

# Netball Practice Test (Sample)

## Study Guide



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**SAMPLE**

## **Questions**

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- 1. Who cannot serve as a team official during a netball match?**
  - A. Anyone who is not a qualified medical professional**
  - B. Anyone who has played the game before**
  - C. Only players aged over 18**
  - D. Anyone who does not have coaching experience**
- 2. What should players maintain during a natural body stance?**
  - A. A relaxed posture with no motion**
  - B. Stability and an upright position**
  - C. A strong crouching position**
  - D. Constant movement to confuse opponents**
- 3. What is the term used when a player holds the ball for over three seconds?**
  - A. Traveling**
  - B. Defensive hold**
  - C. Stalling**
  - D. Held ball**
- 4. Who typically manages the score during a netball match?**
  - A. The team captain**
  - B. The match officials**
  - C. The timekeepers on the official bench**
  - D. The referee**
- 5. What is the consequence for a player defending outside of the court?**
  - A. Free shot**
  - B. Penalty pass from where the infringer was standing**
  - C. Yellow card**
  - D. Turnover to the opposing team**

- 6. What are the two types of sanctions in netball?**
- A. Free pass and throw-in**
  - B. Free pass and penalty pass**
  - C. Penalty pass and corner pass**
  - D. Free pass and goal shot**
- 7. Which way do players face during a toss up?**
- A. To the side of the court**
  - B. Away from the goal post**
  - C. Towards their goal post**
  - D. Towards the umpire**
- 8. What is the role of team officials in netball?**
- A. To train the players**
  - B. To manage up to five persons including a primary care person**
  - C. To officiate during the match**
  - D. To keep track of the score**
- 9. What does an umpire do when the ball has gone out of court?**
- A. Blow the whistle**
  - B. Call the player**
  - C. Signal the timekeeper and no whistle is needed**
  - D. Run to the ball**
- 10. When is the timekeeper instructed to hold time?**
- A. After a goal is scored**
  - B. When an umpire whistles an infringement**
  - C. During player substitutions**
  - D. At the end of each quarter**

## **Answers**

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- 1. A**
- 2. B**
- 3. D**
- 4. C**
- 5. B**
- 6. B**
- 7. C**
- 8. B**
- 9. C**
- 10. B**

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## **Explanations**

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**1. Who cannot serve as a team official during a netball match?**

- A. Anyone who is not a qualified medical professional**
- B. Anyone who has played the game before**
- C. Only players aged over 18**
- D. Anyone who does not have coaching experience**

In netball, the role of a team official is specific and must adhere to certain standards to ensure the safety and integrity of the game. The correct answer highlights that anyone who is not a qualified medical professional cannot serve as a team official during a match. This is essential because team officials have responsibilities that include ensuring the well-being of players, and having a qualified medical professional on hand ensures that any injuries or health concerns are appropriately addressed. This requirement emphasizes the importance of knowledge in first aid and medical protocols during a match, reflecting netball's commitment to player safety. Team officials are responsible for making critical decisions, and having the appropriate medical expertise is vital for providing immediate care and guiding players on health-related issues during the game. The other options suggest various conditions that would not necessarily disqualify someone from serving as a team official. For instance, prior playing experience or age do not inherently determine someone's capability or eligibility to serve in an official capacity. Similarly, lack of coaching experience isn't necessarily a barrier if the individual fulfills the role of a medical professional. Thus, only the qualification in medical expertise distinctly sets the criteria for who can serve as a team official.

