

Question Position	Question	Answer1	Answer2	Answer3	Answer4	Rule Reference
1	In a running event, if there is a tie by any number of competitors for scoring places:	The points for tied places will be added together and divided by the number of competitors involved in the tie.	Each competitor receives the points associated with the highest place for which they are tied.	Each competitor receives the points associated with the lowest place for which they are tied.	None of the above.	2-2-4, 5-8-4
2	When any apparent place-winner is disqualified during the event:	No advancement occurs.	Event points will be divided equally among the place-finishers.	Lower place-winners in that event will be advanced to fill vacant places, unless the disqualification occurs after the event results have become official.	The games committee determines advancement.	2-1-3
3	If a relay team's uniforms are the same predominant color, individuals on the relay team can wear different foundation garments.	True.	False.			4-3-2
4	At the conclusion of an unsuccessful attempt in the triple jump, is it legal for a coach to request a measurement?	Yes.	No.			6-9-8 PENALTY
5	The minimum length of the javelin runway is 120 feet (36.5 meters)	True.	False.			6-9-11
6	When does the color of a foundation garment preclude a competitor from competing?	Always.	Depends on the colors.	Depends on the design.	Never.	4-3-1b7
7	Three relay team members are wearing foundation garments above the knees and an additional relay team member is wearing a foundation garment below the knees. Which ones are legal?	The ones below the knees.	The ones above the knees.	None of the garments are legal.	All garments are legal.	4-3-2
8	The exchange zone is 30 meters for the 4x400-meter relay.	True.	False.			5-10-6 NOTE
9	A competitor can declare a pass:	Before the start of the trial clock.	Any time.	After being called "Up" but before starting the purposeful action of the event.	Either B or C.	6-1-6, 6-2-2a
10	In the triple jump, the take-off board recommended distances are 32 feet for boys and 24 feet for girls.	True.	False.			6-10-17
11	In the discus, measurements will be recorded to the nearest lesser inch or centimeter.	True.	False.			6-5-4

12	In the pole vault, an unsuccessful attempt is indicated on the scoresheet by:	"-"	"X"	"O"	"F"	6-8-1
13	The long jump/triple jump landing pit should be a minimum width of 9 feet, and a minimum length of 23 feet.	True.	False.			6-10-17
14	It is a foul in the javelin if the competitor:	Makes a 360-degree turn before the release.	Does not throw the implement within the sector line.	Exits the runway before the implement has landed.	Any of the above.	6-6-6
15	In any throwing event, tape is only allowed on the palm or fingers to cover an open wound.	True.	False.			6-4-1, 6-5-1, 6-6-1
16	In the long jump with prior notification to the event judge, a competitor may change which foul line or takeoff board he/she uses during competition.	True.	False.			6-10-17 NOTE
17	In the horizontal jumps, markers may be placed:	On the runway.	In the landing pit.	Either of the above.	None of the above.	6-7-1
18	At a coaches meeting prior to the meet, the referee shall address the following with the coaches:	All team members are expected to exhibit good sporting conduct.	The head coach shall verify, verbally or in writing, that all of the team's competitors are properly equipped.	Any special circumstances, procedures and information pertaining to the meet.	All of the above.	8-4-2, 8-6-1
19	While in the coaching box, a coach may use which of the following when consulting with a competitor between attempts, provided it does not interfere with progress of the meet as determined by the meet referee.	Ipad.	Cell phone.	Smartphone App for performance analysis.	All are permitted.	3-2-8
20	The clerk of the course may change lane assignments, with the approval of the referee, due to:	Unusual conditions making the original lanes or the number of qualifiers unfair to any competitor.	A lane becoming, because of unusual conditions, a handicap to the competitor.	Conditions making the original lanes unfair to any competitor.	All of the above.	3-7-3, 3-7-4
21	Each competitor must wear a uniform either approved by the school or issued by the school.	True.	False.			4-3-1
22	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.	True.	False.			4-3-2a
23	When a race is run in lanes, competitors are expected to run the entire race in their assigned lanes. A runner who is running the curve may be disqualified if the runner:	Steps on or over the inside lane or curb for three or more consecutive steps with either foot or both feet.	Runs in an adjacent lane and interferes with another competitor while running on a straightaway.	Does not finish the race in the assigned lane.	All of the above.	5-12-1

