

**USA TRACK & FIELD NATIONAL OFFICIALS COMMITTEE**  
**2017-2020 National Level Track and Field**  
**Certification Rules Review (v 2.0)**



**Purpose**

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

**Instructions**

Use the 2016 [USATF Competition Rules](#) and the 2015-2016 [NCAA Cross Country/Track and Field Rules](#) .

**\*Using the 2017 USATF Competition Rules and 2017-2018 NCAA Rules are acceptable.**

Some statements provide a contextual reference (e.g., “[At the fall Cross Country Championships]”) or provide only part of a complete sentence (as indicated by “...”) the statements are drawn from the rule books.

Enter your answers on the attached answer sheet and send it to your Association Certification Chair. As always, make a backup copy of what you send.

**Scoring**

There are 25 true/false questions, each worth 2 points and 25 multiple choice questions, each worth 2 points. To pass the test, a score of 90% (45 correct) or higher is needed.

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**PART 1: TRUE OR FALSE** (if the question is partially false, then the entire question is considered false.)

Enter True or False on the answer sheet along with the applicable rule number. Also provide the correct answer to any questions that you marked with the answer FALSE.

1. NCAA. For outdoor and indoor championship qualifying on a track surveyed for a curb, a regulation curb must be in place.
2. USATF. Even when officials are available, it is perfectly acceptable for a coach to officiate an event in which an athlete whom he/she coaches is competing.
3. USATF. For “open” competition, the Referee may consider any available evidence which the referee thinks necessary, including a film or picture produced by an official videotape recorder, or any available video evidence.
4. NCAA. Starters decide whether a start is fair and legal, or which competitor(s) shall be charged with a false start; subject only to an appeal and a ruling by the assigned Referee.
5. USATF. Once the Clerk of Course delivers athletes to the prescribed assembly area, the Starter and/or assistant starters shall place each athlete in the correct lane or position.
6. NCAA. A field event competitor checks in at the event site. The Chief Judge of the event observes that the athlete is wearing an official school top but is wearing, as a uniform, tights with a small manufacturer's logo on the left leg of the tights. There is also the manufacturer's name and logo printed around the waist band of the tights. The athlete's uniform is in violation of NCAA rules.
7. USATF. As the Combined Events Coordinator you are required to be present at all times to assist in the conduct of the event and shall report to the National Technical Official assigned to that event.
8. NCAA. Protests relating to singular matters that develop during the conduct of the meet should be made at once and not later than 30 minutes after the results have been announced or posted.

9. NCAA. In a meet contested on an eight lane track, only eight competitors report to run in the three preliminary heats of the 100 meter dash. Since the athletes are already warmed up and ready to compete, and after conferring with the Referee, lanes should be reassigned to the athletes who reported and the race should immediately run as a final.
10. USATF. For events on the track, a recall for a fall by a competitor shall occur only when the opinion of a member of the start team is such that the fall is wholly part of an "unfair start". Any incident resulting in the recall must have taken place within close proximity to the start line and be clearly associated with the start. In that instance, a distance beyond 5 meters shall not be considered "close proximity" to the start line.
11. USATF. As an umpire assigned to an exchange zone for a 4X100 meter relay (run in lanes), you observe an athlete place two check marks in his/her lane before the acceleration zone. This is a violation of the rules.
12. NCAA. For the Shot Put competition, the games committee may establish a minimum distance that must be reached after the first legal trial, to guarantee a measurement in any preliminary round of the competition. In the finals, all trials shall be measured.
13. USATF. For field events, in a meet where there is a separate qualifying competition, athletes who have qualified for the competition proper may be allowed to continue in the qualifying competition in an attempt to achieve a better height or distance.
14. NCAA. During High Jump competition, an athlete may have no more than three markers on the apron to assist in the run-up or take-off.
15. USATF. If a Long Jump competitor takes off from outside either end of the take-off board, whether beyond or before the extension of the take-off line, that jump shall be counted as a failure or foul.
16. USATF. In the discus, an athlete feels he has made a great throw. In excitement, the athlete leaves the circle before the implement has landed. The athlete did leave under control and from the rear half of the circle. This throw should be ruled a foul.
17. NCAA. College cross country and track relay teams must be able to be identified as from the same team. To do this, each member of the team must compete in a uniform clearly indicating, through color, logo and combination of all outer garments worn as a uniform that members are from the same team.
18. NCAA. As an umpire for an exchange zone in a 4X100 meter relay, you observe that the baton held by the incoming runner first touches the outstretched hand of the outgoing runner before the baton is in the exchange zone. The outgoing runner does gain full control of the baton within the exchange zone. This is a violation of the rules.
19. NCAA. After the athlete releases the discus in a legal manner, the discus hits the cage and lands in the sector but only about 20 meters in front of the throwing circle. It is considered an invalid throw and the athlete is allowed a replacement throw.
20. USATF. A competitor in the course of an attempt in the javelin is permitted to touch the lines which mark the runway.
21. NCAA. For a record to be accepted in a throwing event, the implement does not have to be certified before the start of the competition, but must be certified after the record attempt.
22. NCAA. In events other than the vertical jumps, the athlete can take both preliminary and final attempts out of order.

