1. In a three-way track meet, how many relay teams will earn points toward the team score?
   A. 1.
   B. 2.
   C. 3.
   D. 5.

2. 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.

3. 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.

4. 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.

5. After the bar has been raised, how much time should be given for a trial to the final competitor in the high jump?
   A. 1 minute
   B. 2 minutes
   C. 3 minutes
   D. 5 minutes

6. 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"
7. What is the legal wind reading for an NFHS record in the long jump, triple jump or race that is not run around the complete oval of the track?
   A. 1 meter per second.
   B. 2 meters per second.
   C. 3 meters per second.
   D. 4 meters per second.

8. Taping any part of the throwing hand or fingers unless there is an open wound in the shot put is:
   A. Legal.
   B. Illegal.

9. 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.

10. Which scenario would constitute an illegal entry?
    A. A contestant may officially enter zero individual events, be listed on four relays and compete in four relays.
    B. A contestant may officially enter one individual event, be listed on any number of relays, but compete in only three relays.
    C. A contestant may officially enter three individual events, be listed on any number of relays, but compete in only one relay.
    D. A contestant may officially enter four individual events, be listed on any number of relays, but compete in a relay only if he or she does not check in to one of their individual events.

11. 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.

12. 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.

13. 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.
14. Who determines the time limit for excused competitors in a field event?
   A. The head field judge.
   B. The athlete.
   C. The games committee.
   D. The field referee.

15. In the boys pentathlon, what is the correct order of events?
   A. Long Jump, High Jump, 200-Meter Dash, Discus, 1600- or 1500-Meter Run.
   B. High Jump, Long Jump, 200-Meter Dash, 1600- or 1500-Meter Run, Discus.
   C. Long Jump, High Jump, Discus, 200-Meter Dash, 1600- or 1500-Meter Run.
   D. Discus, High Jump, Long Jump, 200-Meter Dash, 1600- or 1500-Meter Run.

16. 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.

17. 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.

18. 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.

19. The use of a protective cage is required in the discus. Which of the following is required or recommended for cage construction?
   A. The cage should be constructed of heavy nylon netting or other materials that will help to prevent bounce back.
   B. There shall be a rear to the cage as well as sides that extend forward at least to the front of the ring.
   C. The ends of the cage wings should be placed within 4 to 5 feet of the sector lines.
   D. All of the above.

20. 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.
21. 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.

22. The ______ shall oversee the measuring, weighing and inspection of the implements and apparatus.
   A. The starter
   B. The meet announcer
   C. The field referee or head field judge
   D. The marshal

23. 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.

24. 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.

25. 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.

26. 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.

27. 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.
28. At the conclusion of an unsuccessful attempt in the triple jump, a coach requests a measurement. Should this request be granted?
   A. Yes.
   B. No.

29. The minimum length of the javelin runway is 120 feet.
   A. True.
   B. False.

30. 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.

31. 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.

32. The exchange zone is 30 meters for the 4x400m relay.
   A. True.
   B. False.

33. 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.

34. 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.

35. In the triple jump, the take-off board recommended distances are 32 feet for boys and 24 feet for girls.
   A. True.
   B. False.

36. In the discus, measurements will be recorded to the nearest lesser inch or centimeter.
   A. True.
   B. False.
37. In the pole vault, an unsuccessful attempt is indicated on the scoresheet by:
   A. "."
   B. "X"
   C. "O"
   D. "F"

38. In the high jump, a successful attempt is indicated on the scoresheet by:
   A. "."
   B. "X"
   C. "O"
   D. "G"

39. 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.

40. 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.

41. In any throwing event, tape is only allowed on the palm or fingers to cover an open wound.
   A. True.
   B. False.

42. 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.

43. 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.

44. In cross country, the use of a chute is recommended when a transponder/chip system is used for order of finish.
   A. True.
   B. False.
45. 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.

46. 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.

47. 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.

48. Each competitor must wear a uniform either approved by the school or issued by the school.
   A. True.
   B. False.

49. 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.

50. 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.

51. 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.
52. 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.

53. 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.

54. 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.

55. During warm-ups, prior to the start of high jump competition, the crossbar may be used.
   A. True.
   B. False.

56. 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.

57. 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.

58. 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.
59. 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.

60. 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.

61. In the long jump, the runway should have minimum length of:
   A. 100 feet.
   B. 75 feet.
   C. 130 feet.
   D. 200 feet.

62. 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.

63. 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.

64. 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.

65. 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.
66. The games committee has the sole authority to determine if a race shall be rerun, and if so, who is eligible to participate in the rerun and when it should be scheduled.
   A. True.
   B. False.

67. 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.

68. The head starter shall inspect the starting blocks used for running events.
   A. True.
   B. False.

69. A school-approved sweatshirt is an acceptable outer garment to compete in.
   A. True.
   B. False.

70. 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.

71. Unsporting conduct is behavior that is unethical or dishonorable. It includes, but is not limited to:
   A. Direspectfully addressing an official.
   B. Any flagrant behavior.
   C. Using profanity directed toward someone.
   D. All of the above.

72. A running event or heat begins when the competitors report to the starting line, and is considered to be official and concluded when the competitor crosses the finish line.
   A. True.
   B. False.

73. 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.

74. A lap is considered one complete clockwise circuit of the track.
   A. True.
   B. False.
75. A raised curb may mark the inner curve of the track.
   A. True.
   B. False

76. 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

77. 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.

78. The meet director assigns seeded contestants to preferred lanes.
   A. True.
   B. False.

79. The incoming relay competitor must pass the baton to his/her teammate within the exchange zone.
   A. True.
   B. False.

80. There are circumstances where two runners can simultaneously touch a relay baton outside of the exchange zone.
   A. True.
   B. False.

81. 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.

82. What is the minimum weight of a boys shot put?
   A. 12 pounds.
   B. 10 pounds.
   C. 8.818 pounds.
   D. 15 pounds.
83. In a regional 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.

84. In starting a cross country meet, after starting the race the starter should remain stationary.
   A. True.
   B. False.

85. 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.

86. 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.

87. Excused competitors are permitted to attempt successive trials in all field events.
   A. True.
   B. False.

88. 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.

89. 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.

90. In the long jump, the recommended length of the pit shall be:
   A. 20 feet.
   B. 23 feet.
   C. 25 feet.
   D. 31 feet.
91. It is illegal to run backwards 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.

92. The competitor’s weight in the pole vault shall be above the manufacturer’s pole rating.
   A. True.
   B. False.

93. The following is not permitted in the pole vault:
   A. Taping of the wrists.
   B. A forearm cover.
   C. Gloves.
   D. Chalk or adhesive.

94. 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.

95. 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.

96. 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.

97. The suggested take-off board distance in the long jump for boys is 12 feet, and for girls 10 feet.
   A. True.
   B. False.
98. 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.

99. 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.

100. A cross country runner is disqualified for:
   A. Helping a runner under any circumstances.
   B. Receiving water from a teammate or a coach.
   C. Inadvertently bumping a competitor but not interfering with them.
   D. Running a longer distance than the course prescribes.