



Rule Name	Question	Answer	Rule Reference
Technical Specifications	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)	(a) 690 - 710 mm (27 - 28 in)	3.3 (i) (a)
Technical Specifications	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)	(a) 30.5 m (100ft)	3.1.1 (i)
Technical Specifications	The Goal Post is covered with padding and should not be more than: (a) 65mm (2.5in) thick, (b) 38mm (1.5in) thick (c) 50mm (2in) thick	(c) 50mm (2in) thick	3.2 (i) (c)
Match Personnel	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	(a) After the captains have notified the result of the toss for goal end or first centre pass	5.2.1 (i)
	Hand signal - advantage		Appendix B (6)
Match Personnel	A Primary Care Person must (Select all that apply) (a) Must be qualified to diagnose and treat injury or illness. (b) Must wear identification as specified by the event organiser. (c) Must not have any other roles (including as a player). (d) Is permitted on the court during a stoppage for injury/illness of a player or blood issues. (e) Must advise the umpires if a player is too ill/injured and/or if further assistance is required.	ALL	5.1.2 (ii)

Definitions	<p>Select the correct definition from the rule book for the following; “Landing foot (one foot landing)”</p> <p>(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</p>	Foot on which a player either first lands after catching the ball or is standing on when the ball is caught	"L"
	Hand Signal question- Centre positioned incorrectly		Appendix B (10)
Definitions	<p>Select the correct definition from the rule book for the following; “Playing Enclosure”</p> <p>(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</p>	(a) Area consisting of the court, the court surround and bench zone	"P"
Match Personnel	<p>The Umpire winning the Toss controls which side of the court (select all that apply)?</p> <p>(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.</p>	a) Near the Official Bench (c) The goal end to the right when facing the court.	5.2.1(i)
	Hand signal-footwork	Appendix B (9)	
Contact	Black C is waiting for a pass outside the Goal Circle. Black C jumps in the air to receive the ball as White C moves into the landing space of the Black C. Black C lands on the White C.		

	What is the infringement? (a) No infringement (b) Contact White C, moving into Black C landing space. (c) Contact Black C	Contact White C, moving into Black C landing space.	12.2.1 (ii), 13.2.2 (ii)
	What is the sanction/action? (a) Penalty Pass Black, outside the Goal Circle (b) Penalty Pass White, outside the Goal Circle (c) Free Pass outside the Goal Circle (d) Let play continue	Penalty Pass Black, outside the Goal Circle	
Match Personnel	A medical alert bracelet may be worn provided it is: (a) covered with tape (b) worn under a wrist band (c) secured and visible	(a) Covered with tape	5.1.1 (iv) (b)
Match Duration	What is the length of the interval at the end of the first quarter in an hour-long game? (a) 2 minutes (b) 4 minutes (c) 12 minutes (d) 15 minutes	(b) 4 minutes	4.1 (i)
	Hand signal- Hold time		
Contact	An opposing player may not obstruct or contact the player taking a penalty pass before the ball has been released	True	7.1.3(ii)
Whistle	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	(b) Medium Whistle Roll	Appendix A Rule 5.2.1(ii) (c)

Controlling Play	In the following situations, when would an Umpire NOT award a Throw in? (a) The ball touches the ground outside the court (b) the ball touches a spectator who is standing outside the Court (c) The ball rebounds from the goalpost back into court (d) A player leans on the ball out of Court to gain balance	(c) The ball rebounds from the goalpost back into court	8.3.1 (iv)
Whistle	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	(a) 10 seconds (c) 30 seconds	6.1.1 (i)
Game Management	A player who continues to infringe may be warned twice.	False	13.1.2 (ii)
Contact	Black WD accidentally bumps White WA while White GS is shooting for goal.		
	What is the infringement? (a) Contact Black WD (b) Contact White WA (c) no infringement	a) Contact Black WD	12.2 (ii)
	What is the sanction/action? (a) Penalty pass White, where Black WD was standing (b) Penalty pass Black, where White WA was standing (c) Let play continue, advantage rule applies (d) Let play continue	c) Let play continue, advantage rule applies	7.2
	Hand signal- toss up		Appendix B(5)
Contact	White GD is penalised for Contact in the Goal Circle. White GD instructs White GK to move to defend the shot at goal		

	What action would the umpire take? (a) let play continue (b) Retake Penalty, informing White GD to remain out of Play (c) Penalty Pass to Black – both players to stand down	(b) Retake Penalty, informing White GD to remain out of Play	7.1.3 (i) (c)
Obstruction	Black WA receives the ball on the edge of the Goal Circle. White C standing within 0.9m of Black WA stretches her arms across the Black WA who finds it difficult to pass the ball.		
	What is the infringement? (a) Obstruction White C (b) No infringement	(a) Obstruction White C	11.1 (v)
	What is the sanction/action? (a) Penalty Pass Black outside Goal Circle (b) Let play continue	(a) Penalty Pass Black outside Goal Circle	
	Hand signal-incorrect playing of the ball		Appendix B (15)
Controlling play	A player can roll the ball to oneself to gain possession	True	9.4.1 (i) (b)

