

ALA Officials Program – New South Wales

D Grade Officials Examination

SHOT PUT

Time Allowed: 30 minutes

NOTE: The Pass mark is 12

1. If a competitor enters the circle from the front, you should:
 - (a) Give a warning the first time
 - (b) Declare a foul
 - (c) Say nothing

2. What is the correct position of the Shot Put prior to the action of putting the Shot?
 - (a) Touching the cheek
 - (b) From the ear
 - (c) Touching the neck and close to the chin

3. Is the zero end of the measuring tape held at?
 - (a) The circle
 - (b) The point where the Shot Put landed

4. If a put is measured as being exactly halfway between 8.63m and 8.64m, what measurement is recorded on the result sheet?
 - (a) 8.62m
 - (b) 8.63m
 - (c) 8.64m

5. Is the measurement of the distance put made from?
 - (a) The nearest mark made by the fall of the Shot Put in the sector to the throwing circle
 - (b) From the midpoint of the mark made by the fail of the Shot Put in the sector to the throwing circle

6. If a competitor starts to leave from the front of the circle, places a foot on top of the stop board, then leaves from the rear half of the circle, should you?
 - (c) Give a warning first time
 - (d) Say nothing
 - (c) Declare a foul

7. Which list correctly matches age groups and Shot Put weights?

	1 kg	1.5 kg	2 kg	3 kg	4 kg	5 kg
(a)	U6 & U7	U8	U9, U10, U11 & U12G	U12B, U13, U14G & U15G	U14B, U15B & U17G	U17B
(b)	U6	U8 & U9	U11 & U12	U13 & U14	U15	U17
(c)	U6 & U7	U8 & U9	U11 & U12G	U13 & U14	U15	U15G

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SHOT PUT

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8. Which list correctly matches Shot Put weights and colours?

	1 kg	1.5 kg	2 kg	3 kg	4 kg	5 kg
(a)	Yellow	Red	Blue	White	Green	Orange
(b)	Blue	Yellow	Orange	White	Red	Green
(c)	Blue	Orange	Yellow	White	Red	Grey

9. A competitor must commence their throw from:

- (a) A moving position
- (b) A stationary position

10. The correct action of the Shot Put is:

- (a) In a forward movement
- (b) Pulled away from the neck and thrown
- (c) Dropped down and then thrown

11. What is the rule concerning the return of the Shot Put to the throwing circle?

- (a) It can be rolled back
- (b) It must be carried back

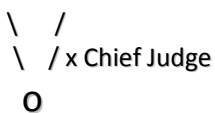
12. If the Shot Put lands partly on the sector line, it is considered a fair trial?


- (a) True
- (b) False

13. Does the Chief Judge watch for?

- (c) Foot fouls
- (d) Both foot and hand fouls
- (e) Check for hand fouls?

14. On which side of the circle should the Chief Judge be positioned for a right handed thrower?

- (a) Right hand side 

- (b) Left hand side 

15. The Shot Put was taken behind the line of the shoulders. Is that put?

- (a) Fair
- (b) Foul

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DISCUS

Time Allowed: 30 minutes

NOTE: The Pass mark is 12

1. Is the measurement of the distance made from?
 - (a) The nearest mark, made by the fall of the Discus in the sector
 - (b) Where the Discus finally stops in the sector

2. Is the zero end of the measuring tape held at?
 - (a) The throwing circle
 - (b) The point where the Discus landed

3. If a throw is measured as being exactly halfway between 20.23 metres and 20.24metres, what measurement is recorded on the result sheet?
 - (a) 20.22m
 - (b) 20.23m
 - (c) 20.24m

4. If a competitor enters the circle from the front, should you?
 - (a) Give a warning the first time
 - (b) Declare a foul
 - (c) Say nothing?

