




Zone Theory Exam

May 2020

Technical Specs				
Question Number	Question	Answer	Rule	Marks
1	What is the length of the two longer sides of the court? (a) 30.5m (100 ft) (b) 3.50m (11.48 ft) (c) 3.25m (10.66 ft)	(a) 30.5 m (100ft)	3.1.1 (i)	1
2	What is the weight of the ball? (a) 350 - 400g (12-14oz) (b) 450 - 500g (16-17oz) (c) 400 - 450g (14-16oz)	(c) 400 - 450g (14 – 16oz)	3.3(i) (a)	1
3	Which benches are located on one side of the court in the bench zone? (a) First Aid and Primary Care Persons (b) Media and Statisticians (c) Officials, Umpires' and Team Benches	(c) Officials, Umpires' and Team Benches	3.1.4 (i)	1
4	When do the Umpires toss for goal ends? (a) After the captains have notified the result of the toss for goal end or first centre pass (b) Before the start of play (c) When the teams have taken the court	(a) After the captains have notified the result of the toss for goal end or first centre pass	5.2.1 (i)	1
5	The Role of the Reserve Umpire is to (select all that apply): (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.	(a) Replace an umpire who becomes ill/injured during a match. (c) Supervise a suspended player during the suspension period.	5.2.2(i)-(iv)	1

		(d) Assist the umpires with any procedures prior to the match or during intervals.		
Match Procedures				
	Question	Answer	Rule	Marks
6	Only one Umpire should indicate the direction of each Centre Pass	False	6.1.1 (iv)	1
7	The scorers shall call the Centre Pass if appealed to by an Umpire	True	6.1.1 (iv) (a)	1
8	During which of these stoppages is a Team Official allowed to coach from the Sideline? (a) Injury or illness (b) Blood (c) Emergency (d) All of the above	d) All of the above	6.2 (i) (b) 9.3 (i) (a) (b)	1
9	When penalising an infringement, the umpire;			
9a	States the infringement and the sanction, together with the appropriate hand signal	True	6.1.2 (i) (a)	1
9b	Indicates where the sanction is to be taken	True	6.1.2 (i) (a)	1
9c	The umpire may add a brief verbal descriptor to indicate the nature of the contact. e.g. 'contact – knees'	True	Appendix D (iv) (c)	1
10	Who is responsible for notifying the teams when there are 30 seconds and 10 seconds before the start of a quarter/half (a) Timekeepers (b) Umpires (c) Scorers	(b) Umpires	6.1 (i)	1
Match Personnel				
	Question	Answer	Rule	Marks
11	Hair must be suitably (a) left out (b) Fashionable (c) tied back	(c) Tied Back	5.1.1 (iv) (d)	1
12	The umpires may request the...	(a) Captain	5.1.1 (v) (c)	1

	(a) Captain (b) Coach (c) co-umpire to speak to any on-court player/s whose behaviour is causing concern.			
13	A Primary Care Person must (Select all that apply) (a) Must be qualified to diagnose and treat injury or illness. (b) Must wear identification as specified by the event organiser. (c) Must not have any other roles (including as a player). (d) Is permitted on the court during a stoppage for injury/illness of a player or blood issues. (e) Must advise the umpires if a player is too ill/injured and/or if further assistance is required.	ALL.	5.1.2 (ii)	1
14-15 a,b	<p style="text-align: center;">MATCH PERSONNEL</p> <p style="text-align: center;"><i>This section of the exam tests your knowledge around the team, match officials and technical officials.</i></p> <p style="text-align: center;">Refer to the diagram below for questions 14 and 15</p> <div style="text-align: center;"> <p>The diagram shows a netball court with a central circle and two goals. The left goal is labeled 'BLACK GOAL' and the right goal is labeled 'WHITE GOAL'. Umpire A is positioned at the top center of the court, and Umpire B is positioned at the bottom center. A point 'Z' is marked on the left goal line. The letter 'F' is positioned below the center circle.</p> </div> <p>14. Black has the first Centre Pass at the start of a game.</p> <p>14a. Which Umpire starts play? <input checked="" type="radio"/> Umpire A <input type="radio"/> Umpire B</p> <p>14b. Which Umpire would take a Toss Up at Point Z? <input checked="" type="radio"/> Umpire A <input type="radio"/> Umpire B</p> <p>15. White scores the first goal. Which Umpire is responsible for the following?</p> <p>15a. Restarting play? <input type="radio"/> Umpire A <input checked="" type="radio"/> Umpire B</p> <p>15b. Ruling out of Court at Point F? <input type="radio"/> Umpire A <input checked="" type="radio"/> Umpire B</p>	See green ticks in image	6.1.1 (ii) 6.1.4 (a) 6.1.1 (iii) 5.2.1 (v)	4
Controlling Play & During the Match				
	Question	Answer	Rule	Marks

