Coaches Review of the Rules 2019

1. The high jump ends in a tie with both competitors having identical make/miss performances. Because of the tie, the points for first and second place are added up and each jumper is awarded ½ that total for their score. T or F.

2. In the pole vault, the jumper cleared the bar without any contact with the bar. The properly released pole falls back towards the runway and is sent forward after contacting the box pad lip and then knocks off the bar. The officials calls this a made jump. T or F.

3. 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? T or F.

4. In the high jump, a competitor springs off two feet and clears the crossbar. The officials considers this a successful attempt. T or F.

5. In the high jump or pole vault, the competitor hits the cross bar with his/he leg causing it to shake. The competitor lands and quickly jumps off the pit. The shaking bar then falls off the standards. The officials considers this a successful jump as the competitor was not in the pit at the time the bar fell off the standards. T or F.

6. In the pole vault a competitor jumps and hits the bar hard knocking it off the pegs at which time the left standard becomes unfastened and drops below the height now in competition. The event judge rules this jump a miss. T or F.

7. A discus throw hits the side of the cage and then lands within the sector and the event judge rules this a legal throw. T or F.

8. In a display of athleticism, pole vault competitor is able as part of the jump, to steady the bar on to the pins which was hit by his body. The event judge rules this a fault even though the bar ended on its pegs. T or F.

9. A discus thrower makes an attempt that lands on the sector line. The field judge rules this a successful attempt. T or F.

10. In the pole vault at a low height, the competitor plants the pole in the small space just beyond the plant box and landing pad and successfully jumps over the bar without knocking it off. The event judge rules it a failed attempt. T or F.

11. In the pole Vault, a contestant who is under a one-minute time limit delays running down the runway until 55 seconds pass. As the jumper approaches the pit, 60
seconds expires. At that point, the jump is considered a fault even if the jumper completes the jump without knocking off the cross bar. T or F.

12. In the pole vault, a contestant after starting to complete a vault decides to abort the jump and stops short of the vaulting box but the pole passes in the air, over zero point but never actually touching any part of the pit. The vaulter is faulted for passing the zero point in the air with the pole. T or F.

13. After vaulter A1 is called and is on the runway, he goes to the coach’s box to view a digital photo of his previous attempt. Is this permitted as long as the action takes place in the designated area. Yes or No.

14. During a race not started in lanes (waterfall), the race shall be recalled if a runner falls due to contact with a competitor during the first ______ meters.

15. An athlete may compete in a uniform that was personally purchased by the athlete and approved by the school. T or F.

16. The correct starter commands for outdoor races shorter than 800 meters and shorter than 600 meters indoors shall be: ________
   A. "Take your marks, set, gun"
   B. "Runners to the line, set, gun"
   C. "On your marks, set, gun"
   D. "Runners set, gun"

17. Which of the following is a starting violation and results in a false start? ________
   A. Failure to comply with starter's commands
   B. Failure to remain motionless after assuming the set position prior to the starting device being fired
   C. Having any part of the body in contact with the starting line or running surface beyond the starting line, when the starting device is fired
   D. All of the above

18. In field throwing events athletes are not allowed in the sector during warm-ups or competition. T or F ______

19. In the discus & shot-put competitors may leave the circle before the implement lands in the sector. T or F. ______

20. On a turn, the maximum number of consecutive steps by a runner inside or on the inner lane line of the track is ________.

21. 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.
22. The sector angle for the discus is ______ Degrees.

23. In the long jump, the direction of jumping shall not be changed once competition begins. T or F. ______

24. If the crossbar supports in the pole vault or high jump slip downward when the jumper hits the crossbar, the official shall rule it a “no jump” and allow the jumper another attempt. T or F. ______

25. Competitors in the pole vault may move the uprights toward the landing area not less than _____ centimeters and not more than ____ centimeters from the zero line.

26. Fill in the table with appropriate time limits (minutes) for High School field events. Place the correct time interval in the box for each event.

<table>
<thead>
<tr>
<th>Events</th>
<th>HJ</th>
<th>PV</th>
<th>Horizontals</th>
<th>Throws</th>
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<tr>
<td>No. of Competitors</td>
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