5. Is it a valid throw if the Discus is bowled overarm or underarm?
 - (a) Yes
 - (b) No

6. When leaving the circle, the competitor:
 - (a) Must leave from the back of the circle
 - (b) May leave in any direction
 - (c) Must leave so that first contact with the ground outside the circle is behind the extension line of the circle centre

7. Which list correctly matches age groups and Discus weights?

	350 gms	500 gms	750 gms	1 kg	1.5 kg
(a)	U6 & U7	U8, U9 & U10	U11, U12 & U13G	U13B, U14B & G, U15B & G, U17G	U17B
(b)	U6, U7 & U8	U9 & U10	U11, U12 & U13	U14 & U15	U17
(c)	U6 & U7	U8 & U9	U10, U11 & U12	U13 & U14	U15 & U17

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DISCUS

Time Allowed: 30 minutes

8. From what position must the competitor commence the throw?
- (a) Moving
 - (b) Stationary
9. After throwing the Discus, a competitor is allowed to leave the circle even though the Discus has not touched the ground:
- (a) True
 - (b) False
10. When thrown the Discus hits the cage and lands in the sector. Is this a valid throw to be measured?
- (a) No
 - (b) Yes
11. The Discus hits the ground totally inside the throwing sector and then skids out over the sector tape. This is a fair trial:
- (a) True
 - (b) False
12. Who is responsible for reading the tape measurement?
- (a) The Sector Judge
 - (b) The Recorder
 - (c) The Chief Judge
13. What is the rule concerning the return of the implement to the throwing circle?
- (a) It may be thrown back
 - (b) It must be carried back
14. If a competitor, after he has stepped into the circle and has begun to make a throw, touches the top edge of the circle, should you?
- (a) Say nothing
 - (b) Give a warning first time
 - (c) Say nothing until the throw is completed and then declare a foul explaining why they were fouled.
15. It is a valid throw if two hands are used:
- (a) True
 - (b) False

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JAVELIN

Time Allowed: 30 minutes

NOTE: The Pass mark is 12

1. The measurement is made:
 - (a) From where the tip of the metal head first strikes the ground to the inside edge of the front line arc.
 - (b) From where the tip of the metal head first strikes the ground to the outside edge of the arc.

2. Is the zero end of the measuring tape held at?
 - (a) The edge of the arc
 - (b) Where the tip of the metal head first strikes the ground?

3. If a throw is measured as exactly halfway between 20.23 and 20.24 metres, what measurement is recorded?
 - (a) 20.23m
 - (b) 20.24m
 - (c) 20.22m

4. The Javelin must be held:
 - (a) At the back half
 - (b) At the grip
 - (c) At the front half

5. What is the correct action for throwing the Javelin?
 - (a) Thrown over the shoulder or upper part of throwing arm
 - (b) Slung
 - (c) Hurled

6. To be a valid throw, which part of the Javelin must strike the ground first?
 - (a) Any part of the metal head
 - (b) The tip of the metal head
 - (c) Any part of the Javelin

7. When leaving the runway, the competitor:
 - (a) May leave in any direction
 - (b) Must leave behind the arc and the lines drawn from the extremities of the foul line.

8. The competitor shall not leave the runway before the Javelin has touched the ground:
 - (a) True
 - (b) False

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JAVELIN

Time Allowed: 30 minutes

9. The competitor, after preparing to throw and before the Javelin has been discharged into the air, turns completely around so that his back is towards the throwing arc. Is this a foul?
- (a) No
 - (b) Yes
10. The tail of the Javelin touches the ground during the competitor's run up. Is this a foul?
- (a) Yes
 - (b) No
11. What are the weights of the Javelin used at NSWLAA Carnivals?
- (a) U12 Boys & Girls, U13 Boys & Girls – 400gms; U14 & U15 Boys & Girls – 600gms; U17 Boys & Girls 700gms
 - (b) U13 Girls – 400gms; U13 Boys, U14 & U15 Boys & Girls – 600gms; U17 Boys & Girls – 700gms
 - (c) U12 Boys & Girls, U13 Girls – 400gms; U13 Boys, U14 & U15 Boys & Girls, U17 Girls – 600gms; U17 Boys – 700gms
12. Is the tape pulled?
- (a) Across the foul line to a centre point, 8 metres back on the run-up and then read at the run-up side of the foul line.
 - (b) To the centre of the foul line and then read at the run-up side of the foul line.
13. What is the rule concerning the return of the Javelin?
- (a) It may be thrown back
 - (b) It must be carried back
14. Which of the following personal safeguards are allowed in Javelin?
- (a) Taping of fingers or hand
 - (b) Use of tape on the wrist
 - (c) Elbow guard
15. Who determines whether the tip of the metal head of the Javelin has struck the ground first?
- (a) The Chief Judge
 - (b) The Sector Judge
 - (c) The Recorder
 - (d) The Measuring Assistant

