



**USATF National Officials Committee
Association Level Track & Field Rules Review- 2005-2008 Olympiad Edition**

**PART 1 – APPLICABLE FOR ASSOCIATION, NATIONAL & MASTERS
LEVEL CERTIFICATIONS**

Instructions: Fill in the missing words from the following rule statements taken from *USA Track & Field 2004 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 2004 Competition Rules* in a sequential order. If you use the 2003 book the order will be different as indicated by the page numbers. Please **PRINT** your answers on the **ANSWER SHEET** provided and return it to your Association Certification Chair for his/her 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), 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 **2005 Olympiad Rules Review** and requires the **USATF 2004 Competition Rules** which can be downloaded at www.usatfofficials.com. The 2004 book is recommended because of the change in rule numbers Page numbers are those in 2004 book. Note a few of the questions are impacted by rule changes for 2005, Namely 5, 17, 66, and 85. Most are wording changes not content changes. No answers changed.

ARTICLE I – Championship Events

1. (National) In the Open Men’s and Women’s Indoor and Outdoor Track and Field Championships, only (1)_____ of the USA who are eligible to represent the U.S. in all levels of international competition are eligible to compete. (Rule 1a, p 13, 2004).
2. (General) The officials and the Games and Seeding Committees, who are responsible for the conduct of a championship, shall be appointed by or subject to the (2)_____ of the appropriate sport committee. (Rule 6.5, pg 17, 2004)
3. [Men’s and Women’s Cross Country Championships] There shall be (3)_____ National Cross Country Championships. (Rule 15.1, p31 2004)
4. [Cross Country Championships] The number of entries for a team shall be (4)_____. (Rule 15.6, p31, 2004)
5. [Race Walking Championship Events – Men and Women] In a race held on a (5)_____ course, the course must meet the certification requirements stated in Operating Regulation 6. (Rule 25.3,p37, 2004)

ARTICLE II - Officials

6. Officials are necessary at athletic events: There should be as many (6)_____ at a meet as is necessary for its orderly and efficient operation, and compliance with these rules. (Rule 110.1,p42, 2004)

7. Officials assigned, as (7) _____ officials should be those certified by the National Officials Committee (NOC) of USA Track and Field. (Rule 110.2,p42, 2004)
8. The training and certifying of officials is supervised by the NOC and by the Officials Committee of each (8) _____ of USATF. (Rule 110.2 note, p42, 2004)
9. In the absence of such a device, the primary determination of the order of the finish shall be made by the (9) _____ at the finish. (Rule 126.1,p48, 2004)
10. When possible, Judges shall be placed on the same side of the track, at least (10) _____ meters back from and inline with the finish, on an elevated platform. (Rule 126.3,p48, 2004)
11. The appropriate Field Judge(s) shall indicate a valid performance by raising a (11) _____ flag and shall indicate a foul or non-valid performance by raising a red flag. (Rule 126.8,p48, 2004)
12. (12) _____ are assistants to the Referee, to whom the Chief Umpire shall report, and have no authority to make final decisions. (Rule 127.2,p49, 2004)
13. In walking events, the assigned (13) _____ shall perform their duties as in any other event, but shall not be responsible for technique rules, which are the responsibility of the Judges of Race Walking. (Rule 127.6,p49, 2004)
14. A certified official shall be designated as (14) _____ Timer. (Rule 128.2,p50, 2004)
15. It is recommended that there be (15) _____ more Timers than there are places being recorded. (Rule 128.4 Note, p50, 2004)
16. The (16) _____ shall have entire control of the competitors at their marks and shall be the sole judge, except as herein otherwise provided..... (Rule 129.2,p52, 2004)
17. Warnings and disqualifications concerning the start may be made only by the (17) _____. (Rule 129.5, p52, 2004)
18. Lap scorers shall keep a record of the laps covered by each competitor in races longer than (18) _____ mile. (Rule 131.1,p52, 2004)
19. 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 (19) _____ meters and the Long Jump and Triple Jump. (Rule 136, p54, 2004)
20. The Clerk of the Course shall be provided with the names and the (20) _____ of all competitors entered in running or walking events, and he/she shall notify them to appear at the starting line or other assembly area before the start in each event in which they are entered. (Rule 138.2, p54, 2004)

