

Place	Question	Answer Choice	Answer Choice	Answer Choice	Answer Choice	Answer Choice	Correct Answer	Rule Reference
		1	2	3	4	5		
1	The implement inspector shall only allow legal implements in warm-ups.	T	F				1	3-19-2
2	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
3	The head event judge determines the time limit for excused competitors in a field event.	T	F				2	3-2-3o, 6-2-4
4	The referee may declare that the top portion of the uniform be tucked into the bottom portion of the uniform.	T	F				2	3-2-4j
5	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
6	The meet referee may review video on a coach's phone to rule on a potential hurdle infraction.	T	F				2	3-2-7; 3-2-8
7	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
8	Interference caused by a nonparticipant is a criteria that would allow the meet referee to consider a rerun of an event.	T	F				1	3-4-3a2b
9	The meet referee could consider a rerun if the contestants of the 110m hurdles mistakenly started from the 100m start line.	T	F				1	3-4-3a2c
10	The referee's duties include ruling on irregularities not covered within the rules.	T	F				1	3-4-4
11	Appeals regarding misapplication of the rules shall be filed within 60 minutes after the results have been announced or made official in that event.	T	F				2	3-5-3a
12	Any judgment decision pertaining to violations or alleged violations of the rules is not subject to protest.	T	F				1	3-5-4a
13	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
14	The referee is responsible for deciding whether a start is fair and legal.	T	F				2	3-6-1
15	A contestant who failed to report to a field event after the event has started may not participate in that event.	T	F				1	4-1-3
16	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	4-2-1 Pen
17	A competitor may wear a necklace during the 100 meter dash.	T	F				1	4-3
18	An athlete must wear a uniform that is either issued or approved by the school.	T	F				1	4-3-1
19	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
20	A competitor observed wearing an illegal uniform for the first time shall be immediately disqualification from the event.	T	F				2	4-3-1 Penalty
21	A competitor's running bottoms may only have one manufacturer's logos around the waistband.	T	F				2	4-3-1b(5)
22	A competitor's running top may have multiple manufacturer's logos.	T	F				2	4-3-1b(5)

23	One American flag may be placed on both the track top and bottom of the uniform.	T	F				1	4-3-1b(6)
24	Any visible undergarment(s) worn underneath the uniform top and/or bottom is a considered a foundation garment. Foundation garments are not subject to logo/trademark/reference or color restrictions.	T	F				1	4-3-1b7
25	Members of a relay team must wear the same color undergarments under the running uniform.	T	F				2	4-3-2
26	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)
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
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	Assistance includes pacing by a teammate who is in the race.	T	F				2	4-6-5b
30	The length of the exchange zone in the 4x200-meter relay shall be 30-meters.	T	F				1	5-10-6 Note
31	In the 4x400-meter relay, outgoing runners must be positioned inside the 20-meter passing zone.	T	F				1	5-10-6; 5-10-10
32	In the 4x100-meter relay, A4 mishandles the exchange in Lane 4 and the baton rolls into Lane 2. It is legal for A4 to retrieve the baton and to return directly to Lane 4, as long as A4 does not interfere with any other competitor.	T	F				1	5-10-7
33	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
34	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
35	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
36	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 two consecutive steps with either or both feet.	T	F				2	5-12-1a
37	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
38	It is legal in the 400m hurdles for an athlete to place both hands on the hurdle, and without displacing the hurdle, begin to clear the hurdle with his/her hands still contacting the low hurdle.	T	F				1	5-14-1b
39	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
40	The baton may be wrapped in tape.	T	F				2	5-4-3

41	A flinch or other extraneous motion before the device is fired requires a false start to be charged to a competitor.	T	F				2	5-7-4 Note
42	A false start shall be charged to a competitor if a runner leave their mark with a forward motion without the starting device being fired.	T	F				1	5-7-4e
43	The competitors place in the order in which any part of the body reach the edge of the finish line.	T	F				2	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	If interference occurs in the final heat or section, the referee may order a new race between all those in the finals, or between those who, in the referee's opinion, are entitled to the privilege.	T	F				1	5-9-3
46	The shot may have indentations other than weight marking which must be manufactured in such a manner that no advantage is gained by the grip.	T	F				2	6-10-1
47	A competitor may use a rubber-shelled shot for outdoor competition.	T	F				2	6-10-1
48	In all field events, actions by a competitor can 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				2	6-1-1 Note
49	A competitor can declare a pass after the start of the trial clock.	T	F				2	6-1-6; 6-2-2a
50	In the throwing events, competitors may use chalk or an adhesive or similar substance such as rosin on their hands during competition.	T	F				1	6-2-14
51	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	6-2-17
52	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	6-2-19
53	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
54	In the high jump, two competitors are left and neither have attempted a trial. On their first trials of the competition, both competitors are given three minutes to initiate the purposeful action of clearing the bar once called for trial.	T	F				2	6-2-2d
55	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
56	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	6-2-7
57	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	6-2-7
58	During the long jump competition and while the competitor is on the clock, the competitor may, after an aborted attempt, run, jog, or walk in the opposite direction the event is being conducted.	T	F				1	6-2-7 Note
59	At the conclusion of any field event, there shall be no further practice, and implements shall be removed from the area.	T	F				1	6-2-9

60	Withdrawing from a jump-off negates a competitor's performance in the event up to the point of withdrawal.	T	F				2	6-3-2 Note 3
61	To break a tie in the long jump, the second best performance is used.	T	F				1	6-3-2a(1)
62	If the final two competitors in the high jump have the same number of unsuccessful attempts at the final height cleared and throughout the competition, the two competitors shall make three more attempts at the final height at which they failed.	T	F				2	6-3-2b
63	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)
64	In the throws, tape may be used on the hand and fingers provided no two fingers are taped together.	T	F				1	6-4-1; 6-5-1
65	In the throws, a wrist wrap may not be used in lieu of tape.	T	F				2	6-4-1; 6-5-1
66	In the throws, the head event judge shall yell "Mark" prior to the athlete leaving the circle.	T	F				2	6-4-3; 6-5-2
67	A thrower may enter from the front half of the circle.	T	F				1	6-4-3; 6-5-2
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	6-4-3g; 6-5-2f
69	In the discus throw, a thrown implement is in-bounds if it lands on the sector line.	T	F				2	6-5-2d
70	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	6-5-2e
71	The discus is measured to the nearest lesser 1/2 inch.	T	F				2	6-5-4
72	In the long jump, each legal jump shall be measured perpendicularly to the foul line or its extension and from that point in the pit touched by the person or anything that was attached to the body at the time it made the mark which is nearest the foul line or its extension.	T	F				1	6-7-4
73	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	6-8-11b
74	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	6-8-9
75	In the shuttle hurdle relay, each outgoing runner must have a discernable pause between her/his "set" and her/his "start". A "rolling start" is illegal.	T	F				1	IHSAA Manual