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LONG/TRIPLE JUMP *Time Allowed: 30 minutes*

NOTE: The Pass mark is 12

1. The pit shall be raked and levelled:
 - (a) After each jump
 - (b) Only after a round has been completed
 - (c) Whilst the athlete is in the pit

2. In Long & Triple Jump events, the U13 to U17 age groups take off from:
 - (a) Rectangle of sand or soft earth or a mat covered by sand or earth (1.22m wide x 0.5m)
 - (b) 1.22m wide x 20cm board

3. If a competitor takes off before reaching the Rectangle of sand or soft earth or a mat covered by sand or earth (1.22m wide x 0.5m) or board, is it?
 - (a) A fair jump
 - (b) A foul

4. The zero end of the tape is held at:
 - (a) The nearest break in the landing area made by any part of the body or limbs.
 - (b) The mat or board

5. In the U/6 to U/12 groups, if a competitor takes off behind the rectangle of sand or soft earth or a mat covered by sand or earth (1.22m wide x 0.5m) the measurement is taken from:
 - (a) Front edge of the take off area, to the nearest break in the sand
 - (b) Back edge of the take off area, to the nearest break in the sand
 - (c) Front edge of the take off area, to the furthest break in the sand

6. In events in which the take-off board is used, the distance of the jump is measured from the nearest break made by the competitor in the pit to the edge of the board, which is:
 - (a) Closer to the pit
 - (b) Further from the pit
 - (c) Middle of the pit

7. If in the course of landing, a competitor touches the ground outside the landing area nearer to the take-off than the nearest break in the landing area made by the jump, is it?
 - (a) A fair jump
 - (b) A foul

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LONG/TRIPLE JUMP *Time Allowed: 30 minutes*

8. In Triple Jump four take off boards may be used. Their distances from the take off board are:
- (a) 7m, 8m, 9m and 10m
 - (b) 5m, 7m, 9m and 11m
 - (c) 7m, 9m, 10m and 11m
9. A foul jump is recorded if a competitor runs past the front edge of the mat/board :
- (a) True
 - (b) False
10. A fair jump is recorded if after landing correctly an athlete:
- (a) Turns around and walks back through the pit
 - (b) Walks forward then steps out of the pit
 - (c) Turns to the side and steps out where first point of contact is closer than nearest mark in the landing area
11. If a competitor employs any form of somersaulting, is it?
- (d) A fair jump
 - (e) A foul
12. The action in the Triple Jump is "HOP-STEP-JUMP":
- (a) True
 - (b) False
13. Does the Chief Judge position himself?
- (a) Where the athletes start their run-up
 - (b) At the side of the runway adjacent to the take off
 - (c) At the side of the landing area
14. A jump is measured as halfway between 4.23 and 4.24. What measurement is given?
- (a) 4.24
 - (b) 4.235
 - (c) 4.23
15. If a competitor wanted to change the nominated take-off board during a Triple Jump competition, would the Chief?
- (a) Allow the competitor to change, before being called for their jump
 - (b) No, not at all
 - (c) Allow the competitor to change after being called for their jump

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HIGH JUMP

Time Allowed: 30 minutes

NOTE: The Pass mark is 12

1. If a competitor runs up, stops before jumping and his hand touches the top of the landing mat, this would be recorded as a foul:
 - (a) True
 - (b) False

2. Do 3 consecutive failures, regardless of the height at which they occur, disqualify a competitor from further competition?
 - (a) Correct
 - (b) Incorrect

3. The measurement of a new height is made:
 - (a) Before the competitors attempt it
 - (b) After the competitors attempt it

4. A competitor is allowed to take off from both feet at once:
 - (a) True
 - (b) False

5. No wind is blowing and a competitor bumps the bar when making a jump, while the bar is bouncing the jumper leaves the mats and then the bar falls. This is counted as a fair jump:
 - (a) True
 - (b) False