<p>Controlling Play</p>	<p>Determine whether this image correctly demonstrates conditions for controlling the centre pass.</p> 	<p>Correct</p>	<p>8.2.1 (i)</p>
<p>Hand signal question – direction of pass</p>			<p>Appendix B(3)</p>
<p>Controlling Play</p>	<p>Determine whether this image correctly demonstrates conditions for controlling the centre pass.</p> 	<p>Incorrect</p>	<p>8.2.1 (i)</p>

CONTROLLING PLAY (USE DIAGRAM)	White has the first centre pass. Which umpire starts play? a) Umpire A b) Umpire B	a) Umpire A	6.1 (ii)
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	a) Umpire A (ball not caught or touched in the centre third)	8.2.2 (iii)
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	a) Umpire A	6.1.1 (v)
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	a) Umpire A	6.1.3
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)

	b) Umpire B		
Game Management	A player may be given more than one caution for a specific instance of foul play.	False	13.1.1 (i)
Game Management	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.		
	What options of action does the Umpire have? a) Penalise the Black WD b) Penalty pass White and Caution the Black WD for persistent offside c) Penalty Pass White and Warn the Black WD for persistent offside	b) Penalty pass White and caution the Black WD for persistent offside	13.2.1 (iii)
Game Management	If a coach is removed from the playing enclosure during the game, they are allowed to coach during the intervals.	False	13.3 (iii)
Scoring a goal	If a player other than the GA/GS throws or bats the ball through the ring a goal is scored.	False	10.1(ii)
Game Management	During play the coach is allowed to coach while standing up by the team bench.	True	13.3
	Hand signal – goal not scored		Appendix B(8)
	Hand signal - intimidation		Appendix B (18)
Scoring a goal	Black GS is shooting for goal. White GK, defending from 0.9m, knocks the Goalpost causing the shot to miss		

	What is the Infringement? a) Obstruction White GK b) No infringement c) Knocking the goalpost causing the shot to miss White GK	(c) Knocking the goalpost causing the shot to miss White GK	10.2 (ii) (a)
	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	(a) Penalty pass Black near where White GK knocked the goalpost	
Match Duration	The Umpire blows their whistle to end the game at the same time a penalty has been awarded to White GS		
	What is the sanction/action? (a) Extra time is allowed for the Penalty Game ends	(b) Game ends	4.1 (iii)
GAME MANAGEMENT	To give a caution, the umpire will: (select all that apply) (a) Hold Time (b) Signal to the official bench using the appropriate hand signal (c) Use the specific term of 'caution' (d) Advise player of the behaviour that applies to the caution. (e) Suspend the player for 2 minutes of game time (f) State any action that will follow if the behaviour does not change	a), b), c), d), f)	13.1 (iv)
	Hand signal – ball over a third		
Controlling Play	Black GK stops White GS from re-entering where she left the court when White GS went to retrieve the ball.		
	What is the infringement? (a) No infringement Black GK not allowing White GS to re-enter the court	(b) Black GK not allowing White	8.3.2 (ii)

		GS to re-enter the court	
	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 Award a Free Pass on court to White	Award a Penalty Pass on court to White, where White GS left the court	
DURING THE MATCH	Black WD and White C are contesting for a loose ball that slipped out of Black GK's hands. As White C attempts to pick the ball up, she accidentally kicks the ball and it hits a spectator watching the game.		
	What is the Infringement? (a) Out of Court Black (b) Out of Court White (c) Incorrect playing of the ball White C (d) Kicking the ball White C	(d) Kicking the ball White C.	9.4.1(vi)(a)
	What is the Sanction/Action? (a) Throw in Black near where the ball touched the spectator. (b) Throw In White where the ball touched the spectator. (c) Free pass Black where the White C accidently kicked the ball.	(c) Free pass Black where the White C accidently kicked the ball.	9.4.1(vi)(a)
GAME MANGEMENT	If a penalty has been awarded for a coach criticising umpires calls, the offending coaches captain must stand out of play (True/False)	False	13.3 (i)
Scoring a goal	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.		
	What is the Infringement? (a) Incorrect shot at goal White GA (b) No infringement (c) Footwork White GA	(a) Incorrect shot at goal White GA	10.2(i)(a)
Match Duration	To restart play during extra time, the captains from both teams must toss for choice of goal end or the first centre pass.	False	4.2 (iii)

