

**D Grade Officials Questionnaire Paper****JUMPS - General****Time Allowed: 1 hour****80% required for pass mark**

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1. In all jumping events, how must a competitor take off?
  - a) From two feet
  - b) However they choose
  - c) From one foot
  
2. Once competition has begun, is an athlete allowed to practice for their trials?
  - a) Yes provided it is done beside the runway or take off area
  - b) No
  - c) Yes
  
3. What is the maximum allowable time an athlete has to complete a jump, if there are more than 3 competitors in the competition?
  - a) 1 minute
  - b) 3 minutes
  - c) 1.5 minutes
  
4. What is the maximum length of spikes that athletes can wear for jumping events?
  - a) Grass - 5mm Synthetic - 7mm
  - b) Grass - 7mm Synthetic - 5mm
  - c) Grass - 12mm Synthetic - 9mm
  
5. In all jumping events, how many practice jumps are allowed?
  - a) Three
  - b) Generally one, however this is at the discretion of the Chief Judge
  - c) As many as the athlete requires
  
6. At Centre level, who is responsible for checking the recording sheet once a jumping event has been completed?
  - a) The athletes
  - b) The Age Marshall
  - c) The Chief Judge
  
7. In all jumping events, if an athlete somersaults, what would the Chief Judge do?
  - a) Nothing, as long as the athlete has taken off on one foot
  - b) Declare a foul as somersaulting is not allowed
  - c) Declare a fair jump

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8. In all jumping events, if an athlete begins their trial, but stops before reaching the foul line, would the athlete be allowed to restart their trial?
- a) No
  - b) It depends on whether the Chief Judge allows them too
  - c) Yes, as long as they are within the time limit
9. On the recording sheet, in long and triple jump, how would you record a foul jump?
- a) -
  - b) F
  - c) X
10. Which of the following are not allowed as markers on synthetic surfaces?
- a) Shoes
  - b) Adhesive tape
  - c) Chalk / permanent markers

**D Grade Officials Questionnaire Paper****JUMPS - High Jump****Time Allowed: 1 hour****80% required for pass mark**

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1. At what age group in Little Athletics are competitors allowed to commence the Fosbury Flop?
  - a) U13
  - b) Whenever the athlete feels ready
  - c) U12
  
2. In which direction should the supports for the crossbar face?
  - a) Towards the landing area
  - b) Towards the competitors
  - c) Towards the opposite upright
  
3. After raising the bar, what should the competitors be informed of?
  - a) The new height of the bar
  - b) The number of athletes remaining in the event
  - c) The time the competition must be completed
  
4. If a competitor does not want to attempt a height, what should they do?
  - a) Elect to pass
  - b) Withdraw from competition
  - c) Request a specific height
  
5. How is the measurement of a new height determined?
  - a) From the ground to the upper side of the crossbar at each end
  - b) From the ground to the upper side of the crossbar at the lowest part of the bar at the centre (where you would record the height)
  - c) A combination of both a and b
  
6. When is the measurement of a new height taken?
  - a) After the competitors attempt the height
  - b) Before the competitors attempt the height
  - c) After the best jumper has attempted the height
  
7. Regardless of the height at which they occur, how many consecutive failures is a competitor allowed?
  - a) Four
  - b) Three
  - c) Five

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8. Which of the following is the correct way to record in high jump?
- a) Clear O Failure X Pass -
  - b) Clear ✓ Failure F Pass P
  - c) Clear O Failure F Pass -
9. If a competitor runs up, stops before jumping and touches either the crossbar or landing mat, what would the Chief Judge do?
- a) Declare a fair jump
  - b) Allow the athlete another jump so long as the time limit has not elapsed
  - c) Declare a foul jump
10. In the scissors event, how must the athlete land in order to be awarded a fair jump?
- a) However they can
  - b) Must attempt to land on their feet
  - c) Hand must touch the mat first

**D Grade Officials Questionnaire Paper****JUMPS - Long Jump****Time Allowed: 1 hour****80% required for pass mark**

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1. What would be recorded on the results sheet if an athlete's jump is measured between 3.41m and 3.42m?
  - a) 3.42
  - b) 3.41.5
  - c) 3.41
  
2. What take off area is used for the U13 - 17 age groups?
  - a) 0.2m x 1.22m standard international board
  - b) ½ m x 1m mat
  - c) 1m x 1m mat
  
