

The TLAA Throws Examination is divided into four sections:

General Duties.....	2
Shot Put.....	6
Discus.....	9
Javelin.....	12

NOTE

1. Reference TLAA manual, Guidelines, By-Laws.
2. 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. 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 for throwing events 100% must be achieved on general duties and 100% must be achieved for shot put, for discus, and javelin.
5. An individual must be aged 16 years or over to be eligible to be a chief official.
6. It is compulsory that the general duties section is completed
7. Valid for 3 years

General Duties

1. Once a field event is called at TLAA state meetings what does the chief official do?
 - a) Checks athletes off event sheet in marshalling area and escorts athletes to site
 - b) Collects event sheet, officials vest from designated area, the correct implements from the field referee and meets the athletes and site officials at site.
 - c) Collects athletes from marshalling area, then proceeds to site.
 - d) Proceeds to the site and hopes one of the other site officials brings the event folder officials vest and athletes to site.

2. Once at site the duties of the chief official are:
 - a) No duties prior to the start of competition.
 - b) Ensure the site is safe for competition to proceed. All equipment is available to conduct the event. The throwing implements are correct in relation to the competing age and gender group. Allocate duties to the other site officials. Inform the competitors and officials of the rules of the competition. Mark any existing records. Allow the competitors three trials under supervision.
 - c) To inform the competitors of the rules of the competition, to note existing records, to ensure the correct weighted implements are available, and to allow competitors three trials
 - d) The allocation of assistants to check that all aspects have been covered.

3. What is the time limit for a competitor when called to complete the trial?
 - a) 2 minutes
 - B) 3 minutes
 - C) 1 minute

4. If a competitor interrupts their trial during the course of competition, are they:
 - a) Recorded a foul and lose their turn
 - b) Allowed to continue after laying the implement down inside or outside of the throwing circle or runway, then leaving the throwing circle via the back of the circle, or behind the line of the arc at right angles to the parallel lines of the runway, before returning to a stationary position to recommence the trial.
 - c) Not permitted to continue the event
 - d) Allowed to continue after laying the implement down inside or outside the throwing circle or runway then leaving from anywhere in the throwing circle, or runway, before returning to a stationary position to recommence the trial.

5. What are the responsibilities of a chief official at a jump site 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.

6. If a competitor throws a record what should the chief official do?
 - a) Call the distance to the recorder and go to the next competitor
 - b) Call distance to recorder, remove spike then call for throws referee to check
 - c) Make sure that the spike is not removed, call for throws referee to verify implement and measurement, and sign the sheet as a record throw.

7. Who determines whether the throwing implement lands in the sector area, in the correct manner.
 - a) Chief official
 - b) Recorder
 - c) Sector judge

8. If the Throwing Implement lands partly on the sector line (on the full) is this a legal throw?
 - a) Yes
 - b) No

9. In TLAA competition, if a competitor is required to leave for another event, after the commencement of competition, are they:
 - a) Not allowed to take part in further competition
 - b) Provided that the referee accepts it, and other competitors are not disadvantaged, they are allowed to complete their trials, provided that they are not in consecutive order.
 - c) On return he or she must resume at the stage the event has reached in their absence, and will be slotted back into the event in the current round even if out of turn.
 - d) The competitor misses the rest of competition and only has their completed throws recorded.

10. The rule for TLAA state and regional competitions relating to practice trials prior to the qualifying round is:
 - a) Three (3) practice throws are permitted under supervision of the chief official.
 - b) No practice throws are permitted.
 - c) As many practice throws required on an individual basis.
 - d) One (1) practice throw under supervision, before the commencement of competition.

11. If during the trial there is a discrepancy in the landing point of the implement, you as chief official would:
 - a) Panic
 - b) Declare a foul
 - c) Ask the sector judge to pick a spot
 - d) Ask the athlete to have another trial

12. At TLAA state meetings which age group or groups have a further three (3) trials following three (3) qualifying trials?
 - a) Under 14 & under 15
 - b) Under 13
 - c) Under 13, under 14 & under 15

