

Rule Name	Question	Answer	Rule Reference
Technical Specifications	<p>What is the length of the two longer sides of the court?</p> <p>(a) 30.5m (100 ft) (b) 3.50m (11.48 ft) (c) 3.25m (10.66)</p>		3.1.1 (i)
	<p>Label the Court related areas shown by the highlighting-- choose from;</p> <ul style="list-style-type: none"> • Court, • Court Surround, • Field of Play • Playing Enclosure 		
Hand Signal			
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Hand Signal			
Technical Specifications	<p>The Goal Post is covered with padding and should not be more than:</p> <p>(a) 65mm (2.5in) thick, (b) 38mm (1.5in) thick (c) 50mm (2in) thick</p>		3.2 (i) (c)
Technical Specifications	<p>What is the weight of the ball?</p> <p>(a) 350 - 400g (12-14oz) (b) 450 - 500g (16-17oz) (c) 400 - 450g (14-16oz)</p>		3.3(i) (a)


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</p> <p>(b) Foot on which a player either first lands after catching the ball or is standing on when the ball is caught</p> <p>(c) The last foot the player is standing on whilst in possession of the ball</p>		Definitions
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</p> <p>(b) Area consisting of the court and the court surround</p> <p>(c) Area immediately surrounding the court</p>	(a)	Definitions
Match Personnel	<p>When do the Umpires toss for goal ends?</p> <p>(a) After the captains have notified the result of the toss for goal end or first centre pass</p> <p>(b) Before the start of play</p> <p>(c) When the teams have taken the court</p>		5.2.1 (i)
Match Personnel	<p>A Primary Care Person must (Select all that apply)</p> <p>(a) Must be qualified to diagnose and treat injury or illness.</p> <p>(b) Must wear identification as specified by the event organiser.</p> <p>(c) Must not have any other roles (including as a player).</p> <p>(d) Is permitted on the court during a stoppage for injury/illness of a player or blood issues.</p> <p>(e) Must advise the umpires if a player is too ill/injured and/or if further assistance is required.</p>		5.1.2 (ii)
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</p> <p>(b) The Goal end to the left when facing the court</p> <p>(c) The Goal end to the right when facing the court.</p>		5.2.1(i)
Match Personnel	<p>Fingernails must be:</p> <p>(a) Long</p> <p>(b) Cut</p> <p>(c) Short and Smooth</p>		5.1.1 (iv) (c)

Match Personnel	<p>A medical alert bracelet may be worn provided it is:</p> <p>(a) covered with tape (b) worn under a wrist band (c) secured and visible</p>		5.1.1 (iv) (b)
Match Duration	<p>What is the length of the interval at the end of the first quarter in an hour-long game?</p> <p>(a) 2 minutes (b) 4 minutes (c) 12 minutes (d) 15 minutes</p>		4.1 (i)
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>		App A Rule 5(v) (a)
Contact	<p>An opposing player may not obstruct or contact the player taking a penalty pass before the ball has been released</p>		7.1.3(ii)
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>		
Whistle	<p>An umpire's whistle starts and stops play. Select the appropriate length of whistle for each play.</p> <p>To instruct timekeeper to hold time</p> <p>(a) Long whistle roll (b) Medium whistle roll (c) Short whistle roll</p>		

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		8.3.1 (iv)
Whistle	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		
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		6.1.1 (i)
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		
	What is the infringement? (a) Contact Black WD (b) No infringement (c) Offside White WA	(a)	12.1, 7.2
	What is the sanction/action? (a) Advantage rule applies, let play continue (b) Penalty Pass White outside the Goal Circle (c) Free Pass Black inside the Goal Circle	(a)	
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	(b)	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	(a)	
Game Management	A player who continues to infringe may be warned twice.		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		12.2 (i)
	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		7.2
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	(b)	Rule 12.2 (iv), 4.1 (iii)
	What is the sanction/action? (a) Allow the penalty to be taken (b) Game ends		
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		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		11.1 (v)
	What is the sanction/action? (a) Penalty Pass Black outside Goal Circle (b) Let play continue		
Controlling play	A player can roll the ball to oneself to gain possession		9.4.1 (i) (b)
Obstruction	Black GS receives the ball in the goal circle. White GK is defending from 0.9m in front of the Black GS. Black GS takes a step in, closer to the goal post. White GK stays where she is.		
	What action would the umpire take? (a) penalise the White GK for obstruction (b) let play continue		11.1 (i) (b) and (ii) (b)
Obstruction	Black GD defends from 0.8m and places a hand over the ball, making it difficult for White WA to pass the ball		
	What is the infringement? (a) no infringement (b) obstruction Black GD (c) Contact on the ball Black GD		11.1
	What is the sanction/action? a) let play continue b) penalty pass White where Black GD obstructed c) penalty pass White where Black GD contacted the ball		Sanction 11.1

