



## 2013 Field Hockey Exam Part I

1. Personal wireless communication devices are not permitted during the game:
  - A. By umpires.
  - B. By coaches.
  - C. By players.
  - D. By timers and scorekeepers.
2. A flexible marker shall be placed:
  - A. At each corner of the field.
  - B. One yard off the 25-yard line.
  - C. One yard off the long hit mark.
  - D. At the 50-yard line.
3. The umpires shall permit the coaches to move into the marked substitution area.
  - A. True
  - B. False
4. The player's stick:
  - A. Shall have rounded edges.
  - B. Shall weigh no more than 23 ounces.
  - C. Shall weigh no more than 26 ounces.
  - D. Both a and c.
5. On a corner, the defenders are permitted to:
  - A. Stand within 5 yards of the player inserting the ball.
  - B. Enter the circle when the ball is struck.
  - C. Place more than five defenders behind the back line.
  - D. Both a and b.
6. It is mandatory that the home team wear white uniform tops, and the visiting team wear dark-colored uniform tops.
  - A. True
  - B. False
7. The player taking a penalty stroke may:
  - A. Stand behind and within a stick's reach of the ball before beginning the stroke.
  - B. Exchange her stick with a teammate prior to taking the stroke.
  - C. Move prior to the official's whistle.
  - D. Exchange her stick with a stick from the sideline prior to taking the stroke.
8. Prior to the start of the game, the visiting captain shall call the coin toss in the air, and the winner of the toss may choose the first-half center pass or the goal her team will attack or defend.
  - A. True
  - B. False

9. Coaches are responsible for:
- A. Player attire and compliant equipment.
  - B. Players competing in a sportsmanlike manner.
  - C. Players following the substitution rule.
  - D. All of the above.
10. A player's uniform will need to be changed when it:
- A. Has excessive blood.
  - B. Has any blood.
  - C. Has excessive mud.
  - D. Is soaking wet.
11. If an advantage would be gained by the offending team because of enforcing a rule, the official shall refrain from awarding the penalty.
- A. True
  - B. False
12. The game ends when:
- A. The automatic horn on the scoreboard sounds and the official blows the whistle to indicate end of time.
  - B. The scoreboard runs down to zero.
  - C. The timer sounds an audible device.
  - D. The official timer counts down to zero.
13. Legal strokes for the inserter on the penalty corner are:
- A. Self-pass.
  - B. Flick.
  - C. Drive or push.
  - D. Both b and c.
14. Stick interference occurs when a player hits, holds, slashes or strikes at her opponent's stick.
- A. True
  - B. False
15. If the game is suspended during halftime or after the start of the second half, the game could be:
- A. Replayed from the point of interruption.
  - B. Replayed from the beginning of the first half.
  - C. Considered a completed game, by mutual agreement.
  - D. Both a and c.
16. Substitutions on a penalty stroke are:
- A. Not permitted.
  - B. Permitted.
  - C. Permitted only by the attack.
  - D. Permitted only by the defense.

17. When a substitute from the attacking team enters the field before the player being replaced has left the field:
- A. A free hit shall be awarded the opponent.
  - B. The offending player is carded.
  - C. The offending team's head coach is carded.
  - D. The offending team's captain is carded.
18. After a successful goal by Team A, the Team A coach requests a time-out. The official should deny the request because Team A does not have possession for the ensuing center pass.
- A. True
  - B. False
19. The game clock shall be stopped in the following situation:
- A. When a player breaks the end line or enters the circle early on a penalty corner.
  - B. When carding a coach.
  - C. When carding a player.
  - D. Both b and c.
20. A goalkeeper substitution:
- A. Must take place through the substitution area at the center of the field.
  - B. Requires the umpire to call time-out.
  - C. May occur prior to a penalty stroke being taken.
  - D. Must take place behind the end line, between the goal and the edge of the circle.
21. It is considered coach misconduct if the team's players are not ready to play at the end of a time-out, after a goal is scored or after an intermission.
- A. True
  - B. False
22. Time is not stopped during substitution except for an injured player, or for a suspended or disqualified goalkeeper.
- A. True
  - B. False
23. A field player may enter the game as a substitute:
- A. At the 25-yard line.
  - B. Between the awarding and taking of a penalty corner.
  - C. After a goal is scored.
  - D. Before her teammate comes off the field.
24. On the center pass, players may not cross the center line until the ball has been played. (All players except the player taking the center pass must remain in their own half of the field until the ball has been played.)
- A. True
  - B. False
25. A self-pass may be used for:
- A. Long hit.
  - B. 16-yard hit.
  - C. Both a and b.
  - D. Penalty corner.

