

Zone Theory Exam August 2021

	Rule Name	Question Type	Question	Answer	Rule Reference	Marks
1	Technical Specifications	Multi Choice	What is the circumference of the ball? (a) 690 - 710mm (27 - 28 inch) (b) 680 - 700mm (26 - 27 inch) (c) 700 - 720mm (28 - 29 inch)		3.3 (i) (a)	1
2	Technical Specifications	Multiple Choice	What is the length of the two longer sides of the court? (a) 30.5m (100 ft) (b) 3.50m (11.48 ft) (c) 3.25m (10.66)		3.1.1 (i)	1
3	Technical Specifications	Multi Choice	The Umpires must inspect the court and related area, the goal posts and the ball all conform to the rules. When is this completed? (a) After the umpires have tossed for ends (b) Before the match starts (c) When the teams have taken the court		Appendix A 3 (ii) (a) (b)	1
4	Definitions	Multi Choice	Select the correct definition from the rule book for the following: “Playing Enclosure” (a) Area consisting of the court, the court surround and bench zone (b) Area consisting of the court and the court surround (c) Area immediately surrounding the court		Definitions	1
5	Match Personnel	Multi-choice	When do the Umpires toss for goal ends? (a) After the captains have notified the result of the toss for goal end or first centre pass (b) Before the start of play (c) When the teams have taken the court		5.2.1 (i)	1
6	Whistle	Multi-choice	An umpire's whistle starts and stops play. Select the appropriate length of whistle for each play. To end a period of play (a) Long whistle roll (b) Medium whistle roll (c) Short whistle roll		App A Rule 5.2.1(ii)(v)(d)	1
7	Match Personnel	Multi-choice	During a match, a player must wear (select all that apply):		5.1.1 (i) (a)(b)	1

			(a) A registered playing uniform (b) Suitable sports footwear (c) Wedding ring (d) Spiked Shoes (e) Playing position initials			
8	Match Personnel	Multi-choice	Fingernails must be: (a) Long (b) Cut (c) Short and Smooth		5.1.1 (iv) (c)	1
9	Match Personnel	Multi-choice	A medical alert bracelet may be worn provided it is: (a) covered with tape (b) worn under a wrist band (c) secured and visible		5.1.1 (iv) (b)	1
10	Whistle	Multi-choice	An umpire's whistle starts and stops play. Select the appropriate length of whistle for each play. For an infringement, toss up, to restart play or when needed to indicate the ball is out of court. (a) Medium whistle (b) Short whistle (c) Long whistle		APP A Rule 5.2.1(ii)(v) (b)(a) Medium Whistle	1
11	CONTACT	TRUE/FALSE	Contact occurs when a player's actions interfere with an opponent accidentally.		12.1	1
12	CONTACT	TRUE/FALSE	A Free Pass is awarded if a player accidentally knocks into an opponent.		12 – Sanction	1
13	Definitions	Drag and drop	Select the correct definition from the rule book for the following; “Landing foot (one foot landing)” (a) The foot not the first moved when a player either catches the ball standing on both feet or lands on both feet simultaneously after catching the ball (b) Foot on which a player either first lands after catching the ball or is standing on when the ball is caught (c) The last foot the player is standing on whilst in possession of the ball		Definitions (b)	1
	CONTACT	Multi Choice	White GA is standing in the goal third waiting to receive a pass. Black GD attempts an intercept but knocks into the back of White GA which prevents them from catching the ball.			

14			What is the Infringement? (a) Contact Black GD (b) no infringement - contesting (c) Contact White GA			1
15			What is the Sanction/Action? (a) Penalty pass White (b) Let play continue (c) Free pass White		12.2 (ii)	1
16	Match Personnel	Multi-choice	The Umpire winning the Toss controls which side of the court (select all that apply)? (a) Near the official bench (b) The Goal end to the left when facing the court (c) The Goal end to the right when facing the court.		5.2.1(i)	1
	CONTACT	Multi choice	Black GS jumps for a rebound and lands on White GD who has moved into the landing space of Black GS.			
17			Which player is penalised? a) Black GS b) White GD			1
18			What is the Infringement? a) Contact Black GS b) (Causing) Contact White WD		12.2.1 (ii)	1
19			What is the Sanction/Action? a) Penalty pass Black b) Penalty pass White			1
20	OBSTRUCTION	TRUE/FALSE	A defending player may be within 0.9m (3ft) of an opponent with the ball.		11.1 (v)	1
21	OBSTRUCTION	TRUE/FALSE	A player who is within 0.9m (3ft) of an opponent, who doesn't have the ball, is not allowed to momentarily signal for a pass.		11.2 (i)(c)	1
22	Whistle	Multi-choice	An umpire's whistle starts and stops play. Select the appropriate length of whistle for each play. To instruct timekeeper to hold time (a) Long whistle roll (b) Medium whistle roll (c) Short whistle roll		App A Rule 5.2.1(ii)(v) (c)	1
	OBSTRUCTION	Multi Choice	Black GS catches the ball in the goal circle landing on their left foot before putting the right foot down. Black GS steps			


