



2024 Track and Field Study Guide

1. How are event points handled if the venue for competition is deemed unacceptable by the meet referee?
 - A. Points are divided among all teams.
 - B. There are no points awarded.
 - C. Points are divided among the visitors, and the host team will receive no points.
 - D. The games committee makes the determination on how to handle the situation.

2. In a meet scoring eight places, after applying the required tie-breaker, three athletes are tied for second place. How is this scored?
 - A. Athlete who entered event first receives second-place points.
 - B. Points for second, third and fourth places are added together and split between the three athletes tied for second place.
 - C. A coin is flipped to determine points.
 - D. Points will be decided by the games committee.

3. Electronic devices may:
 - A. Not be used to transmit to a competitor in a race or trial.
 - B. Be used in unrestricted areas.
 - C. Not be used to review an official's decision.
 - D. All of the above.

4. Which of the following situations is eligible to a protest or appeal?
 - A. Disqualification of a relay team for passing outside the exchange zone.
 - B. A false start disqualification.
 - C. A disqualification of a thrower using an illegal implement during warm-up or competition.
 - D. Failure to follow a procedure contained in the terms and conditions of the competition announced in advance by the games committee or meet directors.

5. Who has general supervision of the meet and performs those duties when there isn't an assigned games committee?
 - A. The referee.
 - B. The meet director.
 - C. The clerk of the course.
 - D. The host school administrator.

6. Who has the sole authority to rule on infractions except for the start?
 - A. Meet director.
 - B. Referee.
 - C. Games committee.
 - D. Umpire.

7. Which of the following is NOT a criterion for determining if a race should be rerun?
- A. Interference by another competitor.
 - B. Interference caused by a noncompetitor.
 - C. A meet administrator error.
 - D. False start.
8. Head coverings worn for religious reasons:
- A. Are not considered hair devices.
 - B. Must not be made of abrasive, hard or unyielding materials.
 - C. Must be secured to the body and/or uniform.
 - D. All of the above.
9. A running event or heat is considered to be official and concluded when:
- A. The first competitor crosses the finish line.
 - B. Places have been determined and results have been recorded at the finish line.
 - C. The next running event begins.
 - D. The last competitor crosses the finish line.
10. An athlete may wear:
- A. A uniform top with multiple manufacturers' logos.
 - B. A uniform top with a 4-inch-square trademark.
 - C. A one-piece uniform with multiple logos.
 - D. Uniform bottoms with a manufacturer's logo/trademark/reference larger than 2 1/4 square inches around the waistband.
11. Which of the following can a competitor not do when the baton inadvertently leaves a runner's hand:
- 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 competitor can retrieve it.
 - C. The outgoing runner can keep racing toward the next runner or finish line without the baton.
 - D. All of the above.
12. In a legitimate attempt to pass the baton to the outgoing runner 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, and the outgoing runner immediately returns to the track and continues the race. This relay team:
- A. Receives no penalty.
 - B. Is disqualified.
 - C. Is penalized one place in the standings of the race.
 - D. Adds four seconds to its mark at the completion of the race.

13. In the 4x100-meter outdoor relay, each exchange zone in which the _____ competitor is running 200 meters or less in lanes will be 30 meters long.
- A. Incoming.
 - B. Fourth.
 - C. First.
 - D. Outgoing.
14. The starter's hold time in races under 800 meters outdoors should be:
- A. At least three seconds.
 - B. Never more than one second.
 - C. Approximately two seconds.
 - D. Between four and five seconds.
15. Which is NOT a foul on a competitor in the shot put?
- A. After starting the attempt, touches any surface outside the circle during a put.
 - B. Touches the top or end of the stopboard before leaving the circle.
 - C. Enters to make an attempt from the front half of the circle.
 - D. After stepping into the circle, fails to pause before starting the put.
16. 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?
- A. Wait another five minutes before raising the bar so that Competitor A can jump at 5 feet, 10 inches.
 - B. Record that Competitor A has passed at 5 feet, 10 inches and raise the bar.
 - C. Because of Competitor A's absence, record that Competitor A has one miss at 5 feet, 10 inches and raise the bar.
 - D. None of the above are correct procedure.
17. 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:
- A. The thumb and forefinger.
 - B. Thumb, forefinger and middle finger.
 - C. Forefinger and middle finger.
 - D. All of the above.
18. A competitor throws an implement and it lands on the sector line. The official:
- A. Declares it a legal throw and the attempt is measured.
 - B. Declares the throw a foul.
19. The only time during competition in the high jump that the crossbar may be lowered is:
- A. If the competitor left to go to another event.
 - B. If the competitor wanted a fourth attempt.
 - C. To determine a first-place winner when a tie for that place is involved.
 - D. If the competitor was injured.

