

Place	Question	Answer Choice	Answer Choice	Answer Choice	Answer Choice	Answer Choice	Rule Reference
		1	2	3	4	5	
1	The implement inspector shall only allow legal implements in warm-ups.	T	F				3-19-2
2	The meet referee may review video on a coach's phone to rule on a potential hurdle infraction.	T	F				3-2-7; 4-6-6b
3	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				4-6-6b
4	Interference caused by a nonparticipant is a criteria that would allow the meet referee to consider a rerun of an event.	T	F				3-4-3a2b
5	The meet referee could consider a rerun if the contestants of the 110m hurdles mistakenly started from the 100m start line.	T	F				3-4-3a2c
6	The referee's duties include ruling on irregularities not covered within the rules.	T	F				3-4-4
7	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				3-5-3a
8	Any judgment decision pertaining to violations or alleged violations of the rules is subject to protest.	T	F				3-5-4a
9	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				3-6-1
10	A contestant who failed to report to a field event after the event has started may not participate in that event.	T	F				4-1-3
11	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				4-2-1 Pen
12	A competitor may wear a necklace during the 100 meter dash.	T	F				4-3
13	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				4-3-1
14	A competitor's running bottoms may only have one manufacturer's logos around the waistband.	T	F				4-3-1b(5)
15	A competitor's running top may have multiple manufacturer's logos.	T	F				4-3-1b(5)
16	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				4-3-1b7
17	Members of a relay team must wear the same color undergarments under the running uniform.	T	F				4-3-2
18	During the 800 meter sprint relay, an umpire discovers that the relay team from School A is not wearing matching uniforms as the first three runners are wearing a black top and the fourth runner is wearing a red top. School A's relay team shall be immediately disqualified for this infraction.	T	F				4-3-2 Penalty

19	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				4-3-2(a)
20	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				4-4-2
21	Assistance includes pacing by a teammate who is in the race.	T	F				4-6-5b
22	The length of the exchange zone in the 4x200-meter relay shall be 30-meters.	T	F				5-10-6 Note
23	In the 4x400-meter relay, outgoing runners must be positioned inside the 20-meter passing zone.	T	F				5-10-6; 5-10-10
24	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				5-10-7
25	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				5-10-7
26	After passing the baton, the relieved competitor should stand still or jog straight ahead and step off the track when clear.	T	F				5-10-8
27	In the 4x100-meter relay, the second runner may start outside of the 30-meter exchange zone to accelerate into the zone.	T	F				5-10-9
28	In the 100 meter dash, the athlete assigned to lane 2, veers into lane 1 for four steps near the 50 meter mark. There is no interference between the two competitors. The athlete assigned to lane 2 should be disqualified.	T	F				5-12-1
29	In the 100 meter dash, the athlete assigned to lane 2, veers into lane 1 and finishes the race in lane 1. There is no interference between the two competitors. The athlete assigned to lane 2 should be disqualified.	T	F				5-12-1
30	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 one step with either foot.	T	F				5-12-1a
31	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				5-12-1e
32	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				5-14-1b
33	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				5-14-2c
34	The baton may be wrapped in tape.	T	F				5-4-3
35	A flinch or other extraneous motion before the device is fired requires a false start to be charged to a competitor.	T	F				5-7-4 Note

36	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				5-7-4d
37	In the 200 meter dash, a competitor falls within the first 50 meters of the start as a result of tripping over his own feet. The race should be recalled.	T	F				5-7-6
38	In the 3000 meter run, a competitor falls within the first 50 meters of the race as a result of being stepped on by another competitor. The race should be recalled.	T	F				5-7-6
39	The competitors place in the order in which any part of the head reaches the edge of the finish line.	T	F				5-8-1
40	Interference is any action by a competitor that unfairly changes the course or natural running rhythm of a competitor during a race.	T	F				5-9-1
41	In the 1600 meter run, A1 continues to veer to the right to force B1, who is attempting to pass, to run wider and wider. There is no contact between the two runners. As a result, A1 should not be disqualified for interference.	T	F				5-9-1 Penalty
42	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				5-9-3
43	A competitor may use a rubber-shelled shot for outdoor competition.	T	F				6-10-1
44	As long as other rule specifications are met, an male competitor can use the 14 pound shot during warm-ups.	T	F				6-10-2
45	Time limits for competitors excused to compete in another event shall be determined by the meet referee.	T	F				3-2-3o, 6-2-4
46	A competitor can declare a pass after the start of the trial clock.	T	F				6-1-6; 6-2-2a
47	In the throwing events, competitors may use chalk or an adhesive or similar substance such as rosin on their hands during competition.	T	F				6-2-14
48	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				6-2-17
49	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				6-2-19
50	Nine competitors are entered in the discus. The games committee has determined that nine competitors will qualify for the finals in the event. A competitor is still required to have a legal throw in the preliminaries to qualify for the finals.	T	F				6-2-19
51	In throwing events, the prescribed time limit for a trial begins when the competitor assumes his/her position in the circle.	T	F				6-2-2
52	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				6-2-2d
53	In the long jump, the competitor shall be warned either verbally or by signal when 30 seconds remain in the time allowed.	T	F				6-2-2f

54	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				6-2-3
55	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				6-2-7
56	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				6-2-7
57	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				6-2-7 Note
58	At the conclusion of any field event, there shall be no further practice, and implements shall be removed from the area.	T	F				6-2-9
59	Withdrawing from a jump-off negates a competitor's performance in the event up to the point of withdrawal.	T	F				6-3-2 Note 3
60	To break a tie in the long jump, the second best performance is used.	T	F				6-3-2a(1)
61	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				6-3-2b
62	In the high jump, a competitor can pass a height during a jump-off.	T	F				6-3-2b Note 2
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				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				6-4-1; 6-5-1
65	In the throws, a wrist wrap may not be used in lieu of tape.	T	F				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				6-4-3; 6-5-2
67	A thrower may enter from the front half of the circle.	T	F				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				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				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				6-5-2e
71	The discus is measured to the nearest lesser 1/2 inch.	T	F				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				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				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				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				IHSAA Manual