21. The Finish Line Coordinator shall be responsible for (21)_____ all finish line officials that a track event is about to begin and to ensure that these officials are ready to perform their assigned duties prior to the start of that event. (Rule 139.1,p55, 2004)
22. The Inspector of Implements shall and weigh and (22)_____ implements used in competition, and shall place a designating mark on each implement passed as complying with all relevant specifications. (Rule 139.2, p55, 2004)
23. A competitor may (23)_____ in bare feet or with footwear on one or both feet. (Rule 143.3a, p57, 2004)
24. The number bibs are to be worn as (24)_____ (cutting or folding numbers is not permitted). (Rule 143.4,p57, 2004)
25. Pacesetting by a person entered in an event for that purpose is (25)_____. (Rule 144.1 Note 1, p58, 2004)

ARTICLE III – Rules of Competition

26. [Distances in Field Events] Shall be measured in (26)_____ and always recorded to the nearest 0.01m below the distance measured.....(Rule 148.2bi, p61, 2004)
27. In all races around turns not run in lanes, the starting line shall be (27)_____ so that wherever it occurs on the track all runners start the same distance from the finish. (Rule 160.7,p63, 2004)
28. Where starting blocks are used, (28)_____ of the runner's feet must be in contact with the starting blocks. (Rule 161.2,p64 2004)
29. The Starter shall not fire the pistol/starting device while any competitor is in motion after the command (29)“ _____.” (Rule 162.3, p65, 2004)
30. All questions concerning the start shall be decided by the (30)_____. (Rule 162.5,p66, 2004)
31. If a competitor commences the starting motion after assuming a full and final set position, and before the report of the pistol/starting device, it shall be considered a (31)_____ start. (Rule 162.9,p67 2004)
32. The starter should charge only the competitor or (32)_____ who, in the Starter's opinion, were responsible for the false start. (Rule 162.12 Note 1, p67, 2004)
33. Each competitor shall run in a (33)_____ line after entering the final straightaway in all races of two or more turns unless there is another competitor in his or her path. (Rule 163.3,p68, 2004)
34. Any competitor or participant jostling, running across, or obstructing another competitor or participant so as to (34)_____ his or her progress shall be liable to disqualification in that event. (Rule 163.4,p68-69, 2004)

35. Three methods of timing are official, (35) _____ timing, fully automatic timing, and transponder timing as set forth in this rule. (Rule 165.1,p72, 2004)
36. The time shall be taken from the (36) _____ of the pistol or approved apparatus to the moment at which any part of the competitor's body (i.e., the "torso," as distinguished from the head, neck, arms, hands, legs, or feet) reaches the perpendicular plane of the nearer edge of the finish line. (Rule 165.4,p72, 2004)
37. For all hand-timed races on the track, the times shall be recorded to (37) _____. The times for races partly or entirely outside the stadium shall be converted and recorded to the next longer full second. (Rule 165.7a, p72, 2004)
38. 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 (38) _____ followed by those who advance on time. (Rule 166.1diia, p77, 2004)
39. [Hurdles] A competitor who runs around or trails the leg or foot (39) _____ the horizontal plane of any hurdle at the instance of clearance..... (Rule 168.5,p83, 2004)
40. [Steeplechase] The standard distance shall be (40) _____ meters. (; Rule 169.1,p85, 2004)
41. The 3000 Meter Steeplechase shall have 28 hurdle jumps and (41) _____ water jumps. (Rule 169.2, p85, 2004)
42. [Relays] The passing of the baton commences when it is first touched by the (42) _____ runner and is completed the moment it is in the hand of the receiving runner. (Rule 170.14, p88, 2004)
43. [Relays] Within the takeover zone, it is only the position of the (43) _____ that is decisive, and not the position of the body or limbs of the runners. (Rule 170.14, p88, 2004)
44. [Relay Baton] Its length shall be not more than (44) _____ cm and not less than 28 cm. (Rule 170.25,p89, 2004)
45. [Field Events –General] When there are eight or fewer competitors (or nine if nine lanes are used around the track) all shall be allowed (45) _____ trials, even if none of the first three are fair. (Rule 180.4b, p90, 2004)
46. The order of competition for the final three trials shall be in (46) _____ order of the best performance in the first three trials. (Rule 180.4e, pg 91, 2004)
47. [Separate qualifying competition] A competitor who has achieved the qualifying (47) _____ shall not be allowed to continue in the qualifying competition. (Rule 180.5d, p91, 2004)
48. A clock that shows the remaining time allowed should be visible to the competitor. In addition, an official shall raise (48) _____ and keep raised a yellow flag, or another suitable indicator, for the final 15 seconds remaining of the time allowed. (Rule 180.8diii, p93, 2004)

