drawn from the USATF rule book.

**\*Using the 2017 and 2018 USATF Competition Rules is acceptable. 2017 Rule update is in red and 2018 Rule Update is in purple.**

Enter your answers on the attached answer sheet and send it to your Association Certification Chair for grading.

**Scoring**

50 fill-in-the blank questions, each worth 2 points; minimum passing score is 86% (43 correct)

**Questions**

1. [Referee] The Referee shall not act in a \_\_\_\_\_ capacity but may take any action or decision according to the Rules based on personal observation **and may overrule a decision of a Judge.** (Rule 125.2)
2. [Judges] The appropriate Field Judge(s) shall, at the completion of a trial, indicate a valid performance by raising a \_\_\_\_\_ flag and shall indicate a foul or non-valid performance by raising a red flag. **The Judge may reconsider a decision if he/she believes an incorrect flag was raised. See Rules 180.11 & 180.12.** (Rule 126.8) **(Rule 126.9)**
3. [Umpires] Umpires are assistants to the \_\_\_\_\_, to whom the Chief Umpire shall report, and have no authority to make the final decisions. (Rule 127.2)
4. [Starter and Recall Starter] The starter shall have entire control of the competitors at their marks and shall be the \_\_\_\_\_ judge, except as herein otherwise provided, of whether or not any competitor has committed a false start. (Rule 129.2) **(Rule 129.3)**
5. [Starter and Recall Starter] The Starters shall be clearly identifiable and shall be \_\_\_\_\_ so that there is full visual control over all runners during the start of the race. (Rule 129.6)
6. [Lap Scorers] Lap Scorers shall keep a record of the laps covered by each competitor in races longer than \_\_\_\_\_ mile. (Rule 131.1)
7. [Wind Gauge Operator] The Wind Gauge Operator, except as provided in Rule 163.14, shall maintain the wind gauge, and take and record in writing, on the forms provided for that purpose by the Competition Secretary, the wind velocity in the direction of running for all running events (including hurdles events) up to and including the \_\_\_\_\_ meters and the Long Jump and Triple Jump. (Rule 136)
8. [Clerk of Course] The Clerk of Course \_\_\_\_\_ place each athlete in the correct lane or position. (Rule 138.4)
9. [Additional Officials] The Inspector of Implements shall weigh and \_\_\_\_\_ implements used in competition, and shall place a designating mark on each implement passed as complying with all relevant specifications. (Rule 139.2)

