

2020 IHSAA TRACK FIELD EXAM

Place	Question	Answer Choice 1	Answer Choice 2	Answer Choice 3	Answer Choice 4	Answer Choice 5	Correct Answer	Rule Reference	Mandatory
1	Appeals regarding misapplication of the rules shall be filed within 30 minutes after the results have been announced or made official in that event.	T	F				1	2-3-3	
2	The head field event judge shall check and enforce uniform, visible apparel and shoe regulations.	T	F				1	3-10-5	
3	The implement inspector may allow only illegal implements in warm-ups.	T	F				2	3-19-2	
4	The games committee has the authority to determine the approved items (tape, chalk, half-tennis balls) and locations in the acceleration zones of all relay races run in lanes.	T	F				1	3-2-3h	
5	The clerk of course determines the time limit for excused competitors in a field event.	T	F				2	3-2-3o, 6-2-4	
6	The games committee may declare that the top portion of the uniform be tucked into the bottom portion of the uniform.	T	F				1	3-2-4j	
7	Video replay or television monitoring equipment, other than the official finish line equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet.	T	F				1	3-2-7	
8	Electronic devices may be used in unrestricted areas and coaching boxes provided the location does not interfere with the progress of the meet.	T	F				1	3-2-8	
9	The referee's duties include ruling on irregularities not covered within the rules.	T	F				1	3-4-4	
10	Any judgment decision pertaining to violations or alleged violations of the rules is subject to protest.	T	F				2	3-5-4a	
11	The starter or designee shall give a signal at the beginning of the last lap in each individual race of two laps or more.	T	F				1	3-6-1	
12	The starter is responsible for deciding whether a start is fair and legal.	T	F				1	3-6-1	
13	When a fully automatic timing (FAT) system allows, all ties for place finishes and/or determining qualifiers for a subsequent round shall be broken by the time recorded to one one-thousandth of a second.	T	F				1	3-8-3	
14	A contestant who failed to report to a field event after the event has started may still participate in that event.	T	F				2	4-1-3	
15	A competitor who participates in more than four events shall forfeit all individual places and points and shall be disqualified from further competition in that meet. In a relay event, the team's relay points and places shall also be forfeited.	T	F				1	4-2-2 Pen	
16	A competitor may not wear earrings and/or necklaces during his/her race/trial.	T	F				2	4-3	
17	An athlete must wear a uniform that is either issued or approved by the school.	T	F				1	4-3-1	
18	In the 100-meter dash, two competitors from the same school may wear different uniforms from one another as long as the uniforms are school issued or approved.	T	F				1	4-3-1	
19	A competitor observed wearing an illegal uniform shall be warned that a subsequent violation shall result in a disqualification from the event.	T	F				1	4-3-1 Penalty	
20	The shoe shall have an upper and recognizable sole and heel.	T	F				1	4-3-1a(1)	
21	One American flag may be placed on both the track top and bottom of the uniform.	T	F				1	4-3-1b(6)	
22	A competitor's uniform bottom may have a manufacturer's logo on both the waist band and leg of the uniform.	T	F				2	4-3-1b(5)	
23	Members of a relay team must wear the same color undergarments under the running uniform.	T	F				2	4-3-2	
24	In Iowa, any visible garment(s) worn by any competitor underneath the uniform top and/or bottom shall be a single solid color.	T	F				1	4-3-2 Iowa Adaptation	x
25	In relays, each team member shall wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.	T	F				1	4-3-2(a)	x
26	In Iowa, any visible garment(s) worn by two or more relay team members underneath the uniform top and/or bottom shall be a single solid color, but not necessarily the same length or color.	T	F				1	4-3-2b - Iowa Adaptation	x