23. NCAA. In a Combined Event Competition, false starts are called on individuals, not the field. No penalty is imposed for an athlete's first false start, but the athlete is disqualified for his/her second false start.

24. USATF. In Youth Athletics, for the triple jump, only one take-off board can be used and it should be set between 7 and 13 meters from the landing area. USATF Rule 302.5(d),

25. USATF. When an individual master's athlete or master's relay team qualifies for a subsequent round and then voluntarily withdraws, the next ranked original non-qualifier, if checked-in with the clerk, shall be advanced to participate in that subsequent round.

**PART 2: MULTIPLE CHOICE** Enter a, b, c, or d on the answer sheet, along with the applicable rule number. Please read **all** of the choices when entering a, b, c, or d on the answer sheet.

26. USATF. Which is not a duty of the chief umpire?

- a. Brief and review with the umpires the appropriate rules
- b. Disqualify an athlete who has made a violation of the rules
- c. Secure from umpires, orally and in writing, what was observed
- d. When there is no Hurdle Inspector, check the number, condition, and height of the hurdles

27. USATF. No lap scorer, except in the case of race walking events and ultra-marathons, shall be responsible for more than:

- a. Three runners
- b. Four runners
- c. Six runners
- d. Seven runners

28. USATF. The Inspector of Implements shall be responsible for all the following except:

- a. Ensuring that the track, runways, circles, arcs, sectors, landing areas for field events and all equipment are in accordance with the Rules, and shall verify the calibration of electronic equipment
- b. Weighing and measuring competition implements
- c. Placing a designation mark on each passed implement (i.e., "mark of the day")
- d. Certifying additional implements, if directed by the referee, between qualifying rounds and the competition proper

29. USATF. In races with more than 12 competitors that do not start in lanes, competitors may be divided into two groups and placed on separate arced starting lines using the following guidelines:

- a. Two-thirds of runners are placed on the arced starting line marked across the outer half of the track
- b. Half of the runners are placed on the regular arced starting line and half are placed on the arced starting line across the outer half of the track.
- c. Two-thirds of the runners are placed on the regular arced starting line and the remaining one third is on the outside arch.
- d. None of the above

30. USATF. Unless a material advantage is gained, a competitor shall not be disqualified if he or she:

- a. Is pushed or forced by another competitor to run out of their lane
- b. steps out of the lane on the straightaway but does not impede another competitor
- c. steps or runs outside of the outer lane line on the curve but does not impede another competitor
- d. All of the above

31. USATF. Using the wind gauge, the velocity will be averaged over what time period for the following events:

- a. 200 meters around a curve - for 13 seconds - beginning with the start of the race
- b. In the Long Jump and Triple Jump - 5 seconds
- c. 200 meters around a curve - for 10 seconds - beginning when the runners enter the straightaway
- d. b and c above

