

## 2018 NFHS Coaches Rules Review Questions

- 1) True or False: An acceleration zone may be used for all baton exchanges during the 4x100 meter relay race.
- 2) True or False: All events with results determined by distance, thrown or jumped, shall be measured to the nearest lesser half inch (1/2").
- 3) True or False: The games committee may not alter specific playing rules for any event.
- 4) True or False: Coaching from any restricted area is considered assistance and is a cause for disqualification of a competitor.
- 5) The length of an exchange zone is \_\_\_\_\_ meters.
- 6) For field events, a pass shall be communicated to \_\_\_\_\_ prior to the start of the trial clock.
- 7) For races with a waterfall start, if a runner falls as a result of contact with another runner in the first \_\_\_\_\_ meters, the race shall be recalled.
- 8) True or False: Starting blocks must be used in races 200 meters and shorter.
- 9) After competition has begun in the triple jump a competitor may change takeoff boards with prior approval of the event judge. The number of run throughs allowed at this point is \_\_\_\_\_.
- 10) A competitor enters the discus circle through the front half. A) Illegal B) Legal
- 11) Athletes warming-up in throwing events can use overweight implements. T or F
- 12) It is illegal to use pins in the pole vault standards that are 55mm long. T or F
- 13) In Maine, the maximum number of entries that can be listed on the relay entry card is \_\_\_\_.
- 14) The wearing of gloves in the pole vault is legal. T or F
- 15) An athlete is discovered using an artificial aid in the discus, What, if any, is the penalty for this action? \_\_\_\_\_
- 16) Unless set by the games committee, the time period allowed to correct a clerical error is \_\_\_\_\_.

17) In a high jump event, two competitors remain. Each competitor has no misses throughout the event, so they are "tied" going into the next height. Competitor A clears the height on his/her first attempt. On his/her first attempt, competitor B aborts two approaches to the bar and with time running out, announces "Pass" in an effort to keep his/her record clear of misses. The official states that he/she is not allowed to pass and must complete an attempt before the clock runs out. Before the athlete can initiate an attempt, the clock runs out and the official rules a failed attempt. The official ruled correctly.

- (A) True
- (B) False

18) A long jumper begins his/her approach down the runway and, feeling that his/her steps are off, veers off the runway at the last moment and runs behind and past the line official who is stationed at the take-off board. The official rules this attempt a foul. The competitor states that the attempt should not be a foul since he/she did not cross directly over the take-off board. Who is correct?

- (A) The competitor
- (B) The official

19) Championship meet with two flights in a field event. A competitor from flight 1 takes one attempt, then leaves the event venue for another event and does not check out with the head official. At the end of flight 2, when the officials are determining qualifiers for the finals, the competitor returns and asks to take his/her remaining two attempts. Which of the following is correct?

- (A) The athlete, since finals have not begun.
- (B) The athlete, since he/she had noted the conflicting event when checking in.
- (C) The officials, since the preliminaries ended with the final attempt in flight 2.
- (D) Both (A) and (B).

20) Time limits for athletes to be excused to compete in another event shall be determined by the \_\_\_\_\_.

21) When two athletes are running in different sections of the 200M race and have the same time for first place to the one one-thousandth of a second, the awarding of first place is \_\_\_\_\_.

22) Two measuring tapes are extended from the center of the discus circle a distance of 20 meters. What is the distance at the 20M mark that these two tapes must be apart to correctly set the 34.92° throwing sector? \_\_\_\_\_M.

23) In the triple jump, an athlete may change boards only if the head official of the event is informed. T or F

24) The center of gravity of the javelin must be located at a point \_\_\_\_\_.

25) The Rubber discus is allowed in high school competition. T or F