26. During play, the ball is on the striking-circle line when an attack player drives it toward the goal. The ball completely crosses the goal line. The official should disallow the goal because the ball was not hit from inside the circle.
- A. True
  - B. False
27. During circle play, the ball deflects off an attacker's stick within the circle and then glances off the defender's body into the goal. The official shall allow the goal, and play shall restart with a center pass by the team scored upon.
- A. True
  - B. False
28. On a Team A side-in, the ball travels along the sideline for 3 yards before being played by a Team A teammate. The official should award a free hit to the opponent because the ball never entered the field of play.
- A. True
  - B. False
29. The player taking a free hit between the 25-yard lines may:
- A. Drag the ball over 1 yard and pass to a teammate.
  - B. Move the ball one foot and let her teammate dribble away with it.
  - C. Directly dribble the ball without marking a clear separation between the ball and her stick.
  - D. All of the above.
30. On a 16-yard hit, the player taking the hit:
- A. May raise the ball immediately using a push, flick or scoop action.
  - B. Must move the ball a minimum of 1 yard before a teammate can play the ball.
  - C. Must show separation between the initial touch and subsequent play on the ball.
  - D. All of the above.
31. A suspended player whose suspension expires just after the awarding of a penalty corner may re-enter the game:
- A. Immediately.
  - B. As soon as the ball is inserted on a penalty corner.
  - C. Through the substitution area.
  - D. Both b and c.
32. During circle play, when a defender deliberately hits the ball over the end line, the official shall award a long hit to the attack.
- A. True
  - B. False
33. Any defender playing on the goal line within the goal area is permitted to raise her stick above shoulder level to stop a high shot on goal.
- A. True
  - B. False
34. An attack player forcefully hits a shot on goal using the forehand edge of her stick. The umpire shall allow play to continue.
- A. True
  - B. False

35. In midfield play, a defensive player hits the stick of the offensive player on several tackling attempts slowing the dribbler. It is early in the game and no cards have been issued yet. The official should:

- A. Allow play to continue because the attack continued to maintain possession.
- B. Award a free hit to the attack.
- C. Award a free hit to the attack and issue a green card to the defensive player.
- D. Award a free hit to the attack and issue a yellow card with a five-minute suspension for the player.

36. A defender performs a block tackle within the 25-yard area and successfully stops the ball. The attacker hits the defensive player's stick and trips due to her momentum. The umpire shall:

- A. Award a free hit to the attack.
- B. Award a free hit to the defense.
- C. Upgrade to a penalty corner for the attack.
- D. Rule no foul, play on.

37. A defender performs a legal block tackle close to the ground. The ball touches the defender's hand while she is gripping her stick. This is considered advancing, and appropriate penalties should be assessed.

- A. True
- B. False

38. When a player receives a green card:

- A. The player must leave the field of play for an elapsed playing time of two minutes.
- B. The player must sit at the scorer's table on the side of her team bench.
- C. The team shall play short one player for the duration of the penalty.
- D. All of the above.

39. When a flagrant misconduct by a player occurs during halftime intermission:

- A. A red card is issued.
- B. A penalty stroke is awarded.
- C. The team not having possession at the start of the game shall have possession at the start of the second half.
- D. All of the above.

40. On a free hit awarded to the attack within the 25-yard area, the player taking the hit may drive the ball directly into the circle.

