



2023 Field Hockey Exam

1. An official removes a field player for illegal equipment. Who should receive a card for misconduct?
 - A. The player.
 - B. The head coach.
 - C. The captain.
 - D. No one.

2. When defending a penalty corner, players who choose to wear a form of face protection may:
 - A. Wear a face mask for the duration of the penalty corner.
 - B. Toss the face mask over the end line or sideline after the penalty corner.
 - C. May choose to wear goggles.
 - D. All of the above.

3. A player continues air dribbling as a defender approaches within playing distance. The official shall:
 - A. Award the defense a free hit.
 - B. Award a penalty corner.
 - C. Allow the game to be played.
 - D. Card the attack player and award defense a free hit.

4. When a goalkeeper and additional players are in the substitution area, the official shall:
 - A. Stop time at the next stoppage in play to allow the goalkeeper substitution.
 - B. Not allow field players to substitute until play restarts.
 - C. Not allow field players to substitute until time-out is called.
 - D. Both A and C.

5. Play has been stopped for an injury time-out while the ball is in the circle during a penalty corner. No foul occurred. The official shall:
 - A. Award a bully.
 - B. Award a 16-yard hit to the defending team.
 - C. Award a 25-yard hit to the attacking team.
 - D. Replay the penalty corner.

6. A defender makes a desperate goal-line save and the ball is deflected over the end line.
 - A. Play is restarted with a 25-yard hit for the attacking team.
 - B. A penalty corner is awarded.
 - C. A penalty stroke is awarded.
 - D. Play is restarted with a 16-yard hit for the defending team.

7. A player on the defending team dangerously swings the stick at the attacker who is in the circle about to shoot on goal. The attacker must abort the shot to avoid the defender's stick. The official shall:
- A. Award a penalty corner.
 - B. Award a penalty stroke.
 - C. Let play continue.
 - D. Award a 25-yard hit.
8. A player on the defending team deliberately strikes the opponent's stick while attempting to tackle inside the 25-yard line. The official shall:
- A. Award a 16-yard hit.
 - B. Award a penalty corner.
 - C. Award a penalty stroke.
 - D. Award a 25-yard hit.
9. Obstruction occurs when:
- A. A player's body or stick keeps an opponent from attempting to play the ball.
 - B. A player with the ball prevents an opponent's tackle by shielding the ball with the stick.
 - C. A third player takes a position between an opponent and the ball so the player's teammate has the opportunity to play the ball.
 - D. All of the above.
10. The attacking team is awarded a free hit below the 25-yard line. A player of the defending team is 3 yards from the player taking the free hit, but makes no attempt to play the ball or influence play. The official shall:
- A. Allow play to continue.
 - B. Award a penalty corner to the attacking team.
 - C. Award a penalty corner to the attacking team and card the defender.
 - D. Award a free hit to the defending team.
11. In open-field play, an attack player enters the circle and is 7 yards from the goalkeeper defending in front of the goal, with no defense players between the attack player and the goalkeeper/goal. The player flicks the ball into the upper right corner of the goal cage past the goalkeeper's helmet. The official shall:
- A. Disallow the goal because the flick was dangerous.
 - B. Allow the goal.
 - C. Disallow the goal because it did not cross the goal line at 18 inches or less.
 - D. Card the attack player for dangerous play.
12. A penalty corner is awarded when:
- A. The defending team commits a foul inside the circle.
 - B. The attacking team commits a foul inside the 25-yard line.
 - C. A player from the defending team intentionally hits the ball over the end line.
 - D. Both A and C.

- 13 . A penalty stroke shall be awarded when in the official's opinion:
- A. A defending team player intentionally plays the ball over the end line, inside and near the edge of the circle.
 - B. A deliberate foul is committed by a defender inside the circle which stops a potential goal or deprives an attacker of actual or likely possession of the ball.
 - C. Flagrant unsportsmanlike conduct is displayed by a coach or nonplaying team personnel.
 - D. Both B and C.
- 14 . An assistant coach is moving along the sideline in a distracting manner and commenting loudly about what the coach believes are fouls that are occurring on the field. The official shall:
- A. Issue a red card to the head coach.
 - B. Issue the appropriate card to both the assistant coach and head coach.
 - C. Issue the opponent a free hit.
 - D. Remove the assistant coach from the team area.
- 15 . A spectator for the Red Team starts screaming profanities at the coach of the Blue Team. The official shall:
- A. Remove the spectator from the venue.
 - B. Stop the clock and request assistance from the game manager/administrator.
 - C. Allow play to continue.
 - D. Award the Red Team coach a red card.
- 16 . When awarded a 16-yard hit, a player can pass the ball to teammates using all of the following except:
- A. An aerial ball.
 - B. A forehand sweep.
 - C. A chip hit, to raise the ball far upfield.
 - D. A reverse push.
- 17 . During the game, the head coach repeatedly walks in front of the team line, from the center line to the 25-yard line. The official shall:
- A. Do nothing. The coach is permitted in this area.
 - B. Wait for the next stoppage of play and issue the appropriate card to the head coach.
 - C. Stop play and immediately issue the appropriate card to the head coach.
 - D. Wait for the next stoppage of play, eject the coach.
- 18 . Before the game, when meeting with captain(s) and head coach from each team, the umpire shall proceed with all of the following EXCEPT:
- A. Introductions.
 - B. Coin toss for choice of goal or possession of ball.
 - C. Review of ground conditions.
 - D. Review cardable offenses.