6. It is considered a failure when a competitor baulks at the bar:
 - (a) True
 - (b) False

7. In a High Jump event, which is the correct mark to be made on the recording sheet to indicate a fair jump?
 - (a) X
 - (b) -
 - (c) 0

8. If all other competitors have failed, is the remaining competitor allowed to continue jumping?
 - (a) No
 - (b) Yes

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HIGH JUMP

Time Allowed: 30 minutes

9. The correct measurement is made from the ground to the upper side of the bar at?
- (a) Each end of the bar
 - (b) The lowest part of the bar where it is sagging.
10. In which direction should the supports at each end of the cross-bar face?
- (a) They should face outward to the landing area
 - (b) They should face the opposite upright
11. A competitor may elect to pass at any height:
- (a) True
 - (b) False
12. A competitor must attempt each height:
- (a) True
 - (b) False
13. The increment of raising the bar, when there are 6 or less competitors left at Zone Championships, is:
- (a) 2 cm
 - (b) 3 cm
 - (c) 4 cm
 - (d) 5 cm
14. On grass runways, what is the maximum length of a spike?
- (a) 7mm
 - (b) 9mm
 - (c) 12mm
15. Restraining straps (on the cross bar) have to be used for all competitions:
- (a) True
 - (b) False

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STARTER

Time Allowed: 30 minutes

NOTE: The Pass mark is 12

1. The best position for the Starter is on a raised platform:
 - (a) True
 - (b) False

2. The Starter shall ascertain that the timekeepers and judges are ready before starting a race:
 - (a) True
 - (b) False

3. The Starter is the sole judge of any facet connected with the start of a race:
 - (a) True
 - (b) False

4. In races started in staggered lanes the Starter shall be:
 - (a) At the front of the competitors where all competitors can be seen.
 - (b) At the side of the competitors
 - (c) At the back of the competitors where they can see all competitors in the narrowest possible angle of vision.

5. The Starter cannot fire the gun if any competitor is moving, and should stand competitors up and issue a warning :
 - (a) True
 - (b) False

6. The Starter should have a fixed "holding time" in mind before starting a race:
 - (a) True
 - (b) False

7. After a false start the Starter should reduce the "holding time between set and firing of the gun" in order to avoid disqualifying a competitor who has been cautioned:
 - (a) True
 - (b) False

8. In races up to and including 400 metres, the starting orders are 'ON YOUR MARKS', 'SET', followed by the gun:
 - (a) True
 - (b) False

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STARTER

Time Allowed: 30 minutes

9. The pause between the 'SET' and the firing of the gun is necessary so as to allow the competitors to become quite still on their marks:
- (a) True
 - (b) False
10. A competitor, in the U12 and below age groups, responsible for two False starts shall be disqualified (Multi Events excluded):
- (a) True
 - (b) False
11. In races longer than 400 metres, the order given is 'ON YOUR MARKS', 'SET':
- (a) True
 - (b) False
12. After a false start the competitors shall be recalled by:
- (a) The blowing of a whistle
 - (b) The Starter's Assistant calling to the competitors
 - (c) Firing a gun
13. If a competitor fails to comply with the command 'ON YOUR MARKS' after the initial request what action is to be taken?
- (a) Stand the competitors up, warn the offending competitor.
 - (b) Stand the competitors up, recommence the start
 - (c) Declare it a False start by that competitor
14. The Starters Assistant shall check that the competitors are competing in the correct heat or race:
- (a) True
 - (b) False
15. If a competitor starts after the word 'SET' and before the actual report of the gun the Starter shall :
- (a) Stand the competitors up and restart the event.
 - (b) Identify that competitor and advise False start.
 - (c) Talk to the competitors and warn them to wait for the gun to be fired.