			forward on their right foot and lifts their left foot to get closer to the goal. White GD moves in front of Black GS with her arm over the ball and 0.9m away from where Black GS's left foot was grounded.			
23			What is the Infringement? (a) Obstruction White GD (b) No infringement (c) Footwork Black GS			1
24			What is the Sanction/Action? (a) Penalty pass Black (b) Let play continue (c) Free pass White		11.1 (i) (b)	1
25	Whistle	Multi-choice	An umpire's whistle starts and stops play. Select the appropriate length of whistle for each play. At the beginning of a period play or to restart play after a stoppage. (a) Medium whistle (b) Short whistle (c) Long whistle		App A Rule5.2.1(ii)(v) (a)	1
26	Match Duration	True/False	A period of play must not exceed the specified playing time except if a team is awarded a penalty pass in the attacking goal circle before the timekeeper signals the end of play.		4.1 (iii)	1
	OBSTRUCTION	Multi choice	An opposing player may attempt to defend a player in possession of the ball. There must be a distance of 0.9m (3 ft) between both players.			
27			How is this distance measured: a) From the nearest part of the landing (grounded) foot to the nearest part of the opposing player. b) From the foot closest to the opposing player c) If the player steps in, then from nearest part of the grounded foot to the nearest part of the opposing player.		11.1	1
	OBSTRUCTION	Multi choice	White GS catches the ball in the goal third, close to the goal post. Black GK stands 0.4m in front of White GS, facing the goal waiting to catch any rebound.			
28			What is the infringement? a) Obstruction Black GK		11.1 (v)	1

			b) No infringement			
29			What is the Sanction/Action? a) Let play continue b) Penalty pass White			1
30	CONTROLLING PLAY	TRUE/FALSE	If a team does not have 5 players at the start of the game, 30 seconds is given for a further player to arrive. If a further player arrives within the 30 seconds no penalty is given.		8.1.1(1)(a)	1
	CONTACT	Multi Choice	Black WD is standing in the goal third. White WA drives for a pass and lands on top off Black WD.			
31	CONTACT		What is the Infringement? (a) Contact Black WD (b) no infringement - contesting (c) Contact White WA			1
32			What is the Sanction/Action? (a) Penalty pass White (b) Let play continue (c) Penalty pass Black		12.2.1 (i)	1
33	CONTROLLING PLAY	TRUE/FALSE	The umpire must apply advantage and allow play to continue if a player from the opposing team catches the centre pass in the goal third.		8.2.2(vi)	1
	CONTACT	Multi choice	At White's centre pass, Black C is defending 0.9 from the centre circle. White C steps towards Black C, pushing the ball into them before passing to White WA			
34			What is the Infringement? a) Contact Black C b) Contact White C c) Causing contact Black C		12.2 (v)	1
35			What is the Sanction/Action? a) Penalty pass White b) Penalty pass Black			1
36	CONTROLLING PLAY	True/False	When a player taking a throw in is penalised for held ball the sanction awarded will be a Free Pass on court to the opposing team.		8.4.1 (i)	1
	Controlling Play	Multi choice	Black GK stops White GS from re-entering where she left the court when White GS went to retrieve the ball.			
37			What is the infringement? (a) No infringement		8.3.2 (ii)(iii)	1


			(b) Black GK not allowing White GS to re-enter the court			
38			What is the sanction/action? (a) Let play continue (b) Award a Penalty Pass on court to White, where White GS left the court (c) Award a throw in to Black (d) Award a Free Pass on court to White	b)		1
39	Controlling Play	True/False	A game can start with four players provided one is the Centre		8.1 (ii)	1
	Controlling Play	Multi choice	Black GA tips the ball twice in an uncontrolled manner and then bats it to Black GS			
40			What is the infringement? a) Incorrect playing of the ball Black GA b) No infringement		9.4 (v) (b)	1
41			What action would the umpire take? a) Award a Free pass White b) Let play continue			1
	Controlling Play	Multi choice	Black GK is taking a throw-in near the transverse line in the goal third. Black GK steps behind the centre third side-line before releasing the ball.			
42			What is the Sanction/Action? a) Throw In White where Black GK stepped behind the centre third b) Let play continue c) Free Pass White on court, opposite the point where Black GK stepped behind the centre third d) Throw in White from the original throw in position		8.4.1 (i) (f)	1
	Controlling Play	Multi choice	Black's centre pass is untouched in the centre third and is caught by White GA in the goal third.			
43			What is the Sanction/Action? (a) Free pass White in goal third near where the ball crossed the transverse line (b) Let play continue (c) Free pass White in centre third near where the ball crossed the transverse line (d) Let play continue, advantage rule applies		8.2.2 (vi) (a)	1
	Controlling Play	Multi choice	The umpire should refrain from blowing			