- 20 . 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?
- A. Three minutes for each attempt.
 - B. One minute for each attempt.
 - C. Three minutes to complete the two attempts.
 - D. Five minutes.
- 21 . When listing the number of individuals on a relay card, which of the following number of contestants would not be permitted?
- A. 9
 - B. 8
 - C. 7
 - D. 6
- 22 . In the javelin throw, it is a foul if:
- A. The first point of contact is outside the sector.
 - B. The competitor makes a 360-degree turn before release.
 - C. The competitor exits the runway before the implement has landed.
 - D. All of the above.
- 23 . In the field events, athletes are allowed to warm-up:
- A. At the first call of the event.
 - B. As soon as there are other competitors waiting.
 - C. Before the venue has been officially opened to all competitors.
 - D. Once the event is declared open and becomes supervised by the event judge or if their coach is present.
- 24 . Which of following can be done by the competitor before the start of a trial clock.
- A. Initiate the purposeful action of completing the challenge.
 - B. Declare a pass.
 - C. Warm up without an event judge.
 - D. Both A & B.
- 25 . A cross country course can be marked by:
- A. A natural boundary line.
 - B. Signposts with large directional arrows.
 - C. A single-wide line, marked with a material which is not injurious to the eyes or skin.
 - D. All of the above.
- 26 . The anemometer shall be _____ from the foul line in the long jump and triple jump.
- A. 10 meters.
 - B. 15 meters.
 - C. 20 meters.
 - D. 30 meters.

- 27 . 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:
- A. Straightens the crossbar and calls B1 up to jump.
 - B. Resets the crossbar and measures the height before calling B1 up to jump.
 - C. Declares A1 a foul.
 - D. Does nothing and calls B1 up for an attempt.
- 28 . 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?
- A. The athletes will share first-place honors.
 - B. Three more attempts are taken at the missed height.
 - C. One more attempt is taken at the height at which they failed.
 - D. The bar is lowered by 3 inches until an athlete clears a height.
- 29 . 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:
- A. Flipping a coin.
 - B. Having each thrower take three additional throws and using the best mark.
 - C. Comparing each thrower's second-best throw.
 - D. Giving each thrower one more throw.
- 30 . It is illegal to run backwards or in the opposite direction on the runway during warm-ups in which of the following events:
- A. Javelin.
 - B. Long Jump.
 - C. Pole Vault.
 - D. All of the above.
- 31 . Which of the following is a hurdle infraction:
- A. Athlete advances a leg below the height of the hurdle gate.
 - B. Athlete runs under a hurdle.
 - C. Athlete displaces a hurdle by hand.
 - D. All of the above.
- 32 . A high jump athlete makes a first attempt of the competition at 6-4 with two other athletes left in the competition. The athlete is given how many minutes to complete the trial?
- A. 1
 - B. 2
 - C. 3
 - D. 5

- 33 . Two athletes remain in the high jump competition. Both athletes cleared 6-6 on their second attempt and have the same number of misses throughout the competition. One competitor would like to opt out of the jumpoff. Which of the following statements is true?
- A. The withdrawing competitor is awarded second place and is allowed to compete in future events at the meet.
 - B. The withdrawing competitor is disqualified from the high jump event.
 - C. The withdrawing competitor is ineligible for further competition in the meet.
 - D. There is a tie for first place as one athlete has opted out of the event.
- 34 . In the shot put, an athlete:
- A. May have tape on the hand given no fingers are taped together and all fingers can move independently.
 - B. May not have tape on the hand.
 - C. May wear gloves in the event.
 - D. May wear tape on the hand that connects two fingers together.
- 35 . Cross country course surfaces may be:
- A. Grass.
 - B. Dirt.
 - C. Asphalt.
 - D. All of the above.
- 36 . It is considered a false start when:
- A. A runner leaves their mark with a hand or foot after the "set" command but before the starting device is fired.
 - B. If a runner leaves their mark with a forward motion without the starting device being fired.
 - C. Any part of the body is in contact with the starting line or running surface beyond the line, when the starting device is fired.
 - D. All of the above.
- 37 . Appeals regarding misapplication of the rules shall be filed:
- A. Within one hour after results have been announced or made official for that event.
 - B. Within 15 minutes after results have been announced or made official for that event.
 - C. Within 30 minutes after results have been announced or made official for that event.
 - D. Within 48 hours after the conclusion of the meet.
- 38 . Which measurement for the discus is correct?
- A. 164-3.
 - B. 164-3.25.
 - C. 164-3.5.
 - D. All of the above.

