



USATF 2021-2024 Officials' Certification Rules Review (V1.0) 9/1/2020

Purpose: This is **NOT A TEST**. It's a REVIEW. It's meant to make you familiar with the Rule Book, what's in it and how it's set up. It evaluates your ability to read a rule and correctly interpret it. To save you a significant amount of time, the specific rule numbers are given. Hopefully, after taking the Review, you will feel that you are a much more knowledgeable official.

Your Certification Level: Your Certification Level (e.g. Association, Masters, etc.) as well as Your Areas of Competency (e.g. Umpire, Throws, etc.) shouldn't be based on your ability to take an "open book" review. Beginning in 2020, the emphasis will focus on 1) Your Application, 2) Your background, 3) Meets you have attended and worked, 4) Your References, and 5) What your Association requires and what the Association Chair knows about you or has been able to find out. **Rules Review applies for T&F, LDR and Combined Events.**

Instructions Use: The Answers and Rule Numbers cited in this Review are based on the 2020 USATF Rule Book, <https://www.usatf.org/governance/rule-books>. Enter your answers on this Rules Review and send it to your Association Certification Chair for scoring. If you take the review online, <https://www.flexiquiz.com/SC/N/2124rulesreview>, instructions will be listed.

Suggestions:

- 1) Taking the Review in a group setting that allows open discussion or with other officials is encouraged.
- 2) New and less experienced officials should try to work with a "mentoring" official.
- 3) "Specialty" officials who mainly work in the same areas at most meets should take the review with other officials, benefit from shared experiences and the knowledge of all.

Important Notes:

- 1.) Games Committees, groups such as NFHS, the NCAA, State Associations, Individual Conferences, and Invitational meets do things differently. Even our own USATF meets, our National Championships, meets for specific groups like Masters and Youth, etc., often modify our basic rules. Do not assume, because you have done something a certain way at a USATF, NCAA, HS, or a prestigious meet that those events completely followed the basic USATF Rules.
- 2.) Read carefully, just one word may make the difference in a question or answer choice.
- 3.) Don't "over read." Take the questions at face value. Don't think "but what if ..."

Scoring: Successful completion of the Review requires a success rate of at least 90 percent. Individuals who do not reach 90% are encouraged to retake the review.

Questions 1 - 25 are Multiple Choice (worth 2 points each)

Questions 26 - 50 are Fill in the Blanks (worth 1 point each)-Don't worry about having the exact wording.

Scoring will be set up to accept answers that are correct, just written in different ways. (e.g. 0.05 meters / 5 centimeters / 5 cm or 100 / one hundred) What's best? Use the language that is written in the Rule Book.

Questions 51 - 75 are True and False (worth 1 point each)

Finally, Good Luck.

NAME: _____ **(Can Write Name at Bottom of Review too)**

(Multiple Choice) (2 points each) Indicate Answer on this Review or Answer Key

1. (Athletic Attire) Indicate the statement that is NOT CORRECT.

- A. An athlete may compete in bare feet. **Rule 143.3**
- B. Except for jumping events in which bib numbers can be worn on either the front or back, when only one bib number is given, it must be worn on the back. **Rules 143.4b, 143.5**
- C. In hot weather, with the referee and Games Committee's approval, an athlete in a long distance race on the track has the choice to compete with or without a shirt. **Rule 143.2**
- D. If a competition is conducted on a synthetic surface, a Facilities Operator may mandate a lesser maximum spike length than what is described in the Rule Book. **Rule 143.3c**

2. (High Jump and Pole Vault) Indicate the statement that is NOT CORRECT.

- A. The crossbar in the HJ shall be circular between 3.98 and 4.02 meters in length. In the PV, it will be between 4.48 and 4.52 meters in length. **Rules 181.12, 181.13**
- B. The end pieces that support a crossbar may be either circular or semi-circular with one clearly defined flat surface or one that has four equal sides (square). **Rule 181.11, Appendix 1 Figure 7**
- C. In the High Jump, a white line 50mm (5 cm) wide shall be drawn on the ground (usually with adhesive tape or similar material) along the vertical plane of the cross bar nearest the take-off area that extends 3 meters on either side of the uprights. **Rule 181.14**
- D. In the High Jump, there shall be a space of at least 1 cm between the ends of the crossbar and the uprights. **Rule 181.16**

3. (Throws from a Circle) Indicate the statement that is NOT CORRECT.

