Please circle/tick/insert your answer for each question below
Total marks = 47, Pass rate = 40 (80%)

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| **1.** |  | **Please put the following steps in time order, when acting as referee at a regional league match that you would undertake for the event. (1 mark)**1. Checking event site/track/equipment
2. Creating a duty sheet
3. Conducting a briefing for officials in the discipline
4. Reporting to the meeting manager / organiser to sign in
5. Receiving information / timetable
 |
|  | A | 5,2,4,1,3  |
|  | B | 5,2,1,3,4 |
|  | C | 2,5,3,4,1 |
|  | D | 5,2,1,4,3  |

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| **2.** |  | **How long before the meeting would you report in, as referee for a league match? (1 mark)** |
|  | A | No specified time |
|  | B | 30 minutes prior to first event |
|  | C | 1 hour prior to first event |
|  | D | 2 hours prior to first event |

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| **3.** |  | **What things would you include in your briefing as referee, to officials at the start of the day of a league match? (4 marks)** |
|  | A | Rules the meeting is operating under |
|  | B | Provide a list of refreshments available for officials to choose from |
|  | C | Number of copies of start lists for judges |
|  | D | Health & Safety briefing |
|  | E | Check officials are comfortable with allocated duties and or if they require support or mentoring |

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| **4.** |  | **With whom do you need to liaise with before the event gets under way in your role as referee at a league match? (5 marks)** |
|  | A | Chief Photo-finish Judge |
|  | B | Field Referee  |
|  | C | Meeting Manager / Organiser |
|  | D | Technical Manager (if appointed) |
|  | E | Track Referee |
|  | F | Chief Call Room (if appointed) |
|  | G | Start Coordinator/Chief Starter |

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| **5.** |  | **You are appointed the Chief Starter’s Assistant (CSA) at a Regional Championships. What tasks would you undertake before the competition starts (select all that apply) (9 marks)** |
|  | A | Liaise with the Starter’s Assistants |
|  | B | Liaise with The Start Co-ordinator |
|  | C | Liaise with the Call Room Manager |
|  | D | Liaise with the Chief Timekeeper |
|  | E | Liaise with the Track Referee |
|  | F | Liaise with the Photo finish Chief |
|  | G | Liaise with the Meeting Manager  |
|  | H | Check refreshment provision |
|  | I | Liaise with the Field Referee |
|  | J | Liaise with the Clerk of Course  |
|  | K | Agree a time for the Zero Control Test |
|  | L | Liaise with the ground staff re starting blocks/lane markers and their transportation |
|  | M | Check the heights and weights of any hurdles/barriers to be used |
|  | N | Collect a radio for communication |
|  | O | Liaise with ground staff re Starting rostrum and its transportation |
|  | P | Check the Electronic Starting system is working |
|  | Q | Walk the track to establish Starting positions |

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| **6.** |  | **You are appointed Chief Starter’s Assistant (CSA) at a County Championships how would you allocate the duties for the day? (1 mark)** |
|  | A | I would allocate Call up/lead duties to myself in rotation with my team |
|  | B | I would take the lead in all races |
|  | C | I would allocate Call Up/lead duties to my team |
|  | D | I would go ahead each time to the next race |

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| **7.** |  | **On the timetable you notice there is a long series of 100m/200m sprints. How would you allocate the duties to ensure your team are able to have breaks? (1 mark)** |
|  | A | I would take over the duties of the member of the team taking a break |
|  | B | I would restrict breaks as all the team are needed |
|  | C | I would use the remainder of the team to cover the duties of the member taking a break |
|  | D | I would allocate rear or lanes 1-3 duties to myself |

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| **8.** |  | **You are the Chief Starter’s Assistant (CSA) at a County Championships, you will therefore need to brief your team before the meeting starts. How would you do this?** **(1 mark)** |
|  | A | By holding the briefing with your team as soon as you can gather them together |
|  | B | By you and your team attending the Chief Starter’s briefing and then following on with your team |
|  | C | By you and your team attending the Chief Starter’s briefing |
|  | D | By sending out your briefing by email to your team in advance of the meeting |

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| **9.** |  | **You are the Chief Starter’s Assistant (CSA) at a Regional Level Meeting. At the 100m start for U17 men the Starter instructs you to disqualify the athlete in Lane 5 for a false start. The Starter’s Assistant (SA) on the line shows the appropriate card to the athlete. Who would you as CSA, communicate this decision to?** **(1 mark)** |
|  | A | The Track Referee |
|  | B | Photo-finish |
|  | C | The Call Room |
|  | D | Registration |

