



USATF National Officials Committee
Association Level Track & Field Rules Review
2009-2012 Olympiad Edition
Reviews for 2011 and 2012

Instructions: Fill in the missing words from the following rule statements taken from *USA Track & Field 2010 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 2010 Competition Rules**. If you use a prior year rule book the rules may be slightly different as well as the page numbers. Note rules are not in sequential order. Please **PRINT** your answers on the **ANSWER SHEET** provided and return it to your Association Certification Chair for review.

Purpose: This is not an exam, but a review. The 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 that are 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 **2009-12 Olympiad Rules Review** and requires the **USATF 2010 Competition Rules** which can be downloaded at <http://www.usatf.org/about/rules/2010/>

1. Pacing in running or walking events by persons (1) ____ participating in the event, by competitors lapped or about to be lapped, or by any kind of technical device.
2. [Hurdles]the knocking down of one or more hurdles (2) _____ disqualify the athlete nor prevent a record provided standard 3.6kg pull-over weight hurdles have been used.
3. [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 (3)_____part of the body of the competitor (including shoes and uniform).
4. [Cross Country] The starting area of a cross-country course should avoid any turns for at least the first (4) _____ meters, and preferably the first 1200 meters.
5. [Disabilities – , Track Events, Competition]During wheelchair races propulsion by any other method except the (5) _____ pushing on the wheels or push-rims will result in disqualification.
6. [Disabilities – Track Events, Finish Line] In races for athletes in Classes T11 – 12 competing with a Guide-runner, the athlete must cross the finish line in front of the Guide-runner or the athlete will be (49)_____.
7. Measurements for records in field events shall be made by (7)_____ field judges, including the Chief Judge of that event, under the supervision of the
- 8.[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. The competitor may (8) _____ and begin the throw again, provided no other rule has been breached.
9. A clock that shows the remaining time allowed should be visible to the competitor. In addition, an official shall raise (9) _____ and keep raised a yellow flag, or another suitable indicator, for the final 15 seconds remaining of the time allowed.
10. (10)_____ are assistants to the Referee, to whom the Chief Umpire shall report, and have no authority to make final decisions.
11. The bibs are to be worn as (11) _____ (cutting or folding numbers is not permitted).

12. A competitor may (12) _____ in bare feet or with footwear on one or both feet.
13. For all hand-timed races on the track, the times shall be recorded to (13) _____second. The times for races partly or entirely outside the stadium shall be converted and recorded to the next longer full second.
14. The shot must not at any time be brought (14) _____ the line of the shoulders. Cart-wheeling techniques are not permitted.
15. When the competing order is to be changed and there is a tie for any position, those tying shall compete in the same relative order according to the (15) _____ draw.
16. The javelin shall be thrown over the (16) _____ or the upper part of the throwing arm and may not be slung or hurled.
17. [Combined Events] If hand timing is used, each competitor's time shall be timed by (17)_____ Timers independently, using 165.6 to determine the official time.
18. For races up to and including the (18) _____ yards, only performances timed by an approved fully automatic electrical timing device shall be approved as records.
19. [Masters] The general rule regarding the use of starting blocks and (19) _____ is waived.
20. Officials are necessary at athletic events: There should be as many (20) _____ at a meet as is necessary for its orderly and efficient operation, and compliance with these rules.
21. [Distances in Field Events] Shall be measured in (21) _____ and always recorded to the nearest 0.01m below the distance measured.....
22. Except in Combined Events, any (22) _____ responsible for the false start shall be disqualified and a red card/flag shall be placed on the respective lane marker(s), or raised in front of the respective athlete(s).
23. 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 (23) _____ followed by those who advance on time.
24. [Relays] In relation to the take-over zone, it is only the position of the (24) _____ that is decisive, and not the position of the body or limbs of the runners.
25. [High Jump and Pole Vault] For the first attempt of any competitor upon entering the competition, the time allowed for such attempt shall be (25) _____ .
26. [Shot Put] It must be spherical in shape, its surface shall have no (26) _____, and the finish shall be smooth.
27. [Javelin] No throw shall be valid or counted in which the (27) _____ or the point of the metal head, in contacting the ground when it first lands, is not completely within the inner edges of the lines of the sector before
28. [Combined Events] A competitor failing to attempt to start or take a trial in any event of the competition shall not be (28) _____ to participate in any following events.
29. [Combined Events] In the Long Jump, Shot Put, Discus Throw, and Javelin Throw, each competitor shall be allowed (29)_____ trials only.
30. Officials assigned, as (30) _____officials should be those certified by the National Officials Committee of USA Track and Field.
31. [Long Jump] No marks shall be placed on a (31)_____, 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.

32. The Inspector of Implements shall and weigh and (32) _____ implements used in competition, and shall place a designating mark on each implement passed as complying with all relevant specifications.
33. [Field Events –General] When there are eight or fewer competitors (or nine if nine lanes are used around the track), all shall be allowed (33) _____ trials.
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.
35. Lap scorers shall keep a record of the laps covered by each competitor in races longer than (35) _____ mile.
36. [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 (36) _____.
37. [Youth Athletics] Athletes in the Intermediate and Young Men/Women divisions shall, in accordance with Rules 161, be required to use starting blocks and a (37) _____ 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.
38. [Pole Vault] If, in making an attempt, the competitor's pole is (38) _____, it shall not be counted as an attempt or a failure and the vaulter shall be awarded a new trial.
39. Notification of warnings and disqualifications concerning the start may be made only by or under the direction of the (39) _____.
40. In the absence of such a device, the primary determination of the order of the finish shall be made by the (40) _____ at the finish.
41. 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 (41) _____ Meters and the Long Jump and Triple Jump.
42. Each competitor shall run in a (42) _____ line after entering the final straightaway in all races of two or more turns unless there is another competitor in his or her path.
43. [Relays] The passing of the baton commences when it is first touched by the (43) _____ runner and is completed the moment it is in the hand of only the receiving runner.
44. The Starter shall not fire the pistol/starting device while any competitor is in motion after the command (44) “ _____ ” nor before the Starter has ascertained that each is steady and in the correct starting position.
45. [Youth Athletics] In the Javelin Throw, the measurement of the throw shall be made from the nearest edge of the (45) _____ point of contact made by the javelin in the sector to the inside of the
46. [Disabilities – Field Events, Specific Field Rules] The maximum height of the throwing frame, including the cushion(s) used as a seat, shall not exceed (46) _____ cm.
47. [Youth Athletics] The “honest participation” rule provided in Rule 142.3 & .4 shall not be (47) _____ to Youth Athletics.
48. Any competitor or participant jostling, running across, or obstructing another competitor or participant so as to (48) _____ his or her progress shall be liable to disqualification in that event.
49. The (49) _____ shall have entire control of the competitors at their marks and shall be the sole judge, except as herein otherwise provided.....

50. The appropriate Field Judge(s) shall, at the completion of a trial, indicate a valid performance by raising a (50) _____ flag and shall indicate a foul or non-valid performance by raising a red flag.



ANSWER SHEET

USATF National Officials Committee Association Track & Field Rules Review 2009-2012 Olympiad Edition Reviews for 2011 and 2012

_____ # Correct
 _____ # Incorrect
 _____ % Correct

Name _____ **Home Phone** _____
Please Print *Please be neat!*

E-mail address _____
 _____ - _____
Street *City* *State* *Zip*

Instructions: Fill out complete form. From the attached Rules Review, indicate the appropriate answer.

Year of **USATF Rulebook** Used: _____

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