

**Name:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## **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.

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

- A. To guard a specific area of the field
- B. To assign each defender to shadow a specific opponent
- C. To allow the goalkeeper to move up the field
- D. To ensure players take turns sitting on the bench

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

- A. True
- B. False

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

- A. Pitcher
- B. Quarterback
- C. Bowler
- D. Striker

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

- A. It makes it easier for the referee to see the ball
- B. It creates open lanes for passing and prevents overcrowding
- C. It allows the team to huddle during active play
- D. It guarantees that the team will score a goal

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

- A. True
- B. False

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

- A. Two
- B. Three
- C. Four
- D. Zero

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

- A. Intermission
- B. Transition
- C. Substitution
- D. Time-out

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

- A. True
- B. False

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

- A. Forward
- B. Referee
- C. Goalkeeper
- D. Coach

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

- A. It helps players know who to guard and where the ball is going
- B. It is against the rules to talk while the ball is in play
- C. It makes the game last longer
- D. It indicates that a player is tired and needs a break