



**“START TO FINISH”  
PIAA TRACK AND FIELD CHAPTER MEETING GUIDES**

**FEBRUARY 2023**

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## **INTRODUCTION**

In competitive athletic contests, the game official represents the ultimate in integrity for any competition. By their very nature, officials are neutral and are responsible to keep the contests played on equal terms. Through actions on and off the field, officials must earn the respect and confidence of players, coaches and spectators. This confidence and respect are not earned by words, but by unquestioned honesty, demonstrated ability, obvious devotion to and full understanding of the game.

The rules of competitive athletics are, for the most part, complex. They are difficult to read, understand, and interpret. Mere book knowledge of the rules does not make an official. To an official, knowledge of the rules is basic. To achieve excellence, an official must combine knowledge with good officiating techniques. To assist in this goal, we have provided the following meeting guides. Hopefully, these guides will assist in having each play considered with consistent judgment, intelligence, understanding, courage and without intimidation.

Athletic officiating is a vigorous avocation and it demands that an official be in excellent physical condition, able to give the very best, on every play, in every contest. To that end, the American Medical Association has stated that before one attempts any vigorous physical activity they should first visit their family physician for a checkup. It is part of good personal health maintenance to have an annual physical examination and participate in an exercise program. This type of exercise program should be minimally three days per week and include cardiovascular conditioning, strength training, flexibility and muscle endurance. These components, along with proper nutrition, will assist in developing one's optimum body composition.

The Pennsylvania Interscholastic Athletic Association (PIAA) Sports Medicine Committee recommends that all registered sports official have an annual physical examination and practice good health habits. Being physically fit and conveying an appropriate, positive image through proper health and nutrition habits will greatly assist all officials in keeping up with the game. After all, the game, the schools, players, coaches, spectators, and fellow officials deserve no less.



The attached meeting guide was developed out of a concern by statewide rules interpreters of all sports for more consistency and uniformity at local chapter meetings. The guide is not mandatory, but is to be used as a guide and/or supplement to what has traditionally been used. It is general by design to allow each chapter the flexibility to conduct other business or discussion.

Enclosed, please find a number of lesson plans to be used to facilitate the continuing education of chapter members. Use all or part of these lesson plans to further instruct members in their education of track and field officiating. There are eight meetings of lesson plans that may be separated, combined, or used as written. Please use them, as well as other local chapter topics to host quality instructional meetings.

We are requesting each chapter interpreter to research each topic thoroughly (*2023 NFHS Track and Field Rules Book, 2023 NFHS Track and Field Case Book, PIAA Suggested Techniques for Track & Field Officiating (UPDATED 2020)* and *2022/2023 NFHS Track and Field Officials Manual*) to ensure their understanding prior to their presentation to the chapter. Should you have any questions, please do not hesitate to contact PIAA Track and Field Statewide Rules Interpreter, James R. Ellingsworth, at (717) 609-3102 (Cell), (717) 776-7920 (Home) or via email at [jellingsworth22@gmail.com](mailto:jellingsworth22@gmail.com). Additionally, if the PIAA Office may be of assistance, please contact Patrick B. Gebhart, Assistant Executive Director, at (800) 382-1392 or (717) 697-0374 or via email at [pgebhart@piaa.org](mailto:pgebhart@piaa.org).

The topics chosen for each agenda were developed as a result of discussions throughout the state. Other topics of which you are aware may be of equal, or of more importance, and should be used to enhance this list. Any recommendation or suggestions to further enhance track and field officiating would be appreciated. Please forward them to Jim Ellingsworth or Patrick B. Gebhart at the PIAA Office.

The 28<sup>th</sup> Annual PIAA Officials' Convention is scheduled will be held on August 4 - 5, 2023, at the Hilton Harrisburg, One North Second Street, Harrisburg, Pennsylvania 17101. Please consider availing yourselves of this opportunity to enhance your officiating knowledge and skills.

On behalf of PIAA and your statewide rules interpreter, we would like to wish you a successful and gratifying 2023 season.



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The minimum number of track and field entries from each PIAA District’s qualifying meet, per enrollment classification, to the PIAA Track and Field Championships shall be based on the number of member schools that sponsor track and field teams which participates in at least 50% of the maximum permitted number of regular season contests in that sport. The following chart lists the **minimum** number of entries, per enrollment classification, from each PIAA District’s qualifying meet to the PIAA Track and Field Championships: \*Indicates District combined with another District to form a Region.

**MINIMUM NUMBER OF ENTRIES (QUALIFIERS) TO THE 2022 PIAA TRACK AND FIELD CHAMPIONSHIPS**

District	AA Girls Minimum Number of Track & Field Entries	AAA Girls Minimum Number of Track & Field Entries	AA Boys Minimum Number of Track & Field Entries	AAA Boys Minimum Number of Track & Field Entries
I	1	5	1	5
II	1	1	1	1
III	2	5	2	5
IV	2	1	2	1
V	1	0	1	0*
VI	3	1	3	1
VII	6	4	5	4
VIII	0	1	0	1
IX	2	1	2	1
X	2	1	2	1
XI	2	2	2	2
XII	2	2	3	2
<b>Totals</b>	24	24	24	24



**2023 PIAA TRACK & FIELD CHAMPIONSHIPS**

Each PIAA District that sponsors a qualifying meet shall be entitled to a minimum number of entries, per track and field event, per enrollment classification, to the PIAA Track and Field Championships. In addition, individuals or relay teams that place eighth (8th) or better in the finals of a district qualifying meet shall also qualify to the track and field championships provided their district qualifying meet time, height or distance is equal to or better than the qualifying time, height or distance stated below:

EVENT	AA GIRLS	AAA GIRLS	AA BOYS	AAA BOYS
4 x 800 Meter Relay	9:50.40	9:35.48	8:15.55	8:02.04
100/110 Meter Hurdles	:16.01	:15.40	:15.50	:15.10
100 Meter Dash	:12.70	:12.50	:11.30	:11.10
1600 Meter Run	5:18.30	5:10.00	4:31.13	4:24.22
4 x 100 Meter Relay	:50.80	:49.56	:44.30	:43.25
400 Meter Dash	:59.85	:58.62	:50.70	:50.09
300 Meter Hurdles	:47.64	:46.25	:40.80	:39.80
800 Meter Run	2:20.60	2:18.47	1:59.70	1:57.00
200 Meter Dash	:26.25	:25.91	:22.88	:22.50
3200 Meter Run	11:35.00	11:10.00	9:48.01	9:31.71
4x400 Meter Relay	4:08.75	4:01.50	3:29.60	3:24.03
High Jump	5-2	5-3	6-3	6-5
Pole Vault	10-6	11-6	13-6	14-3
Long Jump	16-11	17-9	21-6	22-3
Triple Jump	35-6	36-6	44-0	45-0
Shot Put	36-6	37-6	49-6	52-0
Discus Throw	113-0	118-0	148-0	153-0
Javelin Throw	121-0	122-0	176-0	178-0

**\*In addition to the above standards, for the Pole Vault participant to advance to the PIAA Track and Field Championships, they shall clear a height equal to or greater than the following minimum standards, in a PIAA District qualifying meet:**

<b>Pole Vault*</b>	<b>9-0</b>	<b>9-6</b>	<b>11-6</b>	<b>12-3</b>
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## **MEETING #1**

- A. Call to Order
- B. Introductions of Chapter Officers and New Members
- C. Chapter Business
  - 1. Review the 2023 Meeting Schedule
  - 2. Other
- D. Prepared Discussion Items
  - 1. Review and answer any questions concerning the 2023 NFHS *Rules and Editorial Changes* (**2023 Rules Book**: pages 2 -3, 80 and page 12 of this Document)
  - 2. Review *PIAA Rule Modifications and Exceptions\** (see pages 9 to 10 of this Document for additional information)
  - 3. **Take the time to review How Rule 9 (Indoor Track and Field) has been added to the Rule Books!!! (pages 69 to 73). Also, that the RECORDS section of the Book has been re-number to Section 10.**
  - 4. Review the New Case Book Situations based on the 2022 Rules changes in the **2023 NFHS Case Book** on page 4.
- E. **URGENT CALL for NEW TRACK OFFICIALS!**
  - 1. Applications and sample tests available (Chapter Secretary and PIAA Office or PIAA website at [www.piaa.org](http://www.piaa.org))
  - 2. Test dates: Testing is now conducted Online!!!!
  - 3. Contact your District Officials' Representative for more details.
- F. Other discussion items.
- G. Adjournment