**2. What should players maintain during a natural body stance?**

- A. A relaxed posture with no motion**
- B. Stability and an upright position**
- C. A strong crouching position**
- D. Constant movement to confuse opponents**

Maintaining stability and an upright position during a natural body stance is crucial for netball players. This stance allows players to be balanced and ready to respond quickly to changes during play, whether it's passing, shooting, or defending. An upright position helps players keep their center of gravity low while still allowing for effective movement in various directions. Moreover, a stable stance is essential for both offensive and defensive strategies. It enables players to generate power for their movements, ensuring that they can pivot and change direction efficiently without losing balance. This stability is vital for achieving optimal performance on the court, including better passing accuracy and the ability to contest for the ball effectively. While a relaxed posture can be beneficial, it may not provide the necessary readiness or strength a player needs to engage effectively during the game. Additionally, constant movement can lead to a loss of balance, making it harder to execute specific plays or maintain control. A strong crouching position, while it may seem proactive, can tire players quickly and limit their agility. Therefore, maintaining stability and an upright position is essential for overall effectiveness in netball.

**3. What is the term used when a player holds the ball for over three seconds?**

- A. Traveling**
- B. Defensive hold**
- C. Stalling**
- D. Held ball**

The term used when a player holds the ball for more than three seconds in netball is known as "held ball." This occurs when a player is in possession of the ball and does not pass it or attempt to shoot after a three-second count. The game rules are designed to keep the play dynamic and fluid, preventing a player from holding onto the ball for too long, which could disrupt the flow of the game. When this situation occurs, the opposing team is awarded possession of the ball, allowing them to continue the game without significant delays. This rule encourages players to make quicker decisions and promotes teamwork, as they must communicate effectively to either pass the ball to a teammate or take a shot at the goal within the allowable time frame. The other options do not properly describe this situation. While traveling refers to an illegal movement of the player with the ball, defensive hold does not apply to time and stalling usually pertains to delaying tactics during play rather than the specific action of holding the ball.

**4. Who typically manages the score during a netball match?**

- A. The team captain**
- B. The match officials**
- C. The timekeepers on the official bench**
- D. The referee**

In a netball match, the score is usually managed by the timekeepers on the official bench. These individuals are responsible for accurately recording the score throughout the game, ensuring that it reflects the points scored by each team. By monitoring the score closely, they provide essential information for players, coaches, and spectators alike. While the team captain may have a role in communicating with officials and players, they do not typically manage the score. The match officials, including the referees, focus on enforcing the rules and ensuring fair play rather than keeping track of the score. The referees do have a critical role in deciding whether points scored are valid, but they rely on the timekeepers to document the tally. Thus, the timekeepers' role in managing the score is vital to the smooth operation of the match and contributes to the overall integrity of the game.

**5. What is the consequence for a player defending outside of the court?**

**A. Free shot**

**B. Penalty pass from where the infringer was standing**

**C. Yellow card**

**D. Turnover to the opposing team**

Defending outside of the court results in a penalty pass being awarded to the opposing team from the location where the infringer was standing. In netball, the rules stipulate that players must respect the boundaries of the court. By stepping outside the court while defending, the player has committed an infringement. The penalty pass gives the opposing team an opportunity to resume play from that spot, allowing them to continue their offensive strategy without the unfair advantage being granted to the defender. This enforcement helps maintain the integrity of the game and ensures that all players adhere to the defined playing area.

**6. What are the two types of sanctions in netball?**

**A. Free pass and throw-in**

**B. Free pass and penalty pass**

**C. Penalty pass and corner pass**

**D. Free pass and goal shot**

In netball, the correct types of sanctions are the free pass and penalty pass. A free pass is awarded for minor infringements, allowing the player with the ball to pass to a teammate without any defending players being allowed to obstruct this pass. This type of sanction encourages fair play and allows for the game to continue fluidly after less severe rule violations. A penalty pass, on the other hand, is given for more serious infringements, particularly those that occur in or around the shooting circle or involve more significant breaches of the rules. This sanction allows the player taking the penalty pass to take a direct shot at the goal if they are in the shooting circle, emphasizing the seriousness of the infraction. Understanding the distinction between these two types of sanctions is crucial for both players and officials, as they directly influence how the game is played and how players respond to different situations on the court.

