California Track Starters Association
2014 Study Guide with Answers

Name: _____ Score: _____

Answers to all questions come from the **2014 Rule** and **Case Books**. Be sure to read each question carefully and completely. Answer the questions as indicated: For fill in questions, answer where needed; Circle correct answers for all Multiple Choice, T or F, and Situation questions (Legal or Illegal, Upheld or Denied questions, etc.); Give the rule, section, and article or case reference **for all question**. For all false answers and Situation questions give an explanation for each answer.

NOTE: Rule Book and Case Book questions are mixed throughout the Study Guide. Situation questions were drawn from **both** sections of the Case Book: **Part One – New Interpretations**, and **Part Two – Revised Interpretations**. **Be sure to check both sections for Situation answers.**

1. National records are recognized only in the boys ____ meter high (____ inch) and 300-meter intermediate (36-inch) hurdles, and the girls _____ meter high (____ inch) and 300- meter (____inch) low hurdles.

   Rule: _____

2. In a tri-meet, (3 teams competing,) how many points does third place receive for the following races: 100 M dash ____ ; 4 X 400 Relay ____.

   Rule: _____

3. The FAT operator believes he/she may have misread an earlier result. The referee and meet manager confirm that two competitors who were in similar uniforms had their physical appearance reversed in the reading of electronic timing system results. The error is not detected until well after 30 minutes from that event has elapsed. The error is considered clerical and the results corrected.

   Case# _____ Correct Incorrect

4. All officials work under the direction of the games committee and the meet director. This list includes the Starter.

   T F **Rule:** _____

5. The meet referee, other meet officials or the jury of appeals shall not set aside any rule.

   T F **Rule:** _____

6. The games committee has the authority to determine the: . . . Approved items (tape, chalk, half-tennis balls, etc.) and locations in the acceleration zones of all relay races run in lanes.

   T F **Rule:** _____

7. The Protest/Appeal Process: **Circle all** that apply to the Protest/Appeal process.

   a. Must be made by the head coach, preferably in writing on a form designated for that purpose after first filing the protest with the referee.

   b. Must include competitor's name, school and number (if provided), as well as the event involved.

   c. The specific rule in question.

   d. A brief description of the situation or ruling being appealed.

   e. A list of all officials involved.

   Case# _____

8. The games committee also may: . . . Determine the time at which field events shall terminate..

   T F **Rule:** _____

9. Electronic devices may be used in unrestricted areas and coaching boxes, providing the location does not interfere with progress of the meet as determined by the meet referee. Electronic devices shall not be used:

   a. _____

   b. _____

   Rule: _____

10. What are the penalties for violation of the rule above? _____

    _____

    Rule:_____

11. The meet director and/or his/her designee shall be responsible for handling unsporting conduct by a spectator(s) and other matters outside the competition rules.

    T F **Rule:** _____

12. When a competitor is disqualified, the referee shall notify or cause to be notified, **both** the competitor **and** his coach, of the disqualification.

    T F **Rule:** _____

13. Situations that are eligible to protest/appeal include, but are not limited to:

    a. Misapplication of the rules which must be filed within _____ minutes after the announcement of event results.

    b. Correction of clerical or team scoring errors which may be corrected up to ____ hours after the end of the meet, unless another time period is specified in advance by the games committee or meet director.

    c. Correction of meet results involving an ineligible participant _____

    _____

    Rule: _____

14. The starter, or any other official designated by the starter, shall give a signal at the beginning of the last lap in each individual race of _____ laps or more.

    Rule: _____

15. When only two watches record a winning time, the _____ time shall be recorded..

    Rule: _____

16. One anemometer (wind instrument) is required for races up to and including _____ meters, plus the long and triple jumps.

    Rule: _____

17. The implement inspector(s) shall inspect all starting blocks used in the running events, however he or she is no longer required to inspect the Pole Vault poles.

    T F **Rule:** _____

18. Each contestant is solely responsible for promptly reporting for each event entered and at the location designated.

T F **Rule:** _____

19. A contestant shall not be entered in more than four events, excluding relays.
What procedure should meet management follow to resolve this issue?

Rule: _____ **Procedure:** _____

_____

20. A visible garment worn under the uniform top displaying contrasting stitching to the single, solid color of the undergarment and functions as the actual seam for the undergarment's construction is legal.