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| **10.** |  | **Under what rule is this decision made?** **(1 mark)** |
|  | A | TR 16 S2 |
|  | B | TR 16.9 |
|  | C | TR 16.8 |
|  | D | TR 16.7 |

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| **11.** |  | **You are a Starter’s Assistant (SA) at a Regional Championships. The next scheduled event is the 1500m and you have been allocated the Call Up and Line. You arrive at the start 10 minutes before the scheduled start time, within 3 minutes you have checked in all the athletes, and they are ready to run. Do you… (1 mark)** |
|  | A | Line the athletes up and signal to the Starter the athletes are ready, tell Chief Starter’s Assistant (CSA) to radio the competition director / meeting manager that this is happening |
|  | B | Speak to the Starter about setting the race off early, they will make a decision and notify the competition director / meeting manager that this is happening |
|  | C | Tell the athletes they cannot start early and will have to wait |
|  | D | Advise the Chief Starter’s Assistant (CSA)  |

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| **12.** |  | **In the above scenario, you are the Chief Starter’s Assistant (CSA) do you … (1 mark)** |
|  | A | Speak to the Starter about starting ahead of the scheduled time |
|  | B | Tell your SA they can signal the Starter to start the race |
|  | C | Tell your SA to wait for the scheduled start time |
|  | D | Speak to the Chief Starter and, by agreement, radio the Meeting Manager / Competition Director for permission to start early |

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| **13.** |  | **You are a Starter’s Assistant (SA) at a County Championships, the previous event was 800m heats and you have been sent ahead for Call Up/line duties for the next races – 100m. When you have called the athletes up and completed your checks you can see that the Start team are not in place and are still moving their Start equipment from the 800m. Do you …** **(1 mark)** |
|  | A | Tell the athletes in the first heat that they should come back in 5 minutes |
|  | B | Ask the first heat to set their blocks up but not to run out until given permission |
|  | C | Tell the athletes the Start team are taking a long time to set up and they will have to wait |
|  | D | Let the athlete’s set blocks and have multiple runouts until the start team are ready |

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| **14.** |  | **You are the Chief Starter’s Assistant (CSA) at a Regional Championships. Following a false start in a 400m race the Starter asks for the athlete in Lane 3 to be disqualified. The athlete is not happy with the decision and says there was noise in the crowd which distracted them. Do you … (1 mark)** |
|  | A | Tell them they must leave the track as the Starter’s decision is final |
|  | B | Tell them they cannot protest as there is no Jury of Appeal. It is the Starter who makes the decision |
|  | C | Ask your team if they heard anything and then approach the Starter to advise them of what the athlete has said |
|  | D | Ask the crowd if they heard a noise |

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| **15.** |  | **The starter confirms that the athlete is disqualified. The athlete leaves the track, and the race starts without them. Afterwards the disqualified athlete approaches you claiming to have evidence confirming a noise at the original start. Do you … (1 mark)** |
|  | A | Tell the athlete you will speak to the Start Co-ordinator and tell them what the athlete has said |
|  | B | Tell the athlete that it is too late – the race has been run but that they can speak to the Starter abouta re-run |
|  | C | Tell them again that they cannot protest – The Starter’s decision is final |
|  | D | Tell the Track Referee |

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| **16.** |  | **In a 200m the Starter asks for a Yellow Conduct Warning Card to be shown to an athlete who was slow to rise to the set position. Under what rule is the Conduct Warning awarded (1 mark)** |
|  | A | TR 16.5.3  |
|  | B | TR 16.5.2  |
|  | C | TR 16.5.1 |
|  | D | TR 16.3  |

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| **17.** |  | **If you are the Chief Starter’s Assistant (CSA) in the above when you communicate the decision to the relevant Official what rule number would you state? (1 mark)** |
|  | A | TR 7.1 |
|  | B | TR 7.2 |
|  | C | TR 7.3 |
|  | D | TR 7.5 |

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| **18.** |  | **You are the Lead Starter’s Assistant at a Regional Championships for the Senior Men 400m final. When you receive the start list you see that the athlete in Lane 5 has previously received a Yellow Conduct Warning in the meeting. You do not know what the Conduct Warning was given for. Do you …** **(1 mark)** |
|  | A | Tell the Starter that the start list shows the athlete has received a previous Conduct Warning  |
|  | B | Tell the Chief Starter’s Assistant (CSA) about the Conduct Warning  |
|  | C | Tell the athlete that if they receive a further Conduct Warning they will be disqualified  |
|  | D | Tell the SA covering Lane 5 about the previous Conduct Warning |