## PIAA MODIFICATIONS OF SELECT NFHS TRACK AND FIELD AND CROSS-COUNTRY RULES

- I. **Rule 1-2-1 (pg. 6) PIAA modification**, which “provides for the:
  - A. **elimination** of the 4x200 meter relay; and
  - B. **authorization** of conferences or leagues to modify the order of running events with prior-to-the-start of the Regular Season notification to all involved schools.”
- II. **Rule 2-1-1 (pg. 8) PIAA modification**, which “provides for a ‘**Regular Season Dual Meet Team Scoring Tie-Breaker Procedure**’ (either with **or** without wheelchair competitors) to be applied as follows:
  - A. The team with the fewest number of coaches, contestants, and other team/school personnel disqualified from an event **and** from further competition **or** involvement in the meet for **unsporting conduct**, shall be declared the winner;
  - B. If the tie remains, the team with the fewest number of competitors disqualified from an event for **unacceptable conduct**, shall be declared the winner;
  - C. If the tie remains, the team with the greater number of **first place finishes**, shall be declared the winner;
  - D. If the tie remains, the team with the greater number of **second place finishes**, shall be declared the winner;
  - E. If the tie remains, the team with the greater number of **third place finishes**, shall be declared the winner;
  - F. If the tie is broken after applying A, B, C, D, **or** E, the team declared the winner shall have **one point and an asterisk (\*) added to their score**; or
  - G. If the tie remains after applying A, B, C, D, **and** E, **the meet shall be scored as a tie.**”
- III. **Rule 3-2-1a (pg. 10) PIAA modification**, which “authorizes conferences or leagues to serve as the administrative body (**‘Games Committee’**); and, as such, is responsible for the proper conduct of a track and field or cross country meet.”
- IV. **Rule 3-2-4n (pg. 11) PIAA modification**, which “restricts the wearing of caps, hats, do-rags, etc., unless authorized by PIAA for **medical reasons.**” (See VIII. **Rule 4-4 NOTE.**) Subject to authorization by the Games Committee, knit or stocking hats and/or gloves may be worn in inclement weather conditions.
- V. **Rule 3-2-6 (pg. 11&12) PIAA modification**, which “provides for competition interrupted because of events beyond the control of the responsible administrative authority to be **either** continued from the point of interruption **or** terminated, by mutual agreement of the participating schools, with the existing team scores. All trials and marks, made up to **either** the point of interruption **or** the point of termination, shall stand.”
- VI. **Rule 4-2-4c (pg. 21) PIAA modification**, which “authorizes PIAA District Committees to permit more than three contestants from the same school to be entered, but not compete, in individual events in their respective qualifying meets.”
- VII. **Rule 4-3-1b7 (pg. 22) PIAA modification**, which “defines headbands, compression sleeves, and socks (without attachments) as **‘Foundation Garments’.**”
- VIII. **Rule 4-4 NOTE (pg. 23) PIAA “Reasonable Accommodations” modification**, which “requires evidence of written authorization from the PIAA Executive Director, or the Executive Director’s designee, before permitting a competitor to participate:





- A. while wearing, for **medical reasons**, items such as, but not limited to, a head covering/hat and/or an insulin pump; or
  - B. while wearing **attire**, which does not comply with uniform requirements, as set forth in the NFHS Track and Field and Cross-Country Rules Book.”
- IX. **Rule 4-4-2 (pg. 23) PIAA modification**, which provides for “**an appropriate health-care professional**’ to be either a licensed physician of medicine or osteopathic medicine (**MD or DO**).”
- X. **Rule 5-5-7 (pg. 33) PIAA modification**, which “authorizes the faster competitors to be placed in the first section, in meets involving 4 or less schools.”
- XI. **Rule 6-2-7 (pg. 40) PIAA modification**, which “provides for **warm-up approaches**, in horizontal jumps (‘LJ/TJ’), **vertical jumps** (‘HJ/PV’), or javelin throw (‘JT’) shall only be run in the direction the event will be conducted.”
- XII. **Rule 6-3-2b4(a) (pg. 42) PIAA modification**, which “authorizes the Games Committee to score a **tie for first place** in the **vertical jumps** (‘HJ/PV’) by adding together the points for the tied places and dividing by the number of competitors involved in the tie in a **‘Multiple School (Dual) Event’** (i.e. Contests involving three (3) or more teams of students representing their schools in interscholastic track and field/cross country competition).”
- XIII. **Rules Adoptions:**
- A. In accordance with **Rule 6-8-15 NOTE 2 (pg. 48)**, adopt the **PIAA Pole Vault Verification Form**.
  - B. In accordance with **Rule 8-2-3 (pg. 64)**, authorize conferences or leagues to adopt a modified cross-country team scoring system with prior-to-the-start of the Regular Season notification to all involved schools.
- XIII. **Excerpts from ARTICLE XIX, JUNIOR HIGH/MIDDLE SCHOOLS, Section 6, Contests Rules Standards for Junior High/Middle Schools Interscholastic Athletic Competition, Track and Field, of the PIAA By-Laws (pg. 45):**
- A. Competitors may compete in a maximum of four events, including relays;
  - B. Distance of race, number of hurdles, height of hurdles, and hurdle spacing in all such events are maximums and may be modified by conferences or leagues or by mutual agreement of the participating schools;
  - C. The discus and javelin specifications for girls’ competition shall be used by both boys and girls; and
  - D. Conferences, leagues, and/or participating schools, by mutual agreement prior-to-the-start of a meet, may delete track and/or field events but may not add and/or modify track events (except for hurdle events) and/or field events.



- Article XIX, Section 6 of the PIAA By-Laws provides for Junior High/Middle Schools order of track events, field events and participation limitations.

Junior High/Middle Schools (7th, 8th and 9th grade girls and boys)

Track events - same as varsity competition

Field Events - same as varsity with modifications

High Jump

Pole Vault

Long Jump

Triple Jump

Shot Put

(Girls' shot shall weigh 6 lbs. [2.744 kg].)

(Boys' shot shall weigh 8 lbs., 13 oz. [4 kg].)

Discus Throw

(The discus shall weigh 2 lbs., 3.27 oz. [1 kg] and have the following minimum and maximum dimensions:

Diameter 7 1/8 - 7 1/4 ins. [180-182 mm] with a thickness of 1 1/2 - 1 5/8 ins. [37-39 mm] at the center and 1/2 - 1/4 in. [12-6 mm] from the outer edge which shall be rounded with a radius of 1/4 in. [6 mm].

The discus shall have a core 2 ins. [50 mm] in diameter.)

Javelin Throw

(The javelin shall meet all IAAF specifications for girls' competition.)

- Participation Limitations:

**7th, 8th and 9th grade students may compete in a maximum of four events, including relays. Conferences, leagues, and/or participating schools, by mutual agreement prior to the start of a contest, may delete track and/or field events but may not add and/or modify track events (except hurdle events) and/or field events or modify the order of track events.**



## 2023 Track and Field and Cross Country Rules Changes

Track and Field Rules Changes – 2023 By NFHS on July 15, 2022

**3-4-3:** Offers guidelines for meet referees when determining a rerun.

**Rationale:** Defined specific guidelines from the case book to offer consistency and guidance to a meet referee when ruling on reruns.

**4-2-2:** Clarifies that an athlete is disqualified after participating in more than four events.

**Rationale:** The athlete is not disqualified from an event until the individual participates in more than four events. The table was revised and moved to clarify the number of events in which an athlete may participate during a meet.

**5-7-2:** Adjusts language to offer a standard for starter hold times.

**Rationale:** Standardize starter hold times for fair and consistent starts.

**5-10-2:** Increases the number of individuals who may be listed on the relay entry.

**Rationale:** Providing two additional names gives opportunity for more athletes to be involved in regular and postseason track meets.

**6-6-4:** Clarifies when the javelin measurement should be taken.

**Rationale:** The measurement is made to the first point of contact under Rule 6-6-7 so that should be within the sector. If the rest of the javelin should fall outside the sector, that should not be a foul.

**7-2-2g (NEW):** Adds mixed relay to the special events list.

**Rationale:** Mixed relays are becoming more popular at high school meets adding them to special events offers guidance to the states on how to conduct these events.

**9-3-2b:** Any displaced or jostled crossbar should be placed on standards in exact same position before next attempt.

**Rationale:** Adding the words 'or jostled' clarifies the intent of the 2022 rules change.



**Rule 9 (NEW):** Creates new indoor track and field rules section.

**Rationale:** There are 17 states that conduct state championships in indoor track and field, over 150,000 participants, and 21 states that sanction the activity. With recent changes to the outdoor rules, it became clearer that it was necessary to create a section specifically for indoor track and field rules. Move Records Section to New Rule 10.

## 2023 Editorial Changes

5-1-1

### 2023 Points of Emphasis

1. Sportsmanship
2. Protest/Appeals Process
3. Cross Country Safety
4. Enforcing Prompt Re-start of Play

#### Points of Emphasis

## SPORTSMANSHIP-PIAA POINT OF EMPHASIS

- PIAA Officials must be aware of racially insensitive remarks between players during contests.
- If heard by a PIAA official, it must be addressed immediately and firmly.
- Ejections should be strongly considered when faced with this type of infraction.
- If an official fails to hear the remark but it is reported to them by a player, the official must approach the potentially offending team's head coach and report to that head coach what they were told.



[www.nfhs.org](http://www.nfhs.org)



## MEETINGS #2 through #6

- A. Call to Order
- B. Chapter Business
- C. Officiating the Event

**Using this meeting guide format, fill in with the appropriate numbered lesson that follows.**

- D. "You make the call\*"

**Using this meeting guide format, fill in with the appropriate numbered lesson that follows.**

- E. Other discussion items based on situations encountered or experienced by members of you Chapter!!!! I encourage you to deal with these situations prior to the planned lesson for the meeting.
- F. Adjournment.

\*The Chapter Interpreter may design his/her own "Officiating the Event" and "You make the Call" situations.

Make every attempt to use the officials in your chapter who are skilled in running specific events during the "**Officiating the Event**" portion of the lesson. I would also highly recommend that if your chapter meetings are held at high schools that you hold this part of the meeting at the track & field venue.

**NOTE:** A total of six (6) meeting agendas have been included to assist chapter officials to meet the required six (6) meetings.