10. [Assistance to Athletes] The following shall be considered examples of assistance: Pacing in running or walking events by persons \_\_\_\_\_ participating in the event, by competitors lapped or about to be lapped, or by any kind of technical device other than those permitted under Rule 144.3(i) **(144.4 (d))**. (Rule 144.3(a))
11. [Athletic Attire] No athlete shall be permitted to participate in any competition without the appropriate bib, except as indicated in these rules. Bibs are to be worn as issued (cutting or folding numbers is not \_\_\_\_\_). (Rule 143.4(c))
- 12 [Protests] Protests concerning the result or conduct of an event shall be made to the Referee at once and not later than \_\_\_\_\_ minutes after the announcement (**publication**) of the result of that event.... (Rule 146.2)
13. [Measures and Weights]. Distances in field events: Shall be measured in meters and shall always be recorded to the nearest 0.01m \_\_\_\_\_ the distance measured... (Rule 148.2(b) (i)) **(148.3 (b) (i))**
14. [Starting Blocks] Starting blocks shall be used for all races up to and including \_\_\_\_\_ meters and the lead-off leg of relays where that leg does not exceed \_\_\_\_\_ meters. They shall not be used for any other race. (Rule 161.2)
15. [The Start] The Starter shall not fire the pistol/starting (**not activate the starting**) device, or give the start command, while any competitor is in motion nor before the Starter has ascertained that each competitor is \_\_\_\_\_ and in the correct starting position. (Rule 162.10)
16. [Starting] Any competitor(s) charged with a false start shall be disqualified and a \_\_\_\_\_ and black (diagonally halved) card shall be raised in front of the respective athlete(s), and **when lane markers are being used, a corresponding indication should be placed on the respective lane marker(s)**. (Rule 162.13) **(Rule 162.15)**  
**\*2016 and 2017 Competition Rules mentioned corresponding indication, such as a red flag.**
17. [Running Competition] Each competitor shall run in a \_\_\_\_\_ line after entering the final straightaway in all races of two or more turns unless there is another competitor in his or her path. (Rule 163.3)
18. [Running Competition] Any competitor or participant (**responsible for**) jostling, running across, or obstructing another competitor or participant so as to \_\_\_\_\_ his or her progress shall be liable to disqualification in that event. (Rule 163.4)
19. [Running Competition] Each competitor must keep in the lanes \_\_\_\_\_ the line or curb marking the inside of the track... (Rule 163.5)
20. [Running Competition] Unless a material advantage has been gained or the athlete is in violation of Rule 163.4, a competitor shall not be disqualified if he or she: ... steps or runs outside of the \_\_\_\_\_ lane line on the curve, or on any straight part of the diversion from the track for the steeplechase water jump. (Rule 163.5(c))
21. [Running Competition] No competitor, after \_\_\_\_\_ leaving the track or course, shall be allowed to rejoin a race either for the purpose of gaining a place or to pace or to assist another competitor. (Rule 163.6(a))
22. [Timing] The time shall be taken from the flash/smoke of the pistol or approved apparatus to the moment at which any part of the competitor's body (i.e., the " \_\_\_\_\_," as distinguished from the head, neck, arms, hands, legs, or feet) reaches the perpendicular plane of the nearer edge of the finish line. (Rule 165.4)
23. [Timing] For all hand-timed races on the track, unless the time is an exact 0.1 second, the time shall be converted and recorded to the next \_\_\_\_\_ 0.1 second. (Rule 165.7(a))
24. [Hurdles] All races shall be run in lanes. Each athlete shall jump (**go over**) each hurdle and shall keep to his or her own lane throughout. In addition to the applicable provisions of Rule 163, a competitor shall be disqualified if:

- His/her leg or foot is, at the instant of clearance, beside the hurdle (on either side) below the \_\_\_\_\_ plane of the top of any hurdle. (Rule 168.3(a))
25. [Hurdles] ... Except for the two exceptions mentioned in 168.3 the knocking down of one or more hurdles does not disqualify the athlete nor prevent a record \_\_\_\_standard 3.6kg pull-over weight hurdles have been used. (Rule 168.4)
26. [Steeplechase] The 3000 meter Steeplechase shall have \_\_\_\_\_ hurdle jumps and 7 water jumps. (Rule 169.2)
27. [Relay Races] The passing of the baton commences when it is first touched by the \_\_\_\_\_ runner and is completed the moment it is in the hand of only the receiving runner. (Rule 170.17) **(Rule 170.16)**
28. [Relay races] In relation to the exchange zone, it is only the position of the \_\_\_\_\_ that is decisive. (Rule 170.17)
29. [Field Events – General Rules] When there are eight or fewer competitors (or nine if nine lanes are used around the track), all shall be allowed \_\_\_\_\_ trials **unless the entry material provides otherwise.** (Rule 180.4(c))
30. [Field Events - General Rules] For the first attempt of any **(PV)** competitor upon entering the competition, the time allowed for such attempt shall be \_\_\_\_\_ minute. (Rule 180.11(c)) **(Rule 180.11 (e))**  
**\*2018 - Other than for Pole Vault, times were modified to 0.5 minute. No change for Youth.**
31. [Field Events - General Rules] A clock that shows the remaining time allowed should be visible to the competitor. In addition, an official shall raise \_\_\_\_\_ and keep raised a yellow flag, or another suitable indicator, for the final 15 seconds remaining of the time allowed. (Rule 180.11(d)) **(Rule 180.11 (b))**
32. [Field Events - General Rules] No marks shall be placed on a runway, but a competitor may place one or \_\_\_\_\_ markers, supplied or approved by the Games Committee, alongside the runway to assist in the run-up and take-off. (Rule 180.22 (a))
33. [Field Event - General Rules] For throws made from a circle, a competitor may use one marker only. This marker may be placed only on the ground in the area immediately behind or \_\_\_\_\_ to the circle. (Rule 180.23)
34. [High Jump & Pole Vault] A competitor who has won the competition is entitled to continue jumping or vaulting until he/she has \_\_\_\_\_ the right to compete further. (Rule 181.7(c))
35. [Pole Vault] Before the competition starts, each vaulter shall inform the official responsible for the event what \_\_\_\_\_ of the uprights or supports he or she wants to use. (Rule 183.1(b))
36. [Horizontal Jumps] The measurement of the jumps shall be made at right angles from the take-off line, or the take-off line extended, to the nearest break in the landing area made by \_\_\_\_\_ part of the body of the competitor or anything that was attached to the body at the time it made a mark. (Rule 184.8) **(Rule 184.7)**
37. [Shot Put] The shot must not at any time be brought \_\_\_\_\_ the line of the shoulders. Cartwheeling techniques are not permitted. (Rule 188.2)
38. [Hammer] It shall not be considered a foul throw if the \_\_\_\_\_ of the hammer touches the ground or the top of the iron band. (Rule 191.2)
39. [Hammer] If the hammer \_\_\_\_\_ during the throw or while in the air, it shall not count as a throw provided it was made in accordance with the rules. (Rule 191.3)
40. [Javelin] The javelin shall be thrown over the \_\_\_\_\_ or upper part of the throwing arm and may not be slung or hurled. (Rule 193.1(b))