16 a,b,c	<p style="text-align: center;">STARTING PLAY</p> <p style="text-align: center;"><i>This section of the exam tests your knowledge of the rules at the start of play and during the match.</i></p> <p>13. Determine whether each image correctly demonstrates conditions for controlling the centre pass.</p> <div style="display: flex; justify-content: space-around;"> <div style="text-align: center;"> <p>(a) </p> <p><input type="radio"/> Correct </p> <p><input type="radio"/> Not Correct </p>  </div> <div style="text-align: center;"> <p>(b) </p> <p><input type="radio"/> Correct </p> <p><input type="radio"/> Not Correct </p>  </div> <div style="text-align: center;"> <p>(c) </p> <p><input type="radio"/> Correct </p> <p><input type="radio"/> Not Correct </p>  </div> </div>	See green ticks in image	8.2.1 (i)	3
17	<p>When must the players take the court?</p> <p>(a) 60 seconds before the start of play (b) 30 seconds before the start of play (c) 10 seconds before the start of play</p>	(c) 10 seconds before play	8.1 (i) (a)	1
18	<p>The ball touches the umpire who is running outside the Sideline and the ball bounces back onto court. What actions will the umpire take?</p> <p>(a) Free pass on court, (b) Penalty pass on court, (c) Throw in awarded to the team that did not touch the ball last on court before it hit the umpire. (d) Let Play Continue.</p>	(c) Throw in awarded to the team that did not touch the ball last on court before it hit the umpire.	8.3.1 (i) (b)	1
19	<p>Black's Centre Pass is caught by White WD outside Black's Goal Circle.</p>			
19a	<p>What is the Infringement?</p> <p>(a) No Infringement,</p>	(c) Ball not caught or touched in the	8.2.2 (iii) (a) & (b)	1

	(b) Over a third Black, (c) Ball not caught or touched in the Centre third from a Centre Pass Black.	Centre third from a Centre Pass Black.		
19b	What is the Sanction/Action? (a) Free Pass to White where White WD caught the ball, (b) Free Pass in Goal third near transverse line, (c) Apply Advantage, Let Play Continue.	(c) Apply Advantage, Let Play Continue.	8.2.2 (vi)	1
20	Black GA takes a Throw In near the Goalpost. Black GA deliberately throws the ball so that it hits the net. Black GA jumps in the air and catches the ball as she lands on court:			
20a	What is the Infringement? (a) No Infringement, (b) Replayed Ball Black GA, (c) Out of Court Black.	(c) Out of court Black.	8.3.2 (iv)	1
20b	What is the Sanction/Action? (a) Free Pass White on court where Black GA caught the ball, (b) Penalty Pass White where Black GA caught the ball, (c) Let Play Continue, (d) Throw in White from original Throw In point.	(d) Throw In White from original Throw In point.	8.3.2 (iv) Sanction	1
21	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.			
21a	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	(d) Kicking the ball White C.	9.4.1(vi)(a)	1
21b	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 accidently kicked the ball.	(c) Free pass Black where the White C accidently kicked the ball.	9.4.1(vi)(a)	1
22	White C has left the court to get the ball and throws the ball to the Black C. Black C takes the throw in before the White C is back on the court.			
22a	What is the Infringement? (a) No Infringement,	(b) Incorrect Throw In Black C not	8.4.1 (i) (b)	1

	(b) Incorrect Throw In Black C, not ensuring all players on court (c) White C delaying play - should have hurried back on to court.	ensuring all players on court		
22b	What is the Sanction/Action? (a) Free Pass on court White, (b) Free Pass on court Black, (c) Throw in Black from original Throw in point, (d) Throw in White from original Throw in point.	(d) Throw in White from original Throw in point.	8.4.1 Action	1
23	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 and is caught by an on-court player (d) A player leans on the ball out of Court to gain balance	(c) The ball rebounds from the Goalpost and is caught by an on-court player	8.3.1 (iv)	1
24	The WA arrives late, and the team are playing with 6 players with the WD position left vacant. The late player can move into the WA position with the WA on court moving to the WD position. (True/False)	FALSE	9.2 (ii)	1
25	Only the primary care person/s are permitted on the court to assist the player from the court. (True/False)	TRUE	9.3.1 (iii)	1
26	The coach is allowed to call for a stoppage when a player is hurt. (True/False)	FALSE	9.3.1 (i)	1
27	During a stoppage for blood, both teams may make substitutions and /or team changes. (True/False)	TRUE	9.3.1 (viii)	1
28	White GD defends Black GS from 0.9m with one foot out of Court. Black GS shoots successfully for goal.			
28a	What is the Infringement? (a) No infringement, (b) Obstruction White GD, (c) Defending from out of court White GD	(c) Defending from out of court White GD	8.3.3	1
28b	What is the Sanction/Action? (a) Let Play continue, count goal, (b) Penalty Pass Black on court close to where White GD was defending, (c) Let Play Continue - Count goal – advantage rule applies	(c) Let Play Continue - Count goal – advantage rule applies	7.2	1
Match Guidelines				
	Question	Answer	Rule	Marks

