



**USATF National Officials Committee**  
**Association Level Track & Field Rules Review- 2005-2008 Olympiad Edition**

**PART 1 – APPLICABLE FOR ASSOCIATION LEVEL CERTIFICATION**

Instructions: Fill in the missing words from the following rule statements taken from *USA Track & Field 2005 Competition Rules*. Although some statements provide a context reference (e.g., “[At the fall Cross Country Championships]”) or do not complete the entire sentence (as indicated by “...”), the statements are quotes drawn from the *USA Track & Field 2004 Competition Rules* in a sequential order. If you use the 2003 book or earlier the order will be different as indicated by the page numbers. Please **PRINT** your answers on the **ANSWER SHEET** provided and return it to your Association Certification Chair for his/her review.

**PURPOSE:** This is not an exam. Rather, our goal is that every certified official be familiar with the current content and location of the rules applied to USATF competitions. This review, a part of the Committee’s three-step training program (clinic, formal rules review and supervised practice/mentoring), emphasizes those rules basic to USATF competitions. Effective competition officials do not rely on memory alone in making decisions- when in doubt they look it up.

**Note:** This is a **2005 Olympiad Rules Review** and requires the **USATF 2005 Competition Rules** which can be downloaded at [www.usatfofficials.com](http://www.usatfofficials.com).

**ARTICLE II - Officials**

1. Officials are necessary at athletic events: There should be as many (1) \_\_\_\_\_ at a meet as is necessary for its orderly and efficient operation, and compliance with these rules. (Rule 110.1,p39, 2005)
2. Officials assigned, as (2) \_\_\_\_\_ officials should be those certified by the National Officials Committee (NOC) of USA Track and Field. (Rule 110.2,p39, 2005)
3. In the absence of such a device, the primary determination of the order of the finish shall be made by the (3) \_\_\_\_\_ at the finish. (Rule 126.1,p45, 2005)
4. The appropriate Field Judge(s) shall indicate a valid performance by raising a (4) \_\_\_\_\_ flag and shall indicate a foul or non-valid performance by raising a red flag. (Rule 126.8,p46, 2005)
5. (5) \_\_\_\_\_ are assistants to the Referee, to whom the Chief Umpire shall report, and have no authority to make final decisions. (Rule 127.2,p47, 2005)
6. The (6) \_\_\_\_\_ shall have entire control of the competitors at their marks and shall be the sole judge, except as herein otherwise provided..... (Rule 129.2,p50, 2005)
7. Notification of warnings and disqualifications concerning the start may be made only by or under the direction of the (7) \_\_\_\_\_. (Rule 129.5, p50, 2005)
8. Lap scorers shall keep a record of the laps covered by each competitor in races longer than (8) \_\_\_\_\_ mile. (Rule 131.1,p50, 2005)
9. The Wind Gauge Operator, except as provided in paragraph 6, 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) up to and including the (9)\_\_\_\_\_ meters and the Long Jump and Triple Jump. (Rule 136, p52, 2005)

10. The Inspector of Implements shall weigh and (10)\_\_\_\_\_ implements used in competition, and shall place a designating mark on each implement passed as complying with all relevant specifications. (Rule 139.2, p54, 2005)
11. A competitor may (11)\_\_\_\_\_ in bare feet or with footwear on one or both feet. (Rule 143.3a, p56, 2005)
12. The number bibs are to be worn as (12)\_\_\_\_\_ (cutting or folding numbers is not permitted). (Rule 143.4, p56, 2005 )
13. Pacesetting by a person entered in an event for that purpose is (13)\_\_\_\_\_. (Rule 144.2 Note 1, p57, 2005)

