1. Which of the following is not a sign of a possible concussion?
   A. Headache.
   B. Hunger.
   C. Dizziness.
   D. Confusion.

2. While in the coaching box, a coach may use which of the following when consulting with a competitor between trials in the high jump?
   A. Electronic notebook.
   B. Video from camera.
   C. Smartphone app for performance analysis.
   D. All of the above may be used.

3. The meet referee, other meet officials or jury of appeals shall not set aside any rule.
   A. True
   B. False

4. The games committee may declare the top portion of the uniform be tucked into the bottom portion.
   A. True
   B. False

5. Prior to warm-up, the _________ shall inspect each pole to be used in the competition to verify that the poles are legal equipment, per Rule 7-5-3.
   A. Games committee and referee.
   B. Jury of appeals and field referee.
   C. Starter.
   D. Field referee or head field judge.

6. In the pole vault, a competitor shall have the standards or uprights set to position the crossbar from a point _______ measured from beyond the vertical plane of the top of the stopboard, zero (0) point, up to a maximum distance of 31.5 inches in the direction of the landing surface.
   A. 18 inches.
   B. 45 inches.
   C. 23 inches.
   D. 32 inches.
7. When two or three competitors remain in the high jump or pole vault competition at the beginning of a bar height, each competitor will have ___ minute(s) to initiate a purposeful action that is carried to completion.
   A. One.
   B. Three.
   C. Five.
   D. Two.

8. The competitor shall communicate a pass to the event judge any time after the start of the trial clock.
   A. True
   B. False

9. When only one competitor remains in the high jump competition and has been determined to be the event winner, the competitor may determine successive heights of the crossbar at ___-inch increments.
   A. ½
   B. 1
   C. 2
   D. Competitor may determine successive heights of the crossbar.

10. In the long jump, it is a foul if the competitor runs outside of the white lines marking the runway at any point.
    A. True
    B. False

11. The event of pole vault requires planting box padding that meets the appropriate ASTM Specification Standard.
    A. True
    B. False

12. The games committee may specify the number of jumps and distances to be measured in the horizontal events.
    A. True
    B. False

13. Competitors have two minutes to complete consecutive trials in the triple jump.
    A. True
    B. False

14. In the long and triple jumps, in meets with limited entries, the games committee may allow all competitors just ______ total trials, replacing the preliminaries and finals format.
    A. Three.
    B. Four.
    C. Five.
    D. All of the above.
15. In the long and triple jumps, the distance from the foul line or takeoff board may be adjusted to accommodate different levels of competition.
   A. True
   B. False

16. When a fully automatic timing (FAT) system and manual times are both used and there are no malfunctions, the FAT time shall be considered the official time.
   A. True
   B. False

17. The referee’s duties include:
   A. Answering questions that are not specifically placed under the jurisdiction of other officials.
   B. Determining if a race shall be rerun.
   C. Notifying, or cause to be notified, the competitor and his/her coach of a disqualification.
   D. All of the above.

18. For all races that require a wind reading, the anemometer shall be set _____ meters from the finish line.
   A. 10
   B. 25
   C. 50
   D. 75

19. Which is the correct number of hurdles for the races listed below?
   A. Girls 100-meter - 10 hurdles.
   B. Boys 110-meter - 10 hurdles.
   C. Boys and girls 300-meter - 8 hurdles.
   D. All are the correct number of hurdles for each race.

20. In cross country, a competitor is disqualified if he/she receives water during the competition.
   A. True
   B. False

21. If a competitor or relay team qualifies for an event through earlier competition in that meet and then withdraws, no substitute(s) from his/her school or any school may replace this qualifier.
   A. True
   B. False

22. It is an unfair act when a competitor receives assistance, including pacing by a teammate not in the race or other individuals not in the race.
   A. True
   B. False

23. An application for a national record in a running event must be recorded by FAT (fully automatic timing).
   A. True
   B. False
24. A coach may verbally instruct a competitor, provided the coach is positioned in an unrestricted area or designated coaches’ box.
   A. True
   B. False

25. In the vertical jump events, a competitor shall be credited with his/her best achievement if it occurs in a jump-off for second place.
   A. True
   B. False

26. It is the referee's responsibility to approve the official scorer's final results and record the time that the meet was officially concluded.
   A. True
   B. False

27. When there is no games committee, the meet director shall have general supervision of the meet and perform those duties assigned to the games committee.
   A. True
   B. False

28. When a competitor is disqualified, who shall notify or cause to be notified the competitor and competitor's coach of the disqualification?
   A. Chair of the jury of appeals.
   B. Clerk of the course.
   C. Meet referee.
   D. Head event judge.