## **Lesson #2**

### **Officiating the Event – Triple Jump from beginning to end**

2023 NFHS Rules Book

- Rule 6-7 pages 45-46,
- Rule 6-1, Rule 6-2 and Rule 6-3 pages 39 to 43

2023 Suggested Technique for Track and Field

- Officiating the Horizontal Jumps (Triple Jump) pages 57 - 73

2023 NFHS Case Book- pages 60, 61, 62, 64, 68, and 73.

- 6.2.3 Situations B, C, F and G      -6.2.17 Situations A, B, and C
- 6.3.2 Situation I                      -6.7.1 Situations A and B,
- 6.7.3 Situations a and B              -6.7.4 Situation

### **You Make the Call**

#### **1. Which situation cannot be protested to the Jury of Appeals?**

- A. A misapplication of the rules.
- B. Whether a start is fair and legal.
- C. A clerical error in team scoring.
- D. A failure to advance the correct number of athletes to the finals.

#### **2. A contestant who failed to report to a field event until after the event has started:**

- A. Shall not be allowed to participate in that event.
- B. Shall be added to the event, but must compete in his/her assigned order.
- C. Shall be added to the event, but will have one attempt marked as a foul or miss.
- D. Shall be added to the event, but must take his/her attempt immediately.

#### **3. If the baton is dropped during the relay, which rules apply?**

- A. If dropped in the exchange zone, either the incoming or outgoing runner may retrieve it as long as they don't interfere with another runner and it is retrieved within the limits of the original exchange zone extended across the track.
- B. If dropped outside the exchange zone, the competitor who dropped it must retrieve it.
- C. A baton that inadvertently leaves a runner's hand must be retrieved immediately without interference to other runners.



D. All above rules apply.

**4. In the shot put, a competitor had a best throw of 47'3" in the preliminaries and 46'9" in the finals. What is the distance that he/she should be credited with?**

A. 47'3"

B. 46'9"

**5. Taping any part of the throwing hand or fingers unless there is an open wound in the shot put is:**

A. Legal.

B. Illegal.



## **Lesson #3**

### **Officiating the Event – Duties of the Head Field Judge and Correct Measuring Increments in ALL Field Events**

2023 NFHS Rules Book – pages 17 and 18 and Rule 6 pages 39 to 50

2023 Suggested Technique for Track and Field – pages 29 and 30

The following link is a presentation of the Duties of a Head Field Judge prepared by Mark Heckel which will provide you a solid background on this topic. Copy and paste this link and open your internet browser and paste the link and open it to review the presentation.

<https://www.dropbox.com/s/sixooczn47evnvu/Duties%20and%20Responsibilities%20of%20the%20Field%20Referee.mp4?dl=0>

## **You Make the Call**

### **6. Which of the following will result in a disqualification?**

- A. Competitor using artificial aids.
- B. Pushing a vaulter in the back at take-off.
- C. Competitor using an illegal implement.
- D. All the above.

### **7. If an athlete desires to use video in an unrestricted area once competition begins:**

- A. The coach must give permission.
- B. The athlete must seek permission from the referee.
- C. It cannot interfere with the progress of the meet and information cannot be transmitted to the competitor during a trial or race.
- D. It is not allowed.

### **8. In the high jump, if the competitor touches the bar, gets off the mat and then the bar falls off the pins, the head event judge shall:**

- A. Rule this as a foul.
- B. Ask the athlete if he/she would like the jump recorded as a pass.
- C. Rule as a "no jump" and the competitor is awarded a replacement trial.





D. Rule the trial successful.

**9. If there are preliminaries and finals in the throwing events, the finals are conducted:**

- A. According to the judge's decision.
- B. In random order, drawn by lot.
- C. In reverse order of the best performance in the preliminaries.
- D. None of the above.

**10. Hand-held times registered in one one-hundredth of a second shall be:**

- A. Rounded up to the next tenth of a second.
- B. Rounded up or down to next tenth of a second.
- C. Recorded with a time on the watch.
- D. Ruled illegal.



## **Lesson #4**

### **Officiating the Event – How to Inspect and Approved Vaulting Poles (REQUIRED AT ALL LEVELS OF COMPETITION INCLUDING REGULAR SEASON DUAL MEETS)**

2023 NFHS Rules Book – pages 48 and 49 Rule 6-8 Articles 14 thru 17

2023 Suggested Technique for Track and Field – page 49

2023 NFHS Case Book – pages 78 and 79

-6.8.14 situation

-6.8.15 Situations A and B

-6.8.16 Situations A and B

## **You Make the Call**

### **11. The head field event judge:**

- A. Shall oversee the measuring, weighing and inspection of the implements.
- B. Is responsible for checking and certifying event sheets for all field events sheets.
- C. Shall check and enforce uniform, visible apparel and shoes regulations.
- D. Is responsible for all the above.

### **12. Combining male and female competitors in events (while scoring them separately) may occur if the head coaches of the competing teams unanimously agree or the referee deems it necessary.**

- A. True.
- B. False.

### **13. The discus throwing cage is designed to provide limited protection for everyone in the immediate throwing area. In an effort to keep this area as safe as possible, which of the following options should be employed:**

- A. Cordon off the area, rope, fence or flag the area well outside the sector lines.
- B. Cordon off the area through the use of a megaphone, fence or flag the area well outside the sector lines.
- C. Cordon off the area through the use of strategically placed signs well outside the sector lines.
- D. Cordon off the area through the use of surveyor flags.

### **14. Video replay or television monitoring equipment, other than the official finish line equipment approved by the games committee prior to the start of competition, shall not be used to make decisions related to the meet.**

- A. True.



B. False.

**15. It is not a foul if a discus competitor:**

- A. Throws the discus so it does not fall within the sector lines.
- B. After stepping into the circle, fails to pause before starting the throw.
- C. Exits at the back half of the circle.
- D. Leaves the circle before the implement has landed.



## **Lesson #5**

### **Officiating the Event – Shot Put from start to finish**

2023 Rules Book – pages 39 to 44

2023 Case Book – pages 69 to 72 ALL Situations would apply to officiating the Shot

2023 Suggested Techniques for Track and Field Officiating – pages 37-41

### **You Make the Call**

**16. When athletes are placed in alleys in a distance race, what is the lane boundary for the competitors in that alley?**

- A. The lane lines from both combined lines are the boundaries depending on which actual lane the athlete is placed in at the start.
- B. The lane line from lane one is the boundary for all competitors.
- C. The lane line of the innermost lane is the boundary for all competitors in that alley.
- D. There are not lane boundaries for races started in alleys.

**17. When any apparent place-winner is disqualified during the event:**

- A. No advancement occurs.
- B. Event points will be divided equally among the place-finishers.
- C. Lower place-winners in that event will be advanced to fill vacant places, unless the disqualification occurs after the event results have become official.
- D. The games committee determines advancement.

**18. If a relay team's uniforms are the same predominant color, individuals on the relay team can wear different foundation garments.**

- A. True.
- B. False.

**19. When does the color of a foundation garment preclude a competitor from competing?**

- A. Always.
- B. Depends on the colors.



C. Depends on the design.

D. Never.

**20. Three relay team members are wearing foundation garments above the knees and an additional relay team member is wearing a foundation garment below the knees. Which ones are legal?**

A. The ones below the knees.

B. The ones above the knees.

C. None of the garments are legal.

D. All garments are legal.



## **Lesson #6**

### **Officiating the Event – How to Start a Cross Country Meet using the “Whistle/Flag Procedure and Review the use of Modified Scoring**

2022 NFHS Rules Book – pages 65 and 66 Rule 8-4-4



### **You Make the Call**

**21. The exchange zone is 30 meters for the 4x400m relay.**

- A. True.
- B. False.

**22. In the shot put, the competitor puts the shot and it lands in the sector. The official raises the white flag and then the competitor exits through the front of the circle. The official rules a foul and raises a red flag. Is this the correct procedure?**

- A. Yes, illegal throw.
- B. No, legal throw.

**23. A competitor can declare a pass:**

- A. Before the start of the trial clock.
- B. Any time.
- C. After being called “Up” but before starting the purposeful action of the event.
- D. Either B or C.

**24. In the discus, measurements will be recorded to the nearest lesser inch or centimeter.**

- A. True.
- B. False.



25. In the pole vault, an unsuccessful attempt is indicated on the scoresheet by:

- A. "-"
- B. "X"
- C. "O"
- D. "F"



## **LESSON # 7 - (if needed)**

### **Officiating the Event – 2023 Point of Emphasis – Protest and Appeals Process**

2023 NFHS Rules Book – page 79 and Rule 2-3 page 9 and Rule 3-5 page 14

2023 NFHS Case Book – pages 6 to 8 and pages 16 and 17

### **You Make the Call**

**26. It is a foul in the javelin if the competitor:**

- A. Makes a 360-degree turn before the release.
- B. Does not throw the implement within the sector line.
- C. Exits the runway before the implement has landed.
- D. Any of the above.

**27. At a coaches' meeting prior to the meet, the referee shall address the following with the coaches:**

- A. All team members are expected to exhibit good sporting conduct.
- B. The head coach shall verify, verbally or in writing, that all of his/her competitors are properly equipped.
- C. Any special circumstances, procedures and information pertaining to the meet.
- D. All of the above.

**28. While in the coaching box, a coach may use which of the following when consulting with a competitor between attempts, provided it does not interfere with progress of the meet as determined by the meet referee.**

- A. iPad.
- B. Cell phone.
- C. Smartphone App for performance analysis.
- D. All are permitted.

