1. The games committee may consist of:
   A. A meet director or referee in dual meets.
   B. State association appointed individuals for state series meets.
   C. Selected individuals for large invitational meets.
   D. All of the answers are correct.

2. The games committee may determine the time at which field events shall terminate.
   A. True
   B. False

3. The games committee has the authority to determine time limitations or number of warm-up opportunities in the field events.
   A. True
   B. False

4. The meet director shall serve as the official representative of host meet management.
   A. True
   B. False

5. The referee’s duties include:
   A. Retaining clerical authority over the contest through the completion of any reports.
   B. Ruling on irregularities not covered within the rules.
   C. Determining if the event venue meets the criteria set forth in the rules.
   D. All of the answers are correct.

6. The starter shall give a signal at the beginning of the last lap in which of the following races:
   A. 800.
   B. 1600.
   C. 3200.
   D. All of the answers are correct.

7. The starter has which of the following duties:
   A. Responsibility for the competitors on the starting line.
   B. Deciding whether a start is fair and legal.
   C. Deciding which competitor shall be charged with a false start.
   D. All of the answers are correct.
8. When a fully automatic timing (FAT) system allows, all ties for place finishes and/or determining qualifiers for a subsequent round shall be broken by the time recorded to one one-thousandth of a second.
   A. True
   B. False

9. The implement inspector shall:
   A. Weigh the implement.
   B. Measure the implement.
   C. Inspect the implement.
   D. All of the answers are correct.

10. The shoe must be designed so that it can be fastened securely to the foot.
    A. True
    B. False

11. One American flag may be placed where on a track and field or cross country uniform?
    A. Top.
    B. Bottom.
    C. Both the top and the bottom.
    D. All of the answers are correct.

12. What is the penalty for removing any part of the team uniform, excluding shoes, while in the area of competition?
    A. Immediate disqualification from the event.
    B. Warning for a first offense and disqualification from the event if repeated.
    C. Immediate disqualification from further competition in the meet.
    D. No penalty, athletes may remove their uniforms.

13. Any athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be:
    A. Given the option to compete after consulting with his/her coach.
    B. Immediately removed from the meet and shall not return until cleared by an appropriate health-care professional.
    C. Allowed to complete the current event in which he/she is competing.
    D. Awarded a new trial once the athlete returns to competition.

14. Preliminary races should be arranged so that no competitor is scheduled to run in more heats than another competitor unless tying competitors from a preliminary heat are competing for an available lane in a final heat.
    A. True
    B. False

15. If a competitor is injured or becomes ill, and an appropriate health-care professional is not available, and that competitor receives aid from another competitor, only the injured/ill competitor is disqualified.
16. An athlete may use a watch worn around the wrist during a competition.
   A. True
   B. False

17. A running event or heat begins when competitors report to the starting line.
   A. True
   B. False

18. Which is the correct standard height of hurdles for the races listed below?
   A. Girls 100 meter - 33 inches.
   B. Boys 110 meter - 39 inches.
   C. Boys 300 meter - 36 inches.
   D. All of the answers are correct.

19. Which is the correct requirement for a hurdle? The hurdle shall:
   A. Have a top bar that is 2 inches wide.
   B. Be constructed to fit within the track lanes.
   C. Be painted white, yellow or orange.
   D. Not have a pullover force that causes it to turn over.

20. The incoming and outgoing runners may simultaneously touch the baton outside of the 20-meter exchange zone.
   A. True
   B. False

21. In field events excused competitors shall make the last attempts in finals.
   A. True
   B. False

22. To break a tie in a throwing or horizontal jumping event, the second-best performance is used.
   A. True
   B. False

23. In the discus, wearing a support belt is considered an illegal action.
   A. True
   B. False

24. When three competitors enter the pole vault at a height higher than opening height, and have passed at least three consecutive heights, those athletes are allowed a combined total warm-up time of:
   A. Three minutes.
B. Two minutes.
C. Six minutes.
D. Four minutes.

25. A bungee cord manufactured for use in the high jump and pole vault may be used during warm-ups prior to the start of competition only as approved by the games committee.
   A. True
   B. False

26. In preliminary trials, the number of competitors in flights shall be no less than:
   A. Three.
   B. Five.
   C. Four.
   D. Any number decided by the games committee.

27. The landing pad may consist of multiple sections simply tied together.
   A. True
   B. False

28. In the high jump, measurements shall be recorded to the nearest lesser:
   A. ¼ inch or centimeter.
   B. ½ inch or centimeter.
   C. ¾ inch or centimeter.
   D. 1 inch or centimeter.

29. The pole vault pole:
   A. May be of any material and of any length and diameter.
   B. May have a binding layer of adhesive tape of uniform thickness on the grip end.
   C. May have the plant end protected by layers of tape, PVC, metal, sponge rubber or other suitable materials.
   D. All answers are correct.

