



Zone Theory Questions/ Answers

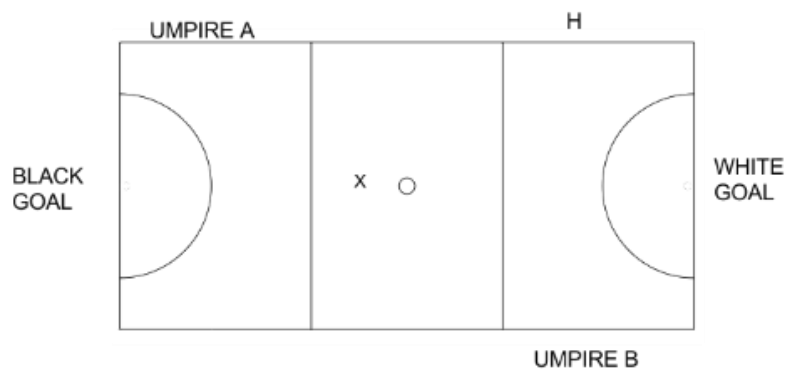
May 2016

| | Questions | Answers |
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| 1 | <p>The umpire must inspect the court and related area, the goal posts and the ball conform to the rules.</p> <p>When is this completed?</p> <ul style="list-style-type: none">● After the umpires have tossed for ends● Before the start of play● When the teams have taken the court | |
| 2 | <p>What is the length of the two longer sides of the court?</p> <ul style="list-style-type: none">● 30.5m (100 ft)● 3.50m (11.48 ft)● 3.25m (10.66 ft) | |
| 3 | <p>The two shorter sides are called the...</p> <ul style="list-style-type: none">● Base lines● Goal lines● Side lines | |
| 4 | <p>What is the weight of the ball?</p> <ul style="list-style-type: none">● 350 - 400g (12-14oz)● 450 - 500g (16-17oz)● 400 - 450g (14-16oz) | |
| 5 | <p>What is the circumference of the ball?</p> <ul style="list-style-type: none">● 690 - 710mm (27 - 28 inch)● 680 - 700mm (26 - 27 inch)● 700 - 720mm (28 - 29 inch) | |
| 6 | <p>What is the pressure the ball is inflated to...</p> <ul style="list-style-type: none">● 83-90kPa (12-13psi)● 71-76kPa (10-11psi)● 76-83kPa (11-12psi) | |
| 7 | <p>Fingernails must be:</p> <ul style="list-style-type: none">● Long● Cut● Short <p>and</p> <ul style="list-style-type: none">● Smooth● Long | |

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| | <ul style="list-style-type: none"> ● cut | |
| 8 | <p>A medical alert bracelet may be worn provided it is:</p> <ul style="list-style-type: none"> ● covered with tape ● worn under a wrist band ● secured and visible | |
| 9 | <p>Hair must be suitably</p> <ul style="list-style-type: none"> ● left out ● Fashionable ● tied back | |
| 10 | <p>The captain has the right to approach the umpires</p> <ul style="list-style-type: none"> ● at a stoppage ● an interval ● an injury <p>for clarification of any rule.</p> | |
| 11 | <p>The umpires may request the...</p> <ul style="list-style-type: none"> ● Captain ● Coach ● co-umpire <p>to speak to any on-court player/s whose behaviour is causing concern.</p> | |
| 12 | <p>A team may have up to five officials. These include the...</p> <ul style="list-style-type: none"> ● Assistant Coach ● Manager ● Coach <p>and the</p> <ul style="list-style-type: none"> ● Primary Care Person ● Doctor Sports ● Psychologist | |
| 13 | <p>A Primary Care Person must (TICK ALL THAT APPLY)</p> <ul style="list-style-type: none"> ● Must be qualified to diagnose and treat injury or illness. ● Must wear identification as specified by the event organiser. ● Must not have any other roles (including as a player). ● Is permitted on the court during a stoppage for injury/illness of a player or blood issues. ● Must advise the umpires if a player is too ill/injured and/or if further assistance is required. | |
| 14 | <p>Select the correct sanctions used in the game of netball: (TICK ALL THAT APPLY)</p> <ul style="list-style-type: none"> ● Penalty Pass or Shot ● Free pass | |