24	In the absence of a curb, if cones are used, they should be placed:	On the line, up to the edge of Lane 1 and spaced 1.5 meters apart around the curve.	Completely covering the line.	Just touching the outside of the line, 1.5 meters apart on the curve.	Approximately 20 centimeters inside of the line on the curve.	5-1-3
25	For races run entirely in lanes, where should the top-seeded contestants or qualifiers be assigned?	Lanes 3 and 6.	Lanes 1 and 2.	The middle or preferred lanes as determined by games committee.	Lanes 7 and 8.	5-6-6
26	During a throw, a discus hits the cage. The retriever notes that a gouge has appeared in the rim of the discus and reports this to the event judge. The event judge removes the discus from competition.	True.	False.			6-2-13
27	If a legal implement breaks upon completion of a trial, the head field event judge shall:	Award a replacement trial.	Not award a replacement trial.	Record the results of the trial.	Both B and C, provided the trial was made in accordance with the rules.	6-2-13b
28	In field events, warm-ups shall not be allowed unless:	Supervised by an event official or contestant's coach.	The venue has been declared open by the meet director.	All participating contestants have checked into the event.	Both A and B.	6-2-6
29	When there is a tie in a vertical jumping event, what should be done first to break the tie?	The competitor with the fewest number of trials for the height at which the tie occurred shall be awarded the higher place.	The competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, is declared the winner.	The competitors should make one more attempt at the height at which they failed, and the competitor who makes it is declared the winner.	The competitors should make one attempt at 1 inch for the high jump and 3 inches for the pole vault at the height at which they failed, and the competitor who makes it is declared the winner.	6-3-2b
30	In the javelin, the thrower may leave the runway:	As soon as desired.	After the implement has landed.	After release of the javelin.	All of the above.	6-6-6f
31	A competitor finishes a cross country race when:	The arm and/or hand of the runner breaks the plane of the finish line when using hand- or image-based timing system.	A runner slides feet first through the finish line.	The head of the runner breaks the plane of the finish line when using hand- or image-based timing system.	The torso of the runner breaks the plane of the finish line when using hand- or image-based timing system.	8-3-2
32	The cross country course shall be measured:	Along a route in the middle of the boundary line.	Along the shortest possible route the runner may take.	Along the longest route the runner may take.	Using an aerial map.	8-1-1
33	In the long jump, the runway should have minimum length of:	100 feet.	75 feet.	130 feet.	200 feet.	6-9-14
34	Clerical and team scoring errors can be corrected for what time period?	24 hours.	30 minutes.	One week.	48 hours, or as long as the games committee or meet director determine.	2-3-1

35	Appeals regarding misapplication of the rules shall be filed within _____ after the results have been announced or made official in that event.	10 minutes.	30 minutes.	1 hour.	24 hours.	2-3-3
36	A meet director has the ability to:	Supervise the overall meet operations.	Handle unsportsmanlike conduct.	Fulfill the obligations of the games committee in unique circumstances.	All of the above.	3-3-1
37	The following situations are not subject to protest:	A judgment decision by the meet referee.	A timer's decision.	If the start is fair and legal.	All of the above.	3-5-4
38	The head starter shall inspect the starting blocks used for running events.	True.	False.			3-6-4
39	A school-approved sweatshirt is an acceptable outer garment to compete in.	True.	False.			4-3-1b
40	Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.	True.	False.			4-3-3
41	Unsporting conduct is behavior that is unethical or dishonorable. It includes, but is not limited to:	Direspectfully addressing an official.	Any flagrant behavior.	Using profanity directed toward someone.	All of the above.	4-6-1
42	A field event begins at a time designated by the games committee and is considered official and concluded when the places have been determined and the field event judge has recorded the results.	True.	False.			4-7-2
43	A lap is considered one complete clockwise circuit of the track.	True.	False.			5-2-5
44	A raised curb may mark the inner curve of the track.	True.	False.			5-3-6
45	When a final race is run in sections, the slower runners or relay teams shall be placed in the last section.	True.	False.			5-5-7
46	An injured competitor receives assistance from a competitor from another team and health-care professionals are not readily available, and the assisting competitor gained no advantage. Who is disqualified in this scenario?	The injured competitor.	The assisting competitor.	Both are disqualified.	Neither runner is disqualified.	4-6-5g

