

**Arizona Region of USA Volleyball**  
**Optional Review Exercise for Referees**  
R-10

Name: \_\_\_\_\_

Email: \_\_\_\_\_

**True or false.** Write **T** for true or **F** for false.

- \_\_\_\_\_ 1. The captain of the higher-seeded team calls the pre-match coin toss.
- \_\_\_\_\_ 2. The pre-match coin toss should occur before the start of the timed warm-up period.
- \_\_\_\_\_ 3. Any serving practice in the warm-up period occurs during a team's exclusive court time.
- \_\_\_\_\_ 4. The receiving team's first server is listed on the line-up sheet in position II (right-front).
- \_\_\_\_\_ 5. The Libero is allowed to serve in one of the six positions in the serving order.
- \_\_\_\_\_ 6. Time-outs are 30 seconds long, with no warning whistle before the end of the time-out.
- \_\_\_\_\_ 7. The "pursuit rule" (rule 10.1.2) is not in effect for Arizona Region competition.
- \_\_\_\_\_ 8. An individual warning for misconduct is issued verbally or by using a hand signal.
- \_\_\_\_\_ 9. If a player is injured during play and unable to continue playing after 30 seconds, the player must be substituted or replaced by the Libero.

10. **Ending a rally.** As the first referee, what should you do if you see the ball land "out"? Use the numbers 1 through 4 to put the following steps in sequence:

- \_\_\_\_\_ Signal the nature of the fault.
- \_\_\_\_\_ Blow the whistle to stop play.
- \_\_\_\_\_ Signal the team to serve.
- \_\_\_\_\_ Gather input from your line judges and then look back ("center") to the second referee.

**Multiple choice.** Circle the letter of the best answer.

- 11. Which is the better way to view touches of the ball?
  - A. Closely follow the flight of the ball through the air until it is contacted by a player.
  - B. Move your eyes laterally ahead of the ball to the player(s) who might touch the ball.
- 12. How can a team properly request a substitution?
  - A. The coach says or signals "sub."
  - B. The substitute says or signals "sub."
  - C. The substitute enters the substitution zone.
  - D. A player on the court approaches the sideline near the R2 and says "sub."

- 13. A player may play the ball from any of the following areas except:
  - A. The service zone of an adjacent court in use.
  - B. The front zone of an adjacent court in use.
  - C. The free zone near her team's bench.
  - D. The free zone near an adjacent court.
- 14. A player may participate in the warm-up or match while wearing any of the following items except:
  - A. Barrettes and bobby pins in the hair.
  - B. A hard plastic headband.
  - C. A bandanna on the head.
  - D. A string bracelet on the wrist.
- 15. In junior competition, while Team A has exclusive use of the court during the timed warm-up period, which of the following is true about Team B?
  - A. Its players may use balls to warm up in the free zone around the court.
  - B. Its players may use balls to warm up in a spectator walkway.
  - C. Its players may be outside the playing area.
  - D. Its players must be seated on the team bench.
- 16. A ball hit by a Team A player strikes a backboard at a height of less than 15 feet above Team A's playing area. What should the first referee do?
  - A. Allow play to continue.
  - B. Either allow play to continue, or stop play to award the rally to Team B.
  - C. Either allow play to continue, or stop play to order a replay.
  - D. Stop play, and either award the rally to Team B or order a replay.
- 17. The first referee should seek assistance from the line judges for all of the following except:
  - A. On an attempted pancake dig, to determine whether the ball hit the floor.
  - B. On a ball that lands "out" on Team A's side, to determine whether the ball was last touched by a Team A player.
  - C. On an attacked ball that rebounds off the net and lands "out" on the attacker's side, to determine whether the ball was touched by a blocker.
  - D. On a ball crossing the net near an antenna, to determine whether the ball passed within the crossing space.

