



Level 3 Track Questions

Please circle/tick/insert your answer for each question below

Rule Book Links – [UKA](#), [World Athletics](#) or [World Para](#)

Total marks = 48, Pass rate= 38 (80%)

1.		Please put the following steps in order, when acting as chief/referee at a 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
	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

2.		How long before the meeting would you report in, as chief/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

3.		What things would you include in your briefing as chief/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 / field cards for events/judges
	D	Health & Safety briefing
	E	Check officials are comfortable with allocated duties and or if they require support or mentoring



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

5.		During a 1500m race, an athlete, on the bend, steps off the track for two steps. He was not impeded by another athlete. He then rejoins the race. As track referee what is your decision (1 mark)
	A	No action required
	B	Speak to the athlete after the race and tell them to try not do this in the future
	C	Disqualify the athlete
	D	Give the athlete a warning and mark YC (yellow card) on the result sheet

6.	Please provide the relevant rule number for question 5 (1 mark)

7.		Which is the correct rule used in relation to the break line for an 800m race (1 mark)
	A	Prisms shall be placed on the lane lines at the intersection of the lane lines and the break line
	B	Green flags should be placed either side of the track in line with the break line
	C	Prisms should be placed on the lane lines immediately after the intersection of the lane lines and the break line
	D	Prisms shall be placed on the lane lines immediately before the intersection of the lane lines and the break line

8.	Please provide the relevant rule number for question 7 (1 mark)



9.		An athlete approaches the track referee as they have qualified for the semi-finals of the 100m event, but doesn't want to participate, wishing to remain fresh for the 200m later in the afternoon. What action can the Track Referee take, if any? (1 mark)
	A	Tell them that if they withdraw from the 100m semi-final they will not be allowed to run in the 200m
	B	Allow the athlete to withdraw from the 100m semi-final and allow them to run in the 200m
	C	Tell them to start the 100m semi-final and pull up just after the start.
	D	Do nothing

10.	Please provide the relevant rule number for question 9 (1 mark)

11.		There are 18 athletes in a 5000m, requiring a split start. How many athletes should be in each group? (1 mark)
	A	9 athletes on the regular start line and 9 athletes on the separate outer start line
	B	12 athletes on the regular start line and 6 athletes on the separate outer start line
	C	10 athletes on the regular start line and 8 athletes on the separate outer start line
	D	6 athletes on the regular start line and 12 athletes on the separate outer start line

12.	Please provide the relevant rule number for question 11 (1 mark)

13.		The leading athlete knocks down a hurdle in another lane which impedes the athlete in that lane. What action should you take as a track umpire and referee, please quote rule numbers? (1 mark)
	A	The umpire reports that the athlete's foot was below the plane of the hurdle and the referee shall disqualify the athlete
	B	No action taken
	C	Disqualify the athlete in the other lane for failing to hurdle that flight
	D	Issue a warning to the athlete for their next race

14.	Please provide the relevant rule number for question 13 (1 mark)



15.	In a wheelchair or frame Running race, what is used to judge the finish? (1 mark)
A	The athletes' helmet
B	The centre axle of the leading wheel
C	The athlete's torso
D	The front edge of the leading wheel

16.	Please provide the relevant rule number for question 15 (1 mark)

17.	What are the main takeover differences between a wheelchair 4x100m and a standard 4x100m (tick all that are correct)? (2 marks)
A	The takeover zone is 40m instead of 30m
B	The takeover zone is 20m instead of 30m
C	The takeover shall be made by a larger baton
D	The takeover shall be made by a touch on any part of the body
E	The takeover shall be made by a touch on any part of the wheelchair

18.	In a 4x200m indoor relay, which rule is correct? (1 mark)
A	The athletes break on the first leg and have a 20m takeover box and have acceleration
B	The athletes break on the second leg and have a 30m takeover box with no acceleration
C	The race is run totally in lanes
D	The athletes break on the second leg and have a 20m takeover box with no acceleration

19.	Please provide the relevant rule number for question 18 (1 mark)

20.	On seeding the heats for the outdoor 200m at a Championships, what method is used for the lane draw for each heat? (1 mark)
A	Lanes 3,4,5,6 are given to the fastest four athletes in each heat, using season bests.
B	Lanes 5,6,7,8 are given to the fastest four athletes in each heat, using best performances.
C	Lanes are selected by a random draw
D	Athletes more likely to medal in the final can request specific lanes



