

Name: _____ Date: _____

Answer Key: Fast Breaks and Fair Play: 7th Grade Team Sports Quiz

Examine offensive spacing and defensive transitions while identifying core officiating signals used in competitive field and court games.

1. In team sports like Ultimate Frisbee or Team Handball, what is the primary purpose of 'man-to-man' defense?

Answer: B) To assign each defender to shadow a specific opponent

Man-to-man defense is a tactical strategy where each player is responsible for guarding one specific member of the opposing team.

2. In Water Polo, players are generally allowed to touch the bottom of the pool to help them jump higher for a block.

Answer: B) False

Except for the goalkeeper in some specific pool depths, players are not allowed to touch the floor and must use the 'eggbeater' kick to stay afloat.

3. In cricket, the player responsible for throwing the ball toward the wicket-keeper is known as the _____.

Answer: C) Bowler

The 'bowler' is the specific term used in cricket for the player who delivers the ball to the batsman.

4. Which of these is a key benefit of 'offensive spacing' during a game of Lacrosse or Floor Hockey?

Answer: B) It creates open lanes for passing and prevents overcrowding

Proper spacing involves spreading out across the playing area to draw defenders away from the center, creating room for movement and passes.

5. In Rugby, a 'forward pass' is a legal move used to quickly advance the ball toward the opponent's try line.

Answer: B) False

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In Rugby, the ball must be passed laterally or backward; passing the ball forward toward the opponent's goal is a violation.

6. In Baseball or Softball, a 'double play' occurs when the defense manages to get _____ players out in one continuous action.

Answer: A) Two

The term 'double' refers to precisely two outs being recorded during a single play.

7. Which term describes the moment a team loses possession of the ball and must immediately switch from offense to defense?

Answer: B) Transition

Transition is the phase of the game where players change their mindset and positioning from attacking to defending (or vice-versa).

8. Good sportsmanship involves respecting the decisions of the officials, even if you disagree with a call they made.

Answer: A) True

Respecting officials is a fundamental rule of sportsmanship that ensures the game remains fair and orderly for everyone.

9. In many field sports, the player who stands in front of the net to prevent the other team from scoring is called the _____.

Answer: C) Goalkeeper

The goalkeeper (or goalie) is the last line of defense tasked with protecting the goal area.

10. What is the result of 'verbal communication' among teammates during a game of Flag Football?

Answer: A) It helps players know who to guard and where the ball is going

Communication ensures that the whole team acts as a single unit, reducing errors and improving coordination.