29. When the judges and timers are ready, the head finish judge signals the starter by waving:
   A. His/her hand.
   B. A white flag or by blowing a whistle.
   C. A yellow flag or by blowing a whistle.
   D. None is the correct signal.

30. After passing the baton, the relieved competitor should immediately step off the track to his/her left.
   A. True
   B. False

31. The implement inspector(s) shall allow only legal implement(s) in warm-ups and competition.
   A. True
   B. False
32. The clerk of the course is responsible for:
   A. Recording the name and number of each competitor.
   B. Checking and enforcing uniform, visible apparel and shoe regulations.
   C. Giving all necessary instructions concerning the rules governing the race.
   D. All are responsibilities of the clerk of the course.

33. When a rubber tip is used in the boys 800-gram javelin, the metal point shall end in a slightly rounded button shape that must be 16-18 mm in diameter.
   A. True
   B. False

34. Which is an incorrect requirement for a relay baton? The baton shall:
   A. Not exceed 11.81 inches (30 cm) in length.
   B. Have a circumference of at least 6 inches.
   C. Be smooth.
   D. Not be wrapped with tape.

35. Any visible garment(s) worn underneath the track and field uniform bottom and extending below the knees shall be unadorned and of a single, solid color, except for logos as provided for by rule.
   A. True
   B. False

36. The use of slippers or socks does not meet the requirements of the rule requiring a competitor to wear shoes.
   A. True
   B. False

37. The ultimate responsibility to have each competitor compliant with uniform rules is with the clerk of the course.
   A. True
   B. False

38. The track and field or cross country uniform top shall not be of a bare midriff style.
   A. True
   B. False

39. The use of a crossbar fitted with alternative ends (semicircular) is not permitted.
   A. True
   B. False

40. In the pole vault, the following is permissible:
    A. The wearing of gloves by a vaulter.
    B. A vaulter taping the hands or fingers for support.
    C. A vaulter wearing a forearm cover to prevent injuries.
    D. All are permissible.
41. The tie-breaking procedure in throwing events and jumping events shall only be used for those place-finishes scoring points.
   A. True
   B. False

42. In the discus throw, it is a foul if a competitor:
   A. Fails to initiate the purposeful action within one minute after being called.
   B. Does not exit by the back half of the circle.
   C. Throws a discus which hits the cage and/or an object outside the sector before landing within the sector.
   D. All are fouls.

43. Which of the following criteria must be met for a shot to be legal?
   A. Must be a solid sphere.
   B. Must be made of metal or other suitable material not softer than brass.
   C. Shall not have indentations other than a manufacturer's weight marking.
   D. All are requirements.

44. In the pole vault, which of the following is not a foul?
   A. The competitor displaces the crossbar from the pins on which it originally rested.
   B. The crossbar is displaced by a force disassociated with the competitor after he/she is legally and clearly over the crossbar.
   C. The competitor touches or catches the pole preventing it from dislodging the crossbar.
   D. The competitor steadies the crossbar with a hand or arm.

45. In pole vault, a competitor who has passed three consecutive heights and has not entered the competition but is entering at this height shall be allowed two minutes of warm-up without the crossbar in place.
   A. True
   B. False

46. A competitor in pole vault shall be credited with his/her best achievement if it occurs in a jump-off for first place.
   A. True
   B. False

47. The field referee or the head field judge shall:
   A. Have jurisdiction over all judges in field events.
   B. Oversee the measuring, weighing and inspection of all implements.
   C. See that all field events start on time and continue without delay.
   D. All of the above apply to the field referee or head field judge.