- A. Distance A, from the table provided to help check for 34.92 degree sector lines, is measured from the inner edge of the toe board (shot) or inner edge of the metal rim (discus, hammer). **Rule 187.22**
- B. The sector shall be marked with lines 5 cm wide and the inner edge of that line shall form the sector boundary. **Rule 187.22**
- C. A line 5 cm wide shall extend at least 75 cm on each side of the circle to designate the front and rear halves. The line through the center of the circle should not be marked in the circle. **Rule 187.19**
- D. Flags or continuous barriers should be erected parallel to and at least 3 meters outside the sector lines for their full length. **Rule 187.22 NOTE 1**

4. (General Rules - Throwing Events) Indicate the statement that is NOT CORRECT.

- A. An athlete may enter the circle from the front, side or rear. **Rule 187.1**
- B. The throw must commence from a stationary position. **Rule 187.1a**
- C. Competitors must not leave the circle (or javelin runway) until the implement has touched the landing area. **Rules 187.5, 193.1f**
- D. An athlete is allowed to compete with two or more fingers taped together. **Rule 187.3**

5. (General Rules - Throwing Events) Indicate the statement that is NOT CORRECT.

- A. If the time allowed for a trial lapses once the competitor has started a trial (began, but did not yet finish), that trial should be allowed. **Rule 180.12d**
- B. After the time for a competitor's trial has begun, that competitor may decide not to make an attempt. That will be considered a failure once the period for the trial has elapsed. **Rule 180.12c**
- C. In all Field Events, the amount of time Combined Events' athletes have to initiate an attempt in an event is the same amount of time as that for Open athletes competing in the same event. **Rule 180.12e**
- D. Except for the Pole Vault, when an athlete is taking a consecutive attempt, he or she has 2 minutes to initiate a trial. **Rule 180.12e**

6. (The Appendix Section of the Rule Book) Indicate the statement that is NOT CORRECT.

- A. The USATF Record Application Form is located in Appendix 2. **Appendix Section**
- B. The dimensions of the Mini Javelin are located in Appendix 1, Figure 16. **Appendix Section**
- C. The illustration of a properly constructed Javelin Runway and Landing Area is located in Appendix 1, Figure 5. **Appendix Section**
- D. Adaptations to USATF Rules for para-athletes (Athletes with Disabilities) can be found in Appendix 3. **Appendix Section**

7. (Advancement) Unless stated otherwise in the meet literature, on an 8 lane track, with Fully Automated Timing and 32 competitors, for events run in lanes, which of the following methods of advancement is CORRECT?

- A. The top three and next four best times would qualify to run in one of two semi-finals which will take the top three and next two best times to an 8 person final. **Rule 166.2h**
- B. The top three and four best times qualify to run in three semi-finals then picking the top two and next two best times to advance to an 8 person final. **Rule 166.2h**
- C. Those that run the 8 fastest times advance directly to a final. **Rule 166.2h**
- D. The top four in each trial heat would qualify to run in one of two semi-finals. **Rule 166.2h**

8. (The Take-Off Box for Pole Vault) Regarding the mandatory use of a box collar pad complying with ASTM specifications, which of the following statements is CORRECT?

- A. The approved box collar pad shall be used by all groups. (Youth, Open and Masters) **Rule 181.18**
- B. The use of an approved box collar pad requirement applies only to Youth Athletics. **Rule 302.5k**
- C. The use of an approved box collar pad requirement applies only to Open Competition. **Rule 181.18**
- D. The use of an approved box collar pad requirement applies only to Masters Competition. **Rule 181.18**

9. (Horizontal Jumps) Indicate the statement that is NOT CORRECT.

- A. The sand in the landing area should be level with the take-off board. **Rule 184.6**
- B. In Youth and Masters' Long and Triple Jumps, more than one board may be used. Each jumper must declare before each jump which board he or she will use. **Rules 302.5d, 332.3i (ii)**
- C. The Triple Jump Take Off Line shall not be less than 13m for men and 10m for women from the nearer end of the landing area. For other than major open competitions, the distance of the triple jump board shall be appropriate for the level of competition. **Rule 186.3**
- D. The take-off board in the Long and Triple jumps shall measure at least 20 cm wide and not wider than 50 cm. **Rule 184.3, Appendix 1, Figure 6**

10. (High Jump and Pole Vault) Indicate the statement that is NOT CORRECT.