### **ARTICLE III – Rules of Competition**

14. [Distances in Field Events] Shall be measured in (14)\_\_\_\_\_ and always recorded to the nearest 0.01m below the distance measured.....(Rule 148.2bi, p60, 2005)
15. The Starter shall not fire the pistol/starting device while any competitor is in motion after the command (15)“\_\_\_\_\_.” (Rule 162.3, p64, 2005)
16. The starter should charge only the competitor or (16)\_\_\_\_\_ who, in the Starter’s opinion, were responsible for the false start. (Rule 162.12 Note 1, p66, 2005)
17. Each competitor shall run in a (17)\_\_\_\_\_ 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, p67, 2005)
18. Any competitor or participant jostling, running across, or obstructing another competitor or participant so as to (18)\_\_\_\_\_ his or her progress shall be liable to disqualification in that event. (Rule 163.4, p67, 2005)
19. For all hand-timed races on the track, the times shall be recorded to (19)\_\_\_\_\_ second. The times for races partly or entirely outside the stadium shall be converted and recorded to the next longer full second. (Rule 165.7a, p71, 2005)
20. For events of 100 meters to 400 meters, inclusive, and relays up to and including the 4x400 meters, seeding is determined from a list of competitors who advance on (20) \_\_\_\_\_ followed by those who advance on time. (Rule 166.1diia, p75, 2005)
21. [Hurdles] A competitor who runs around or trails the leg or foot (21)\_\_\_\_\_ the horizontal plane of any hurdle at the instance of clearance.....(Rule 168.4, p81, 2005)
22. [Relays] The passing of the baton commences when it is first touched by the (22)\_\_\_\_\_ runner and is completed the moment it is in the hand of the receiving runner. (Rule 170.14, p85, 2005)
23. [Relays] Within the takeover zone, it is only the position of the (23)\_\_\_\_\_ that is decisive, and not the position of the body or limbs of the runners. (Rule 170.14, p85, 2005)

24. [Field Events –General] When there are eight or fewer competitors (or nine if nine lanes are used around the track) all shall be allowed (24)\_\_\_\_\_ trials, even if none of the first three are fair. (Rule 180.4b, p88, 2005)
25. The order of competition for the final three trials shall be in (25)\_\_\_\_\_ order of the best performance in the first three trials. (Rule 180.4e, pg 89, 2005)
26. A clock that shows the remaining time allowed should be visible to the competitor. In addition, an official shall raise (26)\_\_\_\_\_ and keep raised a yellow flag, or another suitable indicator, for the final 15 seconds remaining of the time allowed. (Rule 180.8diii, p91, 2005)
27. In the High Jump, a competitor may place one or (27)\_\_\_\_\_ markers (supplied or approved by the Games Committee) to assist in the run-up and take-off. (Rule 181.3a, p95, 2005)
28. [Pole Vault] If, in making an attempt, the competitor's pole is (28)\_\_\_\_\_, it shall not be counted as an attempt or a failure and the vaulter shall be awarded a new trial. (Rule 183.7, p101, 2005)
29. [Long Jump] 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 (29)\_\_\_\_\_ part of the body of the competitor (including shoes and uniform). (Rule 185.3,p102, 2005)
30. [Long Jump] No marks shall be placed on the (30)\_\_\_\_\_, but a competitor may place one or two markers, supplied or approved by the Games Committee, alongside the runway to assist in the run-up and take-off. (Rule 185.5a, p103,2005)
31. The shot must not at any time be brought (31)\_\_\_\_\_ the line of the shoulders. (Rule 188.2,p110. 2005)
32. [Shot Put] It must be spherical in shape and its surface shall have no (32)\_\_\_\_\_ and the finish shall be smooth. (Rule 188.3,p110, 2005)
33. [Hammer] It shall not be considered a foul throw if the head of the hammer touches the ground or the top of the iron band when a competitor makes the preliminary swings or turns. However, if the head of the hammer so touches the ground or the top of the iron band, and the competitor (33)\_\_\_\_\_ throwing so as to begin the trial again, the throw shall be considered a foul throw. (Rule 191.2, p113, 2005)
34. If the hammer (34)\_\_\_\_\_ 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, pg 113, 2005)
35. The javelin shall be thrown over the (35)\_\_\_\_\_ or the upper part of the throwing arm and may not be slung or hurled. (Rule 193.1b, p114, 2005)
36. No (javelin) throw shall be valid or counted in which the (36)\_\_\_\_\_ or the point of the metal head does not strike the ground before any other part of the javelin..... (Rule 193.1d, p114, 2005)
37. [Combined Events] In the Long Jump, Shot Put, Discus Throw, and Javelin Throw, each competitor shall be allowed (37)\_\_\_\_\_ trials only. (Rule 200.3a, p122, 2005)