13. In throwing events the chief official watches for hand fouls. How would the chief official cover the issue of who would watch for foot fouls?
- Appoint the next competing athlete to perform the task.
 - Appoint the sector judge to perform the task
 - Chief Judge would ask the recorder to check for foot fouls
 - Not worry about foot fouls
14. In all throwing events, competitors must commence and finish their trial from a stationary position.
- False
 - True
15. In all throwing events the implement should be returned to the throwing circle or runway by what means?
- Thrown back.
 - Carried back and handed to the athlete.
 - Carried back and implement placed on the ground for athlete to pick up.
 - Athlete collects following their trial.
16. As a chief official how do you signal a fair trial?
- Raise a red flag.
 - Raise a white flag.
 - Do nothing call the next competitor.
17. As a chief official how do you signal a foul trial?
- Raise a red flag.
 - Raise a white flag.
 - Do nothing call the next competitor.
18. As a chief official how does a sector judge communicate to you that the implement has landed correctly within the sector?
- Raises a red flag.
 - Raises a white flag.
 - Does nothing, watches the spiking official.
19. As a chief official how does a sector judge communicate to you that the implement has landed incorrectly or outside the sector?
- Raises a red flag.
 - Raises a white flag.
 - Does nothing, watches the spiking official
20. Can athletes use their own throwing implements at state championship meetings?
- Yes
 - No

21. In addition to the chief official what is the preferred number of officials required to conduct a throwing event?
- 3
 - 4
 - 5
22. As a chief official in a throwing event the distance shown on the measuring tape is between 8.23 metres and 8.24 metres. What is the correct measurement recorded on the field sheet?
- 8.24 metres
 - 8.23 metres
 - 8.235 metres
23. At TLAA state meetings who determines the top eight (8) in the under 13 age group?
- Chief official
 - Recorder
 - Field referee
24. At TLAA conducted meetings, who extends the performances to the best performance column on the field sheets?
- Recorder
 - Chief official
 - Field referee
 - Administration staff
25. At TLAA state meetings following completion of the throwing event what are the duties of the chief official?
- Have all assisting officials names noted on the field sheet, ensure throwing equipment is returned to the designated area, and return officials vest and event folder to administration.
 - Thank athletes and officials for their assistance and leave to get lunch from the kiosk.
 - Inform the athletes who won and what the distance was
26. If an athlete wears their hat onto the runway or into the throwing circle is this a foul?
- No
 - Yes
27. If an athlete wears their hat onto the runway or into the throwing circle and during the course of their trial the hat falls off and lands on the runway, in the sector or throwing circle what should the Chief official do?
- Declare a foul.
 - Declare a foul only if the athlete in the process of retrieving their hat infringes on the rules of competition for that event.

Shot Put

1. The correct action for putting the shot is:
 - a) The shot shall be put from the shoulder with one hand only, at the time the competitor takes a stance in the circle to commence a put, the shot shall be held in close proximity to the neck or chin and the hand shall not make more than one motion from this position during the action of putting.
 - b) Pulled away from neck and thrown
 - c) Pulled behind shoulder and thrown
 - d) Dropped down below shoulder and thrown

2. A competitor may enter the throwing circle:
 - a) From the front half only
 - b) From the back half only
 - c) Any direction they like

3. A competitor must leave the throwing circle:
 - a) From the front half only
 - b) From the back half only
 - c) Any direction they like

4. In the act of putting the shot, the competitor may rest their front foot against the inside of the metal rim, or stop board but not on top of the metal rim, or stop board.
 - a) True
 - b) False

5. The athlete has correctly put the shot, and leaves the throwing circle from the back half prior to the implement landing in the sector. The chief official signals a fair trial.
 - a) True
 - b) False

6. If a competitor obeys all the rules of competition during the delivery of the shot, but does not finish in a stationary position, overbalances and unintentionally touch the ground outside the circle behind the centre line, after the shot lands in the sector area, is this considered a foul?
 - a) Yes, they have not finished in a stationary position prior to exiting the circle.
 - b) No, it was not intentional
 - c) No, they exited behind the centre white line
 - d) No, they have obeyed all the rules of competition.

7. If a competitor starts to leave from the front of the circle, places their foot on top of the metal rim or stop board, then leaves from the back half of the circle the chief official would:
 - a) Give a warning and count as a valid throw
 - b) Signal it as a foul throw
 - c) Say nothing

