

Maine High School Track Coaches Review of Rules 2026

1. The final event in the women's heptathlon is the _____.
2. The correct length of time that the wind gauge should be set to measure for the 200M dash shall be: _____ seconds.
3. The exchange zone for all Indoor relays in Maine is 20 meters. True or False
4. The final data for the javelin contains a measurement of 165' 2.75". Is this the correct measurement? Yes or No. If not, what should it be? _____
5. Using electronic timing. In the 300m hurdles run as a final, the winners of the 3rd & 4th heats have identical times to the one-hundredth of a second. Are they both awarded first place? Yes or No. If No, what is the procedure for determining the winner? _____
6. A field event athlete may request to take consecutive jumps/throws in the prelims of the event. Yes or No
7. At the Triple Jump, the wind gauge recorded a positive measurement of 2.16 m/s. This wind reading should be recorded as: _____
8. In the 4x100 M relay, the runner in the second exchange zone is correctly positioned in the zone and as the incoming runner approaches the outgoing runner steps back out of the zone. Is it correct that the runner's team shall be disqualified? Y or N
9. Time limits for athletes excused to other events is set by the _____
10. A discus throw hits the cage and then lands within the sector and the event judge rules this a legal throw. Is this the correct call? Yes or No
11. If the pole vault venue is determined to be unsafe by the referee during a meet. The place points are distributed equally between all visiting teams. True or False
12. Once a school has turned in a relay card, coaches may add names to it:
Yes or No. _____
13. In the horizontal jumps, no markers can be placed on the runway. True or False
14. In the discus, you measure to what increment. _____
 - A. Lesser 1/2 inch or even centimeter
 - B. Lesser inch or centimeter
 - C. Lesser 1/4 inch
 - D. Greater inch
15. The maximum number of individuals who may be listed on the relay entry card in Maine is:

A. Six. B. Eight. C. Ten. D. Four _____.

16. An athlete in the pole vault asks for a warmup run throw at the entrance to the competition at the height change and has been only 38 minutes since the event started. Is this allowed? Yes or No.

17. The exchange zone is 30 meters for the 4x400-meter relay. T or F

18. Correction of clerical or team scoring errors may be corrected up to _____ hours after the end of the meet unless another time period is specified in advance by the games committee or meet director.

19. When a single competitor who has won the competition remains in the high jump or pole vault, the allowed time for a trial shall be: _____ Minutes

20. Excused competitors are permitted to attempt successive trials in all field events.
T or F

21. At the completion of the shot-put event, the event judge has the same distance recorded for two throwers to the quarter-inch. The tie is broken for place by:

_____.

22. It is determined that an athlete is wearing an electronic device in a restricted area during a race or field event. The penalty for doing such is _____. For a coach using the device to communicate with the athlete is _____.

23. Who may retrieve a dropped baton inside the exchange zone? _____

24. There is a tie for first place in the pole vault. Both athletes have the same number of missed attempts at the final height cleared and then, throughout the competition. What happens next? _____.

25. Tying competitors for first place in the pole vault and high Jump must make an attempt at every height until a decision is reached. T or F

Fill in the table with appropriate time limits (minutes) for the 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 or 3				
1				
Consecutive trials				