**29. A runner who is running the curve may be disqualified if he/she:**

- A. Steps on or over the inside lane or curb for three or more consecutive steps with either foot or both feet.
- B. Runs in an adjacent lane and interferes with another competitor while running on a straightaway.
- C. Does not finish the race in the assigned lane.
- D. All of the above.





**30. For races run entirely in lanes, where should the top-seeded contestants or qualifiers be assigned?**

- A. Lanes 3 and 6.
- B. Lanes 1 and 2.
- C. The middle or preferred lanes as determined by games committee.
- D. Lanes 7 and 8.



## LAST MEETING

- A. Call to Order.
- B. Chapter business.
  - 1. Election of Officers.
  - 2. Prepare 2024 schedule of meeting dates.
    - a. Chapter secretary will enter into the PIAA website using instructions provided by PIAA office.
    - b. **Note: A minimum of eight (6) chapter meetings must be scheduled by each chapter and all chapter members must attend a minimum of six (4) meetings to remain active. Chapter members may only receive credit for two (2) meetings prior to the first play date.**
  - 3. 2023 State Officials' Convention (August 4 and 5).
  - 4. Other.
- C. Consideration of rule revision/modification.
  - 1. To request a change to a NFHS Rule go to [www.nfhs.org/RuleChangeProposal](http://www.nfhs.org/RuleChangeProposal)
  - 2. Complete the form and click "Submit."
  - 3. You will be required to provide a rationale for your suggested change and any other Rules the change might affect.
  - 4. Once submitted it will be forward to the PIAA for their endorsement.
  - 5. Chapter endorsement of the requested change is recommended.
  - 6. The deadline for potential changes to be submitted is May 1<sup>st</sup>.
  - 7. Recommended changes to the PIAA Modification need to be submitted to Jim Ellingsworth by June 1<sup>st</sup>.
  - 8. The PIAA Board of Directors adopts the **Track & Field Rule Book** annually (with approved modifications) at the July Board meeting.
- D. **Discuss any Procedures, Concerns or Staffing of your upcoming League/Conference and District Championship Meets.**
- E. **You Make the Call**



**31. During a throw, a rubber discus hits the cage. The retriever notes that a gouge has appeared in the rim of the discus and reports this to the event judge. The event judge removes the discus from competition.**

A. True.

B. False.

**32. If a legal implement breaks upon completion of a trial, the head field event judge shall:**

A. Award a replacement trial.

B. Not award a replacement trial.

C. Record the results of the trial.

D. Both B and C, provided the trial was made in accordance with the rules.

**33. During warm-ups, prior to the start of high jump competition, the crossbar may be used.**

A. True.

B. False.

**34. When there is a tie in a vertical jumping event, what should be done first to break the tie?**

A. The competitor with the fewest number of trials for the height at which the tie occurred shall be awarded the higher places.

B. The competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, is declared the winner.

C. The competitors should make one more attempt at the height at which they failed, and the competitor who makes it is declared the winner.

D. The competitors should make one attempt at 1 inch for the high jump and 3 inches for the pole vault at the height at which they failed, and the competitor who makes it is declared the winner.

**35. The cross-country course shall be measured:**

A. Along a route in the middle of the boundary line.

B. Along the shortest possible route the runner may take.

C. While riding in a golf cart.

D. Using an aerial map.

**36. Clerical and team scoring errors can be corrected for what time period?**

A. 24 hours.

B. 30 minutes.

C. One week.



D. 48 hours, or as long as the games committee or meet director determine.

**37. Appeals regarding misapplication of the rules shall be filed within \_\_\_\_\_ after the results have been announced or made official in that event.**

A. 10 minutes.

B. 30 minutes.

C. 1 hour.

D. 24 hours.

**38. Electronic devices may be used in unrestricted areas as long as they don't interfere with progress of the meet. They cannot be used to:**

A. Review an official decision.

B. Communicate with a competitor in the race/event.

C. Show video to a student-athlete.

D. All of the above.

**39. The following situations are not subject to protest:**

A. A judgment decision by the meet referee.

B. A timer's decision.

C. If the start is fair and legal.

D. All of the above.

**40. An injured competitor receives assistance from a competitor from another team and health-care professionals are not readily available, and the assisting competitor gained no advantage. Who is disqualified in this scenario?**

A. The injured competitor.

B. The assisting competitor.

C. Both are disqualified.

D. Neither runner is disqualified.

**41. The incoming relay competitor must pass the baton to his/her teammate within the exchange zone.**

A. True.

B. False.

**42. There are circumstances where two runners can simultaneously touch a relay baton outside of the exchange zone.**



A. True.

B. False.

**43. The following would all constitute a false start except:**

A. Repeated use of disconcerting acts.

B. Failure to place starting blocks within the respective competitor's lane.

C. Complying with the starter's commands.

D. Failing to remain motionless after assuming the "set" position prior to the starting device being fired.

**44. In a regional cross country meet there was a two-way tie for third place, with only five competitors on each team. How would the tie be broken?**

A. Both teams' scores are disregarded as they had fewer than seven runners.

B. A modified scoring system may be used if state adopted.

C. The tie shall be resolved by totaling the score of the first four finishers.

D. Compare the second-place finisher for each team.

**45. Excused competitors are permitted to attempt successive trials in all field events.**

A. True.

B. False.

**46. After three consecutive passes in the high jump, an athlete is allowed one warm-up jump with a bungee or cross bar in place.**

A. True.

B. False.

**47. It is illegal to run backwards during the warm-up period or in the opposite direction on the runway in which of the following events:**

A. Javelin.

B. Long Jump.

C. Pole Vault.

D. All of the above.

**48. The following is not permitted in the pole vault:**

A. Taping of the wrists.

B. A forearm cover.



C. Gloves.

D. Chalk or adhesive.

**49. No person shall be allowed to touch the vaulting pole except the pole may be caught by:**

A. An assigned official.

B. An assigned pole catcher.

C. The competitor.

D. All of the above.

**50. In the javelin throw, which is considered an illegal action?**

A. Wearing gloves.

B. Taping of the wrists.

C. Wearing a support belt.

D. Taping of the fingers to cover an open wound.

F. Other Discussions

G. Adjournment



## SPORTSMANSHIP MESSAGE

\*\*The message below shall be read to the head coach and captains prior to each contest officiated by a registered PIAA official. This message shall be enforced by contest officials and its enforcement shall include a strict and swift enforcement when unsportsmanlike actions involve demeaning remarks or actions that may be related to the racial or ethnic background of any party. \*\*

***“PIAA requires all registered sports' officials to enforce the sportsmanship rules for coaches and contestants. Actions meant to demean opposing contestants, teams, spectators, and officials are not in the highest ideals of interscholastic education and will not be tolerated. Let today's contest reflect mutual respect. Coaches please certify to the contest official(s) that your contestants are legally equipped and uniformed according to NFHS rules and PIAA adoptions. Good luck in today's contest.”***

Coaches must certify to the contest officials their team is legally equipped and in compliance with NFHS Rules. The reading of this message will have the coaches verbally confirm aloud their teams' adherence to compliance with equipment and safety rules. This confirmation is not only the adherence to contest rules, but also assists in alleviating the legal liability concerns for the officials if the teams subsequently violate the proper equipment provisions of the contest rules.



## TERMS AND CONDITIONS

Prospective "terms and conditions" for the pre-meet meeting may include but not limited to a discussion of the following:

- Restricted areas
- Noncontested events
- Entry limitations
- Combined (coed) races
- Vertical starting heights
- Throws/horizontal jump format (3 and 3, open pit, 3 or 4 total, etc.)
- Marking restrictions
- Weather-related issues
- Excused competitor procedure
- **Order of Sections (Fast/Slow or Slow/Fast) for Dual or Tri-Meets**
- Other





## SPORTSMANSHIP AND EQUIPMENT

### DECLARATION

The **NFHS** and **PIAA** require that all coaches and contestants exemplify good **sportsmanship**. Actions that are demeaning to opposing players, teams, spectators and officials are not in the highest ideals of interscholastic education and are unacceptable at this meet. Mutual respect is required among and between team members throughout the contest.

In addition, the **NFHS** and **PIAA** require that all coaches verify their contestants are properly equipped (uniform, equipment, for competition according to the rules. **For this meet the NFHS rules as modified by PIAA prevail.**

### CERTIFICATION

I certify that athletes I have entered in this meet are all properly equipped and that all members of my team will conduct themselves in a sportsmanship manner.

\_\_\_\_\_  
Coach's Signature

\_\_\_\_\_  
Date

\_\_\_\_\_  
School

\_\_\_\_\_  
Girls/Boys

**NOTE:** This declaration must be properly signed and submitted with your entry form.



**PENNSYLVANIA INTERSCHOLASTIC ATHLETIC ASSOCIATION, INC. (PIAA)  
POLE VAULT VERIFICATION FORM  
(Revised December 2, 2021)**

ALL MEMBER SCHOOLS are required to process the **PIAA Pole Vault Verification Form** listing the name and grade of each contestant participating in the pole vault event. The head coach must verify, on the day of each meet, the weight of each contestant, and the proper ratings of all poles used by each contestant. This procedure is required for both indoor (winter) and outdoor (spring) track and field competition. **The completed form must be presented to the MEET REFEREE/STARTER or HEAD FIELD JUDGE prior to the start of warm-ups, on the day of competition.**

School Name \_\_\_\_\_

Name of Pole Vaulter	Grade	Vaulter's Weight*	Pole Rating
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____
6. _____	_____	_____	_____

\*Includes full competition uniform and footwear

Name of Head Coach (please print) \_\_\_\_\_

Date \_\_\_\_\_ Signature of head coach \_\_\_\_\_

**NOTE TO ATHLETIC ADMINISTRATORS, TRACK AND FIELD HEAD COACHES AND OFFICIALS**

The following are NFHS Track and Field Rules relevant to pole vault safety:

**NFHS Track and Field Rule 6-8-15:** The competitor's weight shall be at or below the manufacturer's pole rating. The manufacturers must include on each pole: the pole rating that shall be a minimum of 3/4-inch in a contrasting color located within or above the top hand-hold position; a 1-inch circular band indicating the maximum top hand-hold position with the position being determined by the manufacturer. Prior to the competition, the coach must verify that all of the school's pole vaulters and poles meet these requirements.