8. If the shot put lands partly on the sector line (on the full) is this legal?
- Yes
 - No
9. If judging a shot put competitor, what would be the requirements of the chief official?
- Stand on the left hand side of the circle facing the athlete and judge each trial and indicate the validity or non-validity of the trial by raising a red or white flag, then measure each valid trial of the competitor in accordance with the rules.
 - Stand on the right-hand side of the circle and judge each throw but only measure the best trial.
 - Stand on the right hand side of the circle and judge each trial.
 - Stand on the left hand side for a left-handed thrower, and the right hand side for a right-handed thrower, facing the athlete and judge each trial and indicate the validity or non-validity of the trial by raising a red or white flag, then measure each valid trial of the competitor in accordance with the rules.
10. Match the following shot put weights the respective colour
- 1.0kg
- 1.5kg
- 2.0kg
- 3.0kg
- 4.0kg
11. The measurement procedure for shot put is:
- Each trial shall be measured immediately from the first point of contact to the inside of the circle's edge, along a straight line to the centre of the circle, to the nearest whole centimetre below the distance measured.
 - Each trial shall be measured immediately from the point where the implement stops, to the inside edge of the circle along a straight line to the centre of the circle, to the nearest centimetre below the distance measured if it is not a whole centimetre.
 - Each trial shall be measured immediately from the first point of contact, to the inside of the circle's edge, along a straight line to the centre of the circle, to the nearest two centimetres below the distance measured if it is not a whole centimetre.
 - Marks are placed throughout the course of competition where the shot lands, and the best trials are measured to the inside of the circle's edge, along a straight line to the centre of the circle, to the nearest centimetre below the distance measured if it is not a whole centimetre.

12. Below is a U/13 Competition recording sheet of nine shot put competitors.

1	A Smith	11.21	11.12	11.38
2	B Thomas	11.13	11.34	11.84
3	C Clark	F	10.90	11.81
4	D Evans	11.37	11.14	11.10
5	E. McGregor	F	12.25	12.06
6	F Jones	12.15	F	12.25
7	G O'Flaherty	10.48	11.87	11.21
8	H Hunter	F	11.12	10.80
9	I Thrower	10.90	F	11.14

Which competitor should be placed first?

- 1 - Smith
 - 5 - McGregor
 - 6 - Jones
 - 2 - Thomas
13. In the above U/13 competition recording sheet, which competitors would qualify for a further three (3) throws in a championship event?
- None, they have all had three trials
 - Every competitor
 - All competitors apart from Thrower
 - All competitors apart from Hunter

14. Match the following shot put weights with their respective age and gender group.

1.0kg
1.5kg
2.0kg
3.0kg
4.0kg

U6 boys and girls
 u7 boys and girls
 u8 boys and girls
 u9 boys and girls
 u10 boys and girls
 u11 boys and girls
 u12 boys
 u12 girls
 u13 boys and girls
 u14 and u15 girls
 u14 and u15 boys

Discus

1. As chief official at a discus event what would your decision be on the following? The athlete enters the throwing circle from the front half commences the throw from a stationary position and bowls the Discus (like in cricket) over the shoulder. The discus lands inside the sector area and the athlete leaves the circle from a stationary position by the back half of the circle within 1 minute of being called for the trial.
 - a) Fair trial
 - b) Foul trial

2. A competitor may enter the throwing circle:
 - a) From the front half only
 - b) From the back half only
 - c) Any direction they like

3. A competitor must leave the throwing circle:
 - a) From the front half only
 - b) From the back half only
 - c) Any direction they like

4. In the act of throwing the discus, the competitor may rest their front foot against the inside edge of the metal rim, of the circle, but not on top of the metal rim.
 - a) True
 - b) False

5. The athlete has thrown the discus, and leaves the throwing circle from the back half prior to the implement landing in the sector. the chief official signals a fair trial.
 - a) True
 - b) False

6. If a competitor obeys all the rules of competition related to discus, but does not finish in a stationary position, overbalances and unintentionally touch the ground outside the circle behind the centre line, after the discus lands in the sector area, is this considered a foul?
 - a) Yes, they have not finished in a stationary position prior to exiting the circle.
 - b) No, it was not intentional
 - c) No, they exited behind the centre white line
 - d) No, they have obeyed all the rules of competition.