T F **Rule:** _____

21. Any visible garment(s) worn underneath the uniform bottom and extending below the knees shall be unadorned and of a single, solid color.

T F **Rule:** _____

22. When reporting to the clerk of the course, all four members of Team B's 4 x 400 meter relay team are wearing compression garments that do not extend below the knees underneath the uniform shorts. Each competitor's compression undergarment is a different color. The clerk observes and takes no further action and the team competes.

Case# _____ Correct Incorrect **Comment:** _____

_____

23. A contestant has recently had an eyebrow pierced. Since the contestant has no desire to remove the jewelry before competing, the eyebrow is covered with tape prior to the contestant reporting to the blocks. The starter does not allow the competitor to participate with tape covering jewelry.

Case# _____ Correct Incorrect **Comments:** _____

_____

24. A competitor who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, may not complete the running or field event trial. (That he/she has already started.)

T F **Rule:** _____

25. If there is a tie in any heat or flight which affects qualification for the next level of competition, the tying competitors shall qualify if lanes or positions are available. If they are not available, the tying competitors shall compete again for the available lane or position.

T F **Rule:** _____

26. There are only three competitors left in the pole vault when A1 is disqualified for unsporting conduct. A1 has previously placed third in the high hurdles, has a preliminary jump of 21 feet, 6 inches in the long jump, and has been entered in the 4x400-meter relay.

Case# _____ **Ruling:** _____

_____

_____

Comment: _____

_____

27. It is an unfair act when a competitor receives any assistance. This includes a competitor who receives communication electronically during a race or trial.

T F **Rule:** _____

28. What is the penalty for a competitor who receives any assistance?

Rule: _____

29. A field event begins at a time designated by the games committee and is considered official and concluded when _____

Rule: _____

30. Distances which are run around a curve but not in lanes shall be measured, when a painted line is used to mark the inner edge on all-weather tracks, upon a line _____ inches (_____ centimeters) outward from the inner edge of the track. When a raised curb is used, the distance shall be measured upon a line _____ inches (_____ centimeters) outward from the inner edge of the track.

Rule: _____

31. An alley is a combination of two or more adjoining lanes . . . The lane line of the innermost lane of the alley becomes the lane boundary for all competitors running in that alley.

T F **Rule:** _____

32. The lines marking the limits of the exchange zone are outside the 20-meter (22-yard) measurement.

T F **Rule:** _____

33. In the table below, fill in the distance from the starting line to 1st hurdle, distance between hurdles, and distance from last hurdle to finish line for each race listed.

Rule: _____

	Distance of Race	Starting Line to 1st Hurdle	Between Hurdles	Last Hurdle to Finish Line
Boys	**110 m**			
Girls	**100 m**			
Boys & Girls	**300 m**			

34. A relay team member reports to the starting line in the 4x100-meter relay with a baton that: (a) has the school name printed with paint or magic marker; or (b) has the school name in cut-out letters taped to the baton surface.

Case# _____ **Ruling:** _____ **Comment:** _____

_____

35. When a final race is run in sections, . . . All sections for an event shall use the same starting procedure.

T F **Rule:** _____

36. In a dual meet where conditions allow more than three competitors from each team to compete in laned races, the question arises as to whether the faster or slower competitors run first.

Case# _____ **Ruling:** _____

_____

37. For the first round of competition, runners who are known to have the best times should be placed _____ and given _____ assignments.

Rule: _____

38. At the start of the 100-meter dash, A1 and A2 indicate they wish to use a standing start. Both competitors take their final positions at the command "Set." (a) A1 leans forward after the "Set" command and before the pistol, or (b) A2 has difficulty maintaining balance and moves his/her arms, causing B1 and C1 to move out of their blocks.

Case# _____ **Ruling:** _____

_____

Comment: _____

_____

39. A race shall be recalled in the first 100 meters when a competitor falls due to contact with another competitor in the following situations:

a. _____

b. _____

Rule: _____

40. During the finals of the 110 high hurdles, A1 hits a hurdle and also displaces a hurdle in an adjacent lane. B1, in the next lane, is unable to clear the displaced hurdle.

Case# _____ **Ruling:** _____

_____

41. In the 4x200-meter relay in which acceleration zones are being used: (a) A1 hands the baton to A2 in the acceleration zone before either enters the exchange zone; or (b) B1 and B2 are simultaneously holding the baton as they move from the acceleration zone into the exchange zone, where B2 takes sole possession.