- A. If, after an athlete clears the bar without touching it, the bar is displaced by a force not associated with the competitor (e.g. a gust of wind); the attempt will be considered successful. **Rule 181.8a**
- B. The High Jump landing pads were positioned so that they touched the uprights. During the attempt the athlete touched the bar but before it could be determined whether or not the bar would be displaced the athlete landed on the pads that accidentally displaced the crossbar. The athlete should be awarded a new attempt. **Rules 181.10 Note, 181.8b**
- C. A competitor who forgoes (passes) his or her first trial at a height may take his or her second and/or third attempts at that (same) height. **Rule 181.6**
- D. In determining any place but first place, if two athletes have the same number of jumps at their best height and the same number of total failures throughout the competition, they shall be awarded the same place. **Rule 181.9**

11. (Implements) Indicate the statement that is NOT CORRECT.

- A. In Youth competition, girls and boys in the 9 - 10 division throw the 6 lb. shot put. **Rule 301**
- B. Illustrations of acceptable hammer/weight handles can be found in Appendix 1, Figures 14, 15. **Appendix**
- C. For the 600 gram javelin, the distance from the CG (center of gravity) to the tip must be at least 800 mm and not more than 920 mm. **Rule 193.7**
- D. In Masters' competition, women 30-49 and men 60-69 throw the 4K shot. **Rule 332.3g**

12. (Appendix 3, Para Adaptations) Indicate the statement that is NOT CORRECT. *Para @ Back of Rule Book

- A. In the Long Jump, for F11 and F12 (blind / visually impaired), athletes use a take-off area 1 m in length, covered with a substance that allows the athlete's take off foot to leave an impression, and the jump is measured from the take-off mark closest to the pit to the nearest break in the sand. **Rule 184.8, 184.3 Note**
- B. For Athletes in Classes T 31 - 34 and T 51 - 54, the individual athlete has the choice to wear or not wear a helmet in all individual track and team track races and in all road races. **Rule 143.16**
- C. It is the center of the axle of the front wheel that indicates a wheelchair athlete's finish position. **Rule 164.6**
- D. Athletes in Para F31-34 and F51-57 who throw from a seated position are encouraged to use strapping across the upper thighs and/or pelvis to help maintain contact (with the seat surface) throughout the throw. **Rules 179.1a, 179.1b**

13. (Wind measurements) Which of the following statements is CORRECT?

- A. In the Triple Jump, the wind gauge should be placed adjacent to the take-off board the athlete is using. **Rule 163.11**
- B. In the 200, the wind gauge should be started when the runners enter the final straight. **Rule 163.10b**
- C. The period of time for which the wind will be measured in the 100, 100 Hurdles and 110 Hurdles shall be 10 seconds. **Rule 163.10a**
- D. To minimize interference, the preferred placement of the wind gauge is within 2 meters of the track adjacent to the outside lane. **Rule 163.11**

14. (Starting) Indicate the statement that is NOT CORRECT.

- A. Prior to each running event, the starter (or designee) shall give instructions to the competitors concerning the commands to be used and shall ascertain that the applicable Timers, Finish Line Judges, Photo Finish, and Wind Gauge operator are ready. **Rule 162.3**
- B. Rule Book 162.12, 12a, 12b, and NOTES 1, 2, and 3 give very detailed information on declaring a false start and defining what is considered "the commencement of a start." **Rule 162**
- C. Combined Events athletes competing in track events will be subject to the same rules regarding the start as those in Open Event competition. On the first false start the Combined Events athlete shall be disqualified from that event but they may continue in the Combined Events competition. **Rule 200.3c**
- D. Competitors who start races in a standing position are more prone to overbalance. If such a movement is considered to be accidental, the start should be regarded "unsteady" and cancelled. Upon reassembly a green card should be shown to all athletes to indicate that a violation was not committed by any athlete. **Rules 162.12 Note 3, 162.11**

15. (Placement of Finish Line Judges) Which of the following statements is CORRECT?