48. In the high jump, it is a foul if the competitor:
   A. After clearing the bar, contacts the upright and displaces the crossbar or steadies the bar.
   B. Takes off from two feet.
   C. Touches the ground or landing area beyond the plane of the crossbar, or the crossbar extended, without clearing the bar.
   D. All are fouls.
49. In the long and triple jumps, one anemometer (wind instrument) is required and shall be placed:
   A. 20 meters from the foul line.
   B. Facing the start.
   C. Within 2 meters of the runway.
   D. All are requirements for placement of the anemometer.

50. In throwing events, the prescribed time limit for a trial begins when:
   A. The previous competitor has completed his/her attempt.
   B. The competitor assumes his/her position in the circle or on the approach.
   C. The event judge announces the competitor's name for a trial.
   D. None of the above.

51. A pole vaulter has legally and clearly successfully completed an attempt. The crossbar is displaced by a force disassociated with the competitor. The proper ruling is:
   A. The competitor is not charged with an attempt and given a replacement jump at the same height.
   B. The competitor is charged with a failed attempt.
   C. The competitor is credited with a legal clearance for a successful attempt.
   D. The competitor is not charged with a foul and is automatically allowed an additional attempt at the next height.

52. Legal taping of the vaulting pole must be:
   A. Of uniform thickness.
   B. Limited to the top portion of the pole.
   C. Limited to one layer.
   D. All of the above.

53. Upon the completion of a throw, the competitor must remain in the circle or on the approach until the event official determines “fair or foul” by using a flag or verbal indication.
   A. True
   B. False

54. Duties of an umpire include:
   A. Adequately observing the entire turn when lanes extend around a turn.
   B. Having jurisdiction over all judges in the field events.
   C. Keeping a record of the competitors.
   D. Having general jurisdiction over the assistant timers.

55. Time limits for competitors to be excused to compete in another event shall be determined by the:
   A. Meet director.
   B. Games committee.
   C. Clerk of the course.
   D. Event judge.
56. At the conclusion of the preliminary rounds of a field event requiring preliminaries and finals, two competitors tie for the final spot to advance into the finals. The result of this tie is:
   A. Both competitors advance to the final round.
   B. Only the competitor with the farthest second-best mark advances.
   C. Neither competitor advances.
   D. The competitors involved in the tie will be given one additional trial to break the tie and advance to the finals.

57. It is highly recommended that all throwing event landing sectors be cordoned off, roped, fenced or flagged:
   A. Well outside the sector lines.
   B. Directly along the sector lines.
   C. Just inside the sector lines.
   D. Three feet parallel to the sector lines.

58. When a competitor's best performance during vertical jumping events occurs during a jump-off for first place:
   A. The competitor shall only be credited with that performance mark if it results in winning the competition.
   B. All competitors involved will only be credited with the best performance mark achieved before the jump-off.
   C. Any competitor involved shall be credited with the best performance achieved in the jump-off if it exceeds his/her best performance prior to the jump-off.
   D. The performance mark cannot be used for record purposes.

59. Electronic devices may be used:
   A. In unrestricted areas and coaching boxes providing the location does not interfere with the progress of the meet.
   B. To review an official's decision.
   C. During a race or trial to transmit information to the competitor.
   D. At any time and location during the meet.

60. Unsporting conduct may include:
   A. Disrespectfully addressing an official.
   B. Using profanity directed toward someone.
   C. Taunting.
   D. All of the above constitute unsporting conduct.

61. Forming heats, drawing lanes and determining the number of competitors to qualify in each heat shall be done by the games committee with the assistance of the referee and the:
   A. Field judge.
   B. Meet director.
   C. Clerk of the course.
   D. Starter.
62. Which of the following can be legally worn by a competitor in track and field and cross country?
   A. Medical alert, with alert visible recommended.
   B. Wedding band.
   C. Watch.
   D. All of the above are legal to wear.

63. If a legal implement breaks during a trial in accordance with the rules, no penalty shall be counted against the competitor and a replacement trial shall be awarded.
   A. True
   B. False

64. After results have been announced, or made official in that event, appeals regarding a misapplication of the rules shall be filed no later than:
   A. Within 15 minutes of official results of event.
   B. Within 30 minutes of official results of event.
   C. Within 45 minutes of official results of event.
   D. Before the conclusion of the meet.

