



2013-2016 Apprentice Level Track & Field Certification Test

Minimum Score: 80%

Required Documents

- 1) 2012 USA TRACK & FIELD COMPETITION RULES [<http://www.usatf.org/About/Competition-Rules.aspx>]
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Instructions

Fill in the missing words from the following rule statements taken from USA Track & Field's Competition Rules. Although some statements provide a contextual 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 rule book in sequential order. Please PRINT your answers on the ANSWER SHEET provided and return it to your Association Certification Chair for grading.

Part 1: ARTICLE III - OFFICIALS

1. 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,p42, 2012)
 2. Officials assigned as (2) _____ officials should be those certified by the National Officials Committee of USATF. (Rule 110.2,p42, 2012)
 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,p49, 2012)
 4. The appropriate Field Judge(s) shall, at the completion of a trial, 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,p50, 2012)
 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,p50, 2012)
 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,p53, 2012)
 7. Notification of warnings and disqualifications concerning the start may be made only by or under the direction of the (7) _____. (Rule 129.4, p53, 2012)
 8. Lap scorers shall keep a record of the laps covered by each competitor in races longer than (8) _____ mile. (Rule 131.1,p54, 2012)
 9. 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 (9) _____ Meters and the Long Jump and Triple Jump. (Rule 136, p55, 2012)
 10. The Inspector of Implements shall and 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, p57, 2012)
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Part 2: Article IV - Rules of Competition

11. A competitor may (11) _____ in bare feet or with footwear on one or both feet. (Rule 143.3a, p60, 2012)

12. Bibs are to be worn as (12) _____ (cutting or folding numbers is not permitted). (Rule 143.4,p61, 2012)
13. [The following shall be considered assistance:] Pacing in running or walking events by persons (13) _____ 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), p62, 2012)
14. [Distances in Field Events] Shall be measured in (14) _____ and shall always be recorded to the nearest 0.01m below the distance measured if the distance(Rule 148.2(b)i, p67, 2012)
15. The starter shall not fire the pistol/starting device, or give the start command, while any competitor is in motion after the command (15) " _____," when appropriate, nor before the Starter has ascertained that each competitor is steady and in the correct starting position. (Rule 162.10, p73, 2012)
16. Except in Combined Events, any (16) _____ 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). (Rule 162.13, p73, 2012)
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,p75, 2012)
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,p75, 2012)
19. 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 (19) _____ second... (Rule 165.7(a), p78, 2012)
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 166.1(d)iii, p84, 2012)
21. [Hurdles] ...the knocking down of one or more hurdles (21) _____ disqualify the athlete nor prevent a record provided standard 3.6kg pull-over weight hurdles have been used. (Rule 168.4,p90, 2012)
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 only the receiving runner. (Rule 170.17, p95, 2012)
23. [Relays]In relation to the take-over zone, it is only the position of the (23) _____ that is decisive. (Rule 170.17, p95, 2012)
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. (Rule 180.4(c), p97, 2012)
25. 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 (25) _____ draw. (Rule 180.4(f), p 98, 2012)
26. [High Jump and Pole Vault] For the first attempt of any competitor upon entering the competition, the time allowed for such attempt shall be (26) _____.(Rule 180.8(d)iii,p100, 2012)
27. A clock that shows the remaining time allowed should be visible to the competitor. In addition, an official shall raise (27) _____ and keep raised a yellow flag, or another suitable indicator, for the final 15 seconds remaining of the time allowed. (Rule 180.8(d)iv, p100, 2012)
28. [Jumping and Throwing Events] No marks shall be placed on a (28) _____, 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 180.19, p103, 2012)
29. [Pole Vault] If, in making an attempt, the competitor's pole is (29) _____, it shall not be counted as an attempt or a failure and the vaulter shall be awarded a new trial. (Rule 183.7, p110, 2012)

30. [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 (30) _____ part of the body of the competitor (including shoes and uniform). (Rule 185.3,p111, 2012)
31. The shot must not at any time be brought (31) _____ the line of the shoulders. Cartwheeling techniques are not permitted. (Rule 188.2,p119, 2012)
32. [Shot Put] It must be spherical in shape, its surface shall have no (32) _____, and the finish shall be smooth. (Rule 188.3,p119, 2012)
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. The competitor may (33) _____ and begin the throw again, provided no other rule has been breached. (Rule 191.2, p121, 2012)
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, p121, 2012)
35. The javelin shall be thrown over the (35) _____ or upper part of the throwing arm and may not be slung or hurled. (Rule 193.1(b), p123, 2012)
36. No throw shall be valid or counted in which the (36) _____ or the point of the metal head, in contacting the ground, or any other object, when it first lands, is not completely within the inner edges of the lines of the sector before any other part of the javelin, ... (Rule 193.1(c), p123, 2012)
37. [Combined Events] In the Long Jump, Shot Put, Discus Throw, and Javelin Throw, each competitor shall be allowed (37) _____ trials only. (Rule 200.3(a), p131, 2012)
38. [Combined Events] If hand timing is used, each competitor's time shall be timed by (38) _____ Timers independently, using Rule 165.6 to determine the official time. (Rule 200.3(b), p131, 2012)
39. [Combined Events] The order of competition within a field event, and the assignment of lanes in a track event, shall be drawn by lot for each event (39) _____. (Rule 200.5(d), p133, 2012)
40. [Combined Events] A competitor failing to attempt to start or take a trial in any event of the competition shall not be (40) _____ to participate in any following events. (Rule 200.8, p133, 2012)
41. [Cross Country] The starting area of a cross-country course should avoid any turns for at least the first (41) _____ meters. (Rule 252.4, p155, 2012)

Part 3: Article V - 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, p163, 2012)
43. Measurements for records in field events shall be made by (43) _____ field judges, including the Chief Field Judge of that event, under the supervision of the... (Rule 264.2, p164, 2012)

Part 4: Article VI - Special Programs

44. [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 (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 302.2(e), p178, 2012)
45. [Youth Athletics] The "honest participation" rule provided in Rule 142.3 and .4 shall not be (45) _____ to Youth Athletics. (Rule 302.2(g), p179, 2012)
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 to the inside of the... (Rule 302.5(i), p181, 2012)

47. [Masters] The general rule regarding the use of starting blocks and (47) _____ is waived. (Rule 332.2(d), p197, 2012)

Part 5: Special Section

48. [Disabilities – Track Events, Competition] During wheelchair races propulsion by any other method except the (48) _____ pushing on the wheels or push-rims will result in disqualification. (Rule 163.15, Class T32-34, T51-54, p228, 2012)

49. [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) _____. (Rule 164.6 (Classes T11-12, p 229, 2012)

50. [Disabilities – Field Events, Specific Field Rules] The maximum height of the throwing frame, including the cushion(s) used as a seat, shall not exceed (50) ____ cm. (Rule 178.1(a)(Classes F31-34, F51-58), p231, 2012)



2013-2016 Apprentice Track & Field Test Answer Sheet

Contact Information

NAME	PHONE #
ADDRESS, CITY, STATE, ZIP CODE	
EMAIL ADDRESS	CERTIFICATION # (if recertifying)

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ASSOCIATION CERTIFICATION CHAIR USE ONLY:	# CORRECT	# INCORRECT	SCORE %
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