- A. Finish line judges should be in line with the finish line. **Rule 126.4**
- B. Finish line judges should be as close to the track as possible. **Rule 126.4**
- C. Finish line judges should be divided evenly on both sides of the track. **Rule 126.4**
- D. Finish line judges should be standing or seated at the same level as the runners. **Rule 126.4**

16. (Lap Scorers) Regarding the display showing the laps remaining in a race, which of the following statements is **CORRECT?**

- A.** The display shall be changed right before the lead runner crosses the finish line on each lap. **Rule 131.3**
- B.** When possible, the display shall be changed for each runner in the race to indicate the laps he or she has remaining. **Rule 131.3**
- C.** To avoid confusion, the display shall not be used once lapping occurs. **Rule 131.3**
- D.** The display shall be changed when the leader enters the straight that ends at the finish line. **Rule 131.3**

17. (Masters) Indicate the statement that is **NOT CORRECT.**

- A.** Masters' relays have no uniform similarity requirements. **Rule 330.5**
- B.** The age of a Masters' athlete at a particular meet is his or her age on the last day of the meet. **Rule 320.4**
- C.** A Masters' Relay that has runners in different age groups is considered a relay in the age division of the youngest runner in the relay. **Rule 320.5**
- D.** In the High Jump, a Master's jumper may touch the landing area before clearing the bar but may not use the landing area to any advantage as determined by the Field Event Judge. **Rule 332.3d**

18. (Cross Country) Indicate the statement that is **NOT CORRECT.**

- A.** The starting area should avoid any significant turns for at least 400 meters. **Rule 251.6**
- B.** When flags are used to indicate direction, red flags indicate a left turn, yellow flags indicate a right turn, and blue flags indicate continuing straight. **Rule 251.5**
- C.** If starting boxes are used, they should be randomly assigned by the Games Committee. **Rule 251.8**
- D.** The final straightaway has met the minimum standards if the finish line is clearly visible and is 100 meters in length. **Rule 251.9**

19. (Running Competition Held on a Track) A runner shall be disqualified if he or she does which of the following? Indicate the **CORRECT statement.**

- A.** After entering the final straightaway, changes lanes to pass a runner in his or her path. **Rule 163.3**
- B.** Steps out of his or her lane (but not off the track) on the straightaway in any race as long as no other interference or violation occurs. **Rule 163.5b**
- C.** (When runners are assigned lanes) takes one step on the inside lane line around a turn. **Rule 163.5**
- D.** (When runners are assigned lanes) takes multiple steps beyond the outside lane line around a turn as long as no other interference or violation occurs. **Rule 163.5c**

20. (Hurdles) Indicate the statement that is **NOT CORRECT.**

- A.** Outdoors, Open Men shall run 110 meter hurdles, with a height of 1.067m, with a distance of 13.72m from the start to the first hurdle, with a distance of 9.14m between hurdles, and a distance of 14.02m from the last hurdle to the finish. **Rule 168.1**
- B.** Indoors, Open Men and Women, who run 60 meter hurdles, run 5 hurdles with different heights and placements on the track. **Rule 217**
- C.** Comparing the 13-14 Girls and 13-14 Boys 100m Hurdle Races, the only difference between the Girls' and Boys' race is the height of the hurdle. **Rule 302.4a**
- D. (The asterisk section (*) is at the end of the Rule, just before section k on page 182.)** The Master's men and women who run 300 meter hurdles outdoors do not use the same locations and number of hurdles as the High School 300 meter hurdles. **Rule 332.2j***

21. (Properly Recording HJ and PV Attempts) Indicate the statement that is NOT CORRECT.

- A. A "T" shall be used to indicate a failure because the competitor's time had expired. **Rule 180.6b**
- B. An "O" shall be used to indicate a successful attempt. **Rule 180.6a**
- C. An "X" shall be used to indicate a failure. **Rule 180.6b**
- D. A "-" (hyphen) shall be used when a competitor forgoes (Passes) an attempt. **Rule 180.6c**

22. (In Youth Athletics, regarding Excused Competitors in the Horizontal Jumps and Throws) Indicate the statement that is NOT CORRECT. *FYI - Rule 302.5q is different from Rule 180.10c and Note 1

- A. In both the preliminaries and the finals, the head event judge may allow attempts to be taken in succession before a competitor is excused, and make-up attempts may be taken in succession and out of order upon legally returning to the event. **Rule 302.5q**
 - B. If excused during the preliminaries, the competitor must return before the conclusion of all other preliminary attempts. **Rule 302.5q**
 - C. If excused during the finals, the competitor must return before the conclusion of all other final attempts.
 - D. The Head Event Judge shall determine the time limit that shall be imposed on excused competitors.
- *Rule 302.5q applies to both C. and D as well.**

23. (Steeplechase) Indicate the statement that is NOT CORRECT.