47	Who assigns seeded contestants to preferred lanes?	Meet Director.	Games Committee.	Starter.	Jury of Appeals.	5-6-4
48	The incoming relay competitor must pass the baton to his/her teammate within the exchange zone.	True.	False.			5-10-7
49	There are circumstances where two runners can simultaneously touch a relay baton outside of the exchange zone.	True.	False.			5-10-7 NOTE
50	The following would all constitute a false start except:	Repeated use of disconcerting acts.	Failure to place starting blocks within the respective competitor's lane.	Complying with the starter's commands.	Failing to remain motionless after assuming the "set" position prior to the starting device being fired.	5-7-4
51	What is the minimum weight of a boys shot put?	12 pounds.	10 pounds.	8.818 pounds.	15 pounds.	6-10-2
52	In a regional cross country meet there was a two-way tie for third place, with only five competitors on each team. How would the tie be broken?	Both teams' scores are disregarded as they had fewer than seven runners.	A modified scoring system may be used if state adopted.	The tie shall be resolved by totaling the score of the first four finishers.	Compare the second-place finisher for each team.	8-2-5
53	Time limits for competitors excused to compete in another event shall be determined by:	Referee.	Games committee.	Head field judge.	Athlete's coach.	6-2-4
54	When a single competitor who has won the competition remains in the high jump or pole vault, the allowed time for a trial shall be:	1 minute.	3 minutes.	5 minutes.	7 minutes.	6-2-2d
55	Excused competitors are permitted to attempt successive trials in all field events.	True.	False.			6-2-3
56	In the vertical jumping events, a competitor shall be credited with his/her best achievement excluding performances made in the jump-off.	True.	False.			6-3-3
57	After three consecutive passes in the high jump, an athlete is allowed one warm-up jump with a bungee or crossbar in place.	True.	False.			6-8-7

58	It is illegal to run backwards or in the opposite direction on the runway during warm-ups in which of the following events:	Javelin.	Long Jump.	Pole Vault.	All of the above.	6-2-6
59	The competitor's weight in the pole vault shall be above the manufacturer's pole rating.	True.	False.			6-8-15
60	The following is not permitted in the pole vault:	Taping of the wrists.	A forearm cover.	Gloves.	Chalk or adhesive.	6-8-22
61	A competitor shall not be allowed to use the pole of another individual without the consent of the _____ and approval by the event judge.	Referee.	Coach.	Head Field Judge.	Owner of the pole.	6-8-24
62	No person shall be allowed to touch the vaulting pole except the pole may be caught by:	An assigned official.	An assigned pole catcher.	The competitor.	All of the above.	6-8-25
63	The suggested take-off board distance in the long jump for boys is 12 feet, and for girls 10 feet.	True.	False.			6-10-17
64	Which of the following are considered Special Events in a track and field meet?	Steeplechase.	Race Walking.	Specialty Relays.	All of the above.	7-2-1
65	If a runner falls due to contact with another runner, at what point should a cross country race be recalled by the starting device?	100 meters.	10 meters.	50 meters.	200 meters.	8-4-4
66	A cross country course can be marked by:	A natural boundary line.	Signposts with large directional arrows.	A single wide line, marked with a material which is not injurious to the eyes or skin.	All of the above.	8-1-1
67	Two cross country runners in the same race mistakenly wear each other's assigned contestant number. The meet referee shall:	Warn the two athletes following the race.	Eject the two athletes for unsporting conduct.	Alert all the other officials of the change in contestant number and allow the athletes to run without penalty.	Disqualify the athletes.	8-3-3 Penalty
68	The anemometer shall be _____ from the foul line in the long jump and triple jump.	10 meters.	15 meters.	20 meters.	30 meters.	9-2-4

