

Question1

From a Centre Pass, Holly can play the ball:

- 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 umpiring guru, Mikki, 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.

Georgia 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 the 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 Millie score a goal if she 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 runners can there be on a penalty corner?

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

Question 10.

Christina 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. Back of stick
- B. Stick obstruction
- C. No goal
- D. Goal!!
- E. Lifted ball - dangerous