

CONTACT

Choose the infringement

1. **White GK accidentally knocks the ball out of Black GA's hands**
 - a. No infringement, let play continue
 - b. Free Pass Black where White GK knocked the ball from Black GA
 - c. Penalty Pass Black where White GK knocked the ball from Black GA

2. **Black GS catches the ball in the Goal Circle turns quickly and pushes the ball into the White GK as the White GK is moving back to defend.**
 - a. No infringement, let play continue
 - b. Penalty Pass where the White GS was pushed
 - c. Penalty Pass White where the Black GS pushed the ball into White GS

3. **White GD moves quickly into the position where the Black GS was moving to, White GD contacts the Black GS.**
 - a. No Infringement, Let play continue.
 - b. Penalty Pass Black where white contacts Black GS
 - c. Penalty Pass White where contact occurred

4. **White GD holds on to Black GS uniform**
 - a. No Infringement, Let play continue.
 - b. Penalty Pass Black where White GD was standing
 - c. Free Pass Black

5. **Black GD defending from 0.9 m places her hands on the ball as White GS is shooting for Goal.**
 - a. No Infringement, Let Play continue.
 - b. Penalty Pass or shot to White where White GS was standing
 - c. Penalty Pass or Shot to White where Black GD was standing.

6. **White C and White WD stand very close to Black C not allowing the Black C to move to take a pass.**
 - a. No Infringement, let play continue
 - b. Free pass Black where the White C and White WD were standing
 - c. Penalty pass Black where White C and White WD were standing

7. **Black C and White WA simultaneously contact each other causing Black C to drop the ball.**
 - a. No Infringement, Let Play Continue.
 - b. Penalty Pass Black where the ball was dropped
 - c. Toss Up taken by both players near where they contacted.

8. **White WA and Black WD simultaneously contact each other**
 - a. No Infringement, Let play continue
 - b. Toss up is taken between these two players

9. **Black GA is shooting for goal and the White GK knocks the arm of the Black GA before the shot at goal**
 - a. No Infringement, Let play continue.
 - b. Black GA continues to shoot for goal
 - c. Penalty Pass Black where White GK was standing.

10. Black WD turns quickly after catching the ball and pushes the ball into the White WA before she has time to move back.
- No Infringement, Let play continue
 - Penalty against White WA for not moving back
 - Penalty Pass to White where Black WD pushed the ball into White WA.

OBSTRUCTION:

(Choose one answer only)

- Black GK defends White GS from 0.9m, White GS steps in and shortens the distance to 0.6m and has trouble shooting for goal.**
 - Penalty Pass or shot to White
 - No Infringement, Let play continue.
 - Penalty pass or shot to Black
- White C is standing close to Black WA outside the Black shooting circle. The ball is passed to the Black WA and the White C raises her hand and deflects the pass.**
 - No infringement, let play continue
 - Free pass White where Black WA deflects the pass
 - Penalty pass White where Black deflects the pass
- White GK defends Black GA 's shot at goal from 0.9m, making it difficult for Black GA to shoot for goal.**
 - Penalty Pass Black where White GK defended from
 - Free Pass Black where White GK defended from
 - No Infringement, let play continue.
- Black GD is standing 0.6m from White GA who is shooting for goal. Black GD makes no attempt to defend at all.**
 - Penalty Pass White where Black GD was standing.
 - No Infringement, Let play continue.
 - Free Pass White where Black GD was standing.
- White GD is standing outside the court behind the Goal Line and defends 0.9m from the Black GS shooting for goal.**
 - Penalty on court Black opposite where the White GD was standing outside the court.
 - No Infringement, Let Play continue.
 - Free Pass Black on court opposite where White GD was standing
- White GA leaves the court for a better position and attempts to re-enter the court. Black GD stops the GA from re-entering the court.**
 - Penalty Pass on court where Black GD is standing
 - Free Pass on court where Black GD is standing
 - No Infringement, Let Play continue.
- Black C goes of court to retrieve the ball for to take a Throw In. White C stops Black C from re-entering court.**
 - Penalty Pass on court Black where White C stopped Black C from re-entering the court
 - Free Pass on court Black where White C stopped Black C from re-entering the court.
 - No Infringement, Let Play continue.

