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 determine whether the statements written below are true or false. The key word for each question appears in bold font. 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. Questions are in sequential order as they appear in the rule book.

*Using the 2017 USATF Competition Rules is acceptable. Rule update is in red.

Circle your answers on the attached answer sheet and send it to your association certification chair.

Scoring
50 true/false questions, each worth 2 points; minimum passing score is 80% (40 correct)

Questions

1. [Meet Personnel]. There shall be as many officials at a meet as is necessary for its orderly and efficient operation, and compliance with these rules. (Rule 110.1)

2. [Meet Personnel]. Officials assigned as competition officials should be those certified by the National Officials Committee of USATF. (Rule 110.2)

3. [Meet Personnel]. In the absence of such a device (an approved imaging device that is properly functioning), the primary determination of the order of the finish shall be made by the wind gauge operator at the finish. (Rule 126.1)

4. [Meet Personnel]. The appropriate Field Judge(s) shall, at the completion of a trial, indicate a valid performance by raising a white flag and shall indicate a foul or non-valid performance by raising a red flag. (Rule 126.8)

5. [Meet Personnel]. Umpires are assistants to the Referee, to whom the Chief Umpire shall report, and have no authority to make final decisions. (Rule 127.2)

6. [Meet Personnel]. The referee shall have entire control of the competitors at their marks and shall be the sole judge, except as herein otherwise provided... (Rule 129.2) (Rule 129.3)

7. [Meet Personnel]. Notification of warnings and disqualifications concerning the start may be made only by or under the direction of the umpire. (Rule 129.4) (Rule 129.5)

8. [Meet Personnel]. Lap scorers shall keep a record of the laps covered by each competitor in races longer than one mile. (Rule 131.1)

9. [Meet Personnel]. The Wind Gauge Operator, except as provided in Rule 163.14 (which deals with remote or automatic starts), 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 400 meters and the Long Jump and Triple Jump. (Rule 136)
10. [Meet Personnel]. The Inspector of Implements shall and weigh and measure implements used in competition, and shall place a designating mark on each implement passed as complying with all relevant specifications. (Rule 139.2)

11. [Athletic Attire]. A competitor may compete in bare feet or with footwear on one or both feet. (Rule 143.3(a))

12. [Athletic Attire]. If one bib is provided, it must be worn visibly on the front. (Rule 143.4(b))

13. [Assistance to Athletes]. The following shall be considered assistance: Pacing in running or walking events by persons not 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 144.3i. (Rule 144.3(a))

14. [Assistance to Athletes]. The following shall be considered examples of assistance: Provision of advice or other support by any official of the competition not related to, required, or allowed by the specific role of the official in the competition. (Rule 144.3(e))

15. [Measures and Weights]. Distances in field events shall be measured in feet and shall always be recorded to the nearest inch below the distance measured if the distance is not a whole inch (i.e. fractions less than 0.01 inch must be ignored). (Rule 148.2(b)(i))

16. [The Start]. On the command “on your marks”, or “get ready” as the case may be, all competitors shall at once and without delay assume their full and final starting position. (Rule 162.9)

17. [The Start]. Any competitor(s) charged with a false start shall be disqualified and a red and green (diagonally halved) card shall be raised in front of the respective athlete(s). (Rule 162.15)

18. [Running Competition]. Any competitor or participant jostling, running across, or obstructing another competitor or participant so as to impede 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 inside the line or curb marking the inside of the track... NOTE. For the competitor, “inside” means the line or curb would be to their right. “Outside” means the line or curb would be to their left. (Rule 163.5)

20. [Running Competition]. No competitor, after voluntarily 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))

21. [Timing]. In 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 longer second ...... (Rule 165.7(a))

22. [Forming Heats]. In rounds other than the first, 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 place followed by those who advance on time. (Rule 166.1(d)(ii)(a))

23. [Hurdles]. Except for hurdles knocked down deliberately (Rule 168.3(b), the knocking down of one or more hurdles does not disqualify the athlete nor prevent a record provided ... (Rule 168.4)

24. [Relay Races]. The passing of the baton commences when it is first touched by the receiving runner and is completed the moment it is in the hand of only the receiving runner. (Rule 170.17)

25. [Relay Races]. In relation to the exchange zone, it is only the position of the runner that is decisive. (Rule 170.17)

26. [Field Events – General]. When there are eight or fewer competitors (or nine if nine lanes are used around the track), all shall be allowed eight trials. (Rule 180.4(c))