65. When fully automatic timing (FAT) is used, there shall be a minimum of ____ appointed officials to operate the timing system and evaluate finish line video/pictures.
   A. Three.
   B. Four.
   C. Two.
   D. None of the above.

66. Which of the following may not automatically result in a disqualification?
   A. Knocking down all hurdles.
   B. Running around a hurdle.
   C. Interfering with another competitor.
   D. Advancing or trailing a leg or foot along the side of and below the height of the hurdle gate.

67. Which of the following special events may be included in the order of events?
   A. Indoor weight throw.
   B. Hurdle shuttle relay.
   C. Steeplechase.
   D. All may be included.

68. Each competitor in the long and triple jumps shall be allowed three preliminary trials. Those qualifying will be allowed how many additional attempts in the finals?
   A. One.
   B. Two.
   C. Three.
   D. Four.
69. The score of a forfeited dual meet shall be:
   A. 9-0.
   B. 8-0.
   C. 13-0.
   D. 14-0.

70. The head event judge shall be responsible for:
   A. The judging and measuring of each legal trial of a competitor in all field events.
   B. Recording the name and number of each competitor.
   C. Placing competitors on the starting line.
   D. Giving proper announcements to assist competitors in reporting to the clerk of the course.

71. Which of the following actions by a competitor would not result in disqualification?
   A. Wearing jewelry during competition.
   B. Using a pole rated below the competitor's body weight.
   C. Disrespectfully addressing an official.
   D. Using an implement that has not been certified by the implement inspector.

72. An acceleration zone may be used:
   A. For all relay exchanges.
   B. For all exchanges where the incoming competitor is running 200 meters or less.
   C. In the 4x400-meter relay.
   D. In the distance medley relay.

73. In the 4x400-meter relay, outgoing runners:
   A. Must be positioned entirely within the 10-meter acceleration zone.
   B. Must be positioned at the beginning of the 20-meter exchange zone.
   C. May use the 10-meter acceleration zone.
   D. Must be positioned entirely within the 20-meter passing zone.

74. In a meet requiring preliminaries and finals, Relay Team A has advanced to the finals. Which competitors may compete in the finals?
   A. Any combination of the six contestants listed on the relay entry card.
   B. Only the same four contestants who ran in the preliminaries to qualify for the finals.
   C. Any athletes listed on the official team roster and entered in the meet.
   D. None of the above.

75. Unfair acts resulting in disqualification in track and field may include:
   A. Pacing by a teammate not in the race.
   B. Interference with another competitor.
   C. Coaching a competitor from a restricted area.
   D. All of the above.
76. In the case of a tie in the team score in cross country, the tie is broken by:
   A. Total score of all seven runners from each school involved in the tie.
   B. Total score of the top six runners from each school involved in the tie.
   C. Comparing the finish position of the sixth finisher from each school involved in the tie.
   D. Finish position of the first finisher from each school involved in the tie.

77. A pass is used to forego a trial and is not considered a trial.
   A. True
   B. False

78. In all jumping events, the head event judge may signal a trial “fair” or “foul” by:
   A. Giving a verbal indication.
   B. Raising a red or white flag.
   C. Either A or B.
   D. Neither A nor B.

79. The javelin can be constructed of metal or other suitable material, including wood.
   A. True.
   B. False.

80. The recommended width of the takeoff board for horizontal jumps is:
   A. 8 inches.
   B. 10 inches.
   C. 26 inches.
   D. All of the above.

81. All starting blocks used in running events shall be inspected by:
   A. The implement inspector.
   B. The meet referee.
   C. The head starter (or designee).
   D. The clerk of the course.

82. A competitor finishes a cross country race when:
   A. The torso of the runner breaks the plane of the finish line when using hand or picture-based timing system.
   B. The foot/shoe of the runner crosses the finish line when using hand or picture-based timing system.
   C. The head of the runner breaks the plane of the finish line when using hand or picture-based timing system.
   D. The arm and/or hand of the runner breaks the plane of the finish line when using hand or picture-based timing system.
83. In the shot, it is a foul if the competitor:
   A. Exits the back half of the circle before the implement has landed.
   B. After starting the purposeful action, touches any surface outside the circle during a put.
   C. Allows the shot to drop below the shoulder during the put attempt.
   D. All are fouls.