- A. True
- B. False

41. On a free hit, a Team A player passes the ball to a teammate who immediately drives the ball at knee height into an oncoming Team B player, hitting one of the player's knees. The official shall:

- A. Allow play to continue.
- B. Award a free hit to Team B.
- C. Award a free hit to Team A.
- D. Award a free hit to Team A and move the ball up 10 yards.

42. On a penalty corner, the ball never leaves the circle and the attack shoots on goal. The official:

- A. Immediately blows the whistle to stop play.
- B. Holds the whistle to see what happens next.
- C. Awards the defense a 16-yard hit.
- D. Resets the penalty corner.

43. After the ball is inserted on a penalty corner, the attack receives the ball 2 inches outside of the circle. The ball is brought back into the circle and:
- A. A shot may now be taken.
  - B. No shot may be taken because the ball was not controlled.
  - C. A goal can be scored.
  - D. Both a and c.
44. After the insertion of a penalty corner, the receiving player controls the ball inside the circle and takes a shot on goal. The ball deflects off a defender's stick and goes into the goal. The official awards a:
- A. Goal.
  - B. Long hit.
  - C. 16-yard hit.
  - D. Penalty corner.
45. On a penalty corner, the insertion deflects off the offense's stick located outside of the circle. The ball lands inside the circle and a shot is immediately taken and the ball goes into the goal. The official:
- A. Awards a goal.
  - B. Awards a 16-yard hit.
  - C. Awards a long hit.
  - D. Resets the penalty corner.
46. If a goal is not scored on a penalty stroke, the defense shall put the ball in play with a free hit at a spot 16 yards in front of the center of the goal, outside the circle.
- A. True
  - B. False
47. A deliberate foul - holding an opponent's shirt - is committed by a defender inside the circle in front of the goal. The umpire shall whistle and award a penalty stroke.
- A. True
  - B. False
48. The player taking a penalty stroke must stand behind and within a stick's reach of the ball before beginning the stroke.
- A. True
  - B. False
49. On a penalty stroke, once the goalkeeper has indicated she is ready, she may:
- A. Step backwards.
  - B. Step to either side as long as she remains on the line.
  - C. Rock forward on her toes, with her heels along the same plane as the goal line.
  - D. All of the above.
50. After the official's whistle to begin a penalty stroke, the goalkeeper, while attempting to lunge for the ball, drops her stick. The stroke completely misses the goal. The umpire should:
- A. Blow her whistle to indicate the end of the penalty stroke and award a free hit at the top of the circle to the defense.
  - B. Retake the penalty stroke.
  - C. Award a penalty goal.
  - D. Green card the goalkeeper and award a free hit at the top of the circle to the defense.

51. During a penalty stroke, the attack player takes the stroke prior to the whistle. The umpire should:
- A. If the attack player scores, retake the penalty stroke.
  - B. If the attack player scores, allow the goal and restart the game at the center line.
  - C. If the attack player completely misses the cage, retake the penalty stroke.
  - D. Both a and c.
52. After a goal is scored, the team that scored huddles, causing a delay in the restart of the game. The official shall:
- A. Issue a green card to the coach for delay of game.
  - B. Issue a green card to the captain.
  - C. Warn the entire team.
  - D. None of the above.
53. When a coach receives a card, the umpire should:
- A. Call a time-out.
  - B. Restart the game with a bully if no foul has occurred.
  - C. When possible, wait until the next stoppage of play to issue the card.
  - D. All of the above.
54. The coach of Team A has been ejected and proper penalties assessed. The official shall allow the game to continue, with the Team A captain assuming the role of player/coach.
- A. True
  - B. False
55. After being warned to stop, the coach continues to question the umpires' decisions. The umpire shall issue a yellow card to the coach.
- A. True
  - B. False
56. After being warned and yellow-carded, Team A continues to delay the restart of the game after goals. The official shall:
- A. Issue Team A head coach a red card and award Team B a penalty stroke.
  - B. Issue a red card to the Team A head coach.
  - C. Have Team A's head coach leave the area for the remainder of the game.
  - D. Both b and c.
57. The umpire's signal for dangerous play is:
- A. Arms extended forward, lower than waist, palms down: move the arms slowly up and down.
  - B. Waving a finger at the player.
  - C. Placing one forearm diagonally across the chest.
  - D. Waving hands in an "X" motion across the body.
58. The penalty stroke-like marker is:
- A. 12 inches long.
  - B. 7 yards from the inner edge of the goal line.
  - C. A 4-inch diameter circle, 7 yards from the inner edge of the goal line.
  - D. Both a and b.