Controlling Play	<p>Determine whether this image correctly demonstrates conditions for controlling the centre pass.</p> 		8.2.1 (i)
Obstruction	<p>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>		
	<p>What is the infringement? (a) No infringement (b) Obstruction White GD (c) Intimidation White GD</p>		11.1
	<p>What is the sanction/action? (a) Let play continue (b) Award Penalty Pass to Black (c) Award Penalty Pass to Black and caution White GD</p>	(a)	
Game Management	<p>Black WA has been suspended. Interval break occurs during the suspension time. The interval time counts towards the suspension time (True/False)</p>		13.1.3 (vi)
Controlling play	<p>White GS tips the ball twice in an uncontrolled manner before gaining possession.</p>		


	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		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		
Controlling play	White GD catches the ball in the Centre Third, steps back into the Goal Third before passing the ball to White GS.		
	What is the infringement? (a) ball through a third White (b) footwork White GD (c) no infringement		9.5.2 (ii)
	What is the sanction/action? a) free pass Black in the White's Goal third by the transverse line b) free pass in Black's goal third where White GD stepped c) let play continue		9.5.2 (ii)
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.		11.1 (v) & 11.1 (iv) (b)
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		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		
Game management	A player, either with or without the ball, may not intimidate an opponent by making verbal comments designed to distract		13.2 (iv)

Controlling Play	White WA and Black WD both enter the centre third from a centre pass before the whistle has been blown to start the game. White WA picks up the ball.		
	What is the infringement? (a) Simultaneous breaking White WA and Black WD, ball involved (b) No infringement		8.2.1 (iv) (b)
	What is the sanction/action? (a) Let play continue (b) Free Pass Black where White WA picked up the ball (c) Toss up in the centre third between White WA and Black WD (d) Retake centre pass		
Controlling Play	White WA and Black WD both catch the ball simultaneously near the sideline. Black WD has one foot out of court.		
	What is the infringement? (a) No Infringement (b) Ball out of court Black WD (c) Simultaneous possession White WA and Black WD		8.3.1 (iii)
	What is the sanction/action? (a) Let play continue (b) Throw in to White (c) Toss up taken on court with Black WD and White WA		
Game management	A decision to give a caution, a warning, to suspend a player or order a player off is not binding of the co-umpire		13.1 (iii)
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		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.		

Controlling Play	White C passes the ball to White WA and the wind catches the ball and it hits the umpire running outside the court.		
	What is the infringement? (a) No infringement (b) Ball out of court White (c) Wind catching the ball on court		8.3.1 (i) (b)
	What is the sanction/action? (a) Let play continue (b) Award a Free Pass on court to White (c) Award a throw in to Black where the ball hit the umpire		
Scoring a Goal	Black GS is shooting for goal and just as the ball is about to go through the goal ring, White GK accidentally knocks the goal post and the ball bounces off the goal ring.		
	What is the infringement? (a) No infringement (b) Causing the Goal Post to move White GK		10.2 (ii)
	What is the sanction/action? (a) Let play continue (b) Award Penalty Pass to Black		
During the Match	White C defending from 0.9m, makes it difficult for Black WA to pass the ball. At the end of 3 seconds, Black WA passes the ball.		
	What is the infringement? (a) No infringement (b) Obstruction White C (c) Held ball Black WA		
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 (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		13.1 (iv)
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,		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.	(b)	
Controlling Play	Black GK stops White GS from re-entering where she left it the court when White GS went to retrieve the ball.		
	What is the infringement? (a) No infringement (b) Black GK not allowing White GS to re-enter the court		8.3.2 (ii)
	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	(d)	
Game Management	The umpire has penalised the White C for contact. White's coach calls out 'It was the Black C who contacted'.		

	<p>What action would the umpire take?</p> <p>(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</p>		13.3 - Sanction
Controlling Play	White's centre pass goes untouched over the side line bounding the centre third.		
	<p>What is the infringement?</p> <p>(a) No infringement (b) Out of court White</p>		8.2.2 (iv)
	<p>What is the sanction/action?</p> <p>(a) Let play continue (b) Retake centre pass (c) Award throw in to Black near where the ball went out of court</p>		
	<p>The Role of the Reserve Umpire is to (select the three that apply):</p> <p>(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.</p>		5.2.2(i)-(iv)

Controlling Play	<p>Determine whether this image correctly demonstrates conditions for controlling the centre pass.</p> 		8.2.1 (i)
During the Match	<p>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.</p>		
	<p>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</p>		9.4.1(vi)(a)
	<p>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 accidentally kicked the ball.</p>		9.4.1(vi)(a)

<p>Scoring a Goal</p>	<p>Black GS catches the ball and lands astride the goal circle line. Black GS lifts her back foot and shoots successfully for goal. What action would the umpire take?</p> <p>(a) Free pass White inside the goal circle where Black GS shot for goal, discount goal. (b) Count goal, let play continue, advantage applies. (c) Free Pass White outside the Goal Circle where Black GS landed, discount goal. (d) Penalty Pass White outside the goal circle where Black GS made physical contact with the ground outside the goal circle, discount goal.</p>		<p>10.2 (i) (a) Sanction</p>
<p>Game Management</p>	<p>A player who continues to infringe may be warned twice.</p>		<p>13.1.2 (ii)</p>