

## Basic Review

**Purpose:** This is NOT A TEST. It's a REVIEW. It's meant to make you familiar with the Rule Book, what's in it and how it's set up. It evaluates your ability to read a rule and correctly interpret it. To save you a significant amount of time, the rule numbers are given. Hopefully, after taking the Review, you will feel that you are a much more knowledgeable official.

**Instructions Use:** The Answers and Rule Numbers cited in this Review are based on the 2024 USATF Rule Book, <https://www.usatf.org/governance/rule-books>. For questions pertaining to Marshals the Marshal Best Practices may be used. <https://www.flipsnack.com/USATF/marshaling/full-view.html> Reviews may be taken online or on paper. Both versions can be found at: <https://noc.mach2k.net/> If taking the review by paper you will need to send your completed review to your certification chair. If you take the review online results of non-open ended questions will be sent to you and your certification chair. Your certification chair will review the open ended questions and return final results to you.

**Suggestions:** 1) Taking the Review in a group setting that allows open discussion or with other officials is encouraged. 2) New and less experienced officials should try to work with a "mentoring" official. 3) "Specialty" officials who mainly work in the same areas at most meets should take the review with other officials, benefit from shared experiences and the knowledge of all.

**Important Notes:** 1.) Be sure to read the rule that is referenced carefully, just one word may make the difference in a question or answer choice. 2.) Don't "over read." Take the questions at face value. Don't think "but what if ...". The questions are not meant to trick anyone.

**Scoring:** Successful completion of the Review requires a success rate of at least 67 correct answers. Individuals who do not reach the 67 correct answers are encouraged to retake the review. Questions 1 - 31 are Multiple Choice, Questions 32 - 53 are True or False. Questions 54 - 75 are Fill in the blank. Be sure to write the answer as you see it written in the rulebook.

### Begin

1. Duties of the Starter's Assistant. Which is most correct? Rule 130
  - a. Shall be responsible for the readiness of the batons.
  - b. Shall advise the starter as to the number of races in the event
  - c. Shall place each competitor in their correct lane or position
  - d. All the these
2. In the combined Event Men's Decathlon, there was a false start in the 110m High Hurdles. As the Starter, what card do you show the athlete who committed the false start? Rule 200
  - a. Green
  - b. Yellow
  - c. Red diagonal
  - d. Yellow and black diagonal
3. Which of the following situations are subject to protest? Rule 146
  - a. If the start is legal and fair
  - b. The judgment decision of the meet referee
  - c. If the baton was passed legally within the zone
  - d. All of these

4. Which of the following is false? Rule 169
  - a. In the 2000m Steeplechase, the water jump is the second obstacle.
  - b. In the 3000m Steeplechase, the water jump is the fourth obstacle.
  - c. In the 1500m Steeplechase, there are 15 barriers and 4 water jumps.
  - d. All barriers must be painted with black and white stripes or in strong contrasting colors.
5. In the Master's women's 60-74 age group, the throws weights are: Rule 203
  - a. 20 lb, 35 lb, 20 kg, 56 lb and 98 lb
  - b. 4 kg, 16 lb, 20 lb, 25 lb, and 35 lb
  - c. 12 lb, 20 lb, 25 lb 35 lb, and 20 kg
  - d. 16 lb, 25 lb, 35 lb, 20 kg and 56 lb
6. When there is no appointed games committee, who has general supervision of the meet and performs those duties assigned to the games committee? Rule 111
  - a. The running referee
  - b. The meet director
  - c. The clerk of course
  - d. The field referee
7. When an infraction is detected in the 4x100 relay, the umpire shall: Rule 127
  - a. Immediately signal with a yellow flag.
  - b. Report the infraction to the head umpire.
  - c. Inform the athlete of the disqualification.
  - d. Both of the first two
8. The heat or running event is considered to be official when: Rule 125, 146
  - a. The first competitor crosses the finish line.
  - b. The next running event begins.
  - c. Places have been determined and results have been recorded.
  - d. The last competitor crosses the finish line.
9. Which of the following can a competitor not do when the baton inadvertently leaves the runner's hand: Rule 170
  - a. The runner can toss the baton to the outgoing runner in order to complete the pass.
  - b. If the baton is dropped outside the exchange zone, either runner can retrieve it.
  - c. The outgoing runner can keep racing toward the next runner or finish line without the baton.
  - d. All of these
10. An attempt in the Pole Vault shall be a failure if : Rule 183
  - a. The bar is jostled and remains on the original pegs after the jump
  - b. The vaulter touches the ground beyond the zero plane prior to clearing the bar
  - c. The vaulter moves the upper hand higher on the pole after leaving the ground
  - d. Both the second and third
11. The following is NOT permitted in the pole vault event: Rule 183
  - a. Substance on the hands or pole
  - b. A forearm cover
  - c. Gloves
  - d. All are permitted
12. Which is NOT a foul on the athlete in the shot put? Rule 187 and 187
  - a. Enters from the front of the circle to make an attempt
  - b. A loose part of the shoe touches the top or end of the stop board before leaving the circle
  - c. After stepping into the circle, the athlete pauses before starting the put.
  - d. None of these are fouls