Match Duration	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)	False	4.2 (iv)
Whistle	<p>An umpire's whistle starts and stops play. Select the appropriate length of whistle for each play.</p> <p>At the beginning of a period play or to restart play after a stoppage.</p> <p>(a) Medium whistle (b) Short whistle (c) Long whistle</p>	(c) Long Whistle	App A Rule 5(v) (a)
Whistle	<p>An umpire's whistle starts and stops play. Select the appropriate length of whistle for each play.</p> <p>For an infringement, toss up, to restart play or when needed to indicate the ball is out of court.</p> <p>(a) Medium whistle (b) Short whistle (c) Long whistle</p>	(a) Medium Whistle	App A Rule 5 (v) (b)
Contact	White WA is standing outside the Goal Circle ready to pass the ball to White GS who is standing in the Goal Circle. As White GS receives the ball, Black WD accidentally knocks the White WA into the Goal Circle		
	<p>What is the infringement?</p> <p>(a) Contact Black WD (b) No infringement (c) Offside White WA</p>	Contact Black WD	12.1, 7.2
	<p>What is the sanction/action?</p> <p>(a) Advantage rule applies, let play continue (b) Penalty Pass White outside the Goal Circle (c) Free Pass Black inside the Goal Circle</p>	Advantage rule applies, let play continue	
Obstruction	Black GA is shooting for goal. White GD defending from the correct distance puts her hands over the ball making it difficult for the Black GA to see the goal ring.		
	<p>What is the infringement?</p> <p>(a) No infringement</p>	(a) No infringement	11.1

	(b) Obstruction White GD (c) Intimidation White GD		
	What is the sanction/action? (a) Let play continue (b) Award Penalty Pass to Black Award Penalty Pass to Black and caution White GD	Let play continue	
Game Management	Black WA has been suspended. Interval break occurs during the suspension time. The interval time counts towards the suspension time (True/False)	False	13.1.3 (vi)
Obstruction	A defending player may be within 0.9m of an opponent with the ball provided there is no interference with the throwing or shooting action of this player.	True	11.1 (v)
Contact	Black GK knocks the ball out of White GS hands and the umpire awards a penalty before blowing the whistle to end the game.		
	What is the infringement? (a) No infringement (b) Contact Black GK	Contact Black GK	Rule 12.2 (iv), 4.1 (iii)
	What is the sanction/action? (a) Allow the penalty to be taken (b) Game ends	(a) Allow the penalty to be taken.	
Controlling play	White GS tips the ball twice in an uncontrolled manner before gaining possession.		
	What is the infringement? (a) Replayed ball White GS (b) Tip, Bat, Catch White GS (c) Two tips and a catch White GS (d) no infringement	(d) no infringement	9.4.1 (v) (b)
Controlling play	In the following situations, when would an Umpire award a Penalty pass?		
	(a) Interference with the Goalpost during a shot at goal (b) Contact (c) Held Ball (d) Obstruction	a), b) & d)	

Game Management	There is 20 seconds until the end of the game. The score is 30-30. A Penalty Pass has been awarded to the Black team just outside the goal circle. White WD is very slow to take up the penalty position.		
	What is the infringement? (a) No infringement (b) Delaying play White WD,	(b) Delaying play, White WD	13.2.1 (i)
	What is the sanction/action? (a) Let play continue (b) Penalty Pass Black, which is advanced, and the player is cautioned.	Penalty Pass Black, which is advanced and the player is cautioned.	
Controlling Play	White's centre pass goes untouched over the side line bounding the centre third.		
	What is the infringement? (a) No infringement (b) Out of court White	(b) Out of court White	8.2.2 (iv)
	What is the sanction/action? (a) Let play continue (b) Retake centre pass (c) Award throw in to Black near where the ball went out of court	(c) Award throw in to Black near where the ball went out of court	
	The Role of the Reserve Umpire is to (select the three that apply): (a) Replace an umpire who becomes ill/injured during a match. (b) Inform the bench officials of team changes. (c) Supervise a suspended player during the suspension period. (d) Assist the umpires with any procedures prior to the match or during intervals. (e) Stands at the umpires bench during a match.	(a) Replace an umpire who becomes ill/injured during a match. (c) Supervise a suspended player during the suspension period. (d) Assist the umpires with	5.2.2(i)-(iv)

		any procedures prior to the match or during intervals.	
Game Management	The umpire has penalised the White C for contact. White's coach calls out 'It was the Black C who contacted'.		
	What action would the umpire take? (a) Award a Penalty pass to White (b) Award a Penalty pass to Black and Caution the White's Coach for inappropriate comment. (c) let play continue	b) Award a Penalty pass to Black and Caution the White's Coach for inappropriate comment.	13.3 - Sanction
Controlling Play	White C catches the ball in Black's goal third from Black's centre pass.		
	What is the infringement? (a) No infringement (b) Centre pass not taken in the centre third	(b) Centre pass not taken in the centre third	8.2.2 (vi) (a), 7.2
	What is the sanction/action? (a) Let play continue, advantage rule applies (b) Award a Free Pass in the centre third to White (c) Award a Free Pass to White in the goal third	(a) Let play continue, advantage rule applies	
Game management	A player, either with or without the ball, may not intimidate an opponent by making verbal comments designed to distract	True	13.2.1(iv)
Controlling Play	Black GS misses a shot at goal. The ball rolls out of court behind the goal post. White C runs through the top of the goal circle for a better position while the White GK gets the ball.		
	What is the infringement? (a) No infringement (b) Offside White C	(b) Offside White C	8.6 (i)

	What is the sanction/action? (a) Let play continue (b) Award a throw in to Black (c) Award a Free Pass to Black in the goal circle.	(c) Award a Free Pass to Black in the goal circle.	
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