	An umpire's whistle starts and stops play. Select the appropriate length of whistle for each play.			
29	At the beginning of a period play or to restart play after a stoppage. (a) Long whistle (b) Medium whistle (c) Short whistle	(a) Long Whistle	App A Rule 5(v) (a)	1
30	For an infringement, toss up, to restart play or when needed to indicate the ball is out of court. (a) Medium whistle (b) Short whistle (c) Long whistle	(a) Medium Whistle	(b)	1
31	To instruct timekeeper to hold time (a) Medium whistle roll (b) Long whistle roll (c) Short whistle roll	(a) Medium Whistle Roll	(c)	1
32	To end a period of play (a) Long whistle roll (b) Medium whistle roll (c) Short whistle roll	(a) Long Whistle Roll	(d)	1
33	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	(a) 10 seconds (c) 30 seconds	6.1.1(i)	1
Game Management				
	Question	Answer	Rule	Marks
34	White C is suspended for rough play and during the suspension time there is an interval and White C joins the team for a team talk.			
34a	What is the Infringement? (a) The player cannot take part in any team discussions during suspension period, (b) No infringement	(b) No infringement	13.1.3 (viii)	1
34b	What is the Sanction/Action? (a) Advise White C, a suspended player may not take part in any team discussions.	(b) Take no action		1

	(b) Take no action.			
35	Black GK defending from the correct distance, waves her hand in front of White GA's eyes making it difficult for White GA to see the Goalpost.			
35a	What is the Infringement? (a) No Infringement, (b) Intimidation Black GK, (c) Obstruction Black GK.	(b) Intimidation Black GK,	13.2.1(iv)	1
35b	What is the Sanction/Actions? (a) Penalty Pass White where Black GK was obstructing and Black GK is cautioned, (b) Penalty Pass White where Black GK was waving her hand, (c) Let Play Continue.	(a) Penalty Pass White where Black GK was waving her hand and Black GK is cautioned	13.2.1 (iv) – Sanction	1
36	Black C is penalised for contact in the Centre Third. Black C disagrees with the decision and directs an inappropriate comment at the Umpires.			
36a	What is the Infringement? (a) Foul Play - Unfair play Black C, (b) Misconduct - Dissent with an Umpire Black C, (c) Misconduct - Actions contrary to good sportsmanship Black C	(b) Misconduct-Dissent with an Umpire Black C,	13.2.3 (i)	1
36b	What is the Sanction/Actions? (a) Penalty Pass White where Black C disagreed with the Umpire's decision and the player is issued with a caution, (b) Penalty Pass White which is advanced.	(a) Penalty Pass White where Black C disagreed with the Umpire's decision and the player is issued with a caution,	Sanction	1
Match Duration				
	Question	Answer	Rule	Marks
37	A period of play must not exceed the specified playing time except if a team is awarded a penalty pass in the attacking goal circle before the timekeeper signals the end of play. (True/False)	True	4.1 (iii)	1
38	Teams change ends each quarter. (True/False)	True	4.1 (ii)	1
39	To restart play during extra time, the captains from both teams must toss for choice of goal end or the first centre pass. (True/False)	False	4.2 (iii)	1

40	In the event of a tie remaining at the end of extra time, play will continue until one team leads by one goal. (True/False)	False	4.2 (iv)	1
Scoring a Goal				
	Question	Answer	Rule	Marks
41	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? (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.	(c) Free Pass White outside the Goal Circle where Black GS landed, discount goal.	10.2 (i) (a) Sanction	1
42	The Black GK knocks the goalpost as the White GS's shot at goal is successful. What should the Umpire do? (a) Count Goal. (b) Award a penalty pass to White where Black GK knocked the goalpost, (c) Discount the goal.	(a) Count Goal,	10.2 (ii) (a)	1
43	White WA passes the ball to White GS. The ball passes through the goal ring. What action would the Umpire take? (a) Count goal, let play continue (b) Let play continue – no goal is scored (c) Free Pass Black close to the Goal Post where White GS caught the ball (d) Free Pass Black where White WA passed the ball	b) Let play continue – no goal is scored	10.1 (ii)	1
44	White GS's shot for goal is unsuccessful and the ball bounces off the ring. Black GD jumps in the air and bats the ball towards Black GK and the ball passes through the Goal Ring.			
44a	What is the Infringement? (a) No Infringement, (b) Black GD batting the ball (c) Replayed ball Black GD	(a) No Infringement,	10.1 (ii)	1
44b	What is the Sanction/Actions? (a) Play Continues no goal scored, (b) Count Goal and Let Play Continue,	(a) Play continues no goal is scored.	10.1 (ii)	1