3. How would a measurement be taken for an attempt from the ½ m x 1m mat?
  - a) From the nearest break in the landing area made by any part of the body or limbs to the front of the mat
  - b) From the nearest break in the landing area made by any part of the body or limbs to the back of the mat
  - c) From the nearest break in the sand in the landing area made by any part of the body or limbs to the toe print made on the mat
  
4. How would a measurement be taken, if a competitor using the ½ m x 1m mat jumps before reaching the mat?
  - a) From the nearest break in the landing area made by any part of the body or limbs to the edge of the mat furthest the pit and the measurement must be taken perpendicular to the back of the mat
  - b) Declare a foul
  - c) From the nearest break in the landing area made by any part of the body or limbs to the edge nearest the pit
  
5. How would a measurement be taken for an attempt from the 0.2m x 1.22m international board?
  - a) From the nearest break in the landing area made by any part of the body or limbs to the edge of the board nearest the pit, measured perpendicular to the board
  - b) From the nearest break in the landing area made by any part of the body or limbs to the edge of the board furthest the pit, measured perpendicular to the board
  - c) From the nearest break in the landing area made by any part of the body or limbs to the toe mark on the board

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6. How would a measurement be taken for an attempt from the 0.2m x 1.22m international board if the competitor landed towards the side of the pit?
- From the nearest break in the landing area made by an part of the body or limbs from the edge of the board nearest the pit
  - Extend the take off line with a broom or rake handle and measure from the nearest break in the landing area made by an part of the body or limbs perpendicular to the extended line
  - From the nearest break in the landing area made by any part of the body or limbs to the end of the board
7. What take off area is used for the U6 - U12 age groups?
- 1m x 1m mat
  - 0.2m x 1.22m standard international board
  - ½ m x 1m mat
8. If any part of a competitors take off foot protrudes past the front of the board / mat, nearest the pit, what would the Chief Judge do?
- Declare a foul
  - Allow them another attempt
  - Measure from where the foot / toe print is
9. If after completing a jump, the competitor walks back through the pit towards the runway area, what would you do?
- Allow another attempt
  - Declare a foul
  - Measure from the nearest break in the landing area made by an part of the body or limbs to the front edge of the board / mat nearest the pit
10. If a competitor takes off from the board / mat, but their jump does not reach the landing area, or they touch the ground outside the landing area nearer to the front edge of the board / mat, what would you do?
- Measure from where they landed or touched
  - Declare a foul
  - Allow another attempt

**D Grade Officials Questionnaire Paper****JUMPS - Triple Jump****Time Allowed: 1 hour****80% required for pass mark**

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1. What is the correct sequence in triple jump?
  - a) Hop - hop - step
  - b) Hop - step - jump
  - c) Jump - step - jump
  
2. Where should the Chief Judge in triple jump position themselves?
  - a) At the start of the athletes' run up
  - b) At the side of the landing area
  - c) At the side of the runway adjacent to the take off area
  
3. During competition, what would a competitor do if they wanted to change their chosen take off board?
  - a) Request to change the take off board
  - b) Just jump from the board they want to
  - c) They cannot change take off boards during competition
  
4. If an athlete's "sleeping" leg touches the ground during their attempt, what would you do?
  - a) Say nothing as this is a fair jump, so long as no advantage is gained
  - b) Declare a foul
  - c) Allow another attempt
  
5. In Little Athletics, what are the three standard positions for the take off area?
  - a) 9m, 11m, 13m
  - b) 3m, 5m, 7m
  - c) 5m, 7m, 9m
  
6. If an athlete's hop or step lands in the pit before their jump, what would you do?
  - a) Say nothing
  - b) Declare a foul
  - c) Warn the competitor and allow another attempt
  
7. If an athlete runs outside the lines marking the runway, what would you do?
  - a) Declare a foul
  - b) Request that the competitor begins their attempt again
  - c) Say nothing

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8. What would be recorded on the results sheet if an athlete's jump is measured between 7.88m and 7.89m?
- a) 7.88
  - b) 7.89
  - c) 7.88.5
9. If an athlete is completing their sequence and their jump does not make the landing area, what would you do?
- a) Declare a foul
  - b) Say nothing
  - c) Allow another attempt
10. When should the landing area be raked and made level?
- a) Prior to the start of competition and whenever the raker feels it is necessary
  - b) Whenever the area that the athletes are landing in gets low
  - c) Prior to the start of competition and after the completion of each attempt