32. NCAA. Time in minutes for initiating field events in open competition with one athlete remaining who has won the competition, unless he or she is just entering the competition is:
- High jump - 2 minutes, pole vault - 3 minutes
  - High jump - 4 minutes, pole vault - 5 minutes
  - High jump - 1 minute, pole vault - 1 minute
  - None of the above
33. USATF. In the Javelin Throw, which statement is true?
- The competitor may turn his/her back towards the throwing area during the run-up to the foul line
  - It is considered a valid throw if the metal head of the javelin lands first and is in the sector and then the tail lands and is out of the sector
  - The javelin may have movable parts to allow for a change in the center of gravity
  - None of the above
34. USATF. Three competitors (A, B and C) remain in the high jump. Competitor C has not yet entered the competition. Assuming competitors A and B clear 1.98m, the time limit for competitor C's first attempt at 1.98m shall be the following:
- One and half minutes because 2 or 3 competitors remain at the height
  - One minute because this is his or her first attempt in the competition
  - Five minutes because Competitor C is the only one jumping at that height
  - None of the above
35. USATF. In the Long Jump, which of the following is considered a failure or a foul?
- Competition is using plasticine; competitor breaks the plane of the take-off board with no mark in the plasticine.
  - Competition is using plasticine; competitor breaks the plane of the take-off board with a mark in the plasticine
  - Competitor walks back through the landing area after having exited the landing area properly
  - None of the above
36. USATF. Which of the following is NOT considered a failure in the Pole Vault?
- The crossbar does not remain on the original pegs because of the action of the competitor while vaulting.
  - The competitor touches the area beyond vertical plane of the upper part of the stop board without first clearing the bar
  - The competitor runs outside the white lines marking the runway
  - During the vault, the vaulter steadies or replaces the bar with his or her hand(s).
37. USATF. In the combined events hurdles, decathletes A and B are in the same heat. Decathlete A false starts in the first attempt to start the heat. Decathlete B then false starts in the second attempt to start the heat. Which of the following is true?
- In the combined events, both athletes are disqualified after one false start each
  - When Decathlete A false starts in the first attempt, the false start is charged to the field - subsequently, decathlete B is disqualified in the second attempt to start the heat
  - Neither decathlete is disqualified because each respective athlete is allowed one false start in the combined events
  - All of the above
38. USATF. For all outdoor records in open competition, where wind readings are required, the average wind velocity in the direction of running shall not exceed:
- 4.00 meters per second
  - 2.00 meters per second
  - 2.00 miles per hour
  - None of the above

39. USATF. In Youth athletics, if an athlete is competing in a running event simultaneously with the Shot Put, what accommodations are allowed?
- No time limit imposed on excused athletes from the shot put
  - The competitor must return before conclusion of prelims if excused during the prelims or return before the conclusion of the finals if excused during the finals of the shot put.
  - The competitor may take attempts in succession before being excused or make up attempts after returning to the event
  - All of the above
40. USATF. In the Youth Athletics Pole Vault, which of the following is true?
- The vaulter, while competing on the infield, may cross the track to engage in dialogue as long as no track events are occurring
  - The vaulter, weighing 85 pounds, is permitted to use a pole rated for 85 pounds or more.
  - The vaulter may be physically assisted during warm-ups
  - The vaulter, who has passed three consecutive heights after the competition has begun, may be permitted a warm-up jump with the crossbar in place
41. USATF. In the master's men's hammer competition, which of following combination of age groups is permissible based on using the correct implement weight:
- 40-44, 45-49, 50-54
  - 55-59, 60-64, 65-69
  - 80-84, 90-94, 95-99
  - 65-69, 70-74, 75-79
42. USATF. In the Hammer and Weight Throw, which of the following is true?
- Gloves are permitted, provided the tips of the fingers of the glove, other than the thumb, are open
  - A substance may be used on the hands or gloves to obtain a better grip
  - Two or more fingers may be taped together
  - a and b above
43. NCAA. In the steeplechase, the referee, after consulting with the appropriate officials, shall disqualify a competitor who:
- Steps on or over the curb with two consecutive steps of either both feet or a single foot on the curve
  - Advances or trails a leg or foot outside the hurdle width and below the top horizontal plane of the hurdle
  - Does not go over or through the water.
  - All of the above
44. NCAA. In Hammer or Javelin competitions the implement breaks. Which answer or answers are true?
- If the implement breaks while it is in the air, the attempt is valid and measured provided no other rules were broken during the attempt
  - If the implement breaks while it is in the air, the attempt is not measure. Provided no other rules were broken during the attempt, the athlete is given another trial.
  - If the implement breaks upon impact with the landing area, the attempt will be valid and measured provided no other rules were broken during the attempt, and no additional attempt will be given.
  - b and c above
45. NCAA. In vertical jump competitions, which answer is correct?
- In an open pole vault a vaulter misses a first attempt and takes a consecutive attempt at the same height. The time limit for the second attempt is two minutes
  - In an open pole vault, an athlete has passed all previous heights and now enters at a new height. All other competitors have failed at lower heights. As the only vaulter left in the competition, the time limit is five minutes for the entering athlete for all attempts
  - In a combined events high jump an athlete misses a first attempt and takes a consecutive attempt at the same height. The time limit for the second attempt is two minutes