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TIMEKEEPER

Time Allowed: 30 minutes

NOTE: The Pass mark is 12

1. Timekeepers should be placed on an elevated stand at the finish line:
 - (a) True
 - (b) False

2. Timekeepers should be positioned on the inner side of a circular track:
 - (a) True
 - (b) False

3. Timekeepers should be in line with the finish:
 - (a) True
 - (b) False

4. The watch is started when the smoke or the flash from the gun is seen:
 - (a) True
 - (b) False

5. The watch is stopped when any part of the athlete crosses the finish line:
 - (a) True
 - (b) False

6. The watch is stopped when any part of the torso crosses the finish line:
 - (a) True
 - (b) False

7. If a hand-timed digital watch reads 14.21 seconds, what is the time which should be recorded?
 - (a) 14.21
 - (b) 14.3
 - (c) 14.2

8. What is the distance that Timekeepers should be placed (wherever possible) from the outside lane of the track?
 - (a) 1 metre
 - (b) 3 metres
 - (c) 5 metres

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TIMEKEEPER

Time Allowed: 30 minutes

9. The watch should never be reset until the Chief Timekeeper advises to do so:
- (a) True
 - (b) False
10. Timekeepers are permitted to operate from both sides of the finish line in order to save space:
- (a) True
 - (b) False
11. The Timekeepers should discuss their times with each other prior to giving them to the Chief Timekeeper:
- (a) True
 - (b) False
12. The Chief Timekeeper shall ascertain that the timekeepers and judges are ready and signal the starter:
- (a) True
 - (b) False
13. Timekeepers must reset their watches immediately they see an athlete break the start of a race:
- (a) True
 - (b) False
14. If two of the three watches used on first place read 14.20 seconds and the third watch reads 14.31, what is the official time which should be recorded?
- (a) 14.2
 - (b) 14.31
 - (c) 14.4
15. If a hand-timed digital watch reads 14.99 seconds, what is the time which should be recorded?
- (a) 14.9
 - (b) 14.99
 - (c) 15.0

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PLACE JUDGE

Time Allowed: 30 minutes

NOTE: The Pass mark is 12

1. Place judges must all operate from the same side of the track:
 - (a) True
 - (b) False

2. Place judges should be placed in line with the finish line:
 - (a) True
 - (b) False

3. What part of the body is judged across the line first?
 - (a) Torso
 - (b) Head
 - (c) Arms
 - (d) Legs

4. Place judges are responsible only for deciding in what order the competitors finish:
 - (a) True
 - (b) False

5. Place judges should only judge the placings they are allotted:
 - (a) False
 - (b) True

6. In order that Place judges may have a good view of the finish line, an elevated stand should be provided:
 - (a) True
 - (b) False

7. Place judges must concentrate on the start of all events:
 - (a) True
 - (b) False

8. Place Judges take priority over Timekeepers in determining the order in which competitors finish:
 - (a) True
 - (b) False

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PLACE JUDGE

Time Allowed: 30 minutes

9. A competitor stumbles on approaching the finish line and falls with the head, neck and arms over the line, but the rest of the body between the start and the finish. Can they be awarded a place?
- (a) Yes
 - (b) No
10. Is the shoulder part of the torso?
- (a) Yes
 - (b) No
11. If the head of 'A' crosses the finish line at the same time as the chest of 'B':
- (a) 'A' is the winner
 - (b) 'B' is the winner
 - (c) It is a dead-heat
12. If 'A' stumbles at the finish line and falls with the shoulder crossing the finish line at the same time as the chest of 'B':
- (a) 'A' is the winner
 - (b) 'B' is the winner
 - (c) It is a dead-heat
13. How far should you stand back from the track?
- (a) 8 metres
 - (b) 3 metres
 - (c) 5 metres
14. What colour should the finish posts be?
- (a) Black
 - (b) Black and White stripes
 - (c) White
 - (d) Red
15. The Starter shall ascertain that the timkeepers and Place judges are ready:
- (a) True
 - (b) False

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D Grade Officials Examination

RACE WALKING

Time Allowed: 30 minutes

NOTE: The Pass mark is 12

1. In Association events, including the Chief Judge, the panel of judges shall comprise a maximum of:
 - (a) 4
 - (b) 5
 - (c) 6

2. A parent or coach may be a Walks Judge at Centre level. In Association events, if a parent's child or coach's protege is competing in an event, they:
 - (a) Cannot judge due to interest in the event
 - (b) Can judge, but only with the consent of the Carnival Manager

