

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

**Volleyball Canada  
Level 2 Referee Exercise**

The following is an exercise designed specifically to engage the attending candidates thoughts towards a sampling of the rules. It is not a formal measure of their rule knowledge, rather an opportunity to stimulate and expand their knowledge of the rules.

It can be provided on an individual basis or as a group exercise.

1. List the net heights for the following described age groups:

Women \_\_\_\_\_  
Men \_\_\_\_\_  
Women (14 & under) \_\_\_\_\_  
Men (16 & under) \_\_\_\_\_

2. The minimum temperature shall not be below \_\_\_\_\_

3. Define the front zone

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

4. For Volleyball Canada competition the inside pressure of the Mikasa V200w volleyball shall be \_\_\_\_\_.

5. Beside each item in the list below, identify whether it would be considered a forbidden object or whether it is permissible by the referee.

\_\_\_\_\_ Equipment that could cut or cause abrasions  
\_\_\_\_\_ Multi-coloured 5 cm headband  
\_\_\_\_\_ Padded knee brace  
\_\_\_\_\_ Protector for a broken nose even if made from a hard material  
\_\_\_\_\_ Arm cast made of plaster  
\_\_\_\_\_ Glasses

6. Volleyball Canada: A team may include up to \_\_\_\_\_ players plus \_\_\_\_\_ support staff and identify the specific members of the support staff.

Coaching Staff: \_\_\_\_\_

Medical Staff: \_\_\_\_\_

September 2023

7. What is the decision of the First Referee if opponents simultaneously commit two faults?

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8. Which takes precedence: Service fault or positional fault?

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9. Is it permitted to reach into the opponent's space under the net? Justify your answer.

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10. Can the first referee authorize service if team A only has 5 players on the court? What should be the referee's course of action?

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11. What is the definition of blocking?

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12. Describe 3 scenarios where an attack hit is considered a fault.

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13. Can the referee authorize an exceptional substitution for an expelled or disqualified player? Justify your response.

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14. What is the maximum number of time outs and substitutions that may be called by one team during an interruption?

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15. What is the first course of action that should be authorized by the referee(s) when it is noticed a player is bleeding?

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16. Can a coach request a time out or substitution during a re-serve? Justify your response.

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