- 39 . An injured competitor receives assistance from a competitor from another team and healthcare professionals are not readily available, and the assisting competitor gained no advantage. Who is disqualified in this scenario?
- A. The assisting competitor.
 - B. The injured competitor.
 - C. Both competitors are disqualified.
 - D. Neither competitors are disqualified.
- 40 . In a cross country race if there is a discrepancy in the course markings, which form of course markings take precedence?
- A. Signposts with directional arrows.
 - B. Red, yellow and blue directional flag markings.
 - C. A single-wide line, marked with a material which is not injurious to the eyes or skin.
 - D. Natural or artificial boundary markers.
- 41 . What is the minimum number of appointed officials who should be involved in operating an FAT system and evaluating the finish line video/pictures?
- A. 1
 - B. 2
 - C. 3
 - D. 4
- 42 . In vertical jumping events, the games committee may assign competitors to flight of no less than _____ for preliminary competition.
- A. 2
 - B. 3
 - C. 4
 - D. 5
- 43 . Competitor A breaks their pole and asks to borrow Competitor B's pole. Competitor B grants permission and the event judge shall:
- A. Disqualify the competitor borrowing the pole.
 - B. Verify that the pole is rated weight-appropriate and permit the athlete to participate.
 - C. Disqualify both athletes.
- 44 . Which of the following shall be permitted in the pole vault competition:
- A. Taping of the wrist.
 - B. Chalk.
 - C. Rosin.
 - D. All of the above.

- 45 . What should the meet referee review prior to the meet concerning horizontal jumps?
- A. Check that the pit is filled with sand to a depth at least 12 inches (30 centimeters).
 - B. Confirm that the pit is a minimum width of 9 feet and minimum length of 23 feet.
 - C. Check that the takeoff board is firmly set in ground level with the runway surface of the pit.
 - D. All of the above.
- 46 . A competitor in the pole vault has waited to enter the competition until all other competitors are out of the competition. The event judge gives the competitor how much time to complete their vault?
- A. 1 minute as the athlete is just entering the competition and has not won yet.
 - B. 3 minutes.
 - C. 5 minutes as they are the last competitor.
 - D. 2 minutes.
- 47 . At the start of the 4x100 race, Runner No. 3 is bouncing around in and out of the exchange zone to warm up. As Runner No. 2 approaches, Runner No. 3 enters the zone and clearly stops to prepare to receive the baton. They then run forward farther into the zone and exchange the baton inside of the zone. The umpire shall:
- A. Raise yellow flag to report infraction by Runner 3 for not being in the zone at the start of the race.
 - B. Raise white flag for all clear.
- 48 . Who has authority to rule on irregularities not covered within the rules?
- A. Meet Manager
 - B. Games Committee
 - C. Meet Referee
 - D. Field Event Judge
- 49 . Prior to being put on the clock, the competitor asks to have the pole vault standards set to 28 inches (71cm) beyond the plane of the top of the stopboard (zero point) after the competition has begun. The event judge shall:
- A. Inform the competitor this cannot be changed at this point in the competition.
 - B. Grant the request and move the standard to the requested setting.
 - C. Put the competitor on the clock with no change.
 - D. All of the above.
- 50 . Who has sole authority to determine if a race shall be rerun, who is ineligible to participate, and when the rerun will be scheduled?
- A. Games committee.
 - B. Jury of appeals
 - C. Meet director.
 - D. Meet referee.
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- 51 . Is this a fair jump?
- A. Yes.
 - B. No.

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- 52 . Could a rerun be granted as a result of this race?
- A. Yes
 - B. No

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- 53 . The team in the outside lane, in the grey shirts, has completed a legal exchange.
- A. Yes.
 - B. No.

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- 54 . Is this interference?
- A. Yes.
 - B. No.

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- 55 . Is this a fair start?
- A. Yes.
 - B. No.