8. **White WD is standing 0.5m away from Black WA and defends Black WA who does not have the ball.**
 - a. Penalty Pass Black where White WD was standing
 - b. Free Pass to Black where White WD deflected the pass
 - c. No Infringement, Let play continue.

9. **Black C defending from 0.9m places a hand over the ball making it difficult for the White WA from passing the ball.**
 - a. Penalty Pass White where White WA was standing
 - b. Free Pass White where White WA was standing
 - c. No Infringement, Let Play continue

10. **Black GA is shooting for goal just inside the Goal Circle. White WD standing 0.9m from Black GA outside the Goal Circle defends the shot at goal**
 - a. Penalty Pass Black outside Goal Circle where White WD was standing
 - b. Penalty Pass Black inside Goal Circle where Black GA was shooting for goal
 - c. No Infringement, Let Play continue.

STARTING PLAY

True/False Questions

1. Players must be in their correct playing thirds when play is due to start True/False
2. A team must take the court if there are five players present one of whom must be the C. True/False
3. If a team does not have five players present the umpires will wait up to 30 Seconds for additional player/s to arrive. True/False
4. At a Centre Pass the Centre cannot have her foot on the Centre Circle line True/False
5. A Player has to obey the footwork rule at a throw in True/False
6. A player taking the throw in does not have to wait for all players to be on the court True/False
7. The player taking the throw in has to have at least one foot within 15cm (6in) of the line True/False
8. If the ball fails to enter the court at a throw in, the same player can Retake the throw in from the same position. True/False
9. The Centre in possession of the ball must stand with both feet in the Centre Circle before play can start True/False
10. The ball is out of court if it touches any person or object in contact with The ground outside the court. True/False

DURING THE MATCH

YES/NO Questions

- | | |
|---|--------|
| 1. Is coaching allowed at stoppages | Yes/No |
| 2. All stoppages involving blood on a player and any injuries/illness is within 30seconds | Yes/No |
| 3. When stoppages occur for Injury/Illness and blood the player must leave the court. | Yes/No |
| 4. Scorers can advise the Umpire if the Centre Pass is wrong. | Yes/No |
| 5. Can a player roll the ball to another player | Yes/No |
| 6. A player must release the ball at 3 seconds | Yes/No |
| 7. A player can roll the ball to oneself | Yes/No |
| 8. Can a player reach over and pick up a ball from an offside area. | Yes/No |
| 9. Can a player gain possession of the ball while lying on the ground. | Yes/No |
| 10. Can a player use the goalpost to regain balance or as a support to recover the ball | Yes/No |

THROW IN

Multi Choice Questions

(Choose one answer only)

1. **At a Throw In, Black WA steps onto court before releasing the ball.**
 - a. Throw In Black from the original Throw In position
 - b. Throw in White from the original Throw in position
 - c. No Infringement, Let play continue
 - d. Free Pass on court White.

2. **At a Throw In, White GS stands with one foot at the correct distance from the line and releases the ball at 3 seconds.**
 - a. Throw In to Black at the same place where White GS was standing
 - b. No Infringement, Let Play continue
 - c. Free Pass on court to Black

3. **At a Throw In, White C steps behind the Goal Circle on the Goal Line**
 - a. No Infringement, Let Play continue
 - b. Throw In Black where the White C moved to behind the Goal Circle.
 - c. White C to retake the Throw In at the original Throw In point.