13. In the open high jump competition, the bar was set at a starting height of 1.78m. Competitor A, who had declared for the high jump, arrives late, escorted to the venue by the call room clerk. The competition just began prior to the athlete's late arrival. Which of the following would be a correct procedure for this athlete? Rule 180
- Give the athlete 5 minutes to set their marks and take a warmup without the bar.
  - Allow the athlete to enter the competition at the current height without a warmup period
  - Because competitor was late record one miss at 1.78m and continue the competition
  - None of these are correct
14. When a competitor, who had entered the competition previously, comes back from an event that was excused, and the HJ bar is at a new height, how much time does the competitor have to initiate the first attempt with only three competitors remaining? Rule 180
- Three minutes for the first attempt
  - 90 seconds for the first attempt
  - One minute for the first attempt
  - Two minutes for the first attempt
15. In a pole vault competition, which of the following allows the bar to be lowered? Rule 181
- To determine a winner if there was a tie for first place
  - If the competitor checked out and left to go to another event
  - If the competitor wanted a fourth attempt after the competitor was declared the winner
  - If the competitor arrived late for the competition
16. A cross country course can be defined or marked as such: Rule 251
- Flags can be positioned every 400m
  - Course width can be 5m as needed
  - A final straightaway of 100m or longer
  - None of the these
17. What is the furthest distance after the race begins that a cross country race should be recalled by the starting crew due to a fall which impacts the field? Rule 242.5
- 100 meters
  - 150 meters
  - 200 meters
  - 400 meters
18. The anemometer shall be \_\_\_\_\_ from the take-off board in the horizontal jumps. Rule 163
- 10 meters
  - 15 meters
  - 20 meters
  - 25 meters
19. When certifying a record mark in the vertical events, which of the following should not be a consideration? Rule 181
- Measuring the crossbar in five different spots.
  - Placing any displaced or jostled crossbar in the same position on the standards before the displacement
  - Marking the crossbar and base of the standards to ensure consistent placement of the crossbar
  - Taking an accurate measurement of the crossbar before each jump.
20. It is illegal to run backwards or in the opposite direction on the runway during warm-ups in which of the following youth events except? Rule 302
- Javelin
  - High Jump
  - Pole Vault
  - Long Jump

21. A competitor shall be considered as DNS if: Rule 132
  - a. After his/her name having been included on the start list for an event, he/she does not report to the Call Room for their event
  - b. Having passed through the Call Room, he or she does not make any attempt to make a start in a running/race walk event.
  - c. If rule 200.8 applies
  - d. All of these
22. Which of the following is a duty typically expected of a Marshal at a USATF meet? Rule 133 and Marshal Best Practices
  - a. Assure that 400 runners do not take illegal steps to the inside of their lane during the race.
  - b. Escort athletes to and from restroom facilities when they are outside of the facility.
  - c. Monitor the locations of still photographers in the competition area.
  - d. Assist with any communication issues between the Field and Track Referees.
  - e. All of these
23. Which of the following would not be a concern of a Marshal? Rule 133 and Marshal Best Practices
  - a. The placement of media during field events.
  - b. A call at the long jump board.
  - c. When full lap races are being conducted.
  - d. When the athletes encounter the water jump during the steeplechase.
  - e. When the actual competition attempts commence.
24. Who is primarily responsible for securing the finish line for the runners and the timers from obstructions? Rule 133 and Marshal Best Practices
  - a. Marshals
  - b. Umpires
  - c. Referees
  - d. Starters
  - e. Line Clerk
25. If there are no stewards available, who is responsible for escorting an athlete for drug testing? Marshal Best Practices
  - a. A coach from their school
  - b. A coach from a neutral school
  - c. A teammate
  - d. A Marshal
  - e. The athlete is responsible for his/her own self
26. Competition adaptive equipment and accessories: Rule 307
  - a. Are provided by meet management if given a 30-day notice request
  - b. Will always be available at the implement inspection tent
  - c. Shall be provided by the Para Athletes, guide runners, and assistants
  - d. Can be rented for a nominal fee from USATF
27. Wheelchair Para Athletes can compete with Ambulatory Para Athletes. Rule 307
  - a. Only in races over 400 meters
  - b. Only if the Wheelchair Para Athletes are placed in outside track lanes.
  - c. Only in the 100m and 200m
  - d. Not allowed.