27. [Field Events – General]. In all competitions, the order of competition for the final three trials shall be in random order. (Rule 180.4(f)
28. [Field Events – General]. In the High Jump and Pole Vault … For the first attempt of any competitor upon entering the competition, the time allowed for such attempt shall be one minute. (Rule 180.11(c))

29. [Field Events – General]. A clock that shows the remaining time allowed should be visible to the competitor. In addition, an official shall raise overhead and keep raised a yellow flag, or another suitable indicator for the final 20 seconds remaining of the time allowed. (Rule 180.11(d))

30. [Field Events - General]. No marks shall be placed on a runway, 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 or take-off. (Rule 180.22 (a))

31. [High Jump and Pole Vault]. When it is clear that the bar has been displaced by a force not associated with the competitor (e.g. a gust of wind), if such displacement occurs before the competitor has cleared the bar without touching it, the attempt shall be considered successful, and... (Rule 181.8(a))

32. [Pole Vault]. If in making an attempt, the competitor’s pole is dropped, it shall not be counted as an attempt or a failure and the vaulter shall be awarded a new trial. (Rule 183.7)

33. [Horizontal Jumps - General]. The landing area, to a minimum depth of 30cm, should be filled with soft dry sand, the top surface of which shall be level with the take-off board. (Rule 184.7)

34. [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 any 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)

35. [Triple Jump]. The hop shall be made so that an athlete lands first on the same foot as that from which the athlete has taken-off, the step shall land on the same foot .... (Rule 186.6)

36. [Throwing Events - General]. When leaving a circle, the competitor must do so from the rear half as provided in Rule 187.5 (which means the implement has landed)  (Rule 187.2)

37. [Throwing Events - General].The measurement of each throw shall be made immediately after the throw. The measurement mark in the landing area for all attempts shall be preserved until removal is authorized by the Referee. (Rule 187.7)

38. [Shot Put]. The shot must not at any time be brought behind the line of the shoulders. (Rule 188.2)

39. [Shot Put]. It must be spherical in shape, its surface shall have no roughness, and the finish shall be smooth. (Rule 188.3)

40. [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. (Rule 191.2)

41. [Javelin]. In open competition, no javelin throw shall be considered valid in which the tip or point does not land first. (Rule 193.1(c))

42. [Combined Events] - General Rules]. False starts are called on individuals, not on the field. For a first false start by a competitor, a yellow and black card (diagonally halved) card shall be raised in front of all competitors, and a corresponding indication, such as a yellow flag, may be placed on the respective lane marker(s). (Rule 200.3(c))

43. [Combined Events] Where field events are conducted sequentially, a minimum of 30 minutes between field event flights shall be allowed between the last attempt or finisher of one event and the beginning of competition in the next ... (Rule 200.4(c))

44. [Long Distance and Road Events - Course Certification]. The course used for a competition shall be certified prior to the running of the event unless the course is deemed un-certifiable by the Organizing Committee. (Rule 240.1)
45. [Field events]. All measurements for records shall be made by two field judges, including the Chief Field Judge of that event, under the supervision of the Field Event Referee or Head Field Judge. (Rule 264.2)

46. [Youth Athletics]. More than one take-off board may be used with an indicator (such as orange cones) placed at both sides of the take-off board. Each jumper must declare prior to each jump which board he/she will use. (Rule 302.5(d))

47. [Youth Athletics - Track Events]. The “honest participation” rule provided in Rule 142.3 and 142.4 is applicable to Youth Athletes. (Rule 302.2 (g))

48. [Youth Athletics]. Prior to warm up, the field event referee or designee shall inspect each pole to be used in the competition to verify that the poles are legal equipment. Part of this procedure is ensuring that each competitor is using a pole that is rated at or above his/her weight. (Rule 302.5(n)

49. [Master Athletics - General]. Every championship event, including combined event championships, will use the implement weights, hurdle heights and spacing, and race lengths approved by WMA, as of January 1 of the current year. (Rule 332.1(c))

50. [Master Athletics - General]. The general rule regarding the use of starting blocks and stance is waived. (Rule 332.2 (d))
Name:  
Phone:  
Address, City, State, Zip Code:  
Email Address:  
Certification # (if recertifying):  

2 points for each correct answer; max score = 100.  40 correct answers - 80 points (80%) needed to pass.

| 1. True / False | 26. True / False |
| 2. True / False | 27. True / False |
| 3. True / False | 28. True / False |
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