4. **White C takes a throw in with her foot on the line**
 - a. No Infringement, let play continue
 - b. White C takes another throw in correctly
 - c. Throw in Black where the original throw in was taken

FOOTWORK

Multi Choice Questions

(Choose one answer only)

- 1. Black GS catches the ball and lands on both feet simultaneously, then steps forward on the right foot and shoot successfully for goal.**
 - a. Free pass White.
 - b. Penalty pass White.
 - c. No Infringement, let play continue
- 2. White WA catches the ball and slides her landing foot before releasing the ball.**
 - a. Penalty pass Black
 - b. Free pass Black
 - c. No infringement, let play continue.
- 3. Black C catches the ball on her right foot and then hops on her right foot after she releases the ball.**
 - a. Stepping Black C, free pass white.
 - b. Stepping Black C, penalty pass white
 - c. No infringement, let play continue.
- 4. White GS lands simultaneously on both feet as she receives the ball. White GS jumps in the air and lands on her right foot and shoots for goal.**
 - a. No infringement, let play continue
 - b. Free pass Black where White GS jumped and shot for goal.
 - c. Penalty pass Black where WGS jumped and shot for goal.
- 5. Black WD lands on the right foot, steps forward onto the left foot, then jumps forward onto the right foot before passing the ball.**
 - a. No infringement, let play continue
 - b. Free Pass White where Black WD landed on her right foot before releasing the ball.
 - c. Penalty Pass White, where Black WD landed on her right foot, before releasing the ball.
- 6. White WD catches the ball in the air and lands on both feet, jumps then releases the ball before landing on her right foot.**
 - a. Stepping White WD, free pass White.
 - b. Stepping White WD, penalty pass White.
 - c. No Infringement, let play continue.

HELD BALL

YES/NO Questions

- | | |
|--|--------|
| 1. May a player hold the ball for 3 seconds | Yes/No |
| 2. Sanction for Held Ball is Free Pass | Yes/No |
| 3. May a GS shoot for goal just before 3 seconds has elapsed | Yes/No |
| 4. Sanction for Held Ball is Penalty Pass | Yes/No |

SCORING A GOAL

Multi Choice Questions

(Choose one answer only)

- White GS shoots for goal, the ball passes through the ring then the whistle goes for full time.**
 - No Infringement, Let play continue, count goal
 - End the game and discount the goal
- Black GK deflects the shot at goal and the ball passes through the Goal Ring**
 - No infringement, let play continue, count goal
 - Free pass to White where the shot at goal had been deflected.
 - Penalty Pass White where the shot had been deflected.
- Black GS wins the ball in a Toss Up and shoots for goal**
 - No Infringement, let play continue, count goal
 - Free Pass White where Black GS shot for goal
 - Penalty Pass White where Black GS shot for goal.
- White GS has been awarded a Penalty in the Goal Circle. The whistle goes for full time. What should the Umpire do?**
 - Allow shot to be taken, count goal if successful
 - Game ends Penalty should not be taken

Umpire Centre Theory Practice Questions

7

SANCTIONS

Complete the table below.

Each question is worth ½ mark

Complete the table below.

Infringement	Sanction
1. Stepping	
2. Over a third	
3. Contact	
4. Obstruction	

Complete the table below

Infringement	Sanction
5. Offside	
6. Out of Court	
7. Obstruction	
8. At a shot for goal defending player knocks the Goal post	

Complete the table below.

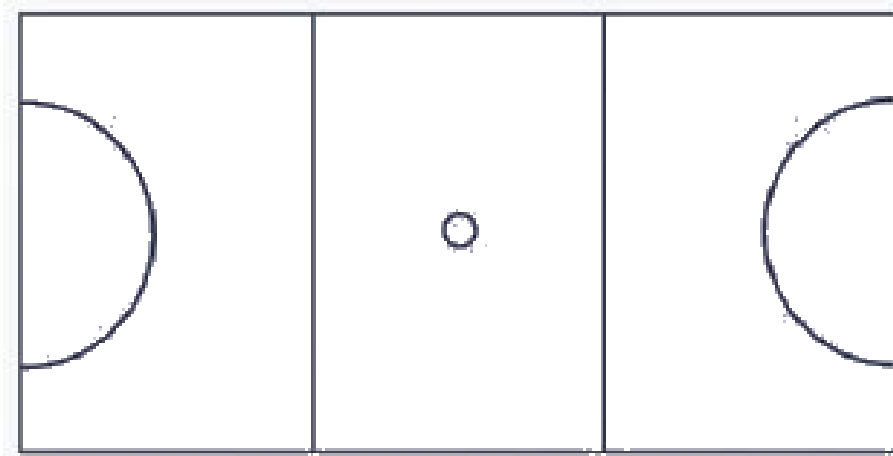
Infringement	Sanction
9. Replayed Ball	
10. Contact in Centre Third	
11. Breaking	
12. Obstruction in the Goal Circle	