7. If the discus lands partly on the sector line (on the full) is this legal?
 - a) Yes
 - b) No

8. If a competitor starts to leave from the front of the circle, by placing their foot on top of the metal rim, then leaves from the back half of the circle the chief official would:
- Give a warning and count as a valid throw
 - Signal it as a foul throw
 - Say nothing
9. If judging a right-handed discus thrower, what would be the requirements of the chief official?
- Stand on the left hand side of the circle facing the athlete and judge each trial and indicate the validity or non-validity of the trial by raising a red or white flag, then measure each valid trial of the competitor in accordance with the rules.
 - Stand on the left-hand side of the circle and judge each throw but only measure the best trial.
 - Stand on the right hand side of the circle and judge each trial.
 - Stand on the right hand of the circle facing the athlete and judge each trial and indicate the validity or non-validity of the trial by raising a red or white flag, then measure each valid trial of the competitor in accordance with the rules.
10. If judging a left-handed discus thrower, what would be the requirements of the chief official?
- Stand on the left hand side of the circle facing the athlete and judge each trial and indicate the validity or non-validity of the trial by raising a red or white flag, then measure each valid trial of the competitor in accordance with the rules.
 - Stand on the left-hand side of the circle and judge each throw but only measure the best trial.
 - Stand on the right hand side of the circle and judge each trial.
 - Stand on the right hand of the circle facing the athlete and judge each trial and indicate the validity or non-validity of the trial by raising a red or white flag, then measure each valid trial of the competitor in accordance with the rules.
11. If a competitor obeys all the rules of competition related to discus, and the discus strikes the discus cage and lands on the full inside the sector area, the chief official would:
- Give the athlete another throw
 - Signal it as a foul throw
 - Say nothing
 - Signal it as a fair throw
12. The measurement procedure for discus is:
- Each trial shall be measured immediately from the first point of contact to the inside of the circle's edge, along a straight line to the centre of the circle, to the nearest whole centimetre below the distance measured.
 - Each trial shall be measured immediately from the point where the implement stops, to the inside edge of the circle along a straight line to the centre of the circle, to the nearest centimetre below the distance measured if it is not a whole centimetre.
 - Each trial shall be measured immediately from the first point of contact, to the inside of the circle's edge, along a straight line to the centre of the circle, to the nearest two centimetres below the distance measured if it is not a whole centimetre.
 - Marks are placed throughout the course of competition where the discus lands, and the best trials are measured to the inside of the circle's edge, along a straight line to the centre of the circle, to the nearest centimetre below the distance measured if it is not a whole centimetre.

13. Match the following discus weights with their respective age and gender group.

330-350 grams
500 grams
750 grams
1.0kg
1.5kg

U/6 boys and girls grams
u/7 boys and girlsgrams
u/8 boys and girlsgrams
u/9 boys and girls grams
u/10 boys and girls grams
u/11 boys and girls grams
u/12 boys and girlsgrams
u/ 13 girls grams
u/13 boyskg
u/14 boys and girlskg
u/15 boys and girlskg

14. Below is an U/13 competition recording sheet of nine discus competitors.

1	A Smith	37.21	38.12	39.38
2	B Thomas	41.93	39.34	36.84
3	C Clark	F	38.90	35.81
4	D Evans	37.11	37.14	F
5	E. McGregor	F	35.25	36.06
6	F Jones	35.64	F	28.25
7	G O'Flaherty	40.24	41.87	39.21
8	H Hunter	F	39.78	41.42
9	I Thrower	37.91	F	F

Which competitor should be placed first?

- a) 1 - Smith
b) 5 - McGregor
c) 6 - Jones
d) 2 - Thomas
15. In the above U/13 competition recording sheet, which competitors would qualify for a further three (3) throws in a championship event?
- a) None, they have all had three trials
b) Every competitor
c) All competitors apart from Jones
d) All competitors apart from Clark

Javelin

1. The correct action for throwing the javelin is:
 - a) There are no rules on how the javelin is thrown, only on how it lands.
 - b) The javelin is held at the grip and thrown over the head.
 - c) The javelin is thrown over the shoulder or upper part of the throwing arm and is neither slung nor hurled.
 - d) The javelin is held at the grip and is thrown over the shoulder or upper part of the throwing arm and is neither slung nor hurled.

2. The athlete has thrown the Javelin, and leaves the runway in the correct manner prior to the implement landing in the sector. the chief official signals a fair trial.
 - a) True
 - b) False

3. A competitor must leave the runway:
 - a) From behind the line of the arc at right angle to the parallel lines.
 - b) From forward of the line of the arc at right angle to the parallel lines.
 - c) Any direction they like.

4. In the act of throwing the Javelin, the competitor may place their front foot on the arc line, providing they do not put any part of their foot over the arc line.
 - a) True
 - b) False

5. If a competitor obeys all the rules of competition related to Javelin, but does not finish in a stationary position, overbalances and unintentionally touch the ground forward of the arc line or outside the parallel lines of the runway is this considered a foul?
 - a) Yes, they have not finished in a stationary position prior to exiting the runway in the correct manner.
 - b) No, it was not intentional
 - c) No, they have obeyed all the rules of competition.

