

## 2017 Maine HS Track Coaches Review of the Rules

1. In the absence of a curb(pole) on the track, if cones are used they shall be placed \_\_\_\_\_ Meters from each other on the turns.
2. Only legal implements may be used in the warm-up area. **T or F**
3. In any race of two laps or more a bell shall be rung at the start of the last lap. **T or F**
4. In Maine, the maximum number of individuals who may be listed on the relay entry card is:  
A. Six. B. Eight. C. Ten. D. Four \_\_\_\_\_
5. In the pole vault, a competitor passed the first four heights of the competition. At the height that the jumper is starting, the officials allows one run through without the bar in place before any of the contestants do jumps with the bar in place. Is this the correct procedure? **Yes or No. If No, what is the correct procedure.** \_\_\_\_\_
6. Warming up without an event official or contestants coach at the site shall result in disqualification from the event. **T or F**
7. In a 3-turn stagger 4 x 400 relay, the outgoing number 2 runner, may start their run 10 meters inside the exchange zone. **T or F**
8. In field events; if an implement lands inside the sector lines and the implement breaks on contact: \_\_\_\_\_  
A. Measure the distance  
B. Give the athlete another throw  
C. Call a foul
9. The standards for the pole vault must be set between 18 inches and 31 ½ inches. **T or F**
10. Prior to beginning the attempt in the shot put or discus, the competitor cleans the ring with a towel, steps out of the ring and drops the towel, then returns to the ring to initiate the throw. All within the one minute time. The event judge shall call a foul. **T or F**
11. A competitor in the 200M race reports wearing above the knee compression shorts that are tiger striped under his school issued shorts. Is this acceptable? **Yes or No**
12. The final runner in the 4x400 relay drops the baton prior to crossing the finish line, crosses the finish line and returns across the line and retrieves the baton; then crosses the finish line for a second time. Is this runner disqualified? **Yes or No.**
13. What is the minimum pull-over force for a 39" hurdle? \_\_\_\_\_kg
14. In the high jump, it is a foul if the competitor touches the ground or landing area beyond the plane of the crossbar without clearing the bar. **T or F**
15. The sector angle for the shot put is \_\_\_\_\_ Degrees.
16. It is an infraction if an athlete takes \_\_\_\_\_ or more consecutive steps on or over the inside lane line on a turn.

17. The penalty for unacceptable conduct is \_\_\_\_\_.
18. Disqualification for Unsporting conduct carries what two penalties:  
a. \_\_\_\_\_  
b. \_\_\_\_\_
19. When there are three athletes remaining in the pole vault or high jump at the beginning of the bar height, each athlete will have \_\_\_\_\_ minute(s) to initiate their trial.
20. It is a violation for the incoming and outgoing runners in a relay to simultaneously touch the baton, prior to the baton being in the exchange zone. **T or F.**
21. The meet referee, other meet officials or jury of appeals shall not set aside any rule. **T or F.**
22. Who has the responsibility of providing liquids to athletes during a race? \_\_\_\_\_
23. Races of 800 meters or longer must use a standing start. **T or F.**
24. Any visible garment worn underneath the track & field uniform bottom and extending below the knee shall be unadorned and of a single, solid color, except for logos as provided in the rules. **T or F.**
25. With three pole vaulters entering the competition for the first time, after passing four prior heights. What is the total time which is allowed for their warm-up, without a bar or bungee?  
\_\_\_\_\_.