84. Regarding appeals for alleged misapplication of the rules:
   A. Appeal shall be filed no later than within 15 minutes after the results in the event have been announced.
   B. Decisions of the referee may not be appealed to the Jury of Appeals.
   C. Judgement calls are appealable.
   D. All are incorrect.

85. In both the high jump and the pole vault, a competitor who has passed three consecutive heights and has not entered the competition, but is entering at this height shall be allowed two minutes of warm-up without the crossbar in place.
   A. True
   B. False

86. In the pole vault, if improperly fastened supports slip downward when the vaulter contacts the crossbar, the head event judge shall:
   A. Rule as a foul.
   B. Rule as a foul only if the crossbar falls.
   C. Rule as a no jump and the competitor is given a replacement trial.
   D. Rule the trial as successful.

87. Which of the following may be placed on a track and field or cross country uniform top?
   A. Competitor’s name.
   B. A single manufacturer’s logo meeting dimension requirements.
   C. School identification.
   D. All are permissible on a uniform top.

88. Clerical or team scoring errors may be corrected up to:
   A. 24 hours after the conclusion of the meet.
   B. 36 hours after the conclusion of the meet, unless the games committee or the meet director specifies other time period.
   C. 48 hours after the conclusion of the meet.
   D. 48 hours after the conclusion of the meet, unless the games committee or the meet director specifies other time period.

89. In the high jump, the competitor clears the crossbar, but causes it to vibrate. Which of the following would result in the jump being called fair?
   A. The jumper gets out of the pit before the bar falls.
   B. The jumper steadies the bar.
   C. The head official rules that the bar will not fall and steadies it.
   D. All result in a fair jump.
90. After passing the baton, the relieved competitor should stand still or jog straight ahead and step off the track when clear.
   A. True
   B. False

91. To accommodate those competitors who may be excused to participate in other events, the head judge may change the order of competition in preliminary or final rounds of any throwing or jumping event. Successive trials is one such method.
   A. True
   B. False

92. In cross country, a finish corral is an accepted method when a transponder system is used for order of finish.
   A. True
   B. False

93. The referee for a track and field meet has the sole authority to:
   A. Determine if a race shall be rerun.
   B. Determine who is eligible to participate in a rerun.
   C. Rule on infractions or irregularities not covered within the rules.
   D. All are under the sole authority of the referee.

94. During competition when placing the crossbar in the high jump back on the standards following an unsuccessful trial, it is not necessary to place it in the same position on the standards as original placement at the start of the meet.
   A. True
   B. False

95. In all field events, actions by a competitor cannot be declared a foul after the official has ruled the trial fair unless there is an immediate correction of a mistaken action by the official.
   A. True
   B. False

96. It is permissible for a competitor in the pole vault to request the plant box padding be removed before the vaulter initiates the trial.
   A. True
   B. False

97. A competitor observed wearing an illegal uniform shall be:
   A. Required to make the uniform legal before becoming eligible for further competition.
   B. Issued a warning and subsequent violation results in disqualification from event.
   C. Withheld from event if uniform cannot be made legal prior to the start of competition.
   D. All are correct.

98. In cross country, a competitor who alters an assigned contestant number and/or computerized transponder(s) that may interfere with recording place finish shall result in disqualification from the race. The referee may address irregularities causing the number or chip to be altered.
   A. True
   B. False
99. In discus, a thrown implement is in-bounds if it lands:
   A. Entirely between the inside edges of the sector lines.
   B. Within the throwing sector and partially on, but not over, a sector line.
   C. On the sector line and partially outside the boundary line.
   D. A and B.

100. In pole vault, at the vaulter's request, a designated pole catcher from the vaulter's school may tend the pole to prevent it from falling onto the ground, but never to prevent the pole from dislodging the crossbar.
   A. True
   B. False