6. As chief official at a javelin event what would your decision be on the following? The athlete enters the runway and commences the throw from a stationary position and bowls the javelin (like in cricket) over the shoulder. The javelin lands correctly inside the sector area and the athlete leaves the runway from a stationary position behind the line of the arc at right angle to the parallel lines within 1 minute of being called for the trial
 - a) Fair trial
 - b) Foul trial

7. The measurement procedure for Javelin involves the following:
- The best of the three throws is measured from the first point of contact with the ground, to the inside edge of the arc, along a straight line, to the nearest centimetre.
 - Each throw is measured immediately from where the metal tip of the javelin head first strikes the ground, to the inside edge of the arc, along a straight line from the point of landing to the centre of the circle of which the arc is a part of, to the nearest whole centimetre below the distance measured.
 - Marks are placed throughout the course of competition where the javelin lands and the best trial is measured to the inside edge of the arc, along a straight line, to the nearest even centimetre.
 - Each throw is measured immediately from where the javelin first strikes the ground, to the inside edge of the arc, along a straight line from the point of landing to the centre of the circle of which the arc is a part of, to the nearest even centimetre below the distance measured, if it is not a whole even centimetre.
8. If the Javelin lands partly on the sector line (on the full) is this a legal throw?
- Yes
 - No
9. It is considered a foul when a competitor:
- Has begun a trial and touches the ground outside the runway with any part of their body.
 - Throws the javelin and the tip fall's completely within the inner edges of the landing sector lines, and leaves the runway after the javelin has landed.
 - Breaks a javelin during a trial.
 - Wears a leather belt or similar material around the waist.
10. Is a competitor allowed to place marks on the ground to assist with their run-up?
- There is no rule governing this.
 - A competitor may place alongside the runway, one or two markers, supplied or approved by the organising committee.
 - Yes, but only chalk markings are allowed to assist competitors, nothing else.
11. During the run-up and before releasing the javelin, the athlete stops, turns around and walks back to his/her mark to start again is this a foul?
- Yes
 - No
12. If judging a right-handed thrower, what would be the requirements of the chief official?
- Stand forward of the runway on the left hand side facing the athlete and judge each trial and indicate the validity or non-validity of the trial by raising a red or white flag, then measure each valid trial of the competitor in accordance with the rules.
 - Stand on the left-hand side and judge each throw but only measure the best trial.
 - Stand on the right hand side and judge each trial.
 - Stand on the right hand side facing the athlete and judge each trial and indicate the validity or non-validity of the trial by raising a red or white flag, then measure each valid trial of the competitor in accordance with the rules.

13. If judging a left-handed thrower, what would be the requirements of the chief official?
- Stand forward of the runway on the right hand side facing the athlete and judge each trial and indicate the validity or non-validity of the trial by raising a red or white flag, then measure each valid trial of the competitor in accordance with the rules.
 - Stand on the left-hand side and judge each throw but only measure the best trial.
 - Stand on the right hand side and judge each trial.
 - Stand on the left hand side facing the athlete and judge each trial and indicate the validity or non-validity of the trial by raising a red or white flag, then measure each valid trial of the competitor in accordance with the rules.

14. Are the rules relating to javelin the same as those for turbo jav & vortex.

- Yes
- No
- There are no rules for turbo javelin & vortex

15. Match the following implements and weights (where applicable) with their respective age and gender group.

Vortex

Turbo Jav

400 grams

600 grams

800 grams

U6 and U7 boys and girls

U8 and U9 boys and girls

U10, U11, U12 boys and girls and U13 girls

U13 boys, U14, U15 boys and girls

16. Below is a U/13 competition recording sheet of 9 javelin competitor's.

1	Brown	F	41.36	42.46
2	White	39.04	41.72	38.24
3	Green	40.64	F	38.34
4	Black	40.46	F	38.34
5	Red	39.98	32.46	31.36
6	Blue	43.38	32.82	32.18
7	Pink	F	39.10	43.93
8	Magenta	42.10	43.96	F
9	Yellow	31.00	39.50	F

16. Which athlete would be placed second?

- Brown
- Pink
- Blue
- Yellow

17. Which competitors would qualify for a further three throws in a U/13 competition event?
- a) None; they have all had three trials
 - b) Every competitor
 - c) All competitors apart from yellow
 - d) All competitors apart from magenta.
18. How should javelins be carried to and from sites and when retrieved
- a) Carried over shoulder
 - b) Stabbing the ground
 - c) In an up & down position (vertical) and held steady