28. A road racing course may be designated as “USA Track & Field Certified” if: Rule 240
  - a. The course measurement for distance is at least the stated distance and includes an additional 1/1000th of the stated race distance
  - b. The longest possible route has been measured with reasonable accuracy
  - c. The running path consists only of dirt or gravel
  - d. The race director states the distances in the literature to athletes
29. When placing signage regarding turns on a 10k road race course, what must be marked at strategic points to keep the competitors on course? Rule 243
  - a. The location of water stops
  - b. Distance markers every 200 meters
  - c. Each turn and intersection so that there is no doubt as to the direction the runner should go to stay on course
  - d. No signage is needed as the competitors should have run the course well in advance of the race and know the route
30. For Mountain, Ultra-Marathon, and Trail Races, the athlete may receive what type of aid at an official station? Rule 241
  - a. Physiotherapy (massage, etc.), drinks, energy supplements and/or foodstuff
  - b. A replacement runner for no more than 20k before reentering the race
  - c. Access to an electric bicycle to navigate terrain that has a grade of more than 20%
  - d. May not receive any aid that is handed off to the athlete
31. Who can disqualify an athlete for cutting an LDR course? Rule 243
  - a. Umpire who found the athlete to be cutting the course
  - b. Another athlete by filling a protest
  - c. The finish line judge
  - d. The referee and/or jury of appeal
32. In a relay, the baton pass does not occur before the end of the exchange zone, causing the incoming runner to transit out of the exchange zone. The runner stops, retreats to within the zone, and performs a pass within the zone. This is a legal pass. Rule 170
  - a. True
  - b. False
33. The top eight (8) finishers in the Association Junior Olympics in the Ambulatory and Wheelchair Divisions in every age division and event, shall advance to the Regional Junior Olympics. Rule 307
  - a. True
  - b. False
34. In the shot put both boys and girls aged 13-14 (Ambulatory or seated) wheelchair must throw the same weight (kg or lb) implement. Rule 307
  - a. True
  - b. False
35. Para Athletes are not permitted to request or receive assistance in setting their starting blocks. Rule 307
  - a. True
  - b. False
36. Ambulatory Para Athletes may not compete in the same heats or shot put flights as their able bodied typical peers. Rule 307
  - a. True
  - b. False
37. The 800m and discus are two events in the Para pilot program for youth association meets. Rule 307
  - a. True
  - b. False

38. A winner of the pole vault event, that has been called up, asks for their standards to be moved with three minutes left on their attempt clock. Rule 183
  - a. The request is granted
  - b. The request is not granted
39. In the 3000m Steeplechase, the water jump is the fourth obstacle. Rule 169
  - a. True
  - b. False
40. The minimum number of starter's Assistants for an outdoor meet is 3. Rule 110
  - a. True
  - b. False
41. If no water jump is available, the 3000m Steeplechase may be comprised of 35 barrier jumps. Rule 169
  - a. True
  - b. False
42. An indoor 300 m will be run with a break line after the first bend. Rule 214
  - a. True
  - b. False
43. A 3000 m final can be run with 25 competitors without referee approval. Rule 303
  - a. True
  - b. False
44. In the 100 meters an athlete in lane four steps out of the assigned lane into lane three, but does not interfere with the runner in lane three. The athlete is not disqualified. Rule 163
  - a. True
  - b. False
45. In a photo finish, the runner with any body part crossing the finish line first is declared the winner. Rule 163
  - a. True
  - b. False
46. A hurdler's trailing leg passes outside and below the top of the hurdle. This hurdler shall be disqualified. Rule 168
  - a. True
  - b. False
47. It is acceptable to schedule a race walk event on Halloween night with illumination by a full moon. Rule 232
  - a. True
  - b. False
48. Measurements made with fiberglass tapes are not acceptable for records. Rule 264
  - a. True
  - b. False
49. A competitor shall not be disqualified if he or she, in all races run in lanes, touches the line once to their left or the curb or the line marking the applicable inside border on a bend. Rule 163
  - a. True
  - b. False
50. In hurdle races, an athlete who knocks down or displaces any hurdle by hand, torso or the front side of the lead lower limb shall be disqualified. Rule 168
  - a. True
  - b. False