- A. There shall be 28 hurdle jumps and 7 water jumps in the 3,000 meter steeplechase. **Rule 169.2**
- B. The Youth Athletics Guidelines include a 2,000 meter steeplechase for athletes in the 15-16 and 17-18 Age Divisions. **Rule 301**
- C. The first hurdle jump in the 3,000 meter steeplechase occurs after the finish line has been passed the first time. It is recommended that the first hurdle should be at least 5 m wide. **Rules 169.2, 169.3 Note**
- D. The hurdles in the steeplechase shall be placed on the track so that the inner edge of the top bar is placed exactly over the inner edge of lane one. **Rule 169.3 and Note**

24. (Flags and Cards used by Officials) Indicate the statement that is NOT CORRECT.

- A. The appropriate Field Judge shall indicate a valid performance by raising a white flag and a foul by raising a red flag. **Rule 126.9**
- B. An umpire may communicate that a foul or violation has occurred by raising a red flag. **Rule 127.4b**
- C. An official should raise overhead and keep raised a yellow flag, or another suitable indicator, for the final 15 seconds remaining for a field event trial and lower it when the time expires. **Rule 180.12b**
- D. When any competitor is charged with a false start and disqualified, a red and black (diagonally halved) card shall be raised in front of the competitor. **Rule 162.15**

25. (The Use of Starting Blocks) For races up to and including 400 meters, indicate the statement that is NOT CORRECT.

- A. No Youth Athlete, in any division, is required to use starting blocks. **Rule 302.2e**
- B. The only Youth Athletes who must use starting blocks are in the 15-16 and 17-18 divisions. **Rule 302.2e**
- C. Open Athletes MUST use starting blocks. **Rule 161.2**
- D. Masters Athletes are NOT required to use starting blocks. **Rule 332.2d**

(Fill in the Blanks) (1 point each) Indicate the Answer on this Review or Answer Key

26. A Cross Country race may be recalled upon a false start or a fall which impacts the field within the first _____ meters. **Rule 242.5**
27. In Masters' competition, the maximum diameter for all outdoor shots (regardless of weight) shall be _____ mm. **Rule 188.4 *Asterisk**
28. The _____ participation rule provided in Rule 142.3 and Rule 142.4 shall not be applicable to Youth and Masters' athletes. **Rules 302.2g, 332.1d**
29. No runner, after _____ leaving the track (except in compliance with Rule 170.16 for relay races) shall be allowed to rejoin a race. **Rule 163.6**
30. In the Long and Triple Jumps, the measurement shall be made from the nearest break in the landing area by any part of the body of the competitor or anything that was _____ to it (the body) at the time it made the mark. **Rule 184.7**
31. If, in making an attempt, the competitor's pole is _____, it shall not be counted as an attempt or failure and the vaulter shall be awarded a new trial. **Rule 183.7**
32. (At a meet where results are announced on the day of the competition) Protests concerning the result or conduct of an event shall be made to the Referee at once and not later than _____ after the publication of the results of that event. **Rule 146.2**
33. False starts in _____ should not be recalled but the Starter shall report any misconduct by any competitor(s) at the start and the Referee shall have the authority to disqualify such competitors. **Rules 242.5, 242.6**
34. The measurement of each throw shall be made after each valid throw or immediate _____ protest. But, if under protest, the mark is not announced (valid) unless the protest is upheld. **Rules 187.7, 146.8a**
35. In races longer than 400 meters, all starts shall be made from a _____ position. **Rule 162.8**
36. The 98 pound, 200 pound, and _____ pound Ultraweight implements shall be thrown from a square that shall measure 2.135 meters on each side. **Rules 196.7a, 196.7b**
37. The Referee shall ensure that the rules and applicable USATF competition regulations are observed and shall decide, where appropriate or necessary, in conjunction with the _____, upon any matters which arise during the meet. **Rule 125.2**
38. Beginning on page 229 in the Rule Book, which is in Appendix 3, there are modifications for _____ Olympics athletes. **Appendix page 229**
39. Competitors shall be placed at the finish in the order in which any part of their bodies (i.e. the "_____") as distinguished from the head, neck, arms, hands, legs, or feet) reaches the finish line. **Rule 163.1**

40. To insure that an electronic measurement device is operating properly, the accuracy of the device should be verified against a known distance, such as a certified _____ or an independently certified distance. **Rule 135.4**