49. Whenever immediate appeal is taken regarding a decision of a Field Judge that a jump or throw is foul or invalid, the jump or throw should be (49) _____, if possible, in order to protect the rights of all concerned if the appeal should be upheld. (Rule 180.14, p94, 2004)
50. In the High Jump, a competitor may place one or (50) _____ markers (supplied or approved by the Games Committee) to assist in the run-up and take-off. (Rule 181.3a, p97, 2004)
51. [High Jump] There shall be a space of at least (51) _____ centimeter between the ends of the crossbar and the uprights. (Rule 181.17, p101, 2004)
52. [Pole Vault] If, in making an attempt, the competitor's pole is (52) _____, it shall not be counted as an attempt or a failure and the vaulter shall be awarded a new trial. (Rule 183.7, p104, 2004)
53. [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 (53) _____ part of the body of the competitor (including shoes and uniform). (Rule 185.3, p105, 2004)
54. [Long Jump] No marks shall be placed on the (54) _____, 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. (Rule 185.5a, p105, 2004)
55. [Triple Jump] The (55) _____ of the take-off board should depend upon the caliber of the competition. (Rule 186.2, p106, 2004)
56. The shot must not at any time be brought (56) _____ the line of the shoulders. (Rule 188.2, p112, 2004)
57. [Shot Put] It must be spherical in shape and its surface shall have no (57) _____ and the finish shall be smooth. (Rule 188.3, p112-113, 2004)
58. [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 when a competitor makes the preliminary swings or turns. However, if the head of the hammer so touches the ground or the top of the iron band, and the competitor (58) _____ throwing so as to begin the trial again, the throw shall be considered a foul throw. (Rule 191.2, p115, 2004)
59. If the hammer (59) _____ during the throw or while in the air, it shall not count as a throw provided it was made in accordance with the rules. (Rule 191.3, pg 115, 2004)
60. The hammer shall consist of three parts: a (60) _____ head, a wire, and a handle. (Rule 191.5, p115, 2004)
61. The javelin shall be thrown over the (61) _____ or the upper part of the throwing arm and may not be slung or hurled. (Rule 193.1b, p117, 2004)
62. No throw shall be valid or counted in which the (62) _____ or the point of the metal head does not strike the ground before any other part of the javelin..... (Rule 193.1d, p117, 2004)

63. [Javelin] The grip, which shall cover the (63)_____ of gravity, shall not exceed the diameter of the shaft by more than 8 mm. (Rule 193.8,p118, 2004)
64. [Combined Events] In the Long Jump, Shot Put, Discus Throw, and Javelin Throw, each competitor shall be allowed (64)_____ trials only. (Rule 200.3a, p124, 2004)
65. [Combined Events] If hand timing is used, each competitor's time shall be timed by (65)_____ Timers independently, using Rule 56.6 (2003) or 165.6 (2004) to determine the official time. (Rule 200.3b, p124, 2004)
66. [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 (66)_____. (Rule 200.5a, p125, 2004, 200.5e in 2005)
67. [Combined Events] A competitor failing to attempt to start or take a trial in any event of the competition shall be considered to have (67)_____ the competition and shall not be allowed to participate in any following events. (Rule 200.9, p 125, 2004)
68. [Judges of Race Walking] The Judges of Race Walking have the (68)_____ authority to determine the fairness or unfairness of walking, and their rulings thereon shall be..... (Rule 230.1a, p127, 2004)
69. [Judges of Race Walking] Competitors must be (69)_____ by any Judge when, by their mode of progression, they are in danger of ceasing to comply with the definition of race walking. (Rule 230.2a, p127, 2004)
70. Race Walking is a progression of steps so taken that the walker makes (70)_____ with the ground so that no visible (to the human eye) loss of contact occurs. (Rule 232.2, p129, 2004)
71. [Walking Events] A race shall have a minimum of (71)_____ Judges as prescribed in Rule 52.1d(2003) and 230.1d(2004) (certified) (Rule 232.3c, p129, 2004)
72. [Cross Country] The course must be clearly marked, preferably with (72)_____ flags to indicate a left turn, yellow flags to indicate a right turn and blue flags to indicate continuing straight ahead. (Rule 251.2, p136, 2004)
73. [Cross Country] The starting area of a cross-country course should avoid any turns for at least the first (73)_____ meters, and preferably the first 1200 meters. (Rule 252.4, p137, 2004)

