



2026 Track and Field Rules Exam

1. As an official I am required to complete the Disqualification (DQ) form within 48 hours?
 - A. True
 - B. False

2. After a disqualification has taken place, I must notify the following:
 - A. Player
 - B. Coach
 - C. AD/Site supervisor
 - D. All of the above

3. A DQ is the same as a game ejection?
 - A. True
 - B. False

4. Coaches/AD's are permitted to terminate a game at any time?
 - A. True
 - B. False

5. Which of the following eligibility checks do I need to complete before I can officiate a contest?
 - A. Register with the NJSIAA
 - B. Background Check
 - C. Pass the officials test
 - D. Complete the concussion course
 - E. Completed the Implicit bias course
 - F. All of the above

6. The sportsmanship statement only needs to be read to the captains and coaches at varsity contests.
 - A. True
 - B. False

7. According to the NJSIAA rules regarding leaving the bench area, if an official sees a player that has left the bench but does not participate in any unsportsmanlike behavior, the player should not receive a DQ.
 - A. True
 - B. False

8. The NJSIAA will use video from a contest for the following reasons:
- A. To ensure that disqualifications are correctly identified
 - B. To identify if a violation of our sportsmanship policy has occurred
 - C. To correctly identify players that have left the bench
 - D. All of the above
9. Based on the NJSIAA's Conflict of Interest Policy, Officials should not accept any assignments if the following applies to them:
- A. You are currently employed in the school district
 - B. You have been employed in the school district within the past 10 years
 - C. You have a close relative who is employed in the school district
 - D. You have a child attending any school within the district
 - E. All of the above
10. When noticing a student wearing illegal jewelry or hair adornments, the Official should immediately talk to the head coach only
- A. True
 - B. False
11. 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.
12. High jump athlete A is called for their first attempt of the competition at 6-4 with two other athletes left in the competition. Athlete A is given how many minutes to complete the trial?
- A. 1
 - B. 2
 - C. 3
 - D. 5
13. 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 jump-off. 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.
14. 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.

- 15 . 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.
- 16 . 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.
- 17 . Which measurement for the discus is correct?
- A. 164-3.
 - B. 164-3.25.
 - C. 164-3.5.
 - D. All of the above.
- 18 . 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 competitor is disqualified.
- 19 . 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.
- 20 . 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

- 21 . 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.
- 22 . 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.
- 23 . 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 on ground level with the runway surface of the pit.
 - D. All of the above.
- 24 . 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 the first attempt?
- A. 1 minute as the athlete is just entering the competition and has not won yet.
 - B. 3 minutes.
 - C. 5 minutes as the athlete is the last competitor.
 - D. 2 minutes.
- 25 . 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. Runner No. 3 then runs forward farther into the zone and exchanges 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.
- 26 . 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.
- 27 . 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). 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.

- 28 . 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.
- 29 . What happens if a competitor participates in more events than allowed by rule?
- A. A coach can file a protest to the reason why the competitor was in too many events.
 - B. Disqualification occurs only if the competitor does not drop one of the events.
 - C. The competitor 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 place(s) shall also be forfeited.
 - D. The competitor must forfeit the individual events, but the team can keep all the points in which the competitor participated on the relays.
- 30 . Unsporting conduct is behavior that involves:
- A. Throwing the baton.
 - B. A competitor displaying unethical behavior or dishonorable conduct.
 - C. Flagrant behavior, intentional contact, taunting, criticizing or using profanity directed toward someone. This shall apply to all coaches, contestants and other team/school personnel.
 - D. All of the above.
- 31 . Which of the following events in the girls heptathlon shall be contested on the second day?
- A. 100-meter high hurdles.
 - B. High jump.
 - C. Shot put.
 - D. Long jump.
- 32 . The maximum diameter for the boys and girls indoor shot with a synthetic cover respectively is:
- A. 132.5mm and 130 mm.
 - B. 128.5 mm and 126.0 mm.
 - C. 134.5 mm and 132 mm.
 - D. 124.5 mm and 122.0 mm.
- 33 . The correct length of time that the wind gauge should be set to measure for the 200-meter dash shall be:
- A. 5 seconds.
 - B. 10 seconds.
 - C. 13 seconds.
 - D. 15 seconds.