69	What constitutes a legal relay handoff?	The incoming runner must be in the exchange zone.	The baton must be passed while the baton is within the exchange zone.	The outgoing runner must fully be in the exchange zone	Both runners are in the exchange zone wearing gloves.	5-10-6, 5-10-7
70	There is a tie for first place in the pole vault. Both athletes have the same number of missed attempts at the final height cleared and, then, throughout the competition. What happens next?	One more attempt is taken at the height at which they failed.	The bar is lowered by 3 inches until an athlete clears a height.	Three more attempts are taken at the missed height.	The athletes will share first place honors.	6-3-2,4a
71	In the 4x100 meter relay, 4x200 meter relay, and any other relays with legs of 200 meters or less in lanes, each exchange zone in which the _____ competitor is running 200 meters or less in lanes will be 30 meters long.	Every.	First.	Outgoing.	Incoming.	5-10-6 NOTE
72	Electronic devices may:	Be used in unrestricted areas.	Not be used to transmit to a competitor in a race or trial.	Not be used to review an official's decision.	All of the above.	3-2-8
73	It is recommended that the discus cage be constructed of heavy nylon netting or other material that will:	Allow spectators to view the competing athlete.	Protect the competitor from the wind or other weather.	Protect the other competitors that are standing against the cage.	Absorb the energy of the discus to avoid bounce back.	6-9-10
74	Which of the following can a competitor not do when the baton inadvertently leaves a runner's hand:	The runner can toss the baton to the outgoing runner in order to complete the pass.	If the baton is dropped outside the exchange zone, either competitor can retrieve it.	The outgoing runner can keep racing toward the next runner or finish line without the baton.	All of the above.	5-10-6, 5-10-7
75	At the completion of the shot put event, the event judge has the same distance recorded for two throwers to the quarter-inch. The tie is broken for place by:	Flipping a coin.	Having each thrower take three additional throws and using the best mark.	Comparing each thrower's second-best throw.	Giving each thrower one more throw.	6-3-2a1
76	The only time during competition in the high jump that the crossbar may be lowered is:	If the competitor left to go to another event.	To determine a first-place winner when a tie for that place is involved.	If the competitor wanted a fourth attempt.	If the competitor was injured.	6-3-2b(4a)
77	A running event or heat is considered to be official and concluded when:	The first competitor crosses the finish line.	The last competitor crosses the finish line.	Places have been determined and results have been recorded at the finish line.	The next running event begins.	4-7-1
78	With both runners in the exchange zone, the baton is dropped and clearly rolls off the track. The outgoing runner steps off the track to retrieve the baton without inhibiting any other runner in the race, the runner immediately returns to the track and continues the race. This relay team:	Receives no penalty.	Is disqualified.	Is penalized one place in the standings of the race.	Adds four seconds to its mark at the completion of the race.	5-10-7
79	When may corrections to meet results involving a contestant who has been disqualified be made?	Any time.	Never.	Only within 48 hours.	30 minutes after meet is concluded.	2-3-2

80	An athlete may wear:	A uniform top with multiple manufacturers' logos.	A uniform top with a 4-inch-square trademark.	A one-piece uniform with multiple logos.	Uniform bottoms with a manufacturer's logo/trademark/reference larger than 2 1/4 square inches around the waistband.	4-3-1b5
81	How are event points handled if the venue for competition is deemed unacceptable by the meet referee?	There are no points awarded.	Points are divided among all teams.	Points are divided among the visitors, and the host team will receive no points.	The games committee makes the determination on how to handle the situation.	2-1-4
82	What is the minimum number of appointed officials who should be involved in operating an FAT system and evaluating the finish line video/pictures?	2.	4.	10.	3.	3-8-1
83	The maximum distance allowed for a cross country course is:	6,000 meters.	5,000 meters.	2,500 meters.	There is no set maximum.	8-1-1
84	Runners in a cross country race are placed on the starting line prior to the race by:	Starter.	Course umpire.	Clerk of the course.	Head timer.	8-4-5
85	In vertical jumping events, the games committee may assign competitors to:	Flights of no less than five for preliminary competition.	Conduct the event in continuing flights where five competitors constitute a flight.	Flights of four athletes.	A & B.	6-8-2
86	Head coverings worn for religious reasons:	Are not considered hair devices.	Must not be made of abrasive, hard or unyielding materials.	Must be secured to the body and/or uniform.	All of the above.	4-3-1b(8)
87	What considerations must be met in order for a performance to be considered for National Record purposes:	Meet must be sanctioned by the State Association.	Must involve at least 5 or more schools.	In an event limited to high school contestants who are representing their respective schools.	All of the above.	9-1-1
88	Which is NOT a foul on a competitor in the shot put?	After starting the attempt, touches any surface outside the circle during a put.	Touches the top or end of the stopboard before leaving the circle.	Enters to make an attempt from the front half of the circle.	After stepping into the circle, fails to pause before starting the put.	6-4-3
89	Two competitors remain in a high jump competition. One of them requests to be excused to another event. The judge agrees to excuse the athlete providing the athlete takes two successive trials at the current height before leaving. If the competitor agrees to do this, how much time does the competitor have to initiate the attempts?	Three minutes for each attempt.	One minute for each attempt.	Three minutes to complete the two attempts.	Five minutes.	6-2-2c