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| | <ul style="list-style-type: none"> ● Free pass or Shot ● Penalty Pass | |
| 15 | <p>Sanctions are awarded to a team and may be taken by any player allowed in the area. The player taking the sanction must: (TICK ALL THAT APPLY)</p> <ul style="list-style-type: none"> ● Take up the position indicated by the umpire ● Release the ball after 3 seconds ● Take up the position for the sanction anywhere on the court ● Release the ball within 3 seconds ● Obey the footwork rule | |
| 16 | <p>Advantage:</p> <p>The umpire should refrain from blowing the whistle for an infringement when by so doing the non-infringing team would be disadvantaged.</p> <p>16. How does an umpire communicate that advantage is being applied during a game: (TICK ALL THAT APPLY)</p> <ul style="list-style-type: none"> ● Calling 'Advantage' ● Stating the infringement ● Let play continue ● Say nothing ● Use the hand signal for advantage | |
| 17 | <p>When must the players take the court?</p> <ul style="list-style-type: none"> ● 60 seconds before the start of play ● 30 seconds before the start of play ● 10 seconds before the start of play | |
| 18 | <p>If a team does not have the five players present at the start of a quarter/ half, the umpires will wait up to ... for additional player/s to arrive before the match is awarded to the opposing team.</p> <ul style="list-style-type: none"> ● 60 seconds ● 30 seconds ● 10 seconds | |
| 19 | <p>When requested by the umpire to take the court after a stoppage, Black Team delays taking the court. When does the umpire penalise the team for delaying.</p> <ul style="list-style-type: none"> ● Before the team takes the court ● When the Black team has the ball ● As soon as play resumes | |

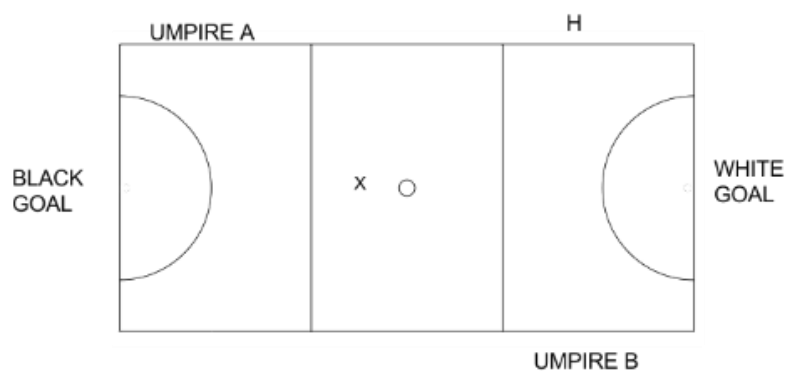
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Black has the first centre pass at the start of the game. Which umpire controls the start of play.

- Restarting Play
 - Umpire A
 - Umpire B
 - The Reserve Umpire

21



White scores the first goal. Which umpire is responsible for the following.

- Restarting Play
 - Umpire A
 - Umpire B
 - The Reserve Umpire
- Penalising out of court at Point H
 - Umpire A
 - Umpire B
 - Reserve Umpire
- Penalising obstruction at Point X
 - Umpire A
 - Umpire B
 - Reserve Umpire

22

White C runs out of court and behind the Goal Circle. White C jumps into the air from out of court, catches the ball and lands