- 34 . At the triple jump, the wind gauge recorded a positive measurement of 2.16 m/s. This wind reading should be recorded as:
- A. 2.1
 - B. 2.16
 - C. 2.2
 - D. 2.15
- 35 . Once a school has turned in a relay card, coaches may add names to it:
- A. After the preliminary round.
 - B. After the semifinals.
 - C. At any time.
 - D. Coaches may not add names once the relay card is submitted.
- 36 . Relay events may have no more than _____ individuals listed on the relay entry.
- A. Four.
 - B. Six.
 - C. Eight.
 - D. Seven.
- 37 . What constitutes a starting violation?
- A. Failure to comply with starter's commands.
 - B. Having any part of the body in contact with the starting line or running surface beyond the line, when the starting device is fired.
 - C. Failure to place starting blocks within the respective competitor's lane.
 - D. All of the above.
- 38 . What is the minimum number of competitors a team must have to be considered a scoring team?
- A. 1.
 - B. 3.
 - C. 5.
 - D. 10.
- 39 . The games committee has the authority to determine which of the items listed?
- A. Meet officials.
 - B. Length of spikes on all-weather surfaces.
 - C. Heat and lane assignments for competitors.
 - D. All of the above.
- 40 . Correction of clerical or team scoring errors may be corrected up to _____ hours after the end of the meet, unless another time period is specified in advance by the games committee or meet director.
- A. 48 hours.
 - B. 72 hours.
 - C. 96 hours.
 - D. 120 hours.

- 41 . Which of the following would be illegal in a layout of a cross country course?
- A. The course at its narrowest point being 1 meter wide and 3 meters long.
 - B. Overhead tree branches that hover at 10 feet above the course surface.
 - C. Having asphalt as part of the course surface.
 - D. A significant turn on the course at 25 meters from the start.
- 42 . A competitor removes their uniform top in the area of competition after being warned previously by the head clerk. The competitor is:
- A. Immediately disqualified from the event. If the incident recurs, the competitor will be disqualified from further competition in the meet.
 - B. Warned and then, if repeated, disqualified from further competition in the meet.
 - C. Warned and then, if repeated, disqualified from that event.
 - D. Warned and then, if repeated, issued a second warning.
- 43 . Which official is responsible for checking and enforcing uniform, visible apparel and shoe regulations?
- A. The referee.
 - B. The clerk of the course.
 - C. The starter.
 - D. The head umpire.
- 44 . A competitor is warming up at the discus after the event was officially opened for warm-ups, and the event judge notices that the athlete has a wrist wrap with a hard plastic piece supporting the wrist. The event judge:
- A. Permits the athlete to throw using the wrist wrap.
 - B. Warns the athlete they are not able to compete using the wrap with the artificial aid and informs the athlete the wrap needs to be removed before the competition begins.
- 45 . Team A has multiple different uniform types at the meet. The throwers are in baggy shorts and t-shirts, the sprinters have one-piece uniforms, and the distance runners are wearing running shorts and tank jersey tops. All uniforms have a school logo on the top and are school-approved. The referee:
- A. Has no issues with the different uniforms as they are school-issued.
 - B. Informs the coach that the team needs to make their uniforms legal.
- 46 . A tie exists between three pole vaulters for second place. How are points determined?
- A. All the competitors are awarded second-place points.
 - B. The points for second, third and fourth places are added together and divided by 3.
 - C. Flip a coin to determine place and points scored.
 - D. A jump-off occurs between the tied athletes.
- 47 . The referee has sole authority for ruling on infractions, except for:
- A. interference.
 - B. running on the curve.
 - C. false starts.
 - D. relay infractions.