90	In a high jump competition the bar is set at 5 feet, 10 inches. Competitor A has been excused to go to another event. The designated time limit for Competitor A's excusal has expired and the bar must now rise to the next height. Competitor A has not had an attempt at 5 feet 10 inches. What is the proper action of the event judge?	Wait another five minutes before raising the bar so that Competitor A can jump at 5 feet, 10 inches.	Record that Competitor A has passed at 5 feet, 10 inches and raise the bar.	Because of Competitor A's absence, record that Competitor A has one miss at 5 feet, 10 inches and raise the bar.	None of the above are correct procedure.	6-2-3b
91	In a dual meet pole vault event, the order of finish is: First Place – Team A, Second Place – Tie among two members of Team A and two members of Team B, Third Place – Team B. How many points shall be scored for each team in this event?	Team A gets seven points and Team B gets two points.	Team A gets 6.5 points and Team B gets 2.5 points.	Team A gets eight points and Team B gets one point.	Team A gets 7.5 points and Team B gets 1.5 points.	2-1-2
92	A competitor may hold the javelin at the end of the cord grip even though one or more fingers and thumb touch the javelin shaft. In gripping the javelin a competitor may use:	The thumb and forefinger.	Thumb, forefinger and middle finger.	Forefinger and middle finger.	All of the above.	6-6-3
93	A competitor puts the shot and it lands on the sector line. The official:	Declares it a legal throw and measures the put.	Declares the throw a foul.			6-9-2
94	In cross country, the use of a chute:	Is not recommended.	Is recommended at all meets if it will aid in meet administration.	Is recommended at meets that do not use a transponder/chip system for order of finish.	Both B and C.	8-3-5
95	Which of the following situations is eligible to a protest or appeal?	Disqualification of a relay team for passing outside the exchange zone.	A false start disqualification.	A disqualification of a thrower using an illegal implement during warm-up or competition.	Failure to follow a procedure contained in the terms and conditions of the competition announced in advance by the games committee or meet directors.	3-5-3
96	At the state meet high jump event, two athletes (A1 & B1) left are attempting a record height. A1 bumps the crossbar causing it to move, but doesn't fall. The event judge:	Straightens the crossbar and calls B1 up to jump.	Resets the crossbar and measures the height before calling B1 up to jump.	Declares A1 a foul.	Does nothing and calls B1 up for an attempt.	9-3-2
97	When there is no appointed games committee, who has general supervision of the meet and performs those duties assigned to the games committee?	The referee.	The meet director.	The clerk of the course.	The host school administrator.	3-3-1
98	Who has the sole authority to rule on infractions except for the start?	Meet Director.	Referee.	Games Committee.	Umpire.	3-4-4
99	When FAT timing allows, all ties for places or determining qualifiers shall be broken by time recorded to:	One one-thousandth of a second.	One tenth of a second.	One millionth of a second.	One hundred-thousandth of a second.	3-8-3
100	When an infraction is detected in the 4x100 meter relay the umpire shall:	Immediately signal with a yellow flag.	Report the infraction to the head umpire.	Inform the athlete of the disqualification.	Both A & B.	3-11-4