41. A hurdler shall be disqualified if his or her leg or foot is, at the instance of clearance, beside the hurdle (on either side) _____ the horizontal plane of the top of the hurdle. **Rule 168.3a**

42. In races from 100 meters to 800 meters, when there are more lanes than athletes, the _____ lane(s) should always remain free. **Rule 166.2f Note 1**

43. In races from 100 m to 800 m and relays up to the 4 x 400, in the first round, even if it is a final, lanes will be _____ by lot (randomly). For all other rounds, competitors will be ranked and draws for lanes will be made according to the principles listed in 166.2(f) section b. **Rule 166.2f**

44. If there are eight or fewer competitors in a field event, unless the entry material provides otherwise, all competitors are allowed six trials even if a competitor fails to achieve a valid trial during the first _____ rounds of trials. **Rule 180.4c**

45. (For discus/hammer/weight) A throw may be valid even if any part of the implement has touched the _____ provided no other rule is infringed. **Rule 187.6 Note**

46. Distances in field events shall be measured in meters and shall always be recorded to the nearest 0.01m (1 centimeter) _____ the distance measured if the distance measured is not a whole centimeter. **Rule 148.3b**

47. In relay races, runners before receiving and/or after handing over the baton, should remain in their respective _____ or maintain position until the course is clear to avoid obstruction of other competitors. **Rule 170.19**

48. A high jumper fails if he or she _____ the ground, including the landing area beyond the vertical plane through the edge of the crossbar nearest the take-off area, without first clearing the bar. **Rule 182.3b**

49. Breaking ties for the final qualifying position going from the prelims to finals in a throw or horizontal jump shall be decided by the _____ performance then, if necessary, the third best. **Rule 180.4b 180.18 (Not Rule 180.17)**

50. The competition area is defined by the _____. **Rule 140**

(True or False) (1 point each) Indicate the answer on this review or Answer Key

51. A competitor in a running event who helps another competitor (who has fallen) recover to a standing position is not providing illegal assistance and should not be disqualified. **Rule 144.3f**

TRUE ____

FALSE ____

52. Open Athletes competing in field events may view images of previous trials recorded on their behalf by persons who were not placed in the competition area. This does not apply to Youth athletes. **144.4i, 302.5s**

TRUE ___

FALSE ___

53. Once the clerk has supervised the transit from the warm-up area to the competition area (starting line area), it is the responsibility of the starter to ensure that the athletes run in the proper heats or sections and in the proper lanes. **Rules 136.3, 136.4**

TRUE ___

FALSE ___

54. Although four methods of timing (hand timing, fully automated timing, video timing, and transponder timing) are official, a fully automated timing and photo finish system should be used. **Rules 165.1, 165.2**

TRUE ___

FALSE ___

55. In the High Jump and Pole Vault, if a competitor is not present when all other competitors who are present have completed the competition, the referee shall deem that the absent competitor has no more than 10 minutes to return and initiate a jump. If he/she does not, he/she forfeits the right to continue in the competition. **Rule 181.6**

TRUE ___

FALSE ___

56. In Open Men and Women's Combined Events competition, the winner shall be the competitor who has scored the highest total number of points. If two or more athletes achieved an equal number of points in the competition, the first tie breaker will be to determine which athlete placed better in more individual events.

True ___

(Rule 200.12)

False ___

57. If the starter determines that a competitor initiated a movement (prior to receiving the sound of a starting device) that was not stopped and continues into a commencement of the start, it shall be a false start. **162.12**

TRUE ___

FALSE ___

58. Umpires have the additional responsibility in Race Walk events to report form violations ("loss of contact" and "bent knee") to the Race Walk referee. **Rules 230.1a, 127.6**

TRUE ___

FALSE ___

59. For Youth, Open and Masters' athletes, the preferred method for starting an 800 meter race is from a curved line (waterfall) where all runners may be placed on the same starting line. **Rule 160.8c**

TRUE ___

FALSE ___

60. The fact that the wind direction has changed is never justification for reversing the direction of the runway after the event has started. **Rule 180.1 NOTE**

TRUE ___

FALSE ___

61. When an illegal reaction time is indicated by a start information system, it may be considered, but the final decision made by the head starter cannot be overturned. **Rule 125.3**

TRUE ___

FALSE ___

62. In lieu of being disqualified, if the Sport Committee in the Race Walk determines that an event will use a penalty zone, once an athlete has received three red cards, he or she must enter the penalty zone and remain there for the applicable period of time before continuing in the competition. **Rule 230.3j**