59. What type of different eye protection is permitted?
- A. Polycarbonate lens that meets the current ASTM standards for field hockey.
  - B. Wire-cage goggles that meet the current ASTM standards for field hockey.
  - C. None of the above.
  - D. Both a and b.
60. Field players must wear eye protection that meets the current ASTM standards for field hockey, and are permitted to wear:
- A. A face mask made of fiberglass or plastic, which is molded to the face.
  - B. A knee brace as sold by the manufacturer.
  - C. Soft headgear.
  - D. All of the above are allowed.
61. Officials may:
- A. Use personal wireless communication devices to communicate with one another during the game.
  - B. Use tobacco products.
  - C. Use a three-inch ring to check the legality of sticks.
  - D. All of the above.
62. The timer shall:
- A. At 30 seconds of the half, follow the near official up and down the field.
  - B. Sound an audible device when the official clock reads zero.
  - C. Count down the final 10 seconds of the half.
  - D. Both a and c.
63. During a penalty corner, the attack player receives the injected ball just outside the circle. She moves the ball inside the circle and immediately drives the ball which is on a path to cross the goal line above 18 inches. The umpire:
- A. Immediately blows the whistle and awards a free hit to the defense.
  - B. Holds the whistle.
  - C. Blows the whistle and resets the corner.
  - D. Allows play to continue as there is no foul.
64. The scorer shall:
- A. Notify the table-side official immediately when a coach requests a time-out.
  - B. Maintain a record of goals scored and by whom.
  - C. Maintain a record of team time-outs.
  - D. All of the above.
65. In taking the bully:
- A. Each player must face her opponent.
  - B. The two players shall tap the flat faces of their sticks together two times over the ball.
  - C. Neither player may move her feet until the ball is put into play.
  - D. Both a and c.

66. A self-pass:

- A. Must travel 1 foot before a teammate can play the ball.
- B. Must have a clear separation between the initial touch and any subsequent play on the ball.
- C. Can be used on a penalty stroke.
- D. May be used to restart play except on a penalty corner.

67. Substitution:

- A. Must be through the substitution area.
- B. Can occur from the 25-yard line.
- C. For a goalkeeper, requires that the clock is stopped.
- D. Can occur between the awarding and taking of a penalty corner.

68. On a free hit between the 25-yard lines, the opponents must be:

- A. 7 yards away.
- B. 5 yards away.
- C. 10 yards away.
- D. None of the above.

69. During a penalty corner, if a defender leaves the end line prior to the ball being inserted:

- A. The official will stop the clock.
- B. The official will reset the corner.
- C. The offending player shall be required to go beyond the center line and cannot be replaced.
- D. Both b and c.

70. On an attack free hit from the broken-line circle:

- A. All players must be 7 yards away.
- B. All players must be 5 yards away.
- C. Only opponents need to be 7 yards away.
- D. A teammate can be 1 yard away.

71. Prior to the center pass, the umpire determines that the player who scored is not wearing a mouthguard. The umpire shall:

- A. Disallow the goal.
- B. Allow the goal.
- C. Restart with a 16-yard hit.
- D. Both a and c.

72. After a goal has been scored, but before the center pass, the umpire realizes an ineligible attack player is on the field. The umpire should:

- A. Not allow the goal and restart with a free hit at the center of the field.
- B. Allow the goal.
- C. Not allow the goal and award a long hit.
- D. Not allow the goal and award a 16-yard hit.

