

2015 Maine HS Indoor Track Coaches Exam

1. A competitor may use an illegal implement during warm-ups, but not in competition. **T or F**
2. An athlete starts their throw, slips, and stops and leaves the circle to get a towel and wipe off their shoes and the circle. Is it a foul? **Yes or No**
3. The standards for the pole vault must be set between 15 ½ inches and 31 ½ inches. **T or F**
4. A race, which begins with a waterfall start, shall be recalled if during the first ___? ___ Meters a competitor falls due to contact with another runner. _____ Meters
5. Which of the following is/are illegal and would result in a warning/disqualification for the athlete _____
 - a. A bobby pin in the hair,
 - b. A diamond stud in the ear lobe,
 - c. An alert bracelet not taped to the body,
 - d. A knotted competition uniform top, or
 - e. None of the above or
 - f. All of the above.
6. In the pole vault, it is not considered a foul if the vaulter aborts the approach and, in stopping, plants the pole and their forward momentum causes them to leave the ground. **T or F**
7. If a baton is dropped within the exchange zone, during the attempt to hand it off, either runner may retrieve the baton. **T or F**
8. In the 4x800 relay, the outgoing runner takes one step back into the acceleration as the third runner approaches. Is this a violation? **Yes or No**
9. In the high jump, it is a foul if the athlete touches the ground or landing pad beyond the plane of the crossbar. **T or F**
10. The maximum number of athletes that can be listed on the relay entry card is _____
11. When hurdling it is not an infraction to: _____
 - a. Knock down a hurdle within the assigned lane with the trail leg.
 - b. Knock down a hurdle with a hand.
 - c. Run around a hurdle.
 - d. Trail a leg or foot along the side or below the height of the hurdle.
12. There is a code of ethics for coaches in the NFHS rulebook. **T or F**
13. Competitors in the shot put can use overweight implements to warm-up with. **T or F**
14. The ultimate responsibility to have each competitor compliant with uniform rules is with the _____.

15. If a pole vault contestant weights 110 pounds, he/she could use an approved pole that has a manufactures' rating of 115 pounds. **T or F**
16. A competitor shall be charged with a foul if he/she does not initiate a trial within one minute after the competitor's name has been called. **T or F**
17. The indoor weight throw may now be included in the order of events for indoor meets. **T or F**
18. Ashley Hampton, a high jumper from Jamestown, has taken three running approaches at the high jump but hasn't jumped yet. Realizing she won't be able to begin another approach within the one-minute time limit, Hampton yells, "Pass!" to you, the event judge. Should you allow her to pass? **Yes or No**
19. If not allowed to Pass in question 19, what is your call? _____
20. Fill in the table with appropriate time limits (minutes) for the High School field events.
Place the correct time interval in the box for each event.

Events	HJ	PV	Horizontals	Throws
No. of Competitors	—	—	—	—
More than 3				
2-3				
1				
Consecutive tries				