21.	Please provide the relevant rule number for question 20 (1 mark)

22.		Which track events are in a senior women's heptathlon competition (tick all that are correct)? (3 marks)
	A	100m
	B	200m
	C	400m
	D	800m
	E	1500m
	F	110mHurdles
	G	100mHurdles

23.	Please provide the relevant rule number for question 22 (1 mark)

24.		Which of these Para Athletics rules is <u>not</u> correct? (1 mark)
	A	A crouch start and the use of starting blocks is compulsory for T11/T12 athletes and their guide-runners
	B	In races for T11/T12 athletes with a guide-runner. The athlete must reach the nearer edge of the finish line in front of the guide-runner
	C	When competing with a guide-runner, athletes in Sports class T11 and T12 shall be guided through a tether. For track events, the maximum length between the two furthest points of the holding loop at the full extension of the tether shall not exceed 40cm
	D	Athletes in the Sports Class T11 must have their eyes/eye cavities completely covered by gauze patches or an equivalent material and must wear approved opaque glasses or an appropriate substitute during all track events

25.	Please provide the relevant rule number for question 24 (1 mark)



26.		During a 100m hurdles race. For how long should the wind gauge be activated? (1 mark)
	A	5 seconds
	B	10 seconds
	C	13 seconds
	D	15 Seconds

27.	Please provide the relevant rule number for question 26 (1 mark)

28.		Which of the following statements are correct in relation to relay check marks (tick all that apply)? (3 marks)
	A	No more than two check marks can be used
	B	Only one check mark can be used
	C	A check mark can be up to 50cm x 8cm
	D	A check mark must be no larger than 40cm x 5cm
	E	An athlete can only place a check mark within their own lane
	F	There is no restriction as to where an athlete can place check marks

29.	Please provide the relevant rule number for question 28 (1 mark)

30.		In the Relay rules, which one of the following is applicable to UKA and not to World Athletics? (1 mark)
	A	On completion of the final leg the baton is to be handed to an Official by the last runner. It is not to be dropped or thrown from the hand
	B	Athletes are not permitted to wear gloves or to place material (other than those permitted by Rule 6.4.3 of the Technical Rules) or substances on their hands in order to obtain a better grip of the baton
	C	At all relay takeovers, an athlete cannot commence their runup outside of the takeover zone
	D	The baton shall be passed within the takeover zone. In relation to the takeover zone, it is only the position of the baton which is decisive

31.	Please provide the relevant rule number for question 30 (1 mark)



32.		Which scenario is the correct one for a 2k Steeplechase with an outside water jump? (1 mark)
	A	Barrier 3 is the first barrier, and 5 laps is shown on the Lap Board and Bell (LBB) at the start
	B	The water jump is the first barrier for the athletes to go over and 4 laps show on the Lap Board and Bell (LBB) at the start.
	C	Barrier 2 is the first barrier, and 5 laps is shown on the Lap Board and Bell (LBB) at the start
	D	Barrier 3 is the first barrier, and 4 laps is shown on the Lap Board and Bell (LBB) at the start

33.	Please provide the relevant rule number for question 32 (1 mark)

34.		You are acting as a track referee at a league meeting. An athlete comes to you at the end of the race to complain that the start was not a fair one. Do you ... (1 mark)
	A	Refer the athlete to the start team
	B	Tell the athlete that you will arrange for the race to be re-run
	C	Tell the athlete that nothing can be done to rectify an unfair start
	D	Tell the athlete that in your opinion the start was fair

35.		At a relay championship meeting, the umpire in position 11 spots an athlete on the first leg of a 4x400m relay race stepping on the inside lane line for two steps. What action could the Referee take? (1 mark)
	A	Warn the athlete that they will be disqualified if they commit another lane infringement in a subsequent race
	B	Take no action as the infringement was incurred by only one member of a team in a relay race
	C	Disqualify the team of the offending athlete for a lane infringement
	D	Take no action as the advantage gained was minimal

36.	Please provide the relevant rule number for question 35 (1 mark)