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27	Any contestant exhibiting signs, symptoms, or behaviors consistent with a concussion shall be removed from participation and shall not return until cleared by an appropriate health-care professional.	T	F				1	4-4-2	x
28	Using profanity directed toward someone is an example of unsporting conduct, resulting in disqualification from that event and further competition in the meet.	T	F				1	4-6-1	
29	An athlete may wear a wristwatch during competition.	T	F				1	4-6-5 Note 2	
30	Assistance includes pacing by a teammate who is in the race.	T	F				2	4-6-5b	
31	A competitor who provides assistance to an injured or ill competitor should not be disqualified if neither the individual competitor providing the assistance nor his/her team gains an advantage as a result of providing the assistance.	T	F				1	4-6-5g Note	x
32	In the 4x400-meter relay, outgoing runners may be positioned outside the 20-meter passing zone.	T	F				2	5-10-10	
33	Gloves may be worn in relay events.	T	F				2	5-10-5	
34	In the 4x100-meter relay, A4 mishandles the exchange in Lane 4 and the baton rolls into Lane 2. It is illegal for A4 to retrieve the baton and to return directly to Lane 4, even if A4 does not interfere with any other competitor.	T	F				2	5-10-7	
35	In the 4x400-meter relay, during the exchange between Team A's second and third leg, the baton is dropped and rolls three feet off the track but remains within the limits of the exchange zone. The outgoing runner steps off the track, retrieves the baton and steps back on the track at the point where the runner exited the track. With no interference, the outgoing runner continues the race. No infraction shall be reported to the referee.	T	F				1	5-10-7	
36	After passing the baton, the relieved competitor should stand still or jog straight ahead and step off the track when clear.	T	F				1	5-10-8	
37	A competitor shall be considered to be out of the lane when, without being fouled and while running around a curve, steps on or over the inside lane line or curb for three consecutive steps with either or both feet.	T	F				1	5-12-1a	
38	A competitor shall be considered to be out of the lane when he/she takes one or more steps inside the assigned lane line at the break line.	T	F				1	5-12-1e	
39	A competitor is disqualified for simply putting his/her hand on a hurdle.	T	F				2	5-14-2	
40	It is an infraction if a competitor advances or trails a leg or foot along the side of and below the height of the hurdle gate.	T	F				1	5-14-2c	
41	The baton may be wrapped in tape.	T	F				2	5-4-3	
42	At the start of outdoor events of 800 meters or greater, runners may place their hands on the ground for a three-point starting stance.	T	F				2	5-7-3	
43	The competitors place in the order in which their torsos reach the edge of the finish line.	T	F				1	5-8-1	
44	Interference is any action by a competitor that unfairly changes the course or natural running rhythm of a competitor during a race.	T	F				1	5-9-1	
45	In all field events, actions by a competitor cannot be declared a foul after the official has ruled the trial fair unless there is an immediate correction of a mistaken action by the official.	T	F				1	6-1-1 Note	
46	A competitor can declare a pass before the start of the trial clock.	T	F				1	6-1-6; 6-2-2a	
47	If a legal implement breaks after a trial, no penalty shall be counted against the competitor and a replacement trial shall be awarded.	T	F				2	6-2-10b	
48	In the throw events, competitors may use chalk or an adhesive or similar substance such as rosin on their hands during competition.	T	F				1	6-2-12	
49	A competitor may place personal reference marks in the landing sector of any throwing event.	T	F				2	6-2-13	
50	In the shot put, a competitor had a best throw of 47'3" in the preliminaries and 46'9" in the finals. The athlete should be credited with a performance of 46'9".	T	F				2	6-2-15	
51	At the conclusion of the preliminary rounds of a field event requiring preliminaries and finals, two competitors tie for the final spot to advance into the finals. Both competitors advance to the finals.	T	F				1	6-2-17	
52	In throwing events, the prescribed time limit for a trial begins when the competitor assumes his/her position in the circle.	T	F				2	6-2-2	

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53	To accommodate those competitors who may be excused to participate in other events, the head judge may change the order of competition in preliminary or final rounds of any throwing or jumping event. Successive trials is one such method.	T	F				1	6-2-3	x
54	Excused competitors shall make the last attempt in finals.	T	F				2	6-2-3	
55	In field events, warm-ups shall not be allowed unless supervised by an event official or the contestant's coach and the venue has been declared open by the meet director.	T	F				1	6-2-6	
56	To break a tie in the long jump, the second best performance is used.	T	F				1	6-3-2a(1)	
57	When there is a tie in the high jump, the competitor with the fewest number of trials at the last successfully cleared height shall be awarded the higher place.	T	F				1	6-3-2b(1)	
58	A high jump competitor is excused from the field event in order to compete in the sprint medley relay. When the individual returns to the high jump, he/she discovers the bar has been raised on two separate occasions. The event judge may lower the bar to one of the previous heights and allow the competitor trials at the lowered heights.	T	F				2	6-4-11	
59	A high jump competitor runs up to the high jump bar but decides at the last moment to abort the attempt. In trying to stop, the competitor's arm passes beyond the plane of the crossbar but does not touch anything beyond the plane. As a result of this action alone, the competitor shall be charged with an unsuccessful trial.	T	F				2	6-4-14	
60	In the high jump, a competitor who has passed three consecutive heights after the competition has begun, may be permitted one warm-up jump without the crossbar in place but shall enter the competition at that height.	T	F				1	6-4-8	
61	The discus is measured to the nearest lesser 1/2 inch.	T	F				2	6-6-11	
62	A 34.92-degree sector shall be marked on the ground and drawn from the center of the throwing circle. The outside edges of these lines shall mark the sector.	T	F				2	6-6-5; 6-7-5	
63	Taping of any part of the throwing hand or fingers is always permitted.	T	F				2	6-6-7; 6-7-7	
64	A crossbar displaced by a force disassociated with the competitor after he/she is legally and clearly over the crossbar shall not be a fault and is considered a successful attempt.	T	F				1	6-2-24	
65	In the throws, the head event judge shall yell "Mark" prior to the athlete leaving the circle.	T	F				2	6-6-9; 6-7-9	
66	A thrower may enter from the front half of the circle.	T	F				1	6-6-9; 6-7-9	
67	In the discus throw, a thrown implement is in-bounds if it lands on the sector line.	T	F				2	6-6-9d	
68	In the throws, it is a foul if the competitor exits the back half of the circle before the implement has landed.	T	F				1	6-6-9f, 6-7-9g	
69	The shot shall not have indentations other than weight marking which must be manufactured in such a manner that no advantage is gained by the grip.	T	F				1	6-7-1	
70	In the shot put, it is a foul if the competitor after starting the purposeful action, touches any surface outside the circle during a put.	T	F				1	6-7-9c	
71	During warm-ups in the long jump, a competitor runs away (in the opposite direction) of the pit to help mark his steps. The competitor shall be warned for this action.	T	F				1	6-2-6	x
72	During warm-ups in the high jump, a competitor runs away (in the opposite direction) of the pit to help mark his steps. The competitor shall be warned for this action.	T	F				2	6-2-6	x
73	In the 4x100-meter relay, the second runner may start outside of the 30-meter exchange zone to accelerate into the zone.	T	F				2	5-10-9	x
74	The length of the exchange zone in the 4x200-meter relay shall be 20-meters.	T	F				2	5-10-6 Note	X
75	A foul occurs in the discus event if the discus hits the cage and/or an object outside of the sector before landing within the sector.	T	F				1	6-6-9e	