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| **19.**  |  | **You are the Starter’s Assistant on the “line” of a 110mH decathlon event. After a false start, the starter asks you to warn the athlete in Lane 5. Which of these is correct? (1 mark)** |
|  | A | You hold up a yellow and black card in front of the athlete in Lane 5 |
|  | B | You hold up a yellow card in front of the athlete in Lane 5 |
|  | C | You walk along the line from lane 1 to 8 showing all athletes a yellow and black card |
|  | D | You show the athlete in Lane 5 a yellow and black card, then you walk along the line showing all athletes the card |

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| **20.**  |  | **You are a Starter’s Assistant at a Regional Championships. Your duty is ‘stop’ on the U20 100m and one athlete has run past you at full speed and then taken their time to return to the start line. You feel that the athlete should receive a conduct warning for not obeying instructions; who is allowed to give this? (1 mark)** |
|  | A | Start Coordinator  |
|  | B | You (as Starter’s Assistant/ SA) |
|  | C | Chief Starter’s Assistant (CSA)  |
|  | D | Track Referee |

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| **21.**  |  | **You are a Starter’s Assistant at a County Championships and some Para events have been included in the track program. Which of the following events may require starting blocks (select all that apply)? (2 marks)**  |
|  | A | T71 100m |
|  | B | T53 200m  |
|  | C | T38 400m  |
|  | D | T33 200m |

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| **22.**  |  | **In the races for wheelchairs and Frame Runners, how do you gauge the athletes are behind the start line, after the command ‘On your marks’? (1 mark)**  |
|  | A | Assumes a starting position entirely behind the start line  |
|  | B | Part of the front wheel can touch the start line  |
|  | C | The athletes’ helmet is behind the line |
|  | D | The rear wheels are behind the line |

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| **23.**  |  | **In the ambulant 400m race an athlete has the classification T11 & therefore has a guide runner. This athlete has been allocated lanes 5 & 6; in this case the athlete is in lane 5. The starter aborts the start as the athlete in lane 6 is slow to rise and asks for a Yellow Conduct Warning Card to be issued; who do you issue the card to? (1 mark)**  |
|  | A | Guide Runner |
|  | B | Athlete and Guide Runner  |
|  | C | No one because it was the guide  |
|  | D | Athlete  |

Duty positions and practical questions begin on next page

**Duty positions and practical questions**

Answer the following questions using the letters on the diagram showing a 100m start

|  |  |  |
| --- | --- | --- |
|  | **Question**  | **Answer**  |
| **24** | **Where would you expect the Chief Starter’s Assistant (CSA) to be positioned?** |  |
| **25** | **Where the Starter’s Assistant (SA) signal the starter from?** |  |
| **26** | **Where would the Starter’s Assistant (SA) on run out (Stop) be positioned?** |  |



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| **27.**  |  | **You are working at a large middle-distance meeting, and the track referee has informed the start team there will be a split start for the 5000m. In a field of 24 athletes how many should be placed on the forward line? (1 mark)**  |
|  | A | 5 |
|  | B | 6  |
|  | C | 8  |
|  | D | 12 |

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| **28.**  |  | **You are working at a large middle-distance meeting, and the track referee has informed the start team there will be a split start for the 5000m. All athletes have hip numbers from 1 to 24. Where should number 1 be positioned? (1 mark)**  |
|  | A | On the forward line on the outside of the track |
|  | B | On the forward line on the inside of the track |
|  | C | On the rear line on the outside of the track |
|  | D | On the rear line on the inside of the track |

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| **29.**  |  | **You are working at a large middle-distance meeting, and the track referee has informed the start team there will be a split start for the 5000m.** Other **than standard checks what additional check should the Chief Starter’s Assistant (CSA) do before advising Starter’s Assistant (SA) the race is ready to go? (1 mark)** |
|  | A | All athletes are in place correctly |
|  | B | The Clerk of the Course is happy the lane cones are in place |
|  | C | The starter is in position |
|  | D | The athletes have had a practice run out |

Answer the following questions using the letters on the diagram showing a circular race start

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| --- | --- | --- |
|  | **Question**  | **Answer**  |
| **30.** | **Where would you expect the Starter’s Assistant (SA) leading the event to be positioned?** |  |
| **31.** | **Where would you expect the Chief Starter’s Assistant (CSA) to be positioned?** |  |