Case# _____ **Ruling:** _____

Comment: _____

42. In relays of 800 meters or longer and which are not run in lanes, . . . The responsibility for taking a position which corresponds to that which the passer is entitled is on the outgoing competitor.

T F **Rule:** _____

43. When a race is run in lanes, . . . A competitor shall be considered to be out of the lane when: Without being fouled and while running around a curve, steps on or over the inside lane line or curb for _____

_____

Rule: _____

44. During the 110-meter high hurdles, A1 misses his step, is off balance and in order to avoid a hurdle, steps around it. He then turns, comes back without interfering with any other competitor, clears the hurdle and finishes the race.

Case# _____ **Ruling:** _____ **Comment:** _____

_____

45. In the Field Events: A pass shall be communicated to the event judge before the start of the trial clock.

T F **Rule:** _____

46. The time limit for consecutive trials in the throwing events is _____.

Rule: _____

47. A1 reports his/her intention to pass on the next attempt in the pole vault (a) before the start of the trial clock; (b) after the start of the trial clock but before the time has expired. The event judge rules a failed attempt in both cases.

Case# _____ **Ruling:** _____ **Comment:** _____

_____

48. Warm-ups shall not be allowed unless supervised by an event official or the contestant's coach . . . **Penalty:** Warming up without the contestant's coach or event official at the venue shall result in _____ and, if repeated, _____. If the incident recurs, _____

_____

Rule: _____

49. All competitors' implements have been weighed, measured, inspected, etc., prior to the start of the meet. A1 is using a rubber discus. During the first throw, A1's discus hits the cage resulting in a foul. After A1 steps into the circle for the competitor's next attempt, the judge notices that the discus has a section missing. It is determined the discus was damaged and became illegal as a result of hitting the cage.

Case# _____ **Ruling:** _____

Comment: _____

50. In the Discus Throw **AND** the Shot Put. . . It is a foul if the competitor, after stepping into the circle, fails to pause before starting the put.

T F **Rule:** _____

51. A1's discus throw hits the side of the cage and deflects to a landing inside the sector lines.

Case# _____ **Ruling:** _____

52. In the Discus Throw Measurements shall be recorded to the nearest _____ or _____ centimeter.

Rule: _____

53. A contestant presents a shot to the inspector of implements for approval. The judge observes the shot has: (a) two severe indentations; (b) has internal movement either by feel, sight or sound; or (c) has tape on it.

Case# _____ **Ruling:** _____

Comment: _____

54. A competitor in the shot put begins to move across the throwing circle initiating his/her attempt to throw. The competitor slips and stops the attempt. He/she exits the circle and wipes off his/her shoes then re-enters the circle and starts another attempt. This action all occurs during one minute. A foul is called.

Case# _____ **Ruling:** Correct Incorrect **Comment:** _____

_____

_____

55. Competitors shall be credited with their best performance regardless of whether it occurs in the preliminaries or finals.

T F **Rule:** _____

56. Unless the competitor has had three unsuccessful trials at a given height, the competitor may elect to pass a height and take the remaining trial or trials at a subsequent height, but the competitor is eliminated as soon as he/she has had three consecutive unsuccessful trials, regardless of the height or heights at which the unsuccessful trials were attempted.

T F **Rule:** _____

57. A competitor shall initiate a trial that is carried to completion with in the prescribed time limits . . . In the table below, fill in the time limits for each individual event.

Rule: _____

Number of athletes competing at the start of the round	HJ	PV
More than 3		
2 or 3 remaining		
1 remaining		
Consecutive Trials		

58. After an unsuccessful trial at 6 feet, 4 inches, A1 is excused to compete in the first heat of the 110-meter high hurdles prelims. Due to interference, the referee orders the race to be rerun following the third heat. Due to the rerun, A1 reports back to the high-jump judge 15 minutes after being excused, and the bar is now at to 6 feet, 6 inches.

Case# _____ **Ruling:** _____

Comment: _____

_____

59. Prior to the start of the pole vault competition, the event judge observes the coach of Team A pushing the back of one of the athletes during takeoff. The official: (a) issues a warning to the competitors that any assistance is prohibited, (b) issues a warning to the coach that any assistance is prohibited, (c) disqualifies the competitor, (d) records the first trial as a foul for the competitor.

