

TRACK EXAMINATION

The TLAA Track Examination is divided into eight sections:

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NOTE

1. Reference TLAA manual, Guidelines, and By-Laws. This is an open book exam.
2. By-Law ED5 Officials, 'D' Grade Official,
 - a) Completed the official TLAA test paper and been deemed competent, this will qualify the official for centre official duties; 'D' grade certificate will be issued.
3. By-Law ED5 Officials 'C' Grade Official,
 - a) Completed the official TLAA test paper and been deemed competent.
 - b) Must have conducted the event at state or regional meeting or TLAA sanctioned meeting and been deemed competent, this will qualify the official for State and Regional official duties, 'C' grade certificate will be issued.
4. To achieve a 'D' or 'C' Grade qualification as an official 100% must be achieved on general duties, and 100% for the event.
5. Referee **must** successfully complete the entire track test paper
7. An individual must be aged 16 years or over to be eligible to be a Chief Official.
8. It is compulsory that the General Duties section is completed
9. Valid for 3 years

General Duties

1. What are the responsibilities of a Chief Official should an athlete be injured?
 - a) Ask that the parents go immediately to the site
 - b) Send the athlete from the site to receive medical attention
 - c) Console and reassure the athlete that they should wait until the event has finished.
 - d) Ensure the wellbeing of the athlete is catered for, contact the Announcer and request an announcement for First Aid to report to the site.

2. The maximum length of a track competitor's spikes is:
 - a) 4 mm.
 - b) 12 mm.
 - c) 9 mm.
 - d) 7mm.

3. What age groups can wear spikes when running in Little Athletics?
 - a) all age groups.
 - b) U/11 up.
 - c) U/13 – U15
 - d) U12 - U15

4. What is the duty of all track Officials:
 - a) No duties prior to the start of competition.
 - b) Ensure the track is safe for competition to proceed. All equipment is available to conduct the event.
 - c) The allocation of Assistants to check that all aspects have been covered.

5. In preparation for assisting with track duties you should be wearing appropriate foot ware and clothing to protect yourself from sunburn or coldness.
 - a) True
 - b) False

6. In Little athletics a shoe capable of holding spikes even if fitted with blanks is classed as a spike and shall not be worn by athletes in the U6-U11 age groups.
 - a) True
 - b) False

Walks

1. In addition to the chief judge, the panel of judges should be:
 - a) 6
 - b) 3
 - c) 5

2. As parent or coach may you be a walks judge if your athlete or child is competing in that event,
 - a) Yes
 - b) No
 - c) Yes can judge, but only with the consent of the chief walks judge.

3. During an event a judge:
 - a) Is allowed to be influenced by other Judges by discussing decisions with other judges
 - b) Must act in an individual capacity.

4. The judges are allocated their positions by:
 - a) The arena manager
 - b) The track referee
 - c) The chief walks judge

5. Judges should be positioned so as to cover:
 - a) The curves
 - b) The whole course
 - c) The start and finish

6. The judging position should be:
 - a) On the inside of the track
 - b) On the outside of the track
 - c) From both sides of the track.

7. The chief judge must supervise:
 - a) The back straight
 - b) The home straight to the finish line.
 - c) The start and the straight near the finish line of each event.

8. Walking is a progression of steps taken in such a way that unbroken contact with the ground is maintained.
 - a) Yes
 - b) No

9. The advancing leg must not bend at the knee when making first contact with the ground until in the vertical upright position.
 - a) Correct
 - b) Incorrect