73. The visiting team shows up to play its game without mouthguards and shinguards. The umpire shall:
- A. Allow the game to be played with an agreement of the coaches.
  - B. Sign the scorebook with a 1-0 forfeit.
  - C. Sign the scorebook with a 3-0 forfeit.
  - D. Red card the visiting coach and award a penalty stroke to the home team.
74. An attack free hit from the broken-line circle is driven directly into the circle. The umpire shall:
- A. Let play continue.
  - B. Award a free hit to the defense at the broken-line circle.
  - C. Award a free hit to the defense at the 16-yard line.
  - D. Call a retake of the free hit.
75. On a 16-yard hit, a player from Team A miss-hits the ball and it travels 3 inches. The player may:
- A. Continue to dribble the ball.
  - B. Not touch the ball until played by another player.
  - C. Continue to play the ball and pass the ball to a teammate.
  - D. Both a and c.
76. On a long hit, the player may:
- A. Self-pass.
  - B. Drive to a teammate 5 yards away.
  - C. Push to a teammate 5 yards away.
  - D. All of the above.
77. After incidental body or foot contact by a defender, the ball goes off the end line. The umpire shall award:
- A. Long hit.
  - B. Penalty corner.
  - C. 16-yard hit.
  - D. Penalty stroke.
78. In defending an aerial shot, the goalkeeper may:
- A. Propel the shot with her hand away from the goal.
  - B. Stop the ball with her stick above her shoulder.
  - C. Stop the ball with her body.
  - D. All of the above.
79. While attempting to tackle the ball between the 25-yard lines, the defender deliberately pushes the player causing the player with the ball to fall. The official:
- A. Issues a yellow card and suspends the player for 10 minutes.
  - B. Awards a free hit for attack.
  - C. Gives a verbal warning.
  - D. Both a and b.

80. Fouls include all of the following except:
- A. Raising the stick above the shoulder in an intimidating/dangerous manner.
  - B. Raising the ball dangerously.
  - C. Stick interference.
  - D. Raising the ball immediately on a free hit.
81. When the goalkeeper is lying on the ground, she may:
- A. Move the ball away with her hand in a goal-saving action.
  - B. Cover the ball.
  - C. Throw the ball.
  - D. Swing her stick dangerously to prevent her opponent from playing the ball.
82. A player dribbling the ball may:
- A. Back into a player preventing her from playing the ball.
  - B. Move away from an oncoming opponent in any direction on the field.
  - C. Shield the ball with her stick preventing the opponent from playing the ball.
  - D. Shield the ball with her body preventing the opponent from playing the ball.
83. The defense is awarded a 16-yard hit. The defender places the ball on the striking circle and then hits the ball dangerously into an opponent. The umpire shall:
- A. Award a penalty corner for the attack.
  - B. Let play continue.
  - C. Reset the free hit for the defense.
  - D. Award a free hit to the attack on the broken-line circle.
84. On a free hit awarded to the attack within 5 yards of the circle, the ball must be placed:
- A. On the broken-line circle nearest to the spot of the foul.
  - B. At the spot of the foul.
  - C. Anywhere outside the broken-line circle.
  - D. On the 25-yard line.
85. When receiving a falling raised ball:
- A. Opponents may immediately play the ball.
  - B. An opponent may not approach within 5 yards of the obvious receiver until the ball has been received, controlled and is on the ground.
  - C. Opponents may raise their sticks above the shoulder in a dangerous/intimidating manner.
  - D. The initial receiver does not have the right to the ball.
86. On a free hit, the attacker passes the ball to a teammate within the 25-yard area. She then legally raises the ball into the circle to an unmarked attack player. The umpire shall:
- A. Award a free hit to the defense.
  - B. Allow play to continue.
  - C. Bully at least 16 yards from the endline.
  - D. Repeat the free hit.