30. It is required that the plant box padding meets applicable ASTM specifications.
   A. True
   B. False

31. In the pole vault, a competitor shall have the standards or uprights set to position the crossbar from a point 18 inches measured beyond the vertical plane of the top of the stopboard, zero point, up to a maximum distance of:
   A. 31.5 inches (80 centimeters).
   B. 36.5 inches (92.7 centimeters).
   C. 40.5 inches (102.9 centimeters).
   D. 45.5 inches (115.6 centimeters).
32. If a pole vaulter’s pole breaks during an attempt:
   A. He/she may choose any competitor’s pole to use.
   B. The vault is considered a failed trial.
   C. The vault is not considered a trial.
   D. All answers are correct.

33. In the long and triple jumps, the declination in the approach shall be limited to 2:100 (2 percent) laterally and 1:1000 (0.1 percent) downward in the jumping direction.
   A. True
   B. False

34. Meet management may place markers to the side of the landing pits in the horizontal jumps for the purpose of marking meet, state and/or national records, as well as minimum qualifying standards.
   A. True
   B. False

35. For high jump and pole vault a pass is used to forego a trial and is not considered a trial.
   A. True
   B. False

36. In the first round of competition, if two contestants from the same team fall within the same heat, the slower contestant should be moved to another heat.
   A. True
   B. False

37. At the start of outdoor events of 800 meters or greater, runners may place their hands on the ground for a three-point starting stance.
   A. True
   B. False

38. Unless state association policy determines otherwise, special events should be conducted using USATF Youth event rules.
   A. True
   B. False

39. 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 course

40. In a three-way track meet, how many relay teams will earn points toward the team score?
   A. 1.
   B. 2.
41. 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.

42. 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.

43. 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.

44. 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

45. 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"

46. 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.

47. Taping any part of the throwing hand or fingers in the shot put is:
A. Legal.
B. Illegal.

48. 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 of the answers are correct.

49. Per Wisconsin Season Regulations, a student may compete in a maximum of 4 events but no more than 3 running or 3 field events.
A. True
B. False

50. 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.

51. 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.

52. 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 answers are correct.

53. 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.
54. 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 crossbar falls.
C. Rule as a no jump and the competitor is awarded a replacement trial.
D. Rule the trial as successful.

55. 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.

56. 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. All of the answers are correct.

57. 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.

58. 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 answers are correct.

59. 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.

60. 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.
61. 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

62. 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.

63. 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.

64. 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 answers are correct.

65. 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.

66. 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.

67. At the conclusion of an unsuccessful attempt in the triple jump, a coach requests a measurement. The official grants the request.
   A. True.
   B. False.
68. The minimum length of the horizontal runway is 120 feet.
   A. True.
   B. False.

69. 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.

70. 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.

71. There are circumstances where two runners can simultaneously touch a relay baton outside of the 20-meter exchange zone.
   A. True.
   B. False.

72. 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.

73. 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.

74. In the triple jump, the landing pit recommended distances are 32 feet for boys and 26 feet for girls.
   A. True.
   B. False.

75. In the discus, measurements will be recorded to the nearest lesser inch or even number centimeter.
   A. True.
   B. False

76. In the pole vault, an unsuccessful attempt is indicated on the scoresheet by:
77. In the high jump, a successful attempt is indicated on the scoresheet by:
   A. "-"
   B. "X"
   C. "O"
   D. "F"

78. The long jump/triple jump landing pit should be a minimum width of 9 feet, and the distance between the foul line and farther edge of the landing area shall be at least 32 feet.
   A. True.
   B. False.

79. It is a foul in the shot put if the competitor:
   A. After stepping into the circle, fails to pause before starting the put.
   B. Puts the shot so it does not fall within the sector lines
   C. Leaves the circle before the implement has landed.
   D. All of the answers are correct.

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

81. 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.

82. In the horizontal jumps, markers may be placed:
   A. On the runway.
   B. In the landing pit.
   C. None of the answers are correct.

83. The games committee has the authority to determine time limitations or number of warm-up opportunities in the field events.
   A. True.
   B. False.

84. 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 answers are correct.

85. 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 of the answers are correct.

86. 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 answers are correct.

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

88. 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.

89. 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 answers are correct.

90. 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.

91. 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.

92. 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.

93. If a legal implement breaks upon completion of a trial, the head field event judge shall:
   A. Not award a replacement trial.
   B. Record the results of the trial.
   C. All the answers are corrected, provided the trial was made in accordance with the rules.

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

95. 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 of the answers are correct.

96. 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.

97. In the shot put, the thrower may leave the circle:
   A. As soon as desired.
   B. After the implement has landed.
   C. From the front half of the circle.
   D. All of the answers are correct.

98. The starter shall give a signal at the beginning of the last lap in which of the following races.
   A. 800.
   B. 1600.
   C. 3200.
D. All of the answers are correct.

99. In the WIAA tournament series, the tournament manager will decide the starting height for both the high jump and pole vault. The starting heights will be determined by counting down using the performance of the 8th best athlete, then subtracting two increments (4” high jump and 1’ pole vault).
   A. True
   B. False

100. In the long jump, the distance between the takeoff board and farthest edge of the landing area shall be at least:
   A. 15 feet.
   B. 26 feet.
   C. 32 feet.
   D. 17 feet.