3. Walking is a progression of steps taken in such a way that unbroken contact with the ground is maintained:-
 - (a) Correct
 - (b) Incorrect

4. The advancing leg shall be straightened (not bent at the knee) from the moment of first contact with the ground until the vertical upright position:
 - (a) Correct
 - (b) Incorrect

5. The Judges are allocated their positions by:
 - (a) The Carnival manager
 - (b) The Referee
 - (c) The Chief Walks Judge

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. A caution is to be given by the Judge to a competitor when:-
 - (a) In the opinion of the Judge, the competitor is breaking the rule of Race Walking
 - (b) The competitor appears to be in danger of infringing the rule of Race Walking
 - (c) The competitor deliberately impeded or interfered with another competitor

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RACE WALKING

Time Allowed: 30 minutes

8. This sign > on the yellow baton indicates:
 - (a) Caution for knees
 - (b) Caution for contact

9. A Judge can only caution a competitor once for each likely offence (ie. Once for contact and once for knees) during the event:
 - (a) Incorrect
 - (b) Correct

10. Does a caution have a bearing on disqualification?
 - (a) Yes
 - (b) No

11. In LAANSW competitions non verbal warnings are given to U13 to U17 age groups:
 - (a) Correct
 - (b) Incorrect

12. In LAANSW competitions in the U9 to U12 age groups a verbal warning for disqualification is to be given by a Judge to a competitor at the time of infringement by addressing that competitor by their number, using the word “warning” and giving the reason for the warning, eg. “No 42, warning knees” :
 - (a) Incorrect
 - (b) Correct

13. A warning for disqualification is to be given by the Judges to a competitor when:
 - (a) A competitor is actually breaking the rules of Race Walking
 - (b) The competitor appears to be in danger of infringing the rules of Race Walking
 - (c) The competitor deliberately impeded or interfered with another competitor

14. A competitor will be disqualified if they receive warnings from 3 or more judges:
 - (a) Correct
 - (b) Incorrect

15. At Centre level, if a Chief Judge and only 2 Judges are available, how many warnings would have bearing on disqualification:
 - (a) 1 warning
 - (b) 2 warnings
 - (c) 3 warnings

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UMPIRE

Time Allowed: 30 minutes

NOTE: The Pass mark is 12

1. An Umpire has the authority to disqualify a track competitor for any breach of the rules:
 - (a) True
 - (b) False

2. The Track Referee places Umpires around the course of the track to cover the entire event:
 - (a) True
 - (b) False

3. An Umpire observes a competitor run out of their lane, on the bend during a 200m event. Who is this reported by by the Umpire?
 - (a) Chief Timekeeper
 - (b) Chief Place Judge
 - (c) Track Referee

4. Umpires are also responsible for observing the changeover zones in a relay race:
 - (a) True
 - (b) False

5. If the baton is dropped during a relay race, the runner who didn't drop it is allowed to pick it up:
 - (a) True
 - (b) False

6. If a competitor steps off the track for any reason during a 1500m race, for example, this is to be reported as soon as all competitors have left the Umpires zone of observation:
 - (a) True
 - (b) False

7. Umpires use what coloured flag to signal they have observed a break of the rules:
 - (a) White
 - (b) Yellow
 - (c) Red

8. To assist with recording any observations made during an event, it is practicable for Umpires to carry a small notepad and pencil:
 - (a) True
 - (b) False

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UMPIRE

Time Allowed: 30 minutes

9. Umpires assist Walk Judges to report a competitor observed running:
- (a) True
 - (b) False
10. Competitors are allowed to receive assistance from coaches and parents, using a technical device, from outside the competition area:
- (a) True
 - (b) False
11. The baton change can only take place in the changeover zone during a relay race:
- (a) True
 - (b) False
12. A relay runner can put a piece of tape in their lane to assist their change:
- (a) True
 - (b) False
13. An athlete deliberately knocks down a hurdle with a hand or hands. This must be reported as a breach of the rules:
- (a) True
 - (b) False
14. A spectator can pace or offer advice from within the competition area:
- (a) True
 - (b) False
15. If an umpire is not sure if an athlete ran out of their lane, they can ask the next umpire if they should report it:
- (a) True
 - (b) False