- 19 . A suspended player:
- A. Shall serve the suspension at the scorer's table on the same side as the player's team bench.
 - B. Is a player who has received a green or yellow card.
 - C. May be coached during the time the player is suspended.
 - D. All of the above.
- 20 . If a field player is seriously injured and unable to resume play, the official shall:
- A. Stop time and take an official's time-out.
 - B. Replace the injured player immediately.
 - C. Tend to the player.
 - D. Allow play to continue.
- 21 . During a legal substitution:
- A. Substituting players can enter the field from any access point.
 - B. The game clock is stopped.
 - C. A team may substitute any number of players.
 - D. A substitute may enter the field before the player being replaced has left the field of play.
- 22 . There shall be no substitutions prior to a penalty corner. Exceptions include:
- A. A substitution for a player who is ill or injured.
 - B. A substitution for a player who is out with a yellow card.
 - C. A substitution for a disqualified or suspended goalkeeper. Note: the team shall reduce the number of field players by one.
 - D. Both A and C
- 23 . The attacker drives the ball on goal but as it is halfway across the line, a defender safely clears the ball out with the stick while laying on the ground. The official shall:
- A. Administer a penalty stroke. The defender is not allowed to play the ball while on the ground.
 - B. Signal a goal. As long as the ball touches the goal line it is a goal.
 - C. Administer a green card to defense for playing the ball while on the ground.
 - D. Play on. The whole ball must cross the goal line to be a goal and no foul was committed.
- 24 . The attack team has been awarded a 25-yard hit and places it just above the 25-yard line. The player immediately hits the ball into the circle. The official shall:
- A. Allow play to continue since the attacker took it above the line.
 - B. Administer a free hit to the defense at the location where it entered the circle.
 - C. Allow attack to reset the 25-yard hit in the correct place.
 - D. Award free hit to the defense at the 25-yard line.

- 25 . A defender uses the edge of the stick to sweep the ball away from an attacker who is ready to shoot on goal, depriving the attacker of possession. The official shall:
- A. Award the attack a penalty stroke.
 - B. Award the attack a penalty corner and card the defender.
 - C. Award the attack a penalty corner.
 - D. Allow play to continue.
- 26 . A Red Team player executes an aerial pass to a teammate 25 yards away. Midway in flight, the ball is intercepted by a White Team player. The official shall:
- A. Card the White Team player for a deliberate foul.
 - B. Allow play to continue.
 - C. Whistle immediately and award a free hit to the Red Team at the spot of the interception.
 - D. Whistle immediately, warn the White Team player, and award a free hit to the Red Team at the spot of the intended Red Team receiver.
- 27 . Very early in the game, a Red Team attacker with the ball outside the 25-yard area, is approaching a White Team defender who has the stick on the ground ready to tackle. The attacker pushes the ball past the defender and runs into the player who didn't have time to move. The attacker showed no attempt to run around the defender. The official shall:
- A. Allow play to continue.
 - B. Award a free hit to the Red Team.
 - C. Award a free hit to the White Team.
 - D. Award a free hit to the White Team and a warning to the Red Team player that it is illegal to charge through a player.
- 28 . A free hit is awarded to the White Team. After the official has blown the whistle, the ball travels 10 yards forward and a White Team player takes the hit from there. The official shall:
- A. Allow play to continue.
 - B. Give the White Team player taking the free hit a yellow card.
 - C. Make the White Team retake the free hit to allow the Blue Team to get set.
 - D. Make the White Team retake the free hit back 10 yards, where the foul occurred.
- 29 . A Blue Team attacker enters the circle on a breakaway and hits the ball high toward the goal. The ball crosses the goal line at shoulder height between the goalkeeper and a defender who was standing alone in goal to help. The official shall:
- A. Award a 16-yard free hit to the defense for dangerous ball.
 - B. Award a penalty corner.
 - C. Award a goal to the Blue Team.
 - D. Award a free hit to the Blue Team just outside the circle.
- 30 . The Red Team is awarded a free hit just inside the 25-yard line. Player A pulls the ball back, less than 1 yard over the 25-yard line, then changes direction toward the goal. One yard inside the 25-yard line, Player A drives the ball into the circle. The official shall:
- A. Award a 16-yard free hit to the opposing team at the point where the ball crossed the circle.
 - B. Allow the play to continue.
 - C. Award a free hit to the opposing team where the free hit was taken by Player A.
 - D. Reset the free hit and allow the Red Team to start again.