- 48 . Electronic devices:
- A. may only be used in unrestricted areas and coaching boxes, provided the location does not interfere with the progress of the meet.
 - B. shall not be used to transmit information to a competitor during a race or trial.
 - C. shall not be used for any review of an official's decision.
 - D. All of the above.
- 49 . In track and field, when a race is not started in lanes (waterfall start) or two or more competitors are assigned to a single lane, the race shall be recalled in the first ____ meters when a competitor falls due to contact with another runner.
- A. 200
 - B. 50
 - C. 75
 - D. 100
- 50 . A1 crosses the path of A2 in a race not run in lanes. What determines if A1 is far enough in advance to cross the path of A2?
- A. A1 is ahead by approximately the distance covered in a normal running stride or greater (about 7 feet).
 - B. A2 did not have to adjust stride to avoid contact with A1.
 - C. Umpires observed no interference.
 - D. All of the above.
- 51 . When running in lanes on the curve, a competitor is considered out of the lane (and subject to disqualification by the referee) when the competitor:
- A. Steps on the outside lane line for three or more consecutive steps with either or both feet, but does not interfere with the runner to their right.
 - B. Steps on the inside lane line for two consecutive steps with the left foot, continues for two steps within their lane, then steps on the inside lane line for two more consecutive steps.
 - C. Steps on the inside lane line for three or more consecutive steps with either or both feet, but does not interfere with the runner to their left.
 - D. All of the above.
- 52 . When there are three competitors remaining in the pole vault at a new height and all have previous attempts, the amount of time each competitor receives to start their trial is?
- A. 1 minute.
 - B. 2 minutes.
 - C. 3 minutes.
 - D. 4 minutes.
- 53 . When breaking a tie occurring at any distance in a field event, places for points scored shall be awarded based on?
- A. The athlete's second best performance.
 - B. The athlete's first legal attempt.
 - C. The athlete with the least amount of fouls.
 - D. The athlete who was seeded higher.

- 54 . 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's _____ at the time it made the mark which is nearest the foul line or its extension.
- A. Hair
 - B. Hand
 - C. Foot
 - D. All of the above
- 55 . Competitor A checks in for their long jump flight and immediately leaves for another event. When Competitor A returns, the flight has begun. How many warmup attempts can Competitor A take?
- A. 5.
 - B. 3.
 - C. 1.
 - D. None.
- 56 . Who is responsible for determining the time limit for competitors to be excused to compete in another event?
- A. Field Referee.
 - B. Meet Referee.
 - C. Field Event Head.
 - D. Games Committee.
- 57 . What are the three events to be contested on Day 2 of the girls heptathlon?
- A. Long Jump, High Jump, 800-meter Run.
 - B. Triple Jump, Javelin Throw, 800-meter Run.
 - C. Long Jump, Javelin Throw, 800-meter Run.
 - D. 100-meter High Hurdles, Shot Put, 200-meter Dash.
- 58 . In regard to team scoring, which of the following is incorrect?
- A. Three teams competing, 6-4-3-2-1.
 - B. Six teams competing, 10-8-6-4-2-1.
 - C. Six, Relay scoring 10-8-6-4-2.
 - D. Two teams competing, 5-3-1.
- 59 . What is the hurdle height in the boys 55/60m hurdle race for indoor track?
- A. 40 inches.
 - B. 39 inches.
 - C. 1 meter.
 - D. 36 inches.

- 60 . Which of the following cross country team uniforms are legal?
- A. Team wearing same red uniform top and all are wearing shorts with cow print.
 - B. Team wearing same red top and black shorts and each team member is wearing different colored leggings under the shorts.
 - C. Team wearing same red top and black spandex shorts with Nike logo across waistband.
 - D. All of the above.

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- 61 . Would this be considered a foul?
- A. Yes.
 - B. No.

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- 62 . When is this allowed?
- A. Never.
 - B. During practice.
 - C. During warm-up for a meet.
 - D. Anytime.

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- 63 . Who committed the foul?
- A. 4 for moving in.
 - B. 2 for tripping.
 - C. 1 for slowing down.
 - D. There was no foul, she tripped over her own feet.

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- 64 . What, if any, infraction is taking place here?
- A. No, this is just a spectator encouraging a competitor.
 - B. Yes, this is pacing .
 - C. No, but that person running alongside should be warned.

https://exam-creator.s3.amazonaws.com/track-field/What_offense_should_be_charged_against_the_competitor_in_green-884db027707e4db99ec62cc7abb9c53d.mp4

- 65 . What offense should be charged against the competitor in green?
- A. Interference.
 - B. Unsporting conduct.
 - C. Unacceptable conduct.
 - D. Referee's choice based on umpire's report.