41. [Javelin] One of the requirements for a valid throw in the javelin is that the metal \_\_\_\_\_ strikes the ground before any other part of the javelin. **NOTE: For Youth Athletics exception see Rule 302.5(h).** (Rule 193.1(c))
42. [Combined Events] In the Long Jump, Shot Put, Discus Throw, and Javelin Throw, each competitor shall be allowed \_\_\_\_\_ trials only. (Rule 200.3(a))
43. [Combined Events] In the last event of a Combined Events Competition, heats, if used, should be arranged so that the last heat contains the \_\_\_\_\_ athletes after the penultimate event. (Rule 200.5(c))
44. [Combined Events] A competitor failing to attempt to \_\_\_\_\_ or take a trial in any event of the competition shall not be allowed to participate in any following events. (Rule 200.8)
45. [Combined Events] Changes in the number of \_\_\_\_\_ defined for a Combined Events competition are not allowed except in extreme and/or unusual circumstances, including weather, as determined by the Referee. (Rule 200.15)
46. [Cross Country] The starting area of a cross-country course should avoid any significant turns for at least the first \_\_\_\_\_ m. (Rule 252.4)
47. [Youth Athletics] The “honest participation” rule provided in Rule 142.3 and 142 .4 shall not be \_\_\_\_\_ to Youth Athletics. (Rule 302.2(g))
48. [Youth Athletics] At the National Junior Olympic Championship, the starting heights in the High Jump and Pole Vault shall be \_\_\_\_\_, respectively, below the Youth Outdoor Performance Standard established by the Youth Athletics Division and the USATF Annual Meeting. (Rule 302.5(o))
49. [Masters Track and Field] The general rule regarding the use of starting blocks and \_\_\_\_\_ is waived. (Rule 332.2(d))
50. [Masters Track and Field] In the High Jump and Pole Vault, a competitor who has passed \_\_\_\_\_ consecutive heights after the competition has begun may be permitted a warm up jump without the crossbar in place. (Rule 332.3(c)).

**USA TRACK & FIELD NATIONAL OFFICIALS COMMITTEE**  
**2017-2020 Association Level T&F Rules Review**



**Answer Sheet** (v 2.0)

(Please Print)

Name:		Phone:	Association:
Address, City, State, Zip Code:			
Email Address:		Certification # (if recertifying)	
<b>2 points for each correct answer; max score = 100. 43 correct answers - 86 points (86%) needed to pass.</b>			
Enter (print) the correct answer		Enter (print) the correct answer	
1.		26.	
2.		27.	
3.		28.	
4.		29.	
5.		30.	
6.		31.	
7.		32.	
8.		33.	
9.		34.	
10.		35.	
11.		36.	
12.		37.	
13.		38.	
14.		39.	
15.		40.	
16.		41.	
17.		42.	
18.		43.	
19.		44.	
20.		45.	
21.		46.	
22.		47.	
23.		48.	
24.		49.	
25.		50.	
<b>Association Certification Chair Use Only</b>		# Correct	Score %
Official Notified of Score – Date _____		Notes:	