## USA TRACK & FIELD NATIONAL OFFICIALS COMMITTEE 2024-2028

51. When more than eight athletes are competing in a field event, it is required for an athlete to have a legal mark in the first three rounds to be eligible to compete in rounds four through six. Rule 180
  - a. True
  - b. False
52. When more than one pit is being used in the High Jump or Pole Vault and the bar heights are not raised simultaneously throughout the competition, time limits shall be determined by the number of athletes competing on each pit and not the total on both pits. Rule 180
  - a. True
  - b. False
53. An athlete can miss the Association JO Championship but not the Regional Championship due to participation in a cultural (foreign exchange/educational) program. Rule 306
  - a. True
  - b. False

**THE FOLLOWING QUESTIONS ARE 'FILL IN THE BLANK' Enter the answer as written in the rulebook**

54. In youth athletics, false starts are called on \_\_\_\_\_, not the field. Rule 302
55. Regarding viewing images: To facilitate a better view of images, the athlete may \_\_\_\_\_ the device whilst communicating with those who have taken the images. Rule 144
56. In relation to the exchange zone, it is only the position of the \_\_\_\_\_ that is decisive. Rule 170
57. In rounds other than the first, for events up to and including the 400 meters, inclusive, and relays up to and including the 4x400 meters, seeding is determined from a list of competitors who advance on \_\_\_\_\_ followed by those who advance on time. Rule 166
58. In the Youth combined events, the times for 11-12 boys 80 meter hurdles shall be multiplied by \_\_\_\_\_ prior to being entered into the tables. Rule 302
59. [Combined events] If hand timing is used, each competitor's time shall be timed by \_\_\_\_\_ timers independently, using Rule 165.6 to determine the official time. Rule 200
60. Distance in field events shall be measured in \_\_\_\_\_ and shall always be recorded to the nearest 0.01m below the distance measured. Rule 148
61. The wind gauge operator, except provided in rule 163.14, shall maintain the wind gauge, and take and record in writing, on the forms provided for that purpose by the Competition Secretary, the wind velocity in the direction of the running for all running events (including hurdles events) up to and including the \_\_\_\_\_ meters and the Long Jump and Triple Jump. Rule 134
62. The referee shall not act as a Judge or \_\_\_\_\_ but may take any action or decision according to the Rules based on their observation. Rule 125
63. Performances made outside traditional athletic facilities can only be valid if the relevant government body has issued an appropriate \_\_\_\_\_ for such an event. Rule 149
64. Jostling should be understood as physical contact on one or more occasions with one or more competitor(s) that results in an \_\_\_\_\_ advantage or causes injury or harm. Rule 163
65. In the 3000m Steeplechase the distance from the start to the to the beginning of the first full lap should not include any \_\_\_\_\_. Rule 169
66. For throws from a circle, the inside and top of the rim shall be \_\_\_\_\_. Rule 187
67. The curb or line on an indoor track may be located on the banking slope such that the pivot line of the banking shall be \_\_\_\_\_ throughout the length of the banking. Rule 212
68. The applicable period in the penalty zone for the 35km race walk shall be \_\_\_\_\_ minutes. Rule 230
69. No record may be accepted where the runner in a race run in lanes is found to be in violation of Rule \_\_\_\_\_. Rule 263



## USA TRACK & FIELD NATIONAL OFFICIALS COMMITTEE 2024-2028



70. In case of relay races, any \_\_\_\_\_ step by a competitor who is a member of a team, regardless of whether committed by the same or different competitor, shall result in the disqualification if the team whether it happened in the same round or different rounds of the same event. Rule 163
71. Each athlete shall go over each hurdle and shall keep to the hurdles in his/her own lane throughout the race. Failure to do so shall result in a \_\_\_\_\_ unless rule 163.5 applies. Rule 168
72. In the 2000m steeplechase, the first barrier is the one immediately prior to the \_\_\_\_\_ jump. Rule 169
73. In the triple jump: The hop shall be made so that an athlete lands first on the same foot as that from which the athlete has taken off; the step shall land on the other foot, from which, subsequently, the jump is performed. It shall not be considered a failure if, during any \_\_\_\_\_ of a trial, an athlete touches the ground with the 'sleeping' leg. Rule 186
74. In throwing events: No \_\_\_\_\_ or application by other means of human body fluids on any implement is permitted. The presence of perspiration shall not be prohibited. Rule 187
75. If an athlete does not complete a valid trial the standard marking is \_\_\_\_\_ . Rule 132