38. [Combined Events] If hand timing is used, each competitor's time shall be timed by (38)\_\_\_\_\_ Timers independently, using 165.6 (2005) to determine the official time. (Rule 200.3b, p122, 2005)
39. [Combined Events] The order of competition in a field event, and the assignment of lanes in a track event, shall be drawn by lot for each event (39)\_\_\_\_\_. (Rule 200.5e, p123, 2005)
40. [Combined Events] A competitor failing to attempt to start or take a trial in any event of the competition shall be considered to have (40)\_\_\_\_\_ the competition and shall not be allowed to participate in any following events. (Rule 200.8, p 123, 2005)
41. [Cross Country] The starting area of a cross-country course should avoid any turns for at least the first (41)\_\_\_\_\_ meters, and preferably the first 1200 meters. (Rule 252.4, p136, 2005)

#### **ARTICLE IV - Records**

42. For races up to and including the (42)\_\_\_\_\_ yards, only performances timed by an approved fully automatic electrical timing device shall be approved as records. (Rule 263.5, p143, 2005 )
43. Measurements for records in field events shall be made by (43)\_\_\_\_\_ field judges, including the Chief Judge of that event, ... (Rule 264.2,p144, 2005)

#### **ARTICLE VI – Special Programs**

44. [Youth Athletics] Athletes in the Intermediate and Young Men/Women divisions shall, in accordance with Rules 161.1 and .2 , be required to use starting blocks and a (44)\_\_\_\_\_ position for all events up to and including the 400 Meter Runs and the first leg of all relays where that leg does not exceed 400 meters.(Rule 302.2d, p157, 2005)
45. [Youth Athletics] The “honest effort” rule provided in Rule 142.3 &.4 shall not be (45)\_\_\_\_\_ to Youth Athletics. (Rule 302.2f, p157, 2005)
46. [Youth Athletics] In the Javelin Throw, the measurement of the throw shall be made from the nearest edge of the (46)\_\_\_\_\_ point of contact made by the javelin in the sector. (Rule 302.5i, p160, 2005)
47. [Masters] The general rule regarding the use of starting blocks and (47)\_\_\_\_\_ is waived. (Rule 332.2d, p176, 2005)
48. [Disabilities-I. Wheelchair Competitions] No mechanical (48)\_\_\_\_\_ shall be allowed that may be used to propel the chair. (I. Wheelchair competitions; Rule 175.5 (Classes 2-4),p199, 2005 or Rule 175.5 (Classes T1-T4),p207, 2005)
49. [Disabilities-I. Wheelchair Competitions] The maximum height of the throwing frame, including the cushion(s) used as a seat, shall not exceed (49)\_\_\_\_\_ cm. (II. Wheelchair competitions, Rule 176.1 (Classes 2-4), p199 or Rule 176.1 (Classes T1-T8), p208, 2005)
50. [Disabilities-IV. Blind Competition] Competitor and guide in a competition are to be regarded as a team. As the athlete crosses the finish line, the guide must be (50) \_\_\_\_\_ him/her. (IV. Blind Competitions, Rule 163.1 (Classes B1-B2), p214, 2005)



\_\_\_\_\_ # Correct  
 \_\_\_\_\_ % Correct

Part 1 Answer Form  
**Association Level Review for T&F**  
 2005-2008 Olympiad Edition

Name: \_\_\_\_\_ Phone \_\_\_\_\_  
 Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_ Zip: \_\_\_\_\_

Instructions: Fill out complete form. From the attached Rules Review, indicate the appropriate answer.  
 Year of Rulebook Used: \_\_\_\_\_

No.	Answer	Pg	Rule	No.	Answer	Pg	Rule
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Note: Passing Association 85%