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| | <p>on the court.</p> <p>Name the infringement</p> <ul style="list-style-type: none"> ● Out of court White ● No Infringement ● Offside White C | |
| 23 | <p>Sanction / Action</p> <ul style="list-style-type: none"> ● Throw In Black, in line, with where the White C caught the ball on court. ● Throw In White, in line, with where the White C caught the ball on court. ● Let Play Continue | |
| 24 | <p>Reason</p> <ul style="list-style-type: none"> ● The ball is put out of court by a player who catches the ball in the air just before landing with the ball either wholly or partly outside the court ● Play continues ● A player is offside when the player enters a court area not designated for that player's position. | |
| 25 | <p>Team Black wants to make a substitution and team changes during the game. When can this occur? (TICK ALL THAT APPLY)</p> <ul style="list-style-type: none"> ● During an interval ● At any time of the game ● After a goal have been scored ● When play is stopped for injury/ illness or blood | |
| 26 | <p>During a tightly contested game, White GA rolls her ankle. The coach from the White Team appeals for injury time. What action should the umpire/s take?</p> <ul style="list-style-type: none"> ● Either umpire should hold time for the injury ● No action is to be taken and play continues ● The umpire holds time when the ball comes into their half of the court. | |
| 27 | <p>Reason:</p> <ul style="list-style-type: none"> ● An umpire is required to hold time for an injured player but only when the play is their controlling half. ● An umpire is required to hold time for any injured player when any team official appeals for time. ● An umpire is required to hold for an injured player upon an appeal from an on-court player. | |
| 28 | <p>True or False:</p> | |





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| | <ul style="list-style-type: none"> ● A GS can shoot for goal from a toss up in the Goal Circle | |
| 29 | <ul style="list-style-type: none"> ● Both umpires must indicate the direction of play after a goal is scored | |
| 30 | <ul style="list-style-type: none"> ● A warning issued by one Umpire is not binding on the other umpire. | |
| 31 | <ul style="list-style-type: none"> ● An umpire must not criticise or coach a team while the match is in progress | |
| 32 | <ul style="list-style-type: none"> ● The umpire must flick the ball vertically in the air when taking a toss up no more than 500cm | |
| 33 | <ul style="list-style-type: none"> ● Team official and bench players may only coach during intervals. | |
| 34 | <ul style="list-style-type: none"> ● In taking a shot at goal, a player is allowed to have contact with the ground outside the goal circle while catching or holding the ball. | |
| 35 | <ul style="list-style-type: none"> ● A player defending the ball is allowed to place their hand on the ball. | |
| 36 | <p>White's Centre Pass is untouched in the Centre Third and is caught by Black GA who lands in the Goal Third.</p> <p>Name the infringement</p> <ul style="list-style-type: none"> ● No Infringement ● Breaking Black GA ● Centre pass not touched or caught wholly within the Centre Third | |
| 37 | <p>Sanction/ Action</p> <ul style="list-style-type: none"> ● Free pass in the goal third where the ball crossed the transverse line ● Penalty pass in the goal third where the ball crossed the transverse line ● No sanction | |
| 38 | | |
| 39 | <p>Black GS is penalised for contact in the goal third. Black GS disagrees with the decision and directs an inappropriate comment at the umpire.</p> <p>Name the infringement:</p> <ul style="list-style-type: none"> ● Foul play - Unfair play Black GS ● Misconduct - Dissent with an umpire Black GS | |