Case# _____ **Ruling:** _____

Comment: _____

_____

60. A competitor shall not use an illegal implement _____ or _____. All vaulting poles shall have been inspected and approved for use _____.

Rule: _____

61. In the Long Jump, the best jumps of A1 & B1 are equal. A1 & B1's second best jumps are also equal. What should the official do next to break the tie? _____

_____

Rule: _____

62. If the height which the tied competitors last attempted is not the same, because of a passed height by one or more of the remaining competitors, the bar shall be _____

_____

Rule: _____

63. At the end of the Pole Vault competition with 3 athletes, A1 is declared the winner at 15' 10". B1and C1 each have one miss at 15' 4", (their last height made.) At 14' 10", B1 had 2 misses and C1 had 1 miss. At 14' 4", B1 had 1 miss and C1 had 2 misses. What place/s do B1 and C1 receive?

Rule: _____

64. The conference pole vault record is 15 feet, 6 inches. After applying the tie-breaking procedures, A1, B2 and C3 remain tied for first place at15 feet, 7 inches. When each competitor is given an additional trial at the failed height (15 feet, 10 inches), A1 and B2 clear the height and C3 fails. When the bar is raised to 16 feet, 1 inch, A1 successfully clears the height and B2 fails.

Case# _____ **Ruling:** _____

_____

65. It is required that any excess material such as asphalt or concrete that extends out from beneath the side or back of the landing pad be removed.

T F **Rule:** _____

66. A competitor who has passed three consecutive heights after competition has begun, may be permitted one warm-up jump without the crossbar in place but shall enter the competition at that height. Such warm-up may be taken at any time.

T F **Rule:** _____

67. Two competitors remain in the high jump competition. They are tied and both will be attempting 6'0". A1 misses on all three trials. B1 misses on his/her first two trials. Before taking his/her third attempt, B1 requests the crossbar be raised to 6'1" which would be a school and meet record, if cleared. The head event judge denies the request as B1 is not yet determined to be the winner of the event.

Case# _____ **Ruling:** Correct Incorrect **Comment:** _____

_____

68. An accurate measurement of the height of the crossbar shall be taken before and after each record attempt.

T F **Rule:** _____

69. A1 runs up to the high jump bar but decides at the last moment to abort the attempt. In trying to stop, A1 's hand or arm passes beyond the plane of the crossbar and: (a) touches the landing pit, or (b) does not touch anything beyond the plane.

Case# _____ **Ruling:** _____

_____

70. Prior to competition, the coach must verify that all of the school's pole vaulters and poles meets these requirements.

T F **Rule:** _____

71. After the head field judge/referee has inspected all poles which will be used in the pole-vault event, the event judge informs the competitors that warm-ups may begin. During the warm-ups the judge notices that A1's pole is bending excessively. Upon further investigation, the judge discovers A1 is using a teammate's pole which is rated 15 pounds below A1's weight.

Case# _____ **Ruling:** _____

72. 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.

Rule: _____

73. The head field referee is checking the pole vault venue. He notices that a 2 cm wide, white line is not extending from the zero point (back of planting box) 10 feet to each side of the landing mat. He instructs host management to place the line in this location.

Case# _____ **Ruling:** Correct Incorrect **Comment:** _____

_____

_____

74. As A1 is preparing for a second attempt at 13 feet, the judge is requested to permit the crossbar to be moved to a position which would place the crossbar 26 inches beyond the plane of the top of the stopboard (zero point)

Case# _____ **Ruling:** _____

_____

75. In the Pole Vault, it is permissible to place markers at the side of the runway.

T F **Rule:** _____

76. Padding meeting the ASTM Standards shall be required for the start of the 2014-15 track and field season.

T F **Rule:** _____

77. A1 successfully clears the crossbar when the pole catcher, in an attempt to grab the properly released pole, inadvertently knocks it into the crossbar causing it to fall into the pit.

Case# _____ **Ruling:** _____

_____

Comment: _____

78. In a jump-off to break the tie in the pole vault, both A1 and B1 miss at the tying height. Because both feel exhausted, they mutually agree to lower the bar 6 inches and so inform the pole vault judge.

Case# _____ **Ruling** _____

_____

79. Competitors may change which foul line or takeoff board they are using during competition, but only with the prior notification of the event judge.