18. When is a front-row player for Team A allowed to block the ball in Team B's space?
- Never.
  - After Team B has used its three team hits.
  - After an attack-hit by Team B, or when the ball is falling near the net and no Team B player can make a play on the ball.
  - Both B and C.
19. When is a front-row player for Team A allowed to attack the ball in Team B's space?
- Never.
  - After Team B has used its three team hits.
  - After an attack-hit by Team B, or when the ball is falling near the net and no Team B player can make a play on the ball.
  - Both B and C.
20. When is a back-row player (other than the Libero) allowed to complete an attack on a ball entirely above the height of the net?
- Never.
  - When the back-row player is positioned, or jumps from, behind the attack line.
  - When the back-row player hits the ball with an upward trajectory.
  - Both B and C.
21. When is the Libero allowed to complete an attack on a ball entirely above the height of the net?
- Never.
  - When the Libero is positioned, or jumps from, behind the attack line.
  - When the Libero hits the ball with an upward trajectory.
  - Both B and C.
22. When is a player allowed to complete an attack on a ball hand-set by the Libero from the front zone?
- Never.
  - When the player is positioned, or jumps from, behind the attack line.
  - When part of the ball is below the top of the net at the moment of contact.
  - Both B and C.
23. When is a back-row player allowed to complete an attack-hit from the front zone?
- Never.
  - When the back-row player has a foot on the floor at the moment of contact.
  - When part of the ball is below the top of the net at the moment of contact.
  - Both B and C.
24. When is an attack completed?
- As soon as the attacker contacts the ball.
  - As soon as the ball breaks the plane of the net.
  - As soon as the ball completely crosses the net or is contacted by an opponent.
  - As soon as the ball goes out of play on the opponent's side.
25. A ball passed by a Team A player is heading near the top of the net. Team A's back-row setter jumps from the front zone and hits the ball, causing it to cross the net. Is this a fault on Team A?
- Yes.
  - Only if the setter is reaching higher than the top of the net at the moment she hits the ball.
  - Only if the ball is entirely higher than the top of the net when it is contacted by the setter.
  - Not if the setter is attempting to set the ball.
26. A ball passed by a Team A player enters the vertical plane of the net. Team A's back-row setter jumps near the net in an effort to play the ball. A Team B player legally contacts the ball and hits it into the arm of the Team A setter. Is this a fault on Team A?
- Yes.
  - Only if the setter is reaching higher than the top of the net at the moment she contacts the ball.
  - Only if the ball is entirely higher than the top of the net when it is contacted by the setter.
  - Not if the setter is attempting to set the ball.
27. The Team A setter contacts the ball near the net for her team's second hit. A Team B blocker then blocks the ball in Team A's space. Is this a fault on Team B?
- Yes.
  - Only if the ball hit by the Team A setter would not have crossed the net, or another Team A player was in a position to play the ball.
  - Only if the Team A setter was attempting to set the ball to a teammate.
  - Not if the Team A setter is a back-row player.
28. The first referee stops the rally and orders a replay because a stray ball from another court disrupts play. Before the next serve is authorized, Team B's coach requests a time-out, and the second referee whistles to acknowledge the request. Is this action correct?
- Yes. A time-out may be legally requested whenever the ball is out of play.
  - Yes. A request for time-out should always be acknowledged, whether it's a legal request or not.
  - No. A time-out may not be requested until the rally is completed. Team B should be assessed an improper request.
  - No. The rally has not yet been completed, and Team B should be assessed a delay sanction.

29. The Libero is in the match, having replaced player #6. At the end of a rally, the referees notice that the Libero is apparently injured. What should the referees do?

- A. Have #6 replace the Libero right away, so as not to delay the match. The Libero may then return to the match after the next completed rally.
- B. Allow the team up to 30 seconds to decide whether the Libero can continue playing. If the Libero is not ready within that time, the team may replace the Libero with #6, designate a new Libero, or call a time-out.
- C. Allow the team up to 30 seconds to decide whether the Libero can continue playing. If the Libero is not ready within that time, the team must replace the Libero with #6 and play the rest of the match without a Libero.
- D. Have #6 replace the Libero right away. The team must play the rest of the match without a Libero.