- 31 . A defender hit the ball intentionally over the end line and a penalty corner is given. Prior to the insertion of the ball on a penalty corner:
- A. The official shall stop the clock, then restart it when the teams are ready to play.
 - B. The goalkeeper must stand with both feet touching the goal line.
 - C. The inserter must place the ball on the mark 10 yards from the goal cage on the side of the goal where the defender hit the ball over the end line.
 - D. A defender may stand outside the goal cage with feet, hands, and stick behind the end line, and be at least 5 yards away from the inserter.
- 32 . An attack player in the circle contacts the ball with the round side of the stick, scoring a goal. The official shall:
- A. Allow the goal.
 - B. Award the defending team a free hit.
 - C. Award the attacking team a penalty corner.
 - D. Give the attacking player a green card.
- 33 . Prior to the insertion of the ball on a penalty corner, the goalkeeper shall:
- A. Stand behind the end line with the stick, hands and feet not touching the ground inside the circle.
 - B. Indicate readiness to play to the official.
 - C. Elect to go to the 50-yard line and have a field player come to the goal cage to defend on the corner.
 - D. Ask the official to explain why the penalty corner was given, to later explain it to the coach.
- 34 . The White Team inserts the ball on a penalty corner, but it does not completely come out of the circle. The official shall:
- A. Blow the whistle and reset the penalty corner.
 - B. Blow the whistle and award the Red Team a 16-yard free hit.
 - C. Allow play to continue.
 - D. Verbally tell the players the ball did not come out of the circle.
- 35 . When the ball is inserted on a penalty corner, the ball travels beyond the broken circle. The ball is then played into the circle. The shot at goal crosses the goal line above the 18-inch boards without posing a danger to any players. The official shall:
- A. Award a 25-yard hit to the attacking team.
 - B. Allow the goal.
 - C. Award a 16-yard hit to the defending team.
 - D. Reset the penalty corner.
- 36 . During a penalty corner, the inserter feints at inserting the ball, causing a defensive player on the end line to enter the field of play. The official shall:
- A. Send the inserter to the center line. Allow a new inserter.
 - B. Send the defender to the center line. Allow a replacement at the end line.
 - C. Award a card to the inserter and send that player to the center line. Allow a new inserter.
 - D. Award a card to the coach, send the inserter to the center line, and allow a new inserter.

- 37 . Prior to the penalty stroke, the goalkeeper and stroker have indicated readiness. The stroker fails to take the stroke within five seconds of the official's whistle. The official shall:
- A. Replace the stroker.
 - B. End the penalty stroke.
 - C. Card the coach for misconduct.
 - D. Card the player for misconduct.
- 38 . Well into the game, a penalty corner is awarded. The inserter runs up to the end line and has both feet on the playing field as the ball is inserted. The team had been warned and corrected earlier in the game about proper foot placement on a penalty corner. The official shall:
- A. Allow play to continue.
 - B. Card the inserter for delay of game.
 - C. Award the defending team a 16-yard hit.
 - D. Send the offending inserter to the center line and call for a new inserter.
- 39 . An official notices that the field players from Team A are illegally equipped with the following:
- A. Mascot name on their socks.
 - B. Soft headgear.
 - C. White home jerseys with white long-sleeve undershirts.
 - D. Beads in a player's hair which is pulled back.
- 40 . The visiting team arrives with 11 eligible players, but without a goalkeeper, and wants to start the game. The officials:
- A. Allow the game to be played but declare a forfeit at the end of the game.
 - B. Declare a forfeit before the game begins.
 - C. Allow the game to be played.
 - D. Assess a misconduct penalty to the head coach using the card progression.
- 41 . After Player A has scored a goal, the scorekeeper informs the official that Player A's name and number are not in the scorebook. The official shall:
- A. Allow the goal to count.
 - B. Instruct the scorekeeper to add Player A's name and number into the scorebook.
 - C. Restart play after the goal is counted, with a center pass.
 - D. All of the above.
- 42 . A visiting team wears a light-colored jersey close to the color white of the home team. The visiting team is instructed to wear numbered pinnies to differentiate its team, however, it does not have any. What is the proper procedure?
- A. Visiting team should forfeit.
 - B. The game shall be played. The official must, however, notify the state association following the game.
 - C. The game should be played and no consequence given to the visiting team.
 - D. The game should be postponed until the uniforms can be fixed.