10. During the period of each step, the advancing foot of the Walker must make contact with the ground before the rear foot leaves the ground:
- Correct
 - Incorrect
11. A caution is to be given by the Judge to a competitor when:
- In the opinion of the Judge the competitor is breaking only that portion of the rule relating to contact
 - The competitor appears to be in danger of infringing the rule relating to straight legs, or be in danger of infringing the rule relating to contact
 - The competitor deliberately impeded or interfered with another competitor
12. A Judge can only give a caution to a competitor once for each likely offence (ie. once for contact and once for knees) during the event:
- Incorrect
 - Correct
13. A warning for disqualification is to be given by the judges to a competitor when:
- A competitor is actually breaking the rules of race walking
 - The competitor appears to be in danger of infringing the rule relating to straight legs
 - The competitor appears to be in danger of infringing the rule relating to contact.
14. A warning for disqualification is to be given by a Judge to a competitor orally at the time of infringement by addressing that competitor by their number, using the word "warning", stating the offence and displaying the yellow sign with the appropriate symbol for the offence
- Correct
 - Incorrect
15. A warning is to be recorded on a Judging card and forwarded to the chief judge at the completion of the race.
- Incorrect
 - Correct
16. A competitor will be disqualified if they receive a **caution** from:
- The chief judge
 - All judges
 - No. cautions have no bearing on disqualification.
17. A disqualification is brought about by:
- 3 warnings from an individual judge
 - A warning by three or more judges
 - 3 warnings by the chief judge
18. Are the judges responsible for detecting deliberate impedance or interference during an event?
- Yes
 - No

Starter

1. When do competitors first come under the sole control of the starter?
 - a) When they assemble on the track
 - b) Once the preceding race has commenced
 - c) When called to their marks

2. Which of the following constitutes a false start?
 - a) Disturbing another competitor by sound or otherwise, once on their marks
 - b) Failing to approach the marks or assume the 'set'
 - c) If a competitor leaves his mark with hand or foot after the words 'on your marks' or 'set' as the case may be, and before the gun is fired.
 - d) All of the above

3. In the case of an unfair start:
 - a) The starter or any check starter may recall the competitors
 - b) The judge may order a restart
 - c) The starter must disqualify the competitor on the first false start.

4. Disqualification in a relay event results from the same competitor creating:
 - a) One false start
 - b) Two false starts
 - c) Three false starts

5. What colour flag would be shown if a competitor breaks on the first attempt to start?
 - a) Orange
 - b) Red
 - c) White

6. The starter calls 'On Your Marks', then 'Set'. Which race would this apply?
 - a) 100 m
 - b) 800 m
 - c) 700 m walk

7. When the starter fails to start a race correctly and the starting gun fails, if athlete breaks should the starter:
 - a) Attempt a second start immediately
 - b) Ask the competitors to stand up, and restart the race

8. In the crouch start, which of the following may be over the start line?
 - a) Competitor's hand
 - b) Competitor's head
 - c) Competitors head and hand

9. After the athletes are 'Set', how much time should elapse before the gun is fired?
- a) Sufficient time for the starter to be satisfied with steadiness
 - b) No more than 5 seconds
 - c) No less than 1.5 seconds
10. Who is responsible for confirming the readiness of start and finish line officials before the start of a race?
- a) Track referee
 - b) Chief timekeeper
 - c) Starter
 - d) Chief place judge
11. Which of the following should be used to signal readiness for a start to the track referee.
- a) Whistle
 - b) Red flag
 - c) Wave of the arm
 - d) White flag
12. When a check starter calls a false start, does the Starter have the power to over-ride the decision?
- a) Yes
 - b) No

Referee

1. Who has the power to disqualify a track race competitor?
 - a) Any umpire
 - b) Chief place judge
 - c) The track referee

2. The track referee shall place umpires to cover:
 - a) Particularly the start and finish
 - b) The whole course, with allotted sectors.

3. Which of the following spectator actions render a competitor liable to disqualification?
 - a) Shouting encouragement from the audience area
 - b) Offering advice from within the arena

4. The track referee has the authority to do the following?
 - a) Include athletes in a final that have been unfairly disadvantaged in a heat
 - b) Overruling the starter on false starts
 - c) Changing the placing when there has been some perceived interference

5. The track referee has responsibility for confirming the readiness of start and finish line officials before the start of a race.
 - a) True
 - b) False

6. The second change zone (3rd runner) in a 4 x 400m relay is marked by:
 - a) There is no rule governing this change zone
 - b) Permitted to wear a glove
 - c) A lines 10 mts each side of the start/finish line

7. The baton change, which must take place within the specified zone, occurs:
 - a) When the receiving runner first touches the baton
 - b) When the incoming runner releases the baton
 - c) From the time the receiving runner first touches the baton until it is in the sole possession of that runner.