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| | <ul style="list-style-type: none"> ● Misconduct - Actions contrary to good sportsmanship Black GS | |
| 40 | <p>Sanction / Action</p> <ul style="list-style-type: none"> ● Penalty pass White where Black GS disagreed with the umpire's decision and the player is issued with a caution. ● Penalty pass White where the Black GS disagreed with the umpire's decision and the player is either cautioned or given an official warning. In a serious case the umpire will suspend the player. ● Penalty pass White which is advanced (unless the non offending team is disadvantaged) and Black GS is cautioned. | |
| 41 | <p>White GK and Black GA are contesting for a rebound after a shot at goal. White GK catches the ball but is off balance and falling out of court. Before falling out of court White GK deliberately throws the ball at Black GA legs. The ball goes out of court.</p> <p>Name the infringement:</p> <ul style="list-style-type: none"> ● Deliberately throwing the ball at another player White GK ● Out of Court White GK ● No Infringement | |
| 42 | <p>Sanction/ Action</p> <ul style="list-style-type: none"> ● Throw In White where the ball touched the ground outside the court ● Free Pass Black where the White GK deliberately threw the ball off another player ● Penalty Pass Black where the White GK deliberately threw the ball off another player | |
| 43 | <p>Reason:</p> <ul style="list-style-type: none"> ● The ball is out of court when it touches the ground outside the court ● A player may not throw a ball deliberately at another player ● The ball is put out of court by a player who catches or touches the ball while standing on the ground, partly inside and partly outside the court | |
| 44 | <p>At White's Centre Pass, both Black WD and White WA enter the Centre Third , at the same time , just before the whistle is blown. The ball lands untouched out of Court behind the</p> |) |

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| | <p>Centre Third Side Line.</p> <p>Name the infringement:</p> <ul style="list-style-type: none"> ● Simultaneous breaking Black WD and White WA (ball not involved) ● Simultaneous breaking Black WD and White WA (ball involved) Toss Up between Black WD and White WA ● No Infringement | |
| 45 | <p>Sanction/ Action:</p> <ul style="list-style-type: none"> ● Toss Up between Black WD and White WA in the centre third where both players entered the Centre Third ● Play Continues ● Throw In Black in the Centre Third where the ball crossed the line the Centre Third Side Line | |
| 46 | <p>Reason:</p> <ul style="list-style-type: none"> ● If two opposing players enter the centre third simultaneously and the ball is involved before the whistle is blown, a toss up is taken between the two players involved ● If two opposing players enter the centre third simultaneously before the whistle is blown and the ball is not involved, play continues ● If at a centre pass, the ball goes untouched over the side line bounding the centre third, a throw in is awarded to the opposing team. | |
| 47 | <p>Black WD continually enters White Teams Goal Circle during the first quarter of the game. The umpire has played advantage as appropriate and penalised the player going offside a number of times.</p> <p>Name the infringement</p> <ul style="list-style-type: none"> ● Foul Play Black WD - Unfair Play (Persistent Infringing) ● Foul Play Black WD - Unfair Play (Intimidation) ● Foul Play Black WD - Dangerous Play | |
| 48 | <p>Sanction/ Action:</p> <ul style="list-style-type: none"> ● Penalty pass White in the Goal Circle. Black WD to stand beside and away. A cautioned is issued to Black WD. ● Penalty pass White in the Goal Circle. Black WD to stand beside and away ● Penalty pass White which is advanced (unless the non offending team is disadvantaged) Black WD to stand | |

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| | beside and away and the player is cautioned | |
| 49 | <p>What action does the umpire take if Black WD continues to infringe after being cautioned?</p> <ul style="list-style-type: none"> ● The umpire issues Black WD with an official warning for persistent infringing ● The umpire issues Black WD with another caution for persistent infringing ● The umpire either gives an official warning or if considered appropriate, the umpire will suspend Black WD for persistent infringement. | |
| 50 | <p>Black GK, defending from the correct distance , jumps towards White GA and lands within 0.9m. Black GK quickly lifts her arms up to defend as White GA shoots successfully for goal.</p> <p>Name the infringement</p> <ul style="list-style-type: none"> ● No Infringement ● Contact Black GK ● Obstruction Black GK | |
| 51 | <p>Sanction / Action</p> <ul style="list-style-type: none"> ● Penalty Pass White where Black GK lifted her arms. Black GK to stand beside and away ● Count successful goal. Play restarts with the centre pass. ● No Sanction | |
| 52 | <p>White WA takes a Throw In from the sideline in the Goal Third. Black WD defends with her arms up and over the ball, 0.7m away.</p> <p>Name the infringement:</p> <ul style="list-style-type: none"> ● No Infringement ● Obstruction Black WD ● Incorrect Throw In White | |
| 53 | <p>Sanction / Action</p> <ul style="list-style-type: none"> ● Penalty Pass White where Black WD attempted to defend. Black WD to stand beside and away. ● Throw In White close to where Black WD attempted to defend. ● Let play continue. | |
| 54 | <p>Black GA is shooting for goal and White GD is defending correctly. At the end of three seconds, White GD falls within 0.9 and places a hand on the ball.</p> | |