- 43 . The timer shall:
- A. Time all team time-outs.
 - B. Turn off the visible clock and horn on extended corners.
 - C. Audibly count down the last 10 seconds of a carded player's suspension.
 - D. All of the above.
- 44 . An official observes a player wearing a necklace. The official shall:
- A. Stop play immediately and require the player to remove the necklace.
 - B. Wait for the next dead ball and require the player to remove the necklace.
 - C. Do nothing.
 - D. Remove the player from the game and have the player tape the medal under the uniform.
- 45 . A Blue Team player is the clear receiver of an aerial ball. Before the ball is received, a Red Team player 3 yards behind the player steps around the Blue Team player and plays the ball. The official shall:
- A. Allow play to continue since there was no body contact between the players.
 - B. Blow the whistle and award possession to the Blue Team at that point on the field.
 - C. Blow the whistle and award possession to the Blue Team at the spot where the ball was originally lifted.
 - D. Blow the whistle and restart play with a bully since either team player could have been the receiver.
- 46 . An official calls a time-out for an injured field player and the coach enters the field to attend to the player. The coach determines the player can stay in the game. The official shall:
- A. Allow the player to remain on the field and resume play.
 - B. Inform the coach the player must leave the field and is required to have a substitute.
 - C. Inform the coach the player must leave the field and remain out of the game for five minutes.
 - D. Remove the player and allow the team to play short with the injured player returning anytime in accordance with the substitution rules.
- 47 . The Blue Team coach asks for a time-out at the end of the interval between the third and fourth quarters. The official shall:
- A. Grant the time-out if the Blue Team has not yet used its one time-out.
 - B. Grant the time-out if it is Blue Team's possession at the start of the fourth quarter and it has not used its one time-out.
 - C. Deny the time-out.
 - D. Deny the time-out and award the Blue Team coach a yellow card.
- 48 . During a time-out, an official blows the whistle for a 30-second warning and then to signal the end of a time-out. The Red Team coach continues game discussion with their team on the sideline with no acknowledgement of the whistle. The official shall:
- A. Continue to blow the whistle for an additional three times until the Red Team enters the field.
 - B. Award a misconduct penalty to the Red Team head coach using the card progression.
 - C. Allow another 30 seconds for the Red Team since it appears to be overtired.
 - D. Award a misconduct penalty to the Red Team captain using the card progression.

- 49 . When restarting play within the attack 25-yard area, the Blue Team player immediately passes the ball to a teammate who receives the ball 5 yards away and inside the circle. The official shall:
- A. Blow the whistle and award a free hit to the defense.
 - B. Blow the whistle and award a penalty corner to the attack.
 - C. Allow play to continue since the receiving player was 5 yards away.
 - D. Give the advantage signal and wait to see what the receiving player does with the ball.

- 50 . A ball on the way to the goal hits a discarded penalty corner mask, stopping it from entering the goal. The official shall:
- A. Allow play to continue.
 - B. Blow the whistle, remove the mask, and award a penalty corner to the attack.
 - C. Blow the whistle, remove the mask, and restart play with a bully.
 - D. Blow the whistle, have the timer stop the clock and award a penalty stroke to the attack.

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- 51 . White Team is awarded a free hit. An aerial pass is used to restart play. What call should the official make?
- A. No foul, play on.
 - B. White Team free hit at the spot where the ball landed.
 - C. Blue Team free hit at the spot where the ball landed.
 - D. Blue Team free hit at the spot of the lift.

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- 52 . In this clip the goal was allowed. Was that the correct call?
- A. Yes, because the post player was not marking a player.
 - B. This was not a legal goal.
 - C. Yes, the shot was not dangerous. No evasive action needed by players.
 - D. A and C

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- 53 . You Make the Call
- A. Legal tackle, play on.
 - B. Stick interference by the White Team.
 - C. Stick obstruction by Green Team.
 - D. Stick obstruction by White Team.

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- 54 . What is the appropriate call?
- A. No foul, play on.
 - B. Obstruction on the White Team.
 - C. Dangerous play with the stick on Blue Team.

- 55 . You make the call.
- A. Play on.
 - B. Free hit to the White Team where the ball landed.
 - C. Free hit to the Blue Team.
 - D. Free hit to the White Team where the ball was lifted.