8. Who should retrieve the baton if it is dropped during a relay change?
 - a) The incoming runner
 - b) The outgoing runner
 - c) The runner who dropped it.

9. Having passed on the relay baton, should a competitor in a 4 x 100m:
 - a) Leave the track immediately
 - b) Remain in lane until advised to leave the track
 - c) Leave the track as soon as possible without obstruction.

10. The 3rd and 4th receiving runners in the 4 x 400m relay may start:
 - a) 10 metres before the takeover zone
 - b) Within the takeover zone
 - c) From immediately before the takeover zone.

11. The third runner in a 4 x 400m relay team overtakes another competitor in the home straight. Which of the following applies to the respective fourth runners on the change line?
 - a) They change lanes
 - b) They remain in order as arranged
 - c) They may change places if directed to do so.

12. An umpire observes a competitor run on his inside lane-line on the bend, but without impeding any other competitor. Should the Umpire:
 - a) Warn the competitor verbally
 - b) Raise an orange flag and mark the track where the offence occurred
 - c) Do nothing

13. Which of the following shall attract a disqualification during a hurdle event?
 - a) Deliberately knocking down a hurdle with a hand
 - b) Striking an adjacent competitor while falling
 - c) Striking an adjacent competitor through uncontrolled arm action.
 - d) All of the above

14. During a walk event, an umpire may report a competitor for impeding other competitors:
 - a) True
 - b) False

15. Within the umpire's sight, a relay runner places a small piece of adhesive tape on the track, within his lane. Should the umpire:
 - a) Report this to the referee
 - b) Take no action
 - c) Remove the tape

16. An Umpire observes a violation of the track rules. Should the signal be given?
 - a) Immediately
 - b) As soon as all the competitors have passed the umpire's zone of observation
 - c) At the completion of the race.

17. During a distance race, umpires should report:
 - a) An athlete slip streaming another (close in behind another)
 - b) An athlete moving in or out to prevent another from overtaking
 - c) Accidental physical contact between athletes.

18. Two umpires disagree on whether a rule has been broken.
 - a) This cannot happen; each has a specific responsibility
 - b) The referee must decide
 - c) The competitor is given the benefit of doubt.

Time Keeping

1. The position of the timekeepers in relation to the track should be?
 - a) The timekeepers shall be in line with the finish line posts on the outside of the track
 - b) The timekeepers shall be in line with the finish but inside the track
 - c) The timekeepers should have a good view of the finish.

2. How far from the finish line should the timekeepers be placed?
 - a) 2 metres
 - b) At least 5 metres
 - c) As far as required.

3. How many timekeepers are required to time first place at centre level?
 - a) One timekeeper
 - b) Two timekeepers
 - c) Three timekeepers.

4. How many timekeepers are required for places other than first place?
 - a) Three timekeepers
 - b) One timekeeper
 - c) One timekeeper and the chief timekeeper.

5. When should the timekeeper start the stopwatch?
 - a) The watch should be started from the smoke of the gun
 - b) The watch should be started from the sound of the gun
 - c) The watch should be started from the smoke/flash, if a flash is used.

6. When should the timekeeper stop the watch?
 - a) When the competitor being timed crosses the finish line
 - b) When any part of the competitor's torso reaches the perpendicular plane of the nearer edge of the finish line
 - c) When any part of the body of the competitor reaches the finish line.

7. "Torso" is defined as:
 - a) Any part of the body of the competitor below the neck
 - b) The area of the body that does not include the head, neck, arms, legs, hands and feet
 - c) The chest of the competitor.

