

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

1. If a competitor enters the throwing circle from the front half, what is the action of the Chief Judge?
 - a) Give a warning for the first time
 - b) Declare a foul
 - c) Say nothing

2. In all throwing events, where is an athlete's measurement read from?
 - a) The outside of the circle or runway
 - b) The inside of the circle or runway
 - c) The inside edge of the circle or runway when the tape is pulled back through the centre of the circle or the point 8m back on the runway

3. What is the amount of time an athlete is allowed to complete a throw?
 - a) 1 minute
 - b) 3 minutes
 - c) 1.5 minutes

4. In all throwing events, where is the zero end of the tape held when measuring?
 - a) At the throwing circle or runway
 - b) At the centre of the circle or in the V on the javelin runway
 - c) In the sector where the implement has landed

5. In all throwing events once a throw has been completed, how are the implements to be returned to the circle or runway?
 - a) They are thrown back
 - b) All implements must be carried back
 - c) They are carried back except in shot put, where they are rolled back

6. In all throwing events, if the implement lands inside the sector, but hangs over the sector line or tape with out touching it, what would the sector judge do?
 - a) Indicate a fair trial
 - b) Call a foul
 - c) Give a warning for the first time

7. In all throwing events, what would be recorded on the results sheet if a throw is measured between 10.63m and 10.64m?
 - a) 10.63.5
 - b) 10.64
 - c) 10.63

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8. If an implement hits the ground inside the throwing sector, then skids out over the sector line or tape, what would the sector judge do?
- Call a foul
 - Indicate a fair trial
 - Ask for the throw to be taken again
9. In all throwing events, if a competitor, after they have stepped into the circle or runway and begun to make a throw, touches the ground outside that defined area, or touches the top edge of the circle or line marking the front edge of the runway, with any part of their body, what would be the action of the Chief Judge?
- Indicate a fair trial
 - Give a warning for the first time
 - Declare a foul
10. In all throwing events, how must a competitor commence their throw?
- From a stationary position
 - From a moving position
 - However they choose

D Grade Officials Questionnaire Paper**THROWS - Shot Put****Time Allowed: 1 hour****80% required for pass mark**

1. What is the correct position of the shot prior to the action of putting the shot?
 - a) From the shoulder and touching or in close proximity to the chin or neck
 - b) From behind the line of the shoulder
 - c) Touching the cheek

2. When putting the shot, what is the correct action of the shot?
 - a) Dropped down and pulled out from the starting position then put forward
 - b) Moves in a forward motion
 - c) Moved behind the line of the shoulder and put forward

3. Where is the measurement made from in a fair throw?
 - a) Where the shot stops rolling
 - b) The spot judged to be the middle of the imprint where the shot makes first impact on the ground
 - c) The nearest edge of the imprint made by the shot to the throwing circle

4. What is the position of the Chief Judge when judging shot put?
 - a) Stands on the left hand side of the circle for a right handed thrower and on the right hand side of the circle for a left handed thrower
 - b) Stands behind the circle
 - c) Stands on the right hand side of the circle for a right handed thrower and on the left hand side of the circle for a left handed thrower

5. Which age groups put a 2kg shot?
 - a) U8 - U10 boys and U8 - U11 girls
 - b) U9 - U11 boys and U9 - U12 girls
 - c) U9 - U12 boys and girls

6. What does the Chief Judge look for when judging shot put?
 - a) Only measures the throw
 - b) Foot fouls
 - c) Hand fouls and will ask the measuring assistant to watch for foot fouls

7. Once a shot has landed, how is the athlete required to leave the throwing circle?
 - a) Through the front half of the throwing area
 - b) They may leave in any direction
 - c) They must leave so that their first contact outside the circle is behind the centre line extension