MISCELLANEOUS:

Multi Choice Questions:

(Choose one answer only)

Use Diagram for answering Question 1 and 2.



1. **Black GK throws the ball from the Goal Line 1 and the ball is caught by Black GA just past the transverse line in the Centre Third.**
 - a. Free Pass in Centre Third by White.
 - b. No Infringement, let play continue
 - c. Penalty Pass White in Centre Third.

2. **White Centre takes a Centre Pass and the ball is caught by Black WD in Goal Third 1.**
 - a. Let Play Continue, advantage sanction applies
 - b. Free Pass to Black in Goal Third 1 close to transverse line.
 - c. Penalty Pass Black in Goal Third 1 close to the transverse line.

3. **White GA has shot successfully for Goal. What action would the Umpire Take**
 - a. Blow whistle, count goal and let play continue
 - b. Raise arm vertically, count goal and let play continue.
 - c. Raise arm vertically, count goal indicate the direction of next centre pass

True /False Questions

Each question is worth 1 mark

- | | |
|--|------------|
| 1. Scorers need to notify the umpires if a wrong centre pass is indicated | True/False |
| 2. The Captain is one of the Team Officials | True/False |
| 3. The umpire winning the toss for goal end controls the side line nearer the official bench. | True/False |
| 4. Players must have their hair suitably tied back. | True/False |
| 5. Intervals between the first-second and third-fourth quarters will be 3min | True/False |
| 6. Half time interval will be 12min, with exceptions when agreement has been made of both teams and the event organizers when, half time will be 8min. | True/False |
| 7. The primary care person must not have any other role. | True/False |

HAND SIGNALS

Identify Hand Signals below

1.



2.



3.



4.



5.



6.



7.



8.



9.



10.



11.
1.



12.
1.



ANSWERS

Contact

1. C
2. C
3. B
4. B
5. C
6. C
7. B
8. A
9. C
10. C

Obstruction

1. B
2. A
3. C
4. B
5. A
6. C
7. A
8. A
9. C
10. C

Starting Play

1. T
2. T
3. T
4. F
5. T
6. F
7. T
8. F
9. F
10. T

During the Match

1. Y
2. Y

3. Y
4. Y
5. N
6. N
7. Y
8. Y
9. N
10. N

Throw In

1. B
2. A
3. B
4. C

Footwork

1. C
2. B
3. C
4. A
5. B
6. C

Held Ball

1. N
2. Y
3. Y
4. N

Scoring a Goal

1. A
2. A
3. A
4. A

Sanction

1. Free Pass
2. Free Pass
3. Penalty Pass

4. Penalty Pass
5. Free Pass
6. Throw In
7. Penalty Pass
8. Penalty Pass
9. Free Pass
10. Penalty Pass
11. Free Pass
12. Penalty Pass

Miscellaneous

1. A
2. A
3. C

True/False Questions

1. T
2. F
3. T
4. T
5. F
6. T
7. T

Hand Signals

1. Start/Re-start Play
2. Start/ Re-start Play
3. Direction of Pass
4. Throw in- Goal Line
5. Goal Scored
6. Goal not scored
7. Footwork
8. Ball over a third
9. Contact
10. Obstruction of player with the ball
11. Held Ball
12. Toss Up