



USATF National Officials Committee
Association Level Track & Field Rules Review
2009-2012 Olympiad Edition

Instructions: Fill in the missing words from the following rule statements taken from *USA Track & Field 2008 Competition Rules*. Although some statements provide a context reference (e.g., “[At the fall Cross Country Championships]”) or do not complete the entire sentence (as indicated by “...”), the statements are quotes drawn from the **USA Track & Field 2008 Competition Rules** in a sequential order. If you use a different year book the order may be different. Note rules are not in sequential order. Please **PRINT** your answers on the **ANSWER SHEET** provided and return it to your Association Certification Chair for review.

Purpose: This is not an exam. Rather, our goal is that every certified official be familiar with the current content and location of the rules applied to USATF competitions. This review, a part of the Committee’s three-step training program (clinic, formal rules review and supervised practice/mentoring), emphasizes those rules basic to USATF competitions. Effective competition officials do not rely on memory alone in making decisions- when in doubt they look it up.

Note: This is a **2009-12 Olympiad Rules Review** and requires the **USATF 2008 Competition Rules** which can be downloaded at www.usatfofficials.com.

1. Pacesetting by a person entered in an event for that purpose is (1) _____.
2. [Hurdles]the knocking down of one or more hurdles (2) _____ disqualify the athlete nor prevent a record provided 8 lb standard hurdles have been used.
3. [Long Jump] The measurement of the jumps shall be made at right angles from the take-off line, or the take-off line extended, to the nearest break in the landing area made by (3) _____ part of the body of the competitor (including shoes and uniform).
4. [Cross Country] The starting area of a cross-country course should avoid any turns for at least the first (4) _____ meters, and preferably the first 1200 meters.
5. [Disabilities-I. Wheelchair Competitions] No mechanical (5) _____ shall be allowed that may be used to propel the chair.
6. [Disabilities-IV. Blind Competition] Competitor and guide in a competition are to be regarded as a team. As the athlete crosses the finish line, the guide must be (6) _____ him/her.
7. Measurements for records in field events shall be made by (7) _____ field judges, including the Chief Judge of that event...
8. [Hammer] It shall not be considered a foul throw if the head of the hammer touches the ground or the top of the iron band. The competitor may (8) _____ and begin the throw again, provided no other rule has been breached.
9. A clock that shows the remaining time allowed should be visible to the competitor. In addition, an official shall raise (9) _____ and keep raised a yellow flag, or another suitable indicator, for the final 15 seconds remaining of the time allowed.
10. (10) _____ are assistants to the Referee, to whom the Chief Umpire shall report, and have no authority to make final decisions.
11. The number bibs are to be worn as (11) _____ (cutting or folding numbers is not permitted).
12. A competitor may (12) _____ in bare feet or with footwear on one or both feet.
13. For all hand-timed races on the track, the times shall be recorded to (13) _____ second. The times for races partly or entirely outside the stadium shall be converted and recorded to the next longer full second.

