



**USATF WEIGHTS AND MEASURES
SPECIALTY RULES REVIEW
2005-2008 OLYMPIAD EDITION**

Instructions: Each question is a complete statement, which is a rule, or paraphrases a rule. You are to indicate whether the statement is True or False, based on the rulebook indicated for the question. Please **CIRCLE** your answers in the **LEFT MARGIN** NEXT TO THE QUESTION NUMBERS and return the completed review questions to your Association Certification Chair. Make sure to print your name in the space below.

Purpose: This is not an exam. Rather, the goal is that every certified official be familiar with the location, content, and differences within the various rules books of rules applied to weights and measures. This review emphasizes specific specialty areas for this type of officiating. Effective competition officials do not rely on memory in making decisions, they have the proper rule book, and look it up or confirm the information when needed.

Books: The following books are used in this rules review. Do not complete this review unless you have all books. IAAF Handbook 2004-2005, USA Track & Field 2004 Competition Rules, 2004 NCAA Track & Field/Cross Country Men's and Women's Rules, 2004 National Federation Track & Field Rules. Some of the questions relate to recent rule changes. A copy of the Weights and Measures Handbook, although not necessary, may be of help in answering some of the questions. The later is available on line at www.usatfofficials.com under the Training button. If you're not currently receiving the E&FS Newsletter, send George Kleeman a note at georgeklee@aol.com or 5104 Alhambra Valley Rd., Martinez, CA 94553-9773.

NAME: _____ DATE: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP: _____

WEIGHTS AND MEASURES OFFICIALS CERTIFICATION REVIEW

- T F 1. An implement used to set a NCAA, national or world record needs to be remeasured. (USATF, NCAA, IAAF)
- T F 2. The minimum width for a hurdle indoor or out is 1041.4 mm. (NCAA)
- T F 3. The Women's discus is 1 kg for all age groups. (USATF)
- T F 4. There are three javelin sizes, 400 g, 600 g and 800 g used by Youth Athletes (USATF)
- T F 5. All shots are the same diameter and only differ in weight (IAAF)
- T F 6. The diameter of the discus circle is 2.135 m +/- 5mm. (IAAF)
- T F 7. All implements, which fail one or more measurements, should be impounded until after the completion of the competition. (NCAA)
- T F 8. The Games Committee should provide implements for all throwing events, championship and non-championship. (USATF)
- T F 9. The javelin weight for the men's javelin is 800 grams. (USATF) T F 10. The maximum size of the loop at either the handle or the hammer is 19.5 mm. (USATF)
- T F 11. The front of the grip is used for the measurements of the javelin. (IAAF)
- T F 12. The same 600-g javelin specifications are the same in all rulebooks.
- T F 13. USATF Master Championship events will use WAVA implement weights. (USATF)
- T F 14. The maximum thickness of the edge of all discuses is 13 mm at a point 6-mm in from the edge. (IAAF)
- T F 15. The length of all hammers, regardless of the weight, is between 117.5 cm and 122.0 cm (NCAA).
- T F 16. An implement must be remeasured if there is a national or world record. (All)
- T F 17. It is recommended that all equipment used for weights and measures should be certified for accuracy before the start of each season. (NCAA)
- T F 18. Plastic or rubber cased shots may be used indoor with metal shots in the same event. (USATF)



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- T F 19. The NCAA men's shot has the same maximum dimension for indoor and outdoor competitions. (NCAA)
- T F 20. Women's indoor shot can be up to 130mm in diameter if plastic or rubber cased. (IAAF)
- T F 21. You can use a hammer handle on a 35-lb. weight. (NCAA)
- T F 22. The maximum distance from the balance point to the tip of the men's open javelin is 1000 mm. (All)
- T F 23. For outdoor competition: The shot can be of any material, solid or filled, but must have a smooth surface. (USATF)
- T F 24. The layout of the javelin sector may be checked by marking points at equal distances on each sector line from the foul arc, and then checking the distance between these two points with the distance listed in the table in the rulebook. (USATF)
- T F 25. The length of the 6 kg junior hammer, including wire, measured from the inside of the grip is between 117.5 and 121.0 centimeters. (USATF)
- T F 26. The angle of the discus sector can be checked by measuring an equal distance out from the center of the circle along both sector lines and then determining if the distance between the two points on the sector lines is equal to one half that distance. (USATF)
- T F 27. The weight of the open hammer is 16 pounds. (USATF)
- T F 28. A discus must have a round metal rim. (USATF)
- T F 29. The diameter of the hammer circle is the same as the diameter of the shot or discus ring. (NCAA)
- T F 30. The hammer wire for the women should be at least 3 mm in diameter (NCAA)
- T F 31. The weight of the women's shot in 'open' competition is 4 kg. (USATF)
- T F 32. The measurement for the high school javelin is the same as for the IAAF javelin. (HS and IAAF)
- T F 33. A women's indoor shot can be up to 130 mm in diameter if plastic or rubber encased. (IAAF)
- T F 34. A rubber discus may be used in Masters and high school events. (USATF and HS)
- T F 35. An implement not checked through Weights and Measures can be used during warm-ups but not in the event. (ALL)
- T F 36. In high school events a rubber tip javelin may be used. (HS)
- T F 37. An implement that is overweight but meets other specification can be used for warm-ups or in the competition. (USATF and NCAA)
- T F 38. The taper of the discus should be a straight line from the edge of the center plates or flat areas to the rim of the discus. USATF

Feel free to write any exceptions, clarifications or comments on the questions in the space below. Include the question number and your comments.

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Essay Questions for the National and Master Level Weights & Measures Certification:

- E1 An athlete brings a 5-kg hammer to a USATF championship meet for weights and measures check-in. Discuss all possible ramifications resulting from the check-in procedure and justify your conclusions.
- E2 In certain pressing time constraints circumstances, not all implement specifications can be checked. Therefore, if faced with this less than ideal situation, the implement check-in official/s must be able to effectively discriminate or leave out some of these specifications and still be sure that the implements assure fair competition. The following javelin specifications are usually examined for correctness during implement check-in:
a. Overall length, b. balance, c. tip length, d. grip length, e. maximum diameter, f. shaft taper, g. point angle, h. surface condition (roughness)
Arrange these items in their order of importance and justify your answers for each item.
- E3 Describe a procedure or method that may be used at a major competition for strict accounting of all implements (both personal and house implements) that are checked into the implement weigh-in area.
- E4 Many anomalies have been observed during the implement check-in process. Discuss why the implement should be or should not be allowed in the competition for the following:
A. A hammer exhibiting a badly curled hammer wire that barely passes the maximum overall length
B. A water-soaked javelin grip that barely passes the minimum weight
C. A hammer that is severely dented and thus not spherical
D. A hammer exhibiting a handle that has obviously been mechanically compressed in a way to allow for the overall length to be acceptable
E. A small piece of material can be heard rattling around inside of a javelin
F. A small piece of material can be heard rattling around inside of a discus
G. A piece of material can be heard rattling around inside of a hammer
H. A small piece of material can be heard rattling around inside of a shot