**NOTE:** Etchings, serial numbers, etc. that may appear on poles shall not replace the requirement of the manufacturer's pole rating of the minimum 3/4-inch marking in contrasting color on each pole.

**NFHS Track and Field Rule 6-8-16:** A competitor shall not use a variable-weight pole, a pole which is improperly marked, or a pole rated below his/her weight, or any other equipment that is not legal during warm-up or competition. **NOTE:** Altering the pole in any fashion renders it illegal. **PENALTY:**

**Disqualification from the event.**

**NFHS Track and Field Rule 6-8-17:** Prior to warm-up, the field referee or head field judge shall inspect each pole to be used in the competition to verify that the poles are legal equipment, per NFHS Rule 3-10-1. This includes checking the placement of a top hand-hold band, numerical pole ratings a minimum of 3/4 inches in a contrasting color located within or above the top hand-hold band, and the proper binding of adhesive tape of uniform thickness when used. The binding shall not be on or above the top hand-hold band.

**NFHS Track and Field Rule 6-8-24:** A competitor shall not be allowed to use the pole of another individual without the consent of the owner. The event judge shall approve the use and verify that the pole is rated weight-appropriate. **PENALTY: Disqualification from the event.**

**NFHS Track and Field Rules 6-8-27h:** It is a foul if the competitor grips the pole above the top hand-hold band. **PENALTY: An unsuccessful trial is charged.**



## **POLICY REGARDING THE REGULAR SEASON PARTICIPATION OF WHEELCHAIR ATHLETES IN THE SPORT OF OUTDOOR TRACK AND FIELD**

Track and field events administered by PIAA are intended for participation by able bodied athletes. To promote the participation of students with disabilities, accommodations may be made in specific sports for such persons under PIAA's policy relating to "Requests for Accommodations Due to Disabilities." In establishing categories of competition within a particular sport specifically for students with disabilities, however, PIAA recognizes that there exists a broad range of disabilities suffered by many students and that the disabilities have varying effects on the capabilities of the students to compete athletically. This range of disabilities makes it challenging to develop a comprehensive policy governing such competition. PIAA recognizes, for example, that wheelchair Track and Field USA (WTFUSA) has established numerous classifications for wheelchair athletes based upon the levels of disabilities present. PIAA is simply not equipped to offer the broad range of interscholastic competitive opportunities which might be desired or preferred.

In an effort to expand competitive opportunities, however, the PIAA Board of Directors has adopted this policy to permit student athletes utilizing wheelchairs to participate in some events against other wheelchair athletes in interscholastic outdoor track and field during the Regular Season and under the following conditions and procedures. Although Wheelchair Athletes may have a range of functionality, PIAA applies standards generally consistent with the T53D and F53D classifications for senior high school wheelchair athletes and the T53C and F53C classifications for junior high/middle school wheelchair athletes, as defined by WTFUSA, for regular Season competition.

### **A. General Approach:**

Where conditions do not present an unusual and cognizable increased risk of danger to the wheelchair athletes or other participants and subject to any member school's verified presentation of facility-related prohibitions directly related to the use of wheelchairs, Wheelchair athletes who meet all other PIAA eligibility requirements may participate in events identified in this policy alongside able-bodied competitors.

Wheelchair athletes may participate in any combination of four (4) of the following events: 100-meter dash; 200-meter dash; 400-meter dash; 800-meter run; shot put; discus throw; and javelin throw.

For scoring purposes, wheelchair athletes compete only against a set standard and other wheelchair athletes. To a degree, the points earned by wheelchair athletes are included in the point totals for the wheelchair athlete's team.



## B. Definitions

1. **Wheelchair Athlete:** A wheelchair athlete is a student who has a permanent muscular or neuromuscular disability, which significantly limits the student's ability to move, or a permanent skeletal deformity or abnormality, which significantly affects ambulation and requires the student to use a wheelchair for everyday activities. Permanent orthopedic impairment shall be verified by a licensed physician of medicine or osteopathic medicine and maintained on permanent file at the wheelchair athlete's school.
2. **Wheelchair:** A device that meets the following specifications:
  - A wheelchair used for track events shall have at least two large wheels and one small one. The maximum diameter of the large wheels, including the inflated tire, shall not exceed 70 cm and the maximum diameter of the small wheel(s), including the inflated tire(s), shall not exceed 50 cm.
  - A wheelchair used for track events shall be operated manually, with no mechanical, electronic, or other gears or levers used to propel the wheelchair.
  - Only one hand rim shall be attached to each large wheel of the wheelchair.
  - A device used by the wheelchair athlete to sit in for field events, including a cushion, shall not exceed 25 inches in height. The device need not meet the specifications for a Wheelchair used for track events.

## C. Scoring

1. As set forth below, wheelchair athletes compete against other wheelchair athletes and against a standard time or distance for the opportunity to score points for their team.
2. Senior high school wheelchair athletes are eligible to score points for their team only if they meet or exceed the following minimum standards ("Qualifying Standards") in the identified events:

	Boys	Girls
100 Meter Dash	:24	:30
200 Meter Dash	:42	:55
400 Meter Dash	1:30	1:55
800 Meter Run	2:50	3:20
Shot Put	8-2	6-6
Discus Throw	14-9	9-10
Javelin Throw	16-4	11-5



3. Junior high/middle school wheelchair athletes are eligible to score points for their junior high/middle school team only if they meet or exceed the following minimum standards ("Qualifying Standards") in the identified events:

	Boys	Girls
100 Meter Dash	:27	:33
200 Meter Dash	:45	1:00
400 Meter Dash	1:40	2:00
800 Meter Run	3:30	3:30
Shot Put	6-6	4-11
Discus Throw	13-1	8-2
Javelin Throw	14-9	10-7

4. If the wheelchair athlete meets or exceeds the qualifying standards set forth above, the wheelchair athlete shall score at least 1 point in the event.
5. If more than one wheelchair athlete competes in an event, scoring for each wheelchair athlete who meets or exceeds the qualifying standard shall be as follows:
- 1 participant: 1 point
  - 2 participants: 1st place, 2 points; 2nd place, 1 point
  - 3 or more participants: 1st place, 5 points; 2nd place, 3 points, 3rd place, 1 point

A competitor who does not meet or exceed the qualifying standard shall not receive any points, regardless of the number of participants in the event.

A competitor who does meet or exceed the qualifying standard receives the full number of points based on the number of competitors, regardless of whether any or all of the other competitors meet or exceed the qualifying standard.

6. **Team Scoring:** If the point(s) scored by a wheelchair athlete have no impact on the results of the competition between two or more teams, the wheelchair athlete's points shall be added to that Team's point total.

If the points scored by a wheelchair athlete enables his or her team to tie or exceed the point total of one or more teams in the contest, then the contest will be preliminarily determined to be a tie between those Teams and those tied Teams will apply the following tie-breaker:

1. The Team with the fewest number of coaches, contestants, and other Team/school personnel disqualified from an event and from further competition or involvement in the meet for unsporting conduct, shall be declared the winner;



2. If the tie still remains, the Team with the fewest number of competitors disqualified from an event for unacceptable conduct, shall be declared the winner;
3. If the tie still remains, the Team with the greater number of first place finishes, shall be declared the winner\*;
4. If the tie still remains, the Team with the greater number of second place finishes, shall be declared the winner\*;
5. If the tie still remains, the Team with the greater number of third place finishes, shall be declared the winner\*;
6. If the tie is broken after applying 1, 2, 3, 4, or 5, the Team declared the winner\* shall have one point and an asterisk (\*) added to their score; or

If the tie remains after applying 1, 2, 3, 4, and 5, the meet shall be scored as a tie.

\*Wheelchair events shall be counted only if both Teams have an equal number of wheelchair athletes competing. If the participants are equal between teams, then their events will be counted as well.

#### **D. Miscellaneous.**

1. Wheelchair athletes shall compete in school-issued uniforms or school-approved.
2. All wheelchair athletes must wear ANSI certified helmets.
3. Progression of a wheelchair by any method except the competitor pushing on the wheels or hand rims will result in disqualification of the competitor.
4. Qualifying standards are based on national standards established by WTFUSA, the national governing body of Wheelchair Sports USA. That body has not developed qualifying standards for cinder-track surfaces. Therefore, no qualifying standards exist and points may not be earned for participation on cinder-track surfaces
5. For field events, the following size implements shall be used by wheelchair athletes:

	Boys	Girls
Shot Put	3kg	3kg
Discus Throw	1kg	1kg
Javelin Throw	600g	600g

**NOTE:** The 1 kg discus and the 600 g javelin are the standard implements for able bodied girls in their respective events. Therefore, each should be available at a contest under normal conditions. As a 3 kg shot is required in both boys and girl's competition, the wheelchair athletes competing in that event must ensure that a proper size shot is present.

