

**USA TRACK & FIELD NATIONAL OFFICIALS COMMITTEE**  
**2017-2020 Apprentice Level Track & Field**  
**Certification Rules Review (v 1.1)**



**Purpose**

The purpose of this open-book rules review is for officials to become familiar with the USATF rule book, and to gain & 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 as written below are true or false. The key word for each question appears in **bold font**. Although 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.

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 should 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, 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).
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).
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, 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 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 competitors 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 162.13).
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... (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]. 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]. 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 **reordered** draw. (Rule 180.4(f)).
28. [Field Events – General]. 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]. The 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. (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, from which, subsequently, the jump is performed. (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. (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. Cartwheeling techniques are not permitted. (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]. No javelin throw shall be considered valid in which the **tip or point** of the javelin does not land first and leave a measurable mark on the ground from which to measure the throw. (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 flag (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)).

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**2017-2020 Apprentice Level T&F Rules Review**



**Answer Sheet** (v 1.0)  
(Please Print)

Name:		Phone:	
Address, City, State, Zip Code:			
Email Address:		Certification # (if recertifying)	
<b>2 points for each correct answer; max score = 100. 40 correct answers - 80 points (80%) needed to pass.</b>			
Circle the Correct Answer		Circle the Correct Answer	
1.	True / False	26.	True / False
2.	True / False	27.	True / False
3.	True / False	28.	True / False
4.	True / False	29.	True / False
5.	True / False	30.	True / False
6.	True / False	31.	True / False
7.	True / False	32.	True / False
8.	True / False	33.	True / False
9.	True / False	34.	True / False
10.	True / False	35.	True / False
11.	True / False	36.	True / False
12.	True / False	37.	True / False
13.	True / False	38.	True / False
14.	True / False	39.	True / False
15.	True / False	40.	True / False
16.	True / False	41.	True / False
17.	True / False	42.	True / False
18.	True / False	43.	True / False
19.	True / False	44.	True / False
20.	True / False	45.	True / False
21.	True / False	46.	True / False
22.	True / False	47.	True / False
23.	True / False	48.	True / False
24.	True / False	49.	True / False
25.	True / False	50.	True / False
<b>Association Certification Chair Use Only</b>		# Correct	Score %
Official Notified of Score – Date _____		Notes:	