	(c) Free Pass where Black GD batted the ball, (d) Penalty Pass where Black GD batted the ball.			
Contact				
	Question	Answer	Rule	Marks
45	White GS catches the ball in the Goal Circle. Black C standing outside the Goal Circle leans over and accidentally pushes the White GS who drops the ball. White GS picks up the ball and unsuccessfully shoots for Goal.			
45a	What is the Infringement? (a) No Infringement, (b) Contact Black C, (c) Replayed ball White GS.	(b) Contact Black C,	12.2(ii)	1
45b	What is the Sanction/Actions? (a) Penalty Pass White where White GS was standing, (b) Penalty Pass White where Black C contacted, (c) Free Pass where White GS dropped the ball, (d) Free Pass where Black C contacted, (e) Let Play Continue.	(a) Penalty Pass White where White GS was standing,	12.2(ii) Sanction	1
46	Black C catches the ball. White WD takes up the correct defending position and puts her hands over the ball. Black C moves the ball up to throw a pass and hits the White WD's hands.			
46a	What is the Infringement? (a) No Infringement, (b) Incorrectly putting hands over the ball White WD, (c) Contact with the ball Black C	(c) Contact with the ball Black C	12.2 (v)	1
46b	What is the Sanction/Action? (a) Let play continue, (b) Free Pass White where Black C was standing, (c) Penalty Pass White where Black C was standing, (d) Penalty Pass Black where White WD touched the ball.	(c) Penalty Pass White where Black C was standing	Sanction	1
Sanctions				
	Question	Answer	Rule	Marks
47	Select the correct sanctions used in the game of netball: (Select all that apply) (a) Penalty Pass or Shot		7.1 (i) & (ii)	1

	(b) Free pass (c) Free pass or Shot (d) Penalty Pass	(b) Free Pass (d) Penalty Pass		
48	The umpire should refrain from blowing the whistle for an infringement when by so doing the non-infringing team would be disadvantaged. How does an umpire communicate that advantage is being applied during a game? (Select all that apply) (a) Calling 'Advantage' (b) Stating the infringement (c) Let play continue (d) Say nothing (e) Use the hand signal for advantage	(a) Calling Advantage (b) Stating the Infringement (e) Use the Advantage Hand Signal	7.2 (i)	1
49	All sanctions are awarded to a team (True/False)	True	7.1.1	1
50	Black WD is penalised for Obstruction. Black WD stands out of play and talks to the Black C about her sore foot.			
50a	What is the Infringement? (a) No Infringement , (b) Black WD taking part in play at a penalty.	(b) Black WD taking part in play at a penalty.	7.1.3 (i) (c)	1
50b	What is the Sanction/Action? (a) Let Play Continue, (b) Free Pass to White where Black WD was standing, (c) A further penalty pass is awarded to White	(c) A further penalty pass is awarded to White	Sanction	1
Obstruction				
	Question	Answer	Rule	Marks
51	White GA shoots for goal. Black GD standing 0.6m from the grounded foot of the White GA stands watching the goalpost, making no attempt to defend.			
51a	What is the Infringement? (a) No Infringement , (b) Interfering with the shot at goal, Black GD (c) Obstruction Black GD.	(a) No Infringement	11.1 (v)	1
51b	What is the Sanction/Action? (a) Penalty Pass White where Black GD was standing,	(c) Let Play continue.		1

	(b) Free Pass White where Black GD was standing, (c) Let Play continue.			
	Question	Answer	Rule	Marks
52	Include the Hand Signals question from 2019 Images below:	See green ticks in Question		10

UMPIRE HAND SIGNALS

This section of the exam tests your knowledge of the hand signals used to support the decisions made while officiating the game of netball.

45. Drag and drop correct hand signal into the boxes below.

Short Pass

Goal Not Scored

Advantage

Stepping

Incorrect Playing of the Ball

Warning

Footwork

Direction of Pass

Hold Time



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Footwork

Stepping

Direction of Pass

Goal Not Scored

Intimidation

Ball Over a Third

Short Pass

Advantage

Incorrect Playing of the Ball