**This information can be found on the PIAA Website (PIAA.org) under Resources – Handbook – Part II Policies and Procedures starting on page 99.**



## **CHAPTERS/LOCAL ASSOCIATIONS EVALUATIONS**

All chapters/local associations are encouraged to evaluate their membership. Many groups have already established such a program and have been very successful in critiquing and providing feedback to all chapter/local association members.

A copy of the track & field sport specific evaluation instrument for chapters/local associations can be used when they are evaluating their members. This instrument is provided as a template and may be modified or changed to meet the goals and desires of the chapter/local association. This evaluation instrument is provided as a service to chapters/local associations and is a sample of the instrument that will be used to evaluate post-regular season officials in inter-district events. The evaluation instrument is not a popularity document or a number exchange. Points awarded by section should be justified by comment or general comments as part of their performance.

If chapters/local associations would desire assistance in developing an evaluation program, assistance may be provided by contacting your local district officials' representative(s) and/or Patrick B. Gebhart, PIAA Assistant Executive Director, at 800-382-1392. Critiquing and evaluating officials may assist all chapters/local associations with identifying their most competent officials. If this is completed, each official's name should be furnished to each local district officials' representative and league or conference representative to assist them in identifying their most qualified and proficient sports officials.

The Track & Field Evaluation instrument (Form) can be obtained from the PIAA Website at the following link:

<http://www.piaa.org/assets/web/documents/2008%20TF%20Evaluation.pdf>



## CHAPTER LESSON ANSWERS

**2023**

Question	Answer Choice	Answer Text	Rule Reference
1.	B	Whether a start is fair and legal.	3-5-4 pg. 14
2.	A	Shall not be allowed to participate in that event.	4-1-3 pg. 20
3.	D	All above rules apply.	5-10-6, 5-10-7 pg. 36/37
4.	A	47'3"	6-2-17 pg. 41
5.	B	Illegal.	6-4-1 pg. 43
6.	D	All the above.	6-2-16 pgs. 41
7.	C	It cannot interfere with the progress of the meet and information cannot be transmitted to the competitor during a trial or race.	3-2-8 pg. 12
8.	A	Rule this as a foul.	6-8-11 pg. 47
9.	C	In reverse order of the best performance in the preliminaries.	6-2-20 pg. 42
10.	A	Rounded up to the next tenth of a second.	3-9-8 pg. 17
11.	D	Is responsible for all the above.	3-10 pgs. 17-18
12.	A	True.	1-2-3 pg. 7
13.	A	Cordon off the area, rope, fence or flag the area well outside the sector lines.	6-9-2 NOTE pg. 50
14.	A	True.	3-2-7 pg. 12
15.	C	Exits at the back half of the circle.	6-5-2 pg. 44
16.	C	The lane line of the innermost lane is the boundary for all competitors in that alley.	5-3-2 pg. 30
17.	C	Lower place-winners in that event will be advanced to fill vacant places, unless the disqualification occurs after the event results have become official.	2-1-3 pg. 8
18.	A	True.	4-3-2, 4-3-1b7 pg. 22
19.	D	Never.	4-3-1 pg. 21
20.	D	All garments are legal.	4-3-2 pg. 22
21.	B	False.	5-10-7 NOTE pg. 37
22.	B	No, legal throw.	6-1-1 NOTE pg. 39





23.	A	Before the start of the trial clock.	6-1-6, 6-2-2a pg. 39
24.	A	True.	6-5-4 pg.44
25.	B	"X"	6-8-1 pg. 46
26.	D	Any of the above.	6-6-6 pg. 45
27.	D	All of the above.	3-4-8, 8-4-3 pgs. 13 & 65
28.	D	All are permitted.	3-2-8 pg. 12
29.	D	All of the above.	5-12-1, 5-13-1,2 pg. 37 & 38
30.	C	The middle or preferred lanes as determined by games committee.	5-6-6 pg. 34
31.	A	True.	6-2-13 pg. 41
32.	D	Both B and C, provided the trial was made in accordance with the rules.	6-2-13b pg. 41
33.	A	True.	6-8-3 pg. 47
34.	A	The competitor with the fewest number of trials for the height at which the tie occurred shall be awarded the higher places.	6-3-2 pg. 42
35.	B	Along the shortest possible route, the runner may take.	8-1-1 pg. 63
36.	D	48 hours, or as long as the games committee or meet director determine.	2-3-1 pg. 9
37.	B	30 minutes.	2-3-3 pg. 9
38.	A	Review an official decision	3-2-7, 3-2-8 pg. 12
39.	D	All of the above	3-5-4 pg. 14
40.	A	The injured competitor.	4-6-5g pg. 25
41.	A	True.	5-10-7 pg. 37
42.	B	False.	5-10-7 NOTE pg. 37
43.	C	Complying with the starter's commands.	5-7-4 pg. 35
44.	C	The tie shall be resolved by totaling the score of the first four finishers.	8-2-5 pg. 64
45.	A	True.	6-2-3 pg. 40
46.	B	False.	6-8-6 pg. 47
47.	D	All of the above.	6-2-7 pg. 40
48.	C	Gloves.	6-8-22 pg.49
49.	D	All of the above.	6-8-25 pg.49
50.	A	Wearing gloves.	6-6-1 pg. 44



## 2022 NFHS Track and Field Rules Exam

1. In a running event, if there is a tie by any number of competitors for scoring places:
  - A. The points for tied places will be added together and divided by the number of competitors involved in the tie.
  - B. Each competitor receives the points associated with the highest place for which they are tied.
  - C. Each competitor receives the points associated with the lowest place for which they are tied.
  - D. None of the above.
  
2. When any apparent place-winner is disqualified during the event:
  - A. No advancement occurs.
  - B. Event points will be divided equally among the place-finishers.
  - C. Lower place-winners in that event will be advanced to fill vacant places, unless the disqualification occurs after the event results have become official.
  - D. The games committee determines advancement.
  
3. If a relay team's uniforms are the same predominant color, individuals on the relay team can wear different foundation garments.
  - A. True.
  - B. False.
  
4. At the conclusion of an unsuccessful attempt in the triple jump, is it legal for a coach to request a measurement?
  - A. Yes.
  - B. No.
  
5. The minimum length of the javelin runway is 120 feet (36.5 meters)
  - A. True.
  - B. False.
  
6. When does the color of a foundation garment preclude a competitor from competing?
  - A. Always.
  - B. Depends on the colors.
  - C. Depends on the design.
  - D. Never.



7. Three relay team members are wearing foundation garments above the knees and an additional relay team member is wearing a foundation garment below the knees. Which ones are legal?
- A. The ones below the knees.
  - B. The ones above the knees.
  - C. None of the garments are legal.
  - D. All garments are legal.
8. The exchange zone is 30 meters for the 4x400-meter relay.
- A. True.
  - B. False.
9. A competitor can declare a pass:
- A. Before the start of the trial clock.
  - B. Any time.
  - C. After being called "Up" but before starting the purposeful action of the event.
  - D. Either B or C.
10. In the triple jump, the take-off board recommended distances are 32 feet for boys and 24 feet for girls.
- A. True.
  - B. False.
11. In the discus, measurements will be recorded to the nearest lesser inch or centimeter.
- A. True.
  - B. False.
12. In the pole vault, an unsuccessful attempt is indicated on the scoresheet by:
- A. "-"
  - B. "X"
  - C. "O"
  - D. "F"
13. The long jump/triple jump landing pit should be a minimum width of 9 feet, and a minimum length of 23 feet.
- A. True.
  - B. False.



14. It is a foul in the javelin if the competitor:
- A. Makes a 360-degree turn before the release.
  - B. Does not throw the implement within the sector line.
  - C. Exits the runway before the implement has landed.
  - D. Any of the above.
15. In any throwing event, tape is only allowed on the palm or fingers to cover an open wound.
- A. True.
  - B. False.
16. In the long jump with prior notification to the event judge, a competitor may change which foul line or takeoff board he/she uses during competition.
- A. True.
  - B. False.
17. In the horizontal jumps, markers may be placed:
- A. On the runway.
  - B. In the landing pit.
  - C. Either of the above.
  - D. None of the above.
18. At a coaches meeting prior to the meet, the referee shall address the following with the coaches:
- A. All team members are expected to exhibit good sporting conduct.
  - B. The head coach shall verify, verbally or in writing, that all of the team's competitors are properly equipped.
  - C. Any special circumstances, procedures and information pertaining to the meet.
  - D. All of the above.
19. While in the coaching box, a coach may use which of the following when consulting with a competitor between attempts, provided it does not interfere with progress of the meet as determined by the meet referee.
- A. Ipad.
  - B. Cell phone.
  - C. Smartphone App for performance analysis.
  - D. All are permitted.
20. The clerk of the course may change lane assignments, with the approval of the referee, due to:
- A. Unusual conditions making the original lanes or the number of qualifiers unfair to any competitor.