87. A ball that has been legally injected on a penalty corner travels outside the broken-line circle. The attack plays the ball back into the circle, where a waiting forward takes a shot on goal that crosses the goal line at a height of 2 feet. Danger is not a factor. The official shall:

- A. Repeat the corner.
- B. Disallow the goal and award a free hit to the defense.
- C. Allow the goal.
- D. None of the above.

88. The first half has been extended to complete a penalty corner. The ball is played unintentionally over the end line by a defender after a shot attempt by the attacking team. The umpire shall:

- A. Award a penalty stroke.
- B. Award a free hit to the defense at the broken-line circle.
- C. Award another penalty corner.
- D. Signal the end of the half.

89. On the initial insertion of a penalty corner prior to leaving the circle, the ball glances off a defender's stick into the goal. The umpire shall:

- A. Award a goal.
- B. Repeat the penalty corner.
- C. Disallow the goal and award a long hit to the attack.
- D. Card the defender and award a penalty stroke.

90. A penalty corner is awarded when:

- A. The ball is lodged in the goalkeeper's equipment.
- B. The defense commits a foul in the circle which does not prevent the probable scoring of a goal.
- C. The defense intentionally hits the ball over the endline.
- D. All of the above.

91. After the insertion of a penalty corner, a shot is taken prior to the ball coming out of the circle. A defender on the goal line unintentionally stops the ball with her foot. The official awards a:

- A. Penalty stroke.
- B. Penalty corner.
- C. Long hit.
- D. 16-yard hit.

92. The lead umpire on a penalty stroke shall:

- A. Ask the goalkeeper, then the stroker to verbally verify they are ready.
- B. Stand a few feet to the right and 3-5 yards behind the stroker.
- C. If no goal, give signal for 16-yard hit.
- D. All of the above.

93. On a third offense by non-participating team personnel, the official shall:

- A. Red card the coach.
- B. Remove a field player for the remainder of the game.
- C. Rule no change of possession.
- D. All of the above.

94. When a flagrant foul occurs by any nonparticipating team personnel, the official shall:
- A. Remove the head coach, remove the offender, award a penalty stroke and the offending team plays short.
  - B. Remove the offender and award a penalty stroke.
  - C. Remove the offender and the head coach only.
  - D. Remove the offender and the team plays short.
95. The attacking team has possession of the ball in the circle when an injury time-out is called. Play shall be restarted with:
- A. Free hit by the attack at the broken-line circle.
  - B. Free hit by the defense at the 16-yard line.
  - C. Bully at least 16 yards from the endline.
  - D. A penalty corner.
96. A lifted shot on goal hits a non-marking defender positioned at least 5 yards away, and between the shot and the goalkeeper. The official awards:
- A. A penalty corner.
  - B. A free hit to the defense.
  - C. A free hit to the offense at the broken-line circle.
  - D. A penalty stroke.
97. When an attack player deliberately blocks the goalkeeper's attempt to move around her, the umpire may:
- A. Award a green card to the attacker and a free hit to the defense.
  - B. Award a green card to the goalkeeper.
  - C. Award a penalty corner to the offense.
  - D. None of the above.
98. The umpire's signal for a bully is:
- A. Extend both arms in the front of the body, below the waist with palms touching, moving the arms and hands from side to side.
  - B. Move hands in an "X" formation in front of the chest.
  - C. Verbally yell bully to both teams.
  - D. Move hands alternately up and down in front of the body with palms facing each other.
99. If the ball becomes lodged in the goalkeeper's pads or clothing when she is inside her own circle, the umpire shall:
- A. Award a penalty stroke.
  - B. Allow play to continue.
  - C. Award a penalty corner.
  - D. Award a free hit to the attack at the broken-line circle.
100. The umpire's signal for a 5-yard infringement is:
- A. Extend one arm straight up in the air showing an open hand with all five fingers extended.
  - B. Extend one arm straight up in the air showing a closed fist.
  - C. There is no signal for 5-yard infringement.
  - D. None of the above.