8. What time would you record if the time reads 11.21, when a 1/100th second watch is used on the track?
 - a) 11.21
 - b) 11.30
 - c) 11.20

9. What time would you record if the time reads 14.55, when a 1/100th second watch is used on the track?
- 14.55
 - 14.50
 - 14.60
10. If there are three stop watches used to record a place and the times differ, which time is taken?
- The times of the watches are averaged
 - If all three stop watches differ the middle time should be official
11. Should timekeepers confer with other timekeepers prior to writing down their times on the slips?
- Yes
 - No
 - Only when there is confusion
12. If at the end of a race there are only two times available for first place and they disagree:
- The average is taken to be the official time
 - The longer time is taken to be the official time
 - The shorter time is taken to be the official time
13. The chief timekeeper:
- May examine the watches to verify the reported times, and shall decide the official times for each competitor apply as necessary to the provisions of TLAA rules of competition.
 - Should accept the times reported by the other timekeepers
 - Should not check the other time keepers watches.
14. Do timekeepers time a place or a lane?
- A lane
 - A place
15. Can timekeepers alter their time if they see their time is faster or slower than that of the timekeeper before or after them?
- Yes
 - No
16. When should a timekeeper return their watch to zero?
- When directed by the chief timekeeper
 - After they have written down their time
 - At the finish of the race.

Finish Judge

1. Which part of the body is used to place competitors across the line?
 - a) Head
 - b) Arms
 - c) Torso
 - d) First part of the body across the line.

2. What is the best position to judge a race from?
 - a) As close as possible to the finish line.
 - b) Spread back on both sides of the track.
 - c) In an elevated position 5 metres from the finish line.

3. What is the procedure if judges can not make a decision?
 - a) Debate till a decision is made.
 - b) Consult chief judge.
 - c) Re run race.
 - d) Call it a tie.

4. As the athletes approach finish line what should judges do?
 - a) Discuss who is going to win.
 - b) Be in a good position to see finish line and be paying attention to the race finish.
 - c) Call out the person they have picked.

5. How wide should the finish line be?
 - a) 15mm
 - b) 5cm
 - c) 10cm
 - d) As wide as you like.

6. At which part of the finish line are the placings taken?
 - a) Any part of the line.
 - b) Edge nearest the start.
 - c) Edge furthest from the start.
 - d) Middle of the finish line.

7. If asked to advise novice track judge which of the following do you stress as important?
 - a) To judge the race when any part of the athletes body crosses the line.
 - b) Judge the torso as this is the part of the body which should cross the line first.
 - c) To wait till everybody gives a placing and take the one left over.

8. What should the chief judge do at the start of the program?
 - a) Make sure there are the correct amount of judges and check place tags are available at finish line.
 - b) Make sure there are the same amount of males and females.
 - c) Make sure stop watches are working.

9. Before the start of each race.
 - a) Count athletes competing / relate this information to judges.
 - b) Hand out place tags to correct judges.
 - c) Notify track referee when ready.
 - d) All of the above

10. At finish of the race the place judge will.
 - a) Place athletes as they cross the line.
 - b) Pick placing's by lanes.
 - c) Call over athletes and give placing tags.
 - d) Take athletes over to recorders.

11. What is the minimum number of Judges needed to start a race?
 - a) Half the number of lanes in use.
 - b) All lanes in use.
 - c) 8
 - d) None of the above, explain.

12. Judges relay decision to recorders via finish marshal by which method?
 - a) Verbally
 - b) Written ticket
 - c) Give athlete place tags.

13. What judge decides what position the athletes come in the race?
 - a) Chief judge decides _____
 - b) Chief judge checks _____
 - c) No 1 judge decides _____
 - d) No 1 judge checks _____
 - e) No 2 judge decides _____
 - f) No 2 judge checks _____
 - g) No 3 judge decides _____
 - h) No 3 judge checks _____