30. What constitutes a fault in playing the ball on the block or the first team hit?

- A. Double contact.
- B. Caught or thrown ball.
- C. "Lift" or "prolonged contact."
- D. All of the above.
- E. A or B only.

31. What constitutes a fault in playing the ball on the second or third team hit?

- A. Double contact.
- B. Caught or thrown ball.
- C. "Lift" or "prolonged contact."
- D. All of the above
- E. A or B only.

32. What is the correct signal for a center line fault?

- A. Point to the center line with the index finger.
- B. Point to the center line with an open hand.
- C. Make a sliding motion with an open hand.
- D. Same signal as for a net fault.

**Net contact.** Write **F** for a fault or **N** for no fault. (Assume no interference except as stated.)

- \_\_\_\_\_ 33. After hitting the ball, the attacker contacts the top band of the net on her follow-through.
- \_\_\_\_\_ 34. On her follow-through, an attacker strikes the mesh of the net so hard that the entire net shakes. The opponents point and yell, "Net!"
- \_\_\_\_\_ 35. While attempting to block an attack, a player lightly touches the top band of the net.
- \_\_\_\_\_ 36. In saving a ball out of the net, the setter forcefully hits the lower part of the net.
- \_\_\_\_\_ 37. The ball is passed into the mesh of the net. An opposing blocker moves her hand to the side and contacts the ball through the net.

**Touching the opponent's court.** Write **F** for a fault or **N** for no fault. (Assume no interference except as stated.)

- \_\_\_\_\_ 38. After saving a ball near the net, a player has her knees and hands touching the opponent's court, and an opposing blocker has to go around her in an effort to play the ball.
- \_\_\_\_\_ 39. A blocker lands with one foot touching the opponent's court, and the heel of that foot is above (but not touching) the center line.
- \_\_\_\_\_ 40. A player's entire foot penetrates into the opponent's space and touches the opponent's court, but she comes nowhere close to interfering with the opponent's play.
- \_\_\_\_\_ 41. The setter's feet cross under the net and touch the floor outside the sideline on the opponent's side of the net.
- \_\_\_\_\_ 42. After diving to save a ball near the net, a player has most of her body lying in the opponent's court, but her feet are in the air.

**You make the call.** Write **A** if Team A wins the rally; **B** if Team B wins the rally; **N** if no fault has occurred; or **R** if the rally should be replayed.

- \_\_\_\_\_ 43. On the first team hit, a Team A player contacts the ball with her hands, but the ball slips through her fingers and hits her in the head.
- \_\_\_\_\_ 44. On the first team hit, the ball hits a Team A player in the head, and then, in a separate action, the same player hits the ball again.
- \_\_\_\_\_ 45. Team A's setter, a back-row player, attempts to block an attack from Team B, but she does not actually contact the ball.
- \_\_\_\_\_ 46. Team A's back-row setter forms a collective block with a front-row teammate as both reach higher than the top of the net, but only the front-row player actually touches the ball.
- \_\_\_\_\_ 47. A player for Team B, standing close to the net and reaching not quite as high as the top of the net, contacts a ball coming from Team A with her hands held up in a blocking-like position.
- \_\_\_\_\_ 48. The server for Team B is touching the end line with her foot when she contacts the serve, but Team A is out of position at the time.
- \_\_\_\_\_ 49. In a 14-and-under match, Team B's server tosses the ball for serve and then allows the ball to drop without touching it.
- \_\_\_\_\_ 50. In a 14-and-under match, Team B's server tosses the ball for serve and then catches it.

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R-10

Name: \_\_\_\_\_

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**Answer sheet**

If you would like your exercise to be graded, just fill out this answer sheet and then:

- (a) scan and email it to [officials@azregionvolleyball.org](mailto:officials@azregionvolleyball.org); or
- (b) fax it to the Region office at 480-626-6743; or
- (c) mail it (or deliver it in person) to the Region office at 9100 S. McKemy St., Tempe AZ 85284.

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| 2. _____  | 16. _____ | 34. _____ | 44. _____ |
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| 7. _____  | 21. _____ | 39. _____ | 49. _____ |
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