ARTICLE IV - Records

74. For races up to and including the (74)_____ yards, only performances timed by an approved fully automatic electrical timing device shall be approved as records. (Rule 263.5, p144, 2004)
75. Measurements for records in field events shall be made by (75)_____ field judges, including the Chief Judge of that event, ... (Rule 264.2,p145, 2004)
76. Road Running performances will not be accepted if the (76)_____ shows that the actual course distance was shorter than the stated distance. (Rule 265.3, p146, 2004)

77. [Race Walking] Race walking performances may be accepted as records only if made in competition (77)_____ to race walkers. (Rule 266.1,p147,2004)
78. [Race Walking] For records, track races require (78)_____ Judges and road races require a minimum of 6 Judges, as prescribed in Rule 230.1g . (Rule 266.3,p148, 2004)

ARTICLE VI – Special Programs

79. [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 (79)_____ 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.(Rule 302.2d, p159, 2004)
80. [Youth Athletics] The “honest effort” rule provided in Rule 142.3 &.4 shall not be (80)_____ to Youth Athletics. (Rule 302.2f, p159, 2004)
81. [Youth Athletics] The Steeplechase distance for Intermediate and Young Men’s/Women’s Divisions is (81)_____ meters. (Rule 302.4b, p161, 2004)
82. [Youth Athletics] In the Javelin Throw, the measurement of the throw shall be made from the nearest edge of the (82)_____ point of contact made by the javelin in the sector. (Rule 302.5j, p162, 2004)
83. [Youth Athletics] In the combined events, the increments for the Pole Vault shall be (83)_____ cm and the High Jump 5 cm. (Rule 302.6d, p164, 2004)
84. [Masters] The general rule regarding the use of starting blocks and (84)_____ is waived. (Rule 332.2d, pg78, 2004)
85. [Masters] In events of 2000 meters or longer, (85)_____ finals shall be run. (Rule 332.2e, p178, 2004 (changed to 1500 m in 2005)
86. [Disabilities-I. NDSA] The time shall be taken from the flash of the pistol or approved starting apparatus to the moment at which the (86)_____ of the leading wheel of the competitor's chair reaches the nearest edge of the finish line. (I. NDSA competitions, Rule 165.4, p198, 2004)
87. [Disabilities-II. Wheelchair Competitions] No mechanical (87)_____ shall be allowed that may be used to propel the chair. (II. Wheelchair competitions; Rule 175.5, p200, 2004)
88. [Disabilities-II. Wheelchair Competitions] The maximum height of the throwing frame, including the cushion(s) used as a seat, shall not exceed (88)_____ cm. (II. Wheelchair competitions, Rule 187.1, p201, 2004)
89. [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 (89) _____ him/her. (IV. Blind Competitions, Rule 163.1 p215, 2004)
90. [Disabilities-V. Deaf Competitions] All running and walking events shall be started with the use of a white flag in addition to the starting pistol. The use of a strobe light to signal the

start of a race, placed where it can easily be seen by all competitors, also is an acceptable option in addition to the flag and starting pistol. The Starter will be placed in a position (90)_____ to all competitors. (V. Deaf Competitions, Rule 162.2, p218, 2004)



_____ # Correct
_____ % Correct

Part 1 Answer Form
Association Level Review for T&F
2005-2008 Olympiad Edition

Name: _____ Phone _____
Address: _____ City: _____ State: ____ Zip: _____

Instructions: Fill out complete form. From the attached Rules Review, indicate the appropriate answer.
Year of Rulebook Used: _____

No.	Answer	Pg	Rule	No.	Answer	Pg	Rule
1.				26.			
2.				27.			
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Note: Passing Association 85%, National 90%, Masters 95%



Part 1 Association Answer Form for T&F

Name: _____

No.	Answer	Pg	Rule	No.	Answer	Pg	Rule
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