



2013-2016 National Level Track & Field Certification Test

Minimum Score: 90%

Required Documents

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

Instructions

The following True & False and Multiple Choice questions are taken from USA Track & Field's Competition Rules. Please PRINT your answers on the ANSWER SHEET provided and return it to your Association Certification Chair for grading.

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

1. (Non Championships) So far as possible, the rules of the Championships shall apply to all other competitions conducted or sanctioned by USATF or any of its Associations.
2. (Meet personnel) The referee shall appoint all Competition Officials, except for those appointed in accordance with USATF Regulation 18-J.
3. The Referee may consider any available evidence including film or picture produced by an official video tape recorder, or any available video evidence.
4. The starters shall be clearly identifiable and shall be positioned so that there is full visual control over all the runners during the start of the race.
5. The Competition Secretary shall cause all start lists, including any amendments to start lists, to be distributed appropriately to other officials.
6. The Combined Events Coordinator shall be present at all times to assist in the conduct of the event and shall report to the meet coordinator.
7. Athletes competing in an event on the infield may, during competition, as long as there is no track race underway, cross to the outside of the track to confer with their coach.
8. Measurements made with fiberglass tapes are not acceptable for records.
9. Where starting blocks are used, at least one of the runner's feet must be in contact with the foot plates of the starting block.
10. The standard distance for the steeplechase is 2000 meters.
11. In relay races being run in lanes, a runner may place two separate check marks within his/her own lane.
12. In non-championship competition, in the discretion of the Games Committee, the number of trials allowed to each competitor may be reduced to four.
13. In a separate qualifying competition a competitor who has achieved the qualifying standard can be allowed to continue in the qualifying competition to improve his/her mark or position.
14. Whenever immediate oral protest is taken regarding a decision of a Field Judge that a jump or throw is foul or invalid, the jump or throw should be measured, if possible.

15. For the High Jump, there shall be a space of at least 2 cm between the ends of the crossbar and the uprights.
 16. In the Long Jump, if any competitor takes off to either side of the take-off board, whether beyond or behind the take-off line extended, it shall be counted as a failure or foul.
 17. In a throwing event, it is not a failure or foul if the competitor leaves the circle before the implement has landed.
 18. In throwing events (hammer/discus/weight), a throw may be valid even if the implement has touched the cage.
 19. A competitor in the javelin is not permitted to touch either of the runway parallel lines, or the ground outside, for the throw to be considered a valid throw.
 20. For a record to be accepted in the Javelin, the distance must be checked with a certified steel tape or by an approved scientific apparatus.
 21. No throwing event record will be accepted unless the implement is impounded and re-certified as legal.
 22. In Combined Events, Masters, and certain Youth Division Competitions, no penalty is imposed for the first false start, but the offender or offenders are disqualified for the second false start. False starts are called on the individuals, and not on the field.
 23. In the combined events in Youth Athletics, the increments for the Pole Vault shall be 10 cm and the High Jump 5 cm.
 24. The Masters Long Distance Running Committee shall conduct and supervise a program for long distance running for all athletes over the age of 35.
 25. In wheelchair races, to determine the finish, it is the torso of the athlete that is considered.
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Part 2: MULTIPLE CHOICE

26. Jury of Appeal:
 - A. Composed of 3-5 persons
 - B. Preferably certified officials
 - C. Considers appeals of decisions by the Referee
 - D. All of the above
27. Which Officials have the authority to exclude or disqualify a competitor from competition:
 - A. Referee
 - B. Starter
 - C. Field Event Head
 - D. A & B
 - E. A, B & C
28. It shall be the duty of any umpire to:
 - A. watch the competition closely
 - B. indicate a foul/violation by raising and waving a yellow flag
 - C. to report, orally and in writing to the Chief Umpire, what was observed
 - D. All of the above

29. No lap scorer, except in the case of walking events and ultra marathons, shall be responsible for more than:
- A. three runners
 - B. four runners
 - C. six runners
 - D. seven runners
30. The Inspector of Implements shall be responsible for all the following EXCEPT:
- A. weighing and measuring competition implements
 - B. releasing the failed implements prior to competition
 - C. placing a designation mark on each passed implement
 - D. certifying additional implements between qualifying rounds and in competition proper
31. 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 according to the following:
- A. 65% of runners placed on outer lanes arced line
 - B. 35% of runners placed on inner lane arced line
 - C. 65% of runners placed on inner lane arced line
 - D. None of the above
32. 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. runs out of the lane on the straightaway and does not impede another
 - C. runs outside of the outer lane line on the curve
 - D. All of the above
33. The periods for which the wind will be measured are as follows:
- A. 100 meters = 10 seconds
 - B. 100 meters = 13 seconds
 - C. 100 meter hurdles = 10 seconds
 - D. a and c
34. Time in minutes for initiating Field Events in open competition with ONE athlete remaining unless they are just entering the competition is:
- A. High Jump = 3 minutes, Pole Vault = 5 minutes
 - B. High Jump = 1.5 minutes, Pole Vault = 2 minutes
 - C. High Jump = 1 minute, Pole Vault = 1 minute
 - D. None of the above
35. In the Hammer and Weight Throw, which of the following are true:
- A. gloves are permitted
 - B. tops of the fingers of the gloves must not be closed
 - C. taping the glove to or at the wrist is acceptable
 - D. All of the above are true

