

Question	Answer Choice	Answer Choice	Answer Choice	Answer Choice	Answer Choice
	1	2	3	4	5
The meet referee may review video on a coach's phone to rule on a potential hurdle infraction.	T	F			
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			
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			
Any judgment decision pertaining to violations or alleged violations of the rules is subject to protest.	T	F			
A contestant who failed to report to a field event after the event has started may not participate in that event.	T	F			
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			
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			
A competitor's running bottoms may only have one manufacturer's logos around the waistband.	T	F			
A competitor's running top may have multiple manufacturer's logos.	T	F			
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			
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			
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			
Assistance includes pacing by a teammate who is in the race.	T	F			

In the 4x400-meter relay, outgoing runners must be positioned inside the 20-meter passing zone.	T	F			
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			
After passing the baton, the relieved competitor should stand still or jog straight ahead and step off the track when clear.	T	F			
In the 4x100-meter relay, the second runner may start outside of the 30-meter exchange zone to accelerate into the zone.	T	F			
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			
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			
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			
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			
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			
The baton may be wrapped in tape.	T	F			
A flinch or other extraneous motion before the device is fired requires a false start to be charged to a competitor.	T	F			
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			
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			

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			
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			
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			
As long as other rule specifications are met, an male competitor can use the 14 pound shot during warm-ups.	T	F			
Time limits for competitors excused to compete in another event shall be determined by the meet referee.	T	F			
A competitor can declare a pass after the start of the trial clock.	T	F			
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			
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			
In the long jump, the competitor shall be warned either verbally or by signal when 30 seconds remain in the time allowed.	T	F			
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			
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			
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			
In the throws, tape may be used on the hand and fingers provided no two fingers are taped together.	T	F			
In the throws, it is a foul if the competitor exits the back half of the circle before the implement has landed.	T	F			

In the discus throw, a thrown implement is in-bounds if it lands on the sector line.	T	F			
The discus is measured to the nearest lesser 1/2 inch.	T	F			
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			
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			
Four jumpers remain at 6-4 and C1 and C2 pass to 6-6. A1 misses on his first attempt. B1 clears the bar on his first attempt. A1 clears his second attempt. The bar now goes to 6-6 with all four competitors still in the competition. A1 is first to attempt at 6-6 and would have 2 minutes to initiate the start of his first attempt at the new height.	T	F			
J1 passes the first four heights of the high jump and enters the competition 45 minutes after the competition has started. J1 is entitled to 1.5 minutes of warmup without the bar in place.	T	F			
Adjacent to the high jump landing pad is a rail above ground level. The rail should either be removed or padded during the high jump competition.	T	F			
The games committee has deemed the track and infield area as a restricted area. The long jump competition area is located within the track, therefore, making the runway and pit a restricted area. A competitor is observed taking run-throughs wearing an electronic device. The athlete shall be disqualified from the long jump for this action.	T	F			
A2 falls to the ground during the 1500. A's head coach rushes to the competitor and assists the athlete to her feet. A2 should be disqualified.	T	F			
A2 falls to the ground during the 1500. An athletic trainer that has been designated by the games committee rushes to the competitor and assists the athlete to her feet. A2 should be disqualified.	T	F			