T F **Rule:** _____

80. In the horizontal jump events, any reasonable request for a change in order (of competition) should be granted.

T F **Rule:** _____

81. A1 betters B1's triple jump on his/her last attempt, but inadvertently touches the runway with the drag foot during the step. B1 's coach protests that A1 fouled on his or her last jump and that it should not be permitted.

Case# _____ **Ruling:** Upheld Denied **Comment:** _____

_____

82. A competitor decides to abort his attempt in the Long Jump and steps outside the lines marking the sides of the runway well to the side of the takeoff board and down the side of the pit. No mark is made in the pit.

Fair or Foul **Rule:** _____

83. Each legal jump shall be measured perpendicularly to the foul line or its extension and from that point in the pit touched by the person or _____ which is nearest the foul line or its extension.

Rule: _____

84. Measurements shall be recorded to the nearest _____ or _____ in the Long and Triple Jump.

Rule: _____

85. The boys decathlon, _____ may be substituted for the Javelin Throw.

Rule: _____

86. The (Cross Country) race course should include: . . . At the end of the course, a straightaway of at least _ _____ yards ending in a rope funnel with a mouth _____ feet wide.

Rule: _____

87. In Cross Country scoring . . . The team which scores the most number of points is the winner.

T F **Rule:** _____

88. If only five competitors of tying teams finish, the tie shall be resolved by totaling the scores of the first four finishers.

T F **Rule:** _____

89. In Cross Country. . . The referee shall make final decisions concerning questions which are not specifically placed under the jurisdiction of other officials and shall disqualify any runner for violation of the rules.

T F **Rule:** _____

90. In Cross Country. . . When conditions dictate, the starter may use whistle/flag commands along with the starting device.

T F **Rule:** _____

91. If more than one visible garment, which extends below the knees, is worn under the uniform bottom, all must be the same color.

T F **Rule:** _____

92. In order to receive consideration by the NFHS Records Committee, the performance shall have been made in a meet: . . . Involving _____ schools.

Rule: _____

93. Official acceptance of an NFHS record recorded in the long jump, the triple jump or in any race that is not run around the complete oval of the track requires that a reliable wind guage recorded that any assisting wind did not exceed an average velocity of _____ per second (_____ mph).

Rule: _____

94. In the long jump and triple jump, the wind gauge shall be ____ meters from the foul line. The gauge shall not be more than ____ meters from the track or runway, and shall be approximately _____ meters (4 feet) above the competition surface.

Rule: _____

95. A throwing implement should never be thrown or tossed back to the competitor once a trial is completed.

T F _____

The following questions may or may not have direct Rule or Case Book reference. Answer each question using your best judgement and be prepared to defend you answer during a discussion period in unit class/meeting. Site all rule references that support you answer.

96. Before warm-ups the Starter/Referee inspects the vaulting poles and observes an athlete is holding a pole rated 10 lb. below the athlete's weight. The athlete is warned not to use a pole that is rated under his weight and the pole is returned to the team's pole bag. The competitor's vaulting coach, who is also in charge of the event, and standing near by, states that he has never had an athlete he has trained, break a pole that close to the athlete's weight. The Starter/Referee informs the coach that by rule the pole can not be used. Later in the meet, the starter who is 120 meters away from the pole vault venue hears the telltale sound of a breaking pole and decides to investigate. It was discovered that the athlete who was warned, broke the same pole he was warned not to use. He also stated that his coach told him to use it anyway.

    Describe the penalty or penalties that should be imposed, as well as any further action that should be taken against the athlete and/or coach.

    Rule Reference/s: _____

    _____

    _____

97. After firing the starting device and all runners have legally left their starting mark in a 3200 m race, what is the next immediate responsibility of the starter.

    Rule Reference/s: _____

    _____

98. When there is a disqualification declared and the officials experience some difficulty in finding the offending athlete or the team coach, what method/s may be used to accomplish the required notification..

    Rule Reference/s and/or Case: _____

    _____

    _____

99. The interval between the set command and the firing of the starting device is usually one to two seconds (Rule 5-7-2). Describe what you would do in the following situations:

    a. Eight of nine competitors quickly come to their full and final set position. The ninth competitor pauses a moment, then slowly comes up to the set position.

    _____

    _____

    b. How do you decide or determine when each competitor has reached his/her full and final set position?

    _____

    _____

    _____

100. In the Long Jump, after A1 makes an attempt, the official signals a foul. The coach who is viewing from a legal area immediately protests the call. What should the official do?

    _____

    _____

    _____