36. Which of the following are NOT true in measuring vertical jumps:
- A. measurement of new height before competitor(s) attempt such height
 - B. No measurement needed if new crossbar is substituted for broken one
 - C. Measure record height and recheck if crossbar displaced
 - D. All of the above
37. In the High Jump, indicator lines shall be drawn. Those lines:
- A. should be white in color
 - B. should be 50 mm wide
 - C. should extend for 3 meters on either side of each upright
 - D. should be drawn so that the edge of line nearest to the take-off area is drawn along the vertical plane through the edge of crossbar nearest to the take-off area
 - E. All of the above
38. Which of the following is NOT considered a failure in the Pole Vault:
- A. the crossbar does not remain on pegs due to competitor action while vaulting
 - B. the competitor touches the area beyond vertical plane of the upper part of the stop board without first clearing the bar.
 - C. the competitor runs outside the white lines marking the runway
 - D. during the vault, the vaulter steadies or replaces the bar with his or her hand(s)
39. In the Horizontal Jumps, it is a failure or foul if:
- A. the competitor, in jumping, produces a mark in the plasticine
 - B. the competitor runs outside the white line marking the runway
 - C. the competitor exits the pit closer to the take-off line than the nearest break made in the sand
 - D. a & c only
40. In throwing events, competitors may use a suitable substance only on their hands except in the case of the following where an athlete may apply substance to an additional area:
- A. Shot Put
 - B. Hammer /Weight Throw
 - C. A & B
 - D. None of the above
41. Race Walking Officials may be appointed to assist in the administration of the race walk:
- A. by administering the disqualification proposal posting board
 - B. recording information for the Chief Judge
 - C. overseeing and coordinating the functions of the Lap Counters
 - D. All of the above

42. In Long Distance and Road Events, what must organizers do to ensure fair and safe competition:
- A. Provide drinking/sponging/refreshment stations
 - B. Provide adequate first aid stations
 - C. Provide adequate markings at strategic points to keep competitors on course.
 - D. Seed runners according to ability when all competitors cannot be placed on the starting line
 - E. All of the above
43. No Records shall be acceptable unless they were made in an event and sanctioned by at least one of the following:
- A. National Officials Committee
 - B. USATF, a member organization of USATF or another member Federation of IAAF
 - C. both a & b
 - D. none of the above
44. For all outdoor records in open competition, where wind readings are required, the average velocity of the wind shall not exceed:
- A. 4.00 meters per second
 - B. 2.00 meters per second
 - C. 2.00 miles per hour
 - D. None of the above
45. In Youth athletics, if an athlete is competing in a running event simultaneously with the Shot Put, what accommodations are allowed?
- A. no time limit imposed on excused athletes from the shot put.
 - B. 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.
 - C. the competitor may take attempts in succession before being excused or make up attempts after returning to the event.
 - D. All of the above
46. In Masters competition in the vertical jumps, during competition, which one of these situations is allowed:
- A. one warm up jump shall be allowed for each 3 passed consecutive heights and may be taken only as earned, not cumulatively.
 - B. warm up jumps may be taken at any time, with advance notice to the Head Judge
 - C. can pass 6 consecutive heights and get 2 consecutive warm up jumps
 - D. None of the above
47. In Wheelchair competitions, it is compulsory in all individual and team track races of 800m and over, including the 4x400 and in all road races, that:
- A. reflectors must be mounted on the wheelchair
 - B. helmets must be worn
 - C. both A & B
 - D. None of the above

48. In Wheelchair competition, propulsion by any other method except the athlete pushing on the wheels or push-rims will result in:
- A. a warning, with the third warning resulting in disqualification
 - B. 10 second penalty on final time
 - C. disqualification
 - D. None of the above
49. In Wheelchair relay competition, each team shall be allowed:
- A. two adjacent lanes
 - B. to touch the back of the outgoing athletes wheelchair for the exchange
 - C. A & B
 - D. None of the above
50. When separate referees are appointed for track events, field events, or combined events, which of the following is false?
- A. the track events referee has overall jurisdiction over the other referees.
 - B. the track events referee has no jurisdiction over the Chief Judge of Race Walk events
 - C. the track events referee shall have jurisdiction to decide placing in a race only when the Chief Finish Judge cannot decide.
 - D. the referee shall not act in a dual capacity, e.g., Chief Finish Judge and Referee
 - E. None of the above.
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2013-2016 National Level Track & Field Test Answer Sheet

Contact Information

NAME	PHONE #
ADDRESS, CITY, STATE, ZIP CODE	
EMAIL ADDRESS	CERTIFICATION #

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