14. The shot must not at any time be brought (14) _____ the line of the shoulders. Cart wheeling techniques are not permitted.
15. When the competing order is to be changed and there is a tie for any position, those tying shall compete in the same relative order according to the (15) _____ Draw.
16. The javelin shall be thrown over the (16) _____ or the upper part of the throwing arm and may not be slung or hurled.
17. [Combined Events] If hand timing is used, each competitor's time shall be timed by (17)_____ Timers independently, using 165.6 (2008) to determine the official time.
18. For races up to and including the (18) _____ yards, only performances timed by an approved fully automatic electrical timing device shall be approved as records.
19. [Masters] The general rule regarding the use of starting blocks and (19) _____ is waived.
20. Officials are necessary at athletic events: There should be as many (20) _____ at a meet as is necessary for its orderly and efficient operation, and compliance with these rules.
21. [Distances in Field Events] Shall be measured in (21) _____ and always recorded to the nearest 0.01m below the distance measured.....
22. The starter should charge only the competitor or (22) _____ who, in the Starter's opinion, were responsible for the false start.
23. For events of 100 meters to 400 meters, inclusive, and relays up to and including the 4x400 meters, seeding is determined from a list of competitors who advance on (23) _____ followed by those who advance on time.
24. [Relays] Within the takeover zone, it is only the position of the (24) _____ that is decisive, and not the position of the body or limbs of the runners.
25. [High Jump and Pole Vault] For the first attempt of any competitor upon entering the competition, the time allowed for such attempt shall be (25) _____ .
26. [Shot Put] It must be spherical in shape and its surface shall have no (26) _____ and the finish shall be smooth.
27. No (javelin) throw shall be valid or counted in which the (27) _____ or the point of the metal head does not strike the ground before any other part of the javelin...
28. [Combined Events] A competitor failing to attempt to start or take a trial in any event of the competition shall be considered to have (28) _____ the competition and shall not be allowed to participate in any following events.
29. [Combined Events] In the Long Jump, Shot Put, Discus Throw, and Javelin Throw, each competitor shall be allowed (29)_____ trials only.
30. Officials assigned, as (30) _____officials should be those certified by the National Officials Committee (NOC) of USA Track and Field.
31. [Long Jump] No marks shall be placed on the (31)_____, but a competitor may place one or two markers, supplied or approved by the Games Committee, alongside the runway to assist in the run-up and take-off.
32. The Inspector of Implements shall and weigh and (32)_____ implements used in competition, and shall place a designating mark on each implement passed as complying with all relevant specifications.
33. [Field Events –General] When there are eight or fewer competitors (or nine if nine lanes are used around the track) all shall be allowed (33) _____ trials, even if none of the first three are fair.
34. If the hammer (34) _____during the throw or while in the air, it shall not count as a throw provided it was made in accordance with the rules.

35. Lap scorers shall keep a record of the laps covered by each competitor in races longer than (35) _____ mile.
36. [Combined Events] The order of competition in a field event, and the assignment of lanes in a track event, shall be drawn by lot for each event (36) _____.
37. [Youth Athletics] Athletes in the Intermediate and Young Men/Women divisions shall, in accordance with Rules 161.1 and .2 , be required to use starting blocks and a (37)_____ position for all events up to and including the 400 Meter Runs and the first leg of all relays where that leg does not exceed 400 meters.
38. [Pole Vault] If, in making an attempt, the competitor's pole is (38) _____, it shall not be counted as an attempt or a failure and the vaulter shall be awarded a new trial.
39. Notification of warnings and disqualifications concerning the start may be made only by or under the direction of the (39) _____.
40. In the absence of such a device, the primary determination of the order of the finish shall be made by the (40) _____ at the finish.
41. The Wind Gauge Operator, except as provided in paragraph 6, 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 running for all running events (including hurdles) up to and including the (41)_____ meters and the Long Jump and Triple Jump.
42. Each competitor shall run in a (42) _____ line after entering the final straightaway in all races of two or more turns unless there is another competitor in his or her path.
43. [Relays] The passing of the baton commences when it is first touched by the (43) _____ runner and is completed the moment it is in the hand of only the receiving runner.
44. The Starter shall not fire the pistol/starting device while any competitor is in motion after the command (44) "_____."
45. . [Youth Athletics] In the Javelin Throw, the measurement of the throw shall be made from the nearest edge of the (45) _____ point of contact made by the javelin in the sector.
46. [Disabilities-I. Wheelchair Competitions] The maximum height of the throwing frame, including the cushion(s) used as a seat, shall not exceed (46) _____ cm
47. [Youth Athletics] The "honest participation" rule provided in Rule 142.3 &.4 shall not be (47)_____ to Youth Athletics.
48. Any competitor or participant jostling, running across, or obstructing another competitor or participant so as to (48) _____ his or her progress shall be liable to disqualification in that event.
49. The (49) _____ shall have entire control of the competitors at their marks and shall be the sole judge, except as herein otherwise provided.....
50. The appropriate Field Judge(s) shall, at the completion of a trial, indicate a valid performance by raising a (50) _____ flag and shall indicate a foul or non-valid performance by raising a red flag.



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_____ # Correct

_____ # Correct

Name _____

Home Phone _____

Please Print

Please be neat!

E-mail address _____

<i>Street</i>	<i>City</i>	<i>State</i>	<i>Zip</i>

Instructions: Fill out complete form. From the attached Rules Review, indicate the appropriate answer.

Year of **USATF Rulebook** Used: _____

No.	Answer	Page	Rule #	#	Answer	Page	Rule #
1				26			
2				27			
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Note: Passing Association 85%