- B. A lane becoming, because of unusual conditions, a handicap to the competitor.
  - C. Conditions making the original lanes unfair to any competitor.
  - D. All of the above.
21. Each competitor must wear a uniform either approved by the school or issued by the school.
- A. True.
  - B. False.
22. In relays, each team member shall wear uniforms clearly indicating, through predominant color, school logo and color combination of all outer garments worn as a uniform, that members are from the same team.
- A. True.
  - B. False.
23. When a race is run in lanes, competitors are expected to run the entire race in their assigned lanes. A runner who is running the curve may be disqualified if the runner:
- A. Steps on or over the inside lane or curb for three or more consecutive steps with either foot or both feet.
  - B. Runs in an adjacent lane and interferes with another competitor while running on a straightaway.
  - C. Does not finish the race in the assigned lane.
  - D. All of the above.
24. In the absence of a curb, if cones are used, they should be placed:
- A. On the line, up to the edge of Lane 1 and spaced 1.5 meters apart around the curve.
  - B. Completely covering the line.
  - C. Just touching the outside of the line, 1.5 meters apart on the curve.
  - D. Approximately 20 centimeters inside of the line on the curve.
25. For races run entirely in lanes, where should the top-seeded contestants or qualifiers be assigned?
- A. Lanes 3 and 6.
  - B. Lanes 1 and 2.
  - C. The middle or preferred lanes as determined by games committee.
  - D. Lanes 7 and 8.
26. During a throw, a discus hits the cage. The retriever notes that a gouge has appeared in the rim of the discus and reports this to the event judge. The event judge removes the discus from competition.
- A. True.



B. False.

27. If a legal implement breaks upon completion of a trial, the head field event judge shall:

- A. Award a replacement trial.
- B. Not award a replacement trial.
- C. Record the results of the trial.
- D. Both B and C, provided the trial was made in accordance with the rules.

28. In field events, warm-ups shall not be allowed unless:

- A. Supervised by an event official or contestant's coach.
- B. The venue has been declared open by the meet director.
- C. All participating contestants have checked into the event.
- D. Both A and B.

29. When there is a tie in a vertical jumping event, what should be done first to break the tie?

- A. The competitor with the fewest number of trials for the height at which the tie occurred shall be awarded the higher place.
- B. The competitor with the fewest total number of unsuccessful trials throughout the competition, up to and including the height last cleared, is declared the winner.
- C. The competitors should make one more attempt at the height at which they failed, and the competitor who makes it is declared the winner.
- D. The competitors should make one attempt at 1 inch for the high jump and 3 inches for the pole vault at the height at which they failed, and the competitor who makes it is declared the winner.

30. In the javelin, the thrower may leave the runway:

- A. As soon as desired.
- B. After the implement has landed.
- C. After release of the javelin.
- D. All of the above.

31. A competitor finishes a cross country race when:

- A. The arm and/or hand of the runner breaks the plane of the finish line when using hand- or image-based timing system.
- B. A runner slides feet first through the finish line.
- C. The head of the runner breaks the plane of the finish line when using hand- or image-based timing system.
- D. The torso of the runner breaks the plane of the finish line when using hand- or image-based timing system.

32. The cross-country course shall be measured:



- A. Along a route in the middle of the boundary line.
  - B. Along the shortest possible route the runner may take.
  - C. Along the longest route the runner may take.
  - D. Using an aerial map.
33. In the long jump, the runway should have minimum length of:
- A. 100 feet.
  - B. 75 feet.
  - C. 130 feet.
  - D. 200 feet.
34. Clerical and team scoring errors can be corrected for what time period?
- A. 24 hours.
  - B. 30 minutes.
  - C. One week.
  - D. 48 hours, or as long as the games committee or meet director determine.
35. Appeals regarding misapplication of the rules shall be filed within \_\_\_\_\_ after the results have been announced or made official in that event.
- A. 10 minutes.
  - B. 30 minutes.
  - C. 1 hour.
  - D. 24 hours.
36. A meet director has the ability to:
- A. Supervise the overall meet operations.
  - B. Handle unsportsmanlike conduct.
  - C. Fulfill the obligations of the games committee in unique circumstances.
  - D. All of the above.
37. The following situations are not subject to protest:
- A. A judgment decision by the meet referee.
  - B. A timer's decision.
  - C. If the start is fair and legal.
  - D. All of the above.



38. The head starter shall inspect the starting blocks used for running events.
- A. True.
  - B. False.
39. A school-approved sweatshirt is an acceptable outer garment to compete in.
- A. True.
  - B. False.
40. Removing any part of the team uniform, excluding shoes, while in the area of competition, as defined by the games committee, is illegal.
- A. True.
  - B. False.
41. Unsporting conduct is behavior that is unethical or dishonorable. It includes, but is not limited to:
- A. Disrespectfully addressing an official.
  - B. Any flagrant behavior.
  - C. Using profanity directed toward someone.
  - D. All of the above.
42. A field event begins at a time designated by the games committee and is considered official and concluded when the places have been determined and the field event judge has recorded the results.
- A. True.
  - B. False.
43. A lap is considered one complete clockwise circuit of the track.
- A. True.
  - B. False.
44. A raised curb may mark the inner curve of the track.
- A. True.
  - B. False.
45. When a final race is run in sections, the slower runners or relay teams shall be placed in the last section.
- A. True.
  - B. False.
46. An injured competitor receives assistance from a competitor from another team and health-care professionals are not readily available, and the assisting competitor gained no advantage. Who is disqualified in this scenario?





- A. The injured competitor.
  - B. The assisting competitor.
  - C. Both are disqualified.
  - D. Neither runner is disqualified.
47. Who assigns seeded contestants to preferred lanes?
- A. Meet Director.
  - B. Games Committee.
  - C. Starter.
  - D. Jury of Appeals.
48. The incoming relay competitor must pass the baton to his/her teammate within the exchange zone.
- A. True.
  - B. False.
49. There are circumstances where two runners can simultaneously touch a relay baton outside of the exchange zone.
- A. True.
  - B. False.
50. The following would all constitute a false start except:
- A. Repeated use of disconcerting acts.
  - B. Failure to place starting blocks within the respective competitor's lane.
  - C. Complying with the starter's commands.
  - D. Failing to remain motionless after assuming the "set" position prior to the starting device being fired.
51. What is the minimum weight of a boys shot put?
- A. 12 pounds.
  - B. 10 pounds.
  - C. 8.818 pounds.
  - D. 15 pounds.
52. In a regional cross country meet there was a two-way tie for third place, with only five competitors on each team. How would the tie be broken?
- A. Both teams' scores are disregarded as they had fewer than seven runners.
  - B. A modified scoring system may be used if state adopted.



- C. The tie shall be resolved by totaling the score of the first four finishers.
  - D. Compare the second-place finisher for each team.
53. Time limits for competitors excused to compete in another event shall be determined by:
- A. Referee.
  - B. Games committee.
  - C. Head field judge.
  - D. Athlete's coach.
54. When a single competitor who has won the competition remains in the high jump or pole vault, the allowed time for a trial shall be:
- A. 1 minute.
  - B. 3 minutes.
  - C. 5 minutes.
  - D. 7 minutes.
55. Excused competitors are permitted to attempt successive trials in all field events.
- A. True.
  - B. False.
56. In the vertical jumping events, a competitor shall be credited with his/her best achievement excluding performances made in the jump-off.
- A. True.
  - B. False.
57. After three consecutive passes in the high jump, an athlete is allowed one warm-up jump with a bungee or crossbar in place.
- A. True.
  - B. False.
58. 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.
59. The competitor's weight in the pole vault shall be above the manufacturer's pole rating.



- A. True.
- B. False.

60. The following is not permitted in the pole vault:

- A. Taping of the wrists.
- B. A forearm cover.
- C. Gloves.
- D. Chalk or adhesive.

61. A competitor shall not be allowed to use the pole of another individual without the consent of the \_\_\_\_\_ and approval by the event judge.

- A. Referee.
- B. Coach.
- C. Head Field Judge.
- D. Owner of the pole.

62. No person shall be allowed to touch the vaulting pole except the pole may be caught by:

- A. An assigned official.
- B. An assigned pole catcher.
- C. The competitor.
- D. All of the above.

63. The suggested take-off board distance in the long jump for boys is 12 feet, and for girls 10 feet.

- A. True.
- B. False.

64. Which of the following are considered Special Events in a track and field meet?

- A. Steeplechase.
- B. Race Walking.
- C. Specialty Relays.
- D. All of the above.

65. If a runner falls due to contact with another runner, at what point should a cross country race be recalled by the starting device?

- A. 100 meters.
- B. 10 meters.
- C. 50 meters.



- D. 200 meters.
66. 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.
67. Two cross country runners in the same race mistakenly wear each other's assigned contestant number. The meet referee shall:
- A. Warn the two athletes following the race.
  - B. Eject the two athletes for unsporting conduct.
  - C. Alert all the other officials of the change in contestant number and allow the athletes to run without penalty.
  - D. Disqualify the athletes.
68. 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.
69. What constitutes a legal relay handoff?
- A. The incoming runner must be in the exchange zone.
  - B. The baton must be passed while the baton is within the exchange zone.
  - C. The outgoing runner must fully be in the exchange zone
  - D. Both runners are in the exchange zone wearing gloves.
70. 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. One more attempt is taken at the height at which they failed.
  - B. The bar is lowered by 3 inches until an athlete clears a height.
  - C. Three more attempts are taken at the missed height.
  - D. The athletes will share first place honors.
71. In the 4x100 meter relay, 4x200 meter relay, and any other relays with legs of 200 meters or less in lanes, each exchange zone in which the \_\_\_\_\_ competitor is running 200 meters or less in lanes will be 30 meters long.
- A. Every.