- d. In an open high jump, four athletes remain in the competition. An athlete is the last jumper in the order at a height and makes his attempt. Due to passes by others, he is the first athlete to jump at the next height. The time limit for his first attempt at the new height is two minutes
46. NCAA. The hammer throw is being contested as a one flight, four-attempt final. An athlete completes his first two attempts and then leaves the area to compete in another event. He's called up in the third round but is not present; he returns after the third round is complete and as the fourth round begins. Which of the following is the correct action?
- Reopen the third round and allow the athlete to take his third attempt out of order, and then his fourth attempt in the order listed
  - Start the fourth round and allow the athlete to take the missed third round attempt out of order, and the fourth round attempt in the order listed
  - Record a foul for the athlete's third attempt in his absence but allow him to take his fourth attempt in the order listed
  - Record a pass for the athlete's third attempt in his absence but allow him to take his fourth attempt in the order listed
47. NCAA. Which of the following is not considered a failed attempt in the high jump?
- Crossbar is displaced by the wind prior to athlete clearing the crossbar
  - Athlete aborts his or her attempt but contacts the base of the upright causing displacement of the bar
  - Athlete aborts his or her attempt and touches the ground or landing area beyond the plane of the crossbar.
  - Athlete takes off in his or her attempt with both feet
48. NCAA. Which of the following is considered a failed attempt in the hammer throw?
- In making his or her turns, the hammer wire breaks causing the athlete's left hand to touch outside the throwing circle
  - Athlete's left foot touches the top of the iron band, hammer is then released and breaks during the course of the throw
  - Hammer upon release touches the cage and the head of the hammer lands within the sector
  - Athlete exits the circle from the rear half of the circle after the hammer lands in the sector
49. NCAA. Which of the following is NOT considered assistance to an athlete?
- Spraying a substance directly onto the surface of the throwing circle
  - Taping of the individual fingers in the hammer such that two fingers are taped together
  - The viewing of a videotape or photos, or the use of any wireless communication device by a competitor after the competition has been completed.
  - Crossing the track to confer with coaches during the preliminaries of the men's open 400m hurdles
50. NCAA. Which of the following are legal requirements for the weight?
- Rubber is an acceptable material for the shell
  - No internal movement with a metal head
  - The filled head may deform upon impact but must return to shape of a sphere
  - b and c above

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**2017-2020 National Level T&F Rules Review**  
**Answer Sheet** (v 2.0)



Name:	Phone:	Association:
Address, City, State, Zip Code:		
Email Address:	Certification # (if recertifying)	

**2 points for each correct answer; max score =100. 45 correct answers – 90 points (90%) needed to pass.**

Question	Correct Answer	Correct Answer for FALSE statements	Rule Number(s)	Question	Correct Answer	Rule Number(s)
1.				26.		
2.				27.		
3.				28.		
4.				29.		
5.				30.		
6.				31.		
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22.				47.		
23.				48.		
24.				49.		
25.				50.		