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| | <p>Name the infringement:</p> <ul style="list-style-type: none"> ● Obstruction White GD ● Contact White GD ● Held Ball Black GA | |
| 55 | <p>Sanction</p> <ul style="list-style-type: none"> ● Free pass White where Black GA held the ball ● Penalty Pass Black where White GD fell in. White GD to stand beside and away ● Penalty Pass or Shot Black where White GD placed her hand on the ball. White GD to stand beside and away | |
| 56 | <p>Reason:</p> <ul style="list-style-type: none"> ● A player attempting to defend the ball distance must not be less than 0.9m of the player with the ball ● A player may not place their hand on the ball held by an opponent ● A player who has possession of the ball must release the ball within 3 seconds | |
| 57 | <p>Drag & Drop</p> | |
| 58 | | |
| 59 |       | |
| 60 | <p>Image A Image B Image C Image D Image E Image F</p> | |
| 61 | <div data-bbox="260 1500 438 1668" style="border: 1px solid black; padding: 5px;"> <p>57. Obstruction without the ball ⚠</p> </div> <div data-bbox="496 1500 675 1668" style="border: 1px solid black; padding: 5px;"> <p>58. Incorrect Playing Of the Ball ✔</p> </div> <div data-bbox="732 1500 911 1668" style="border: 1px solid black; padding: 5px;"> <p>59. Over A Third ✔</p> </div> | |
| 62 | | |

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| |  <p>Image A Image B Image C Image D Image E Image F</p> <p>60. Short Pass <input type="checkbox"/> </p> <p>61. Intimidation <input checked="" type="checkbox"/> </p> <p>62. Throw In - Goal Line <input checked="" type="checkbox"/> </p> | |
| 63 | <p>An umpire's whistle starts and stops play. Select the appropriate length of whistle for each play.</p> <p>a) At the beginning of a period play or to restart play after a stoppage.</p> <ul style="list-style-type: none"> ● Long whistle ● Medium whistle ● Short whistle | |
| (b) | <p>For an infringement, toss up, to restart play or when needed to indicate the ball is out of court.</p> <ul style="list-style-type: none"> ● Medium whistle ● Short whistle ● Long whistle | |
| (c) | <p>To instruct timekeeper to hold time</p> <ul style="list-style-type: none"> ● Medium whistle roll ● Long whistle roll ● Short whistle roll | |
| (d) | <p>To end a period of play</p> <ul style="list-style-type: none"> ● Long whistle roll ● Medium whistle roll ● Short whistle roll | |
| 64 | <p>Warning whistles are given prior to the game: (TICK ALL THAT APPLY)</p> <ul style="list-style-type: none"> ● 10 seconds before play ● 4 minutes before play ● 30 seconds before play ● 12 minutes before play | |
| 65 | <p>65. During the game, Black C tips the ball, hurts her finger and</p> | |

requests time. If an on court player appeals to the umpire for injury time how is the stoppage managed?

Drag and drop the below statements to the grey boxes, in the correct order.

The umpire asks the on court player 'why?'

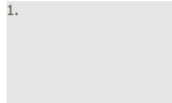
If the reason relates to injury or illness, time is held

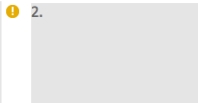
The player leaves the court and play restarts within 30 seconds

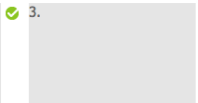
The Primary Care Person/s may come onto the court to assess the player

The player receives treatment, returns back on court within 30 seconds

The Primary Care Person must treat the player on the side of the court

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