- B. First.
  - C. Outgoing.
  - D. Incoming.
72. Electronic devices may:
- A. Be used in unrestricted areas.
  - B. Not be used to transmit to a competitor in a race or trial.
  - C. Not be used to review an official's decision.
  - D. All of the above.
73. It is recommended that the discus cage be constructed of heavy nylon netting or other material that will:
- A. Allow spectators to view the competing athlete.
  - B. Protect the competitor from the wind or other weather.
  - C. Protect the other competitors that are standing against the cage.
  - D. Absorb the energy of the discus to avoid bounce back.
74. 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.
75. 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.
76. 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. To determine a first-place winner when a tie for that place is involved.
  - C. If the competitor wanted a fourth attempt.
  - D. If the competitor was injured.
77. A running event or heat is considered to be official and concluded when:



- A. The first competitor crosses the finish line.
- B. The last competitor crosses the finish line.
- C. Places have been determined and results have been recorded at the finish line.
- D. The next running event begins.

78. With both runners 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, the 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.

79. When may corrections to meet results involving a contestant who has been disqualified be made?

- A. Any time.
- B. Never.
- C. Only within 48 hours.
- D. 30 minutes after meet is concluded.

80. 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.

81. How are event points handled if the venue for competition is deemed unacceptable by the meet referee?

- A. There are no points awarded.
- B. Points are divided among all teams.
- 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.

82. 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. 2.
- B. 4.
- C. 10.



D. 3.

83. The maximum distance allowed for a cross country course is:

- A. 6,000 meters.
- B. 5,000 meters.
- C. 2,500 meters.
- D. There is no set maximum.

84. Runners in a cross country race are placed on the starting line prior to the race by:

- A. Starter.
- B. Course umpire.
- C. Clerk of the course.
- D. Head timer.

85. In vertical jumping events, the games committee may assign competitors to:

- A. Flights of no less than five for preliminary competition.
- B. Conduct the event in continuing flights where five competitors constitute a flight.
- C. Flights of four athletes.
- D. A & B.

86. 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.

87. What considerations must be met in order for a performance to be considered for National Record purposes:

- A. Meet must be sanctioned by the State Association.
- B. Must involve at least 5 or more schools.
- C. In an event limited to high school contestants who are representing their respective schools.
- D. All of the above.

88. 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.
89. 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.
90. 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.
91. In a dual meet pole vault event, the order of finish is: First Place – Team A, Second Place – Tie among two members of Team A and two members of Team B, Third Place – Team B. How many points shall be scored for each team in this event?
- A. Team A gets seven points and Team B gets two points.
  - B. Team A gets 6.5 points and Team B gets 2.5 points.
  - C. Team A gets eight points and Team B gets one point.
  - D. Team A gets 7.5 points and Team B gets 1.5 points.
92. 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.
93. A competitor puts the shot and it lands on the sector line. The official:
- A. Declares it a legal throw and measures the put.
  - B. Declares the throw a foul.





94. In cross country, the use of a chute:
- A. Is not recommended.
  - B. Is recommended at all meets if it will aid in meet administration.
  - C. Is recommended at meets that do not use a transponder/chip system for order of finish.
  - D. Both B and C.
95. 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.
96. 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.
97. When there is no appointed games committee, who has general supervision of the meet and performs those duties assigned to the games committee?
- A. The referee.
  - B. The meet director.
  - C. The clerk of the course.
  - D. The host school administrator.
98. Who has the sole authority to rule on infractions except for the start?
- A. Meet Director.
  - B. Referee.
  - C. Games Committee.
  - D. Umpire.
99. When FAT timing allows, all ties for places or determining qualifiers shall be broken by time recorded to:
- A. One one-thousandth of a second.
  - B. One tenth of a second.
  - C. One millionth of a second.



D. One hundred-thousandth of a second.

100. When an infraction is detected in the 4x100 meter relay the umpire shall:

- A. Immediately signals with a yellow flag.
- B. Report the infraction to the head umpire.
- C. Inform the athlete of the disqualification.
- D. Both A & B



## 2022 NFHS Exam-Answer Key

Question	Answer Choice	Answer Text	Rule Reference
1.	A	The points for tied places will be added together and divided by the number of competitors involved in the tie.	2-2-4, 5-8-4
2.	C	Lower place-winners in that event will be advanced to fill vacant places, unless the disqualification occurs after the event results have become official.	2-1-3
3.	A	True.	4-3-2
4.	B	No.	6-9-8 PENALTY
5.	A	True.	6-9-11
6.	D	Never.	4-3-1b7
7.	D	All garments are legal.	4-3-2
8.	B	False.	5-10-6 NOTE
9.	A	Before the start of the trial clock.	6-1-6, 6-2-2a
10.	A	True.	6-10-17
11.	A	True.	6-5-4
12.	B	"X"	6-8-1
13.	A	True.	6-10-17
14.	D	Any of the above.	6-6-6
15.	A	True.	6-4-1, 6-5-1, 6-6-1



16.	A	True.	6-10-17 NOTE
17.	D	None of the above.	6-7-1
18.	D	All of the above.	8-4-2, 8-6-1
19.	D	All are permitted.	3-2-8
20.	D	All of the above.	3-7-3, 3-7-4
21.	A	True.	4-3-1
22.	A	True.	4-3-2a
23.	D	All of the above.	5-12-1
24.	A	On the line, up to the edge of Lane 1 and spaced 1.5 meters apart around the curve.	5-1-3
25.	C	The middle or preferred lanes as determined by games committee.	5-6-6
26.	A	True.	6-2-13
27.	D	Both B and C, provided the trial was made in accordance with the rules.	6-2-13b
28.	D	Both A and B.	6-2-6
29.	A	The competitor with the fewest number of trials for the height at which the tie occurred shall be awarded the higher place.	6-3-2b
30.	B	After the implement has landed.	6-6-6f
31.	D	The torso of the runner breaks the plane of the finish line when using hand- or image-based timing system.	8-3-2
32.	B	Along the shortest possible route the runner may take.	8-1-1
33.	C	130 feet.	6-9-14
34.	D	48 hours, or as long as the games committee or meet director determine.	2-3-1
35.	B	30 minutes.	2-3-3
36.	D	All of the above.	3-3-1
37.	D	All of the above.	3-5-4
38.	A	True.	3-6-4
39.	A	True.	4-3-1b
40.	A	True.	4-3-3
41.	D	All of the above.	4-6-1
42.	A	True.	4-7-2
43.	B	False.	5-2-5
44.	A	True.	5-3-6
45.	B	False	5-5-7



46.	A	The injured competitor.	4-6-5g
47.	B	Games Committee.	5-6-4
48.	A	True.	5-10-7
49.	B	False.	5-10-7 NOTE
50.	C	Complying with the starter's commands.	5-7-4
51.	A	12 pounds.	6-10-2
52.	C	The tie shall be resolved by totaling the score of the first four finishers.	8-2-5
53.	B	Games committee.	6-2-4
54.	C	5 minutes.	6-2-2d
55.	A	True.	6-2-3
56.	B	False.	6-3-3
57.	B	False.	6-8-7
58.	D	All of the above.	6-2-6
59.	B	False.	6-8-15
60.	C	Gloves.	6-8-22
61.	D	Owner of the pole.	6-8-24
62.	D	All of the above.	6-8-25
63.	B	False.	6-10-17
64.	D	All of the above.	7-2-1
65.	A	100 meters.	8-4-4
66.	D	All of the above.	8-1-1
67.	D	Disqualify the athletes.	8-3-3 Penalty
68.	C	20 meters.	9-2-4
69.	B	The baton must be passed while the baton is within the exchange zone.	5-10-6, 5-10-7
70.	A	One more attempt is taken at the height at which they failed.	6-3-2,4a
71.	D	Incoming.	5-10-6 NOTE
72.	D	All of the above.	3-2-8
73.	D	Absorb the energy of the discus to avoid bounce back.	6-9-10
74.	D	All of the above.	5-10-6, 5-10-7
75.	C	Comparing each thrower's second-best throw.	6-3-2a1
76.	B	To determine a first-place winner when a tie for that place is involved.	6-3-2b(4a)
77.	C	Places have been determined and results have been recorded at the finish line.	4-7-1



78.	A	Receives no penalty.	5-10-7
79.	A	Any time.	2-3-2
80.	D	Uniform bottoms with a manufacturer's logo/trademark/reference larger than 2 1/4 square inches around the waistband.	4-3-1b5
81.	C	Points are divided among the visitors, and the host team will receive no points.	2-1-4
82.	A	2.	3-8-1
83.	B	5,000 meters.	8-1-1
84.	C	Clerk of the course.	8-4-5
85.	D	A & B.	6-8-2
86.	D	All of the above.	4-3-1b(8)
87.	D	All of the above.	9-1-1
88.	C	Enters to make an attempt from the front half of the circle.	6-4-3
89.	A	Three minutes for each attempt.	6-2-2c
90.	B	Record that Competitor A has passed at 5 feet, 10 inches and raise the bar.	6-2-3b
91.	A	Team A gets seven points and Team B gets two points.	2-1-2
92.	D	All of the above.	6-6-3
93.	B	Declares the throw a foul.	6-9-2
94.	D	Both B and C.	8-3-5
95.	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.	3-5-3
96.	B	Resets the crossbar and measures the height before calling B1 up to jump.	9-3-2
97.	B	The meet director.	3-3-1
98.	B	Referee.	3-4-4
99.	A	One one-thousandth of a second.	3-8-3
100.	D	Both A & B.	3-11-4