## 7. Which way do players face during a toss up?

- A. To the side of the court
- B. Away from the goal post
- C. Towards their goal post**
- D. Towards the umpire

During a toss-up in netball, players must face towards their respective goal post. This position is critical because the toss-up occurs after an infringement where both teams have an equal claim to the ball. By facing their goal post, players are positioned strategically to maximize their chances of regaining possession of the ball and to quickly transition into an attacking position once the toss-up is completed. Facing towards the goal post allows players to anticipate the direction the ball will be thrown and to position themselves advantageously for a subsequent play. This orientation adds to the dynamics of the game, emphasizing the importance of offense and defense in netball strategies. When players face the umpire or away from the goal post, they may limit their ability to effectively contest for the ball and capitalize on the opportunity presented by the toss-up. Facing to the side of the court is also less advantageous as it doesn't provide a clear line of sight or positioning relative to the goal. Thus, the correct response emphasizes the need for players to focus on their goal to enhance their gameplay during a toss-up situation.

## 8. What is the role of team officials in netball?

- A. To train the players
- B. To manage up to five persons including a primary care person**
- C. To officiate during the match
- D. To keep track of the score

The role of team officials in netball encompasses various responsibilities, primarily focused on the management and support of the team. Specifically, the option regarding managing up to five persons, including a primary care person, reflects the multifaceted nature of team support in the sport. This role involves ensuring that the team is well-resourced and that player welfare is attended to, which is crucial in a sport where player safety and well-being must be prioritized. Team officials typically oversee logistical aspects such as arranging travel, equipment, and health care for the athletes. By managing a variety of personnel, including coaches, medical staff, and other support team members, officials help create an environment that allows players to focus on their performance without being burdened by off-field concerns. This organizational structure is essential for the smooth operation of any competitive team. In contrast, training players is a specific task generally reserved for coaches rather than team officials as a whole. Officiating during matches is the responsibility of umpires or match officials, while keeping track of the score is typically managed by the designated scorers or match officials rather than team officials. Thus, the choice regarding management and welfare of personnel accurately encapsulates the broader scope of responsibilities held by team officials in netball.

**9. What does an umpire do when the ball has gone out of court?**

**A. Blow the whistle**

**B. Call the player**

**C. Signal the timekeeper and no whistle is needed**

**D. Run to the ball**

In netball, when the ball goes out of court, the umpire's primary responsibility is to ensure the game continues smoothly and according to the rules. The correct answer highlights that the umpire will signal the timekeeper and that a whistle is not necessary at that moment. This action conveys that play has been interrupted due to the ball leaving the court, but the game clock should not be stopped for this incident. The umpire will typically raise one hand to notify the timekeeper of the stoppage and may also signal for the team that gains possession of the ball. The absence of a whistle signifies that the stoppage is not due to a violation but rather a natural occurrence within the flow of the game. Understanding this procedure is important for players and spectators, as it helps maintain the pace of the game and ensures that everyone is aware of the current state of play.

**10. When is the timekeeper instructed to hold time?**

**A. After a goal is scored**

**B. When an umpire whistles an infringement**

**C. During player substitutions**

**D. At the end of each quarter**

The correct choice indicates that the timekeeper is instructed to hold time when an umpire whistles an infringement. This is essential because stoppages in play caused by infringements directly affect the flow of the game and the regulation of time. Holding time allows for the game to maintain its integrity by ensuring that no additional time is lost during these interruptions. In netball, the game proceeds continuously except for specific interruptions, and accurate timekeeping is crucial. When an umpire blows the whistle for an infringement, they often call for the play to stop immediately, thus necessitating that the timekeeper pause the game clock to reflect the actual time spent on the court. This ensures fairness and accuracy in the timing of each quarter. The other options, while related to the game's flow and time management, do not represent the primary responsibility of the timekeeper in relation to holding time during events of disruption or play stoppage. For example, after a goal is scored, play generally resumes without needing the timekeeper to halt the clock. Player substitutions typically occur without stopping time either, and while the end of each quarter is significant, the role of the timekeeper at that moment is more about signaling rather than actively holding time.