

Question1

From a Centre Pass, the ball can be played:

A. Forward only

B. Backwards only

C. Any direction



Question 2.

During a penalty stroke,
all the other players must
be:

A. Outside the circle

B. Behind the 23m

C. At least 5m away



Question 3.

If the ball crosses the sideline, the umpire must blow the whistle:

A. Always

B. If they are a long way from the ball

C. If there is any doubt the ball went out

Question 4.

Player takes a free hit in the midfield but 10m too far forward. The umpire's decision is:

- A. Take it again on the right spot
- B. Free hit to opposition
- C. Play on

Question 5.

If the ball hits the umpire, the umpire's decision is:

A. Play on

B. Bully

C. Free hit to most inconvenienced team

Question 6.

Are suspended players still under the control of the umpire?

A. Only if the player still interferes by yelling out

B. No

C. Yes

Question 7.

Can a goal be scored by an attacker who is standing outside the circle?

- A. Only if one foot is in the circle
- B. Only if the ball is outside the circle line
- C. Only if the ball is in the circle

Question 8.

Can a ball be raised on a free hit?

A. Only if pushed or flicked

B. No

C. Yes

Question 9.

How many defenders can there be on a penalty corner?

- A. 4 plus the keeper
- B. 5 plus the keeper
- C. 6 plus the keeper

Question 10.

A defender deliberately pushes the ball over the backline to take the pressure off her defence. The umpire should give a..

- A. 15m hit to defenders
- B. Long corner to attackers
- C. Penalty corner to attackers

Question 11

Demonstrate signals for:

- A. Time out
- B. Foot
- C. Penalty Stroke
- D. Side line hit
- E. Long corner