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8. On the recording sheet, how would you record a foul throw?
- a) X
 - b) F
 - c) -
9. Which age groups put a 3kg shot?
- a) U12 - U13 boys and U13 - U15 girls
 - b) U12 - U17 boys and girls
 - c) U9 - U12 boys and girls
10. If a competitor starts to leave from the front of the circle, places a foot on the top of the stop board but then turns and leaves the circle from behind the centre extension line, what would the Chief Judge do?
- a) Declare a foul
 - b) Warn the competitor and ask them to throw again
 - c) Indicate a fair trial

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

1. What is the position of the Chief Judge when judging discus?
 - a) Stands inside the safety net area
 - b) Stands in the sector so as to have a clear view
 - c) Stands outside the safety net area on either side of the thrower

2. Where is the measurement made from in a fair throw?
 - a) The nearest mark made by the fall of the discus to the circle
 - b) Where the discus stops rolling
 - c) The spot judged to be the centre of the discus where it falls first

3. Which of the following would be judged a foul?
 - a) The discus is thrown with two hands
 - b) The discus is thrown underarm or overarm
 - c) None of the above

4. Which age groups throw a 750g discus?
 - a) U8 - U10 boys and girls
 - b) U11 - U12 boys and U11 - U13 girls
 - c) U13 - U15 boys and girls

5. The competitor releases the discus and it hits the safety net before landing within the sector. What would the Chief Judge do?
 - a) Indicate a fair trial
 - b) Declare a foul
 - c) Ask the athlete to throw again

6. On the recording sheet, how would you record a foul throw?
 - a) -
 - b) X
 - c) F

7. Which age groups throw a 1kg rubber discus?
 - a) U13 - U15 boys and girls
 - b) U13 - U17 boys and U14 - U17 girls
 - c) U11 - U12 boys and girls

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8. When is an athlete allowed to have three consecutive throws in discus?
- a) When the competition is running behind time and it is quicker to just measure their longest throw
 - b) If a competitor has come late to the competition
 - c) Never - each athlete is entitled to three attempts, but they must not be consecutive
9. Which age groups throw a 500g discus?
- a) U8 - U10 boys and girls
 - b) U8 - U10 boys and U8 - U11 girls
 - c) U11 - U12 boys and girls
10. What does the Chief Judge look for when judging discus?
- a) Watches to make sure the discus lands in the sector
 - b) Foot fouls and measures the throw
 - c) Only measures the throw

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

1. How must the javelin be thrown?
 - a) Over the shoulder or upper part of the throwing arm
 - b) Slinging action
 - c) Hurlled with a straight arm action

2. How must an athlete hold a javelin when throwing?
 - a) By the tail
 - b) By the metal tip
 - c) At the grip

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

4. During the competitor's run up, the tail of the javelin touches the ground. What should the Chief Judge do?
 - a) Declare a foul
 - b) Ask the athlete to throw again
 - c) Say nothing

5. Which age groups throw a 400g javelin?
 - a) U11 - U12 boys and U11 - U13 girls
 - b) U11 - U13 boys and girls
 - c) U13 - U15 boys and U14 - U15 girls

6. Upon completing a throw, where can the competitor leave the runway?
 - a) Through the landing sector
 - b) From behind the throwing arc and the lines drawn from the extension of this arc
 - c) From the right side of the runway only

7. Where is the measurement made from?
 - a) Where the tip of the metal heads first strikes the ground
 - b) Where the tail of the javelin lands
 - c) Where the javelin sticks into the ground only

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8. During the run-up but before the javelin has been discharged; the competitor turns completely around so that their back is towards the throwing arc. What should the Chief Judge do?
- Indicate a fair trial
 - Call a foul
 - Warn the competitor but measure the throw
9. What is the position of the Chief Judge when judging javelin?
- Stands near the foul line on the right hand side of the runway for a right handed thrower and on the left hand side for a left handed thrower
 - Stands on the left hand side of the runway for a right handed thrower and on the right hand side for a left handed thrower
 - Stands in the sector in front of the athlete throwing
10. Which age groups throw a 600g javelin?
- U11 - U13 boys and girls
 - U13 - U17 boys and girls
 - U13 - U15 boys and U14 - U17 girls