TRUE ___

FALSE ___

63. When leaving the landing area in the long jump, an athlete's first point of contact by foot with the border or ground outside must be further from the take-off board than the nearest break in the sand. **Rule 185.4**

TRUE ___

FALSE ___

64. The height of the barriers in the steeplechase for men is 0.914 m (91.4 cm or 36 inches) and for women 0.762 m (76.2 cm or 30 inches). It is the same height each group runs in the 400 hurdles. **Rules 168.1, 169.3**

TRUE ___

FALSE ___

65. (The term "scratch line" used in this question about the first zone in the 4 x 100 refers to "line" 100 meters from the starting line.) In the 4 x 100m relay, each takeover zone shall be 30 meters long, of which the scratch line is 20m from the start of the zone. For the first zone in the 4 x 100m, the zone would begin 80 meters from the starting line and end 110 meters from the start. **Rule 170.3**

TRUE ___

FALSE ___

66. Both the incoming and outgoing runner and the baton must be completely in the zone at the time of the pass for the pass to be legal. **Rule 170.18**

TRUE ___

FALSE ___

67. An athlete may be disqualified for jostling, running across or obstructing a competitor so as to impede his or her progress but the referee may take into consideration the severity of the infraction and the resulting consequence. **Rule 163.4**

TRUE ___

FALSE ___

68. In Horizontal Jumps and Throws, Youth athletes are allowed to take more than one jump or throw per round, even consecutive attempts. **Rule 302.5q**

TRUE ___

FALSE ___

69. In Youth Association and Regional Championships, when the number of competitors for an event makes heats unnecessary, the event must be run as a final at the time the final was scheduled. **Rule 302.2c**

TRUE ___

FALSE ___

70. In a Championship Road Event, under no circumstances may a competitor receive from or pass to another competitor refreshment, water, or sponges. **Rule 241.2f NOTE**

TRUE ___

FALSE ___

71. A discus made entirely of rubber may not be used since it does not have a metal rim. **Rule 189.2a**

TRUE ___

FALSE ___

72. Since the distance is not shortened, on a straightway a runner may step inside the track over the lane line or curb marking lane one in order to pass a slower runner as long as he or she immediately returns to the track after passing the slower runner. **Rule 163.5 and NOTE**

TRUE ___

FALSE ___

73. In the Combined Events, when one jumper remains in the High Jump, he or she may determine what height they wish to jump. **Rule 200.6**

TRUE ___

FALSE ___

74. In order to obtain a better grip, the use by an athlete of a suitable substance on his hands only (or gloves in the case of the hammer or weight) is allowed and not considered assistance. In the shot and discus, any suitable substance should be easily removable by a wet cloth and not leave a residue. It is also allowed for throwers to spray any substance on their shoes. **Rules 187.3d, 187.4a, 187.4b**

TRUE ___

FALSE ___

75. The Referee may, where the circumstances justify it, disqualify a competitor or relay team without a warning having been given. **Rule 125.9 NOTE 1**

TRUE ___

FALSE ___

If you find any issues with any of the questions, feel free to contact Laurie Boemker, the NOC Vice-Chair for Rules, at lboemker@gmail.com.

Name: _____ Association: _____

Certification Number: _____ Email Address _____

Date Submitted: _____

Certification Chair: _____ Score: _____

USATF 2021-2024 Officials' Certification Rules Review Answer Sheet

Name: _____ Certification Number: _____

Email Address: _____ Association: _____

Question	Correct Answer	Question	Correct Answer	Question	Correct Answer	Question	Correct Answer
1.		14.		51.		64.	
2.		15.		52.		65.	
3.		16.		53.		66.	
4.		17.		54.		67.	
5.		18.		55.		68.	
6.		19.		56.		69.	
7.		20.		57.		70.	
8.		21.		58.		71.	
9.		22.		59.		72.	
10.		23.		60.		73.	
11.		24.		61.		74.	
12.		25.		62.		75.	
13.				63.			

Question	Correct Answer	Question	Correct Answer
26.		39.	
27.		40.	
28.		41.	
29.		42.	
30.		43.	
31.		44.	
32.		45.	
33.		46.	
34.		47.	
35.		48.	
36.		49.	
37.		50.	
38.			

Certification Chair: _____ Score: _____