			the whistle for an infringement when by so doing the non-infringing team would be disadvantaged.		
44			How does an umpire communicate that advantage is being applied during a game: (SELECT ALL THAT APPLY) (a) Calling 'Advantage' (b) Stating the infringement (c) Let play continue (d) Say nothing (e) Use the hand signal for advantage	7.2 (i) (a) & (b)	1
45	Scoring a goal	TRUE/FALSE	In taking a shot at goal the defending player will be penalised with a free pass if they knock the goal post.	10.2(1)(a)	1
46	Scoring a goal	True/False	If a defending player deflects a shot at goal when the ball is on its downward flight a free pass is awarded.	10.2 (ii)(b)	1
	Scoring a goal	Multi Choice	White GA has caught the ball with their right foot inside the goal circle and their left foot outside the goal circle. They lift their left foot and place in the goal circle and then shoot for goal.		
47			What is the Infringement? (a) Incorrect shot at goal White GA (b) No infringement (c) Footwork White GA	10.2(ii)(a)	1
	Match Duration	Multi-choice	The Umpire blows their whistle to end the game at the same time a penalty has been awarded to White GS		
48			What is the sanction/action? (a) Extra time is allowed for the Penalty (b)Game ends	4.1 (iii)	1
49	Match Duration	True/False	To restart play during extra time, the captains from both teams must toss for choice of goal end or the first centre pass.	4.2 (iii)	1
40	Match Duration	True/False	In the event of a tie remaining at the end of extra time, play will continue until one team leads by one goal. (True/False)	4.2 (iv)	1
	Scoring a goal	Multi choice	Black GS is shooting for goal. White GK, defending from 0.9m, knocks the Goalpost causing the shot to miss		
51			What is the Infringement? a) Obstruction White GK (b) No infringement (c) Knocking the goalpost causing the shot	10.2 (ii) (a)	1

			to miss White GK			
52			What is the Sanction/Action? (a) Penalty pass Black near where White GK knocked the goalpost (b) Let play continue (c) Free pass Black near where White GK knocked the goalpost			1
	Scoring a goal	Multi choice	White GA has the ball and the Black GD is standing 0.9m in front of White GA. After 3 seconds the White GA shoots successfully for goal.			
53			What is the infringement? a) Obstruction Black GD b) Held ball White GA		9.4.1 (iii)	1
54			What is the Sanction/Action? a) Let play continue, count goal. b) Discount goal, penalty pass Black c) Discount goal, free pass Black d) Penalty pass White where Black GD was standing			1
55	Game Management	TRUE/FALSE	If a coach is removed from the playing enclosure during the game, they are allowed to coach during the intervals.		13.3 (iii)	1
56	Scoring a goal	TRUE/FALSE	If a player other than the GA/GS throws or bats the ball through the ring a goal is scored.		10.1(ii)	1
57	Game Management	TRUE/FALSE	During play the coach is allowed to coach while standing up by the team bench.		13.3	1
58	CONTROLLING PLAY	Determine whether this image correctly demonstrates conditions for controlling the centre pass.	Correct/Incorrect		8.2.1 (i)	1

						
59	Game Management	True/False	An umpire may hold time to request the captain to speak to an on-court player.		Appendix a – Rule 13 (vi)	1
	Game Management	Multi choice	Black WD has been offside at the goal circle edge a number of times and the umpire has applied advantage and then penalised the Black WD. It is becoming persistent.			
60			<p>What options of action does the Umpire have?</p> <p>a) Penalise the Black WD</p> <p>b) Penalty pass White and Caution the Black WD for persistent offside</p> <p>c) Penalty Pass White and Warn the Black WD for persistent offside</p>		13.2.1 (ii)	1

61	CONTROLLING PLAY (USE DIAGRAM)	White has the first centre pass. Which umpire starts play?	a) Umpire A b) Umpire B	6.1 (ii)	1
62	CONTROLLING PLAY (USE DIAGRAM)	At the centre pass (as above) the ball goes out of court at point X without being touched in the centre third. Which umpire penalises this infringement?	a) Umpire A b) Umpire B	8.2.2 (iii)	1
63	CONTROLLING PLAY (USE DIAGRAM)	White has scored the last goal and play is being re-started. It is Black's centre pass and the White C is standing at point D, within 0.9m of the Black C. Which umpire penalises this infringement?	a) Umpire A b) Umpire B	6.1.1 (v)	1
64	CONTROLLING PLAY (USE DIAGRAM)	During the game the ball goes out of court at point S. Which umpire penalises the infringement	a) Umpire A b) Umpire B	6.1.3	1
65	CONTROLLING PLAY (USE DIAGRAM)	During the game the ball goes out of court at point X. At the throw in the player standing at point Q is obstructing the player throwing in. Which umpire penalises the infringement	a) Umpire A b) Umpire B	6.1.3 (ii)	1
66	Whistle	Multi-choice	Warning whistles are given prior to the game: (Select all that apply) (a) 10 seconds before play (b) 4 minutes before play (c) 30 seconds before play (d) 12 minutes before play	6.1.1 (i)	1
67	Game Management	True/False	A player may be given more than one caution for a specific instance of foul play.	13.1.1 (i)	1

68,69,70, 71, 72, 73, 74	HAND SIGNALS		Seven hand signal questions			7
75	CONTROLLING PLAY	<p>Determine whether this image correctly demonstrates conditions for controlling the centre pass.</p> 	Correct/Incorrect		8.2.1 (i)	1