

## 一、竞赛规则

- 比赛进行中，球触及标志杆以外部分进入对方场区，此时应判（ ）。

- A. 发球方得分
- B. 接发球方得分
- C. 重新发球
- D. 触网犯规

■ [答案]：A

■ [解析]：球从过网区外（标志杆外）飞入对方场区属于违规，判接发球方得分。

- 某队在比赛中请求暂停，每次暂停的持续时间为（ ）。

- A. 30 秒
- B. 60 秒
- C. 90 秒
- D. 120 秒

■ [答案]：B

■ [解析]：根据规则，普通暂停时间统一为 60 秒。

- 发球队员击球时，场上队员未按规定轮转位置，此时（ ）。

- A. 继续比赛，轮转错误在下一次发球时纠正
- B. 判发球方犯规，失一分
- C. 判接发球方得分，轮转错误保留
- D. 中断比赛，恢复轮转后重新发球

■ [答案]：B

■ [解析]：发球瞬间位置错误属于违例，判发球方失一分，对方得分并获得发球权。

- 比赛中，球从过网区外飞入对方场区，裁判员应判（ ）。

- A. 击球方犯规

- B. 对方犯规
- C. 重新比赛
- D. 视情况而定

■ [答案]: A

■ [解析]: 球必须通过标志杆之间的过网区, 否则视为击球方犯规。

• 队员在比赛中故意延误比赛, 首次犯规应给予 ( ) 。

- A. 警告
- B. 判罚一分
- C. 取消比赛资格
- D. 罚出场外

■ [答案]: A

■ [解析]: 延误比赛的阶梯判罚: 警告、判罚一分、取消资格。首次为警告。

• 拦网时, 球在对方进攻队员击球前触及拦网队员的手, 随后球落在拦网方场内, 应判 ( ) 。

- A. 拦网得分
- B. 持球犯规
- C. 连击犯规
- D. 比赛继续, 得分无效

■ [答案]: A

■ [解析]: 拦网触球不计入击球次数, 球落入本方场内视为拦网有效。

• 一局比赛中, 每队最多可请求 ( ) 次普通暂停。

- A. 2 次
- B. 3 次
- C. 4 次
- D. 5 次

■ [答案]: A

■ [解析]: 规则规定每队每局有 2 次 60 秒暂停机会。

• 自由队员可以替换前排队员上场。 ( )

○ [答案]: \*

○ [解析]: 自由队员只能替换后排队员, 严禁进入前排。

• 比赛进行中, 球触及球网后落入对方场区, 判为好球, 比赛继续。 ( )

○ [答案]: ○

○ [解析]: 触网入场属于好球, 不中断比赛。

• 发球队员击球时, 未踏端线, 但球发出后踩线, 应判发球犯规。 ( )

○ [答案]: \*

○ [解析]: 判定时间点为击球瞬间, 击球后踩线合法。

• 队员在不妨碍对方比赛的情况下触网, 不视为犯规。 ( )

○ [答案]: ○

○ [解析]: 非干扰性触网在现代排球规则中通常不判犯规。

• 比赛采用“每球得分制”, 无论哪方发球, 赢得 rally 均可得分。 ( )

○ [答案]: ○

○ [解析]: 现行每球得分制原则。

• 球触及场外物体 (如天花板、灯光) 后落入场内, 判为界外球。 ( )

○ [答案]: ○

○ [解析]: 触及场外物体即视为界外。

• 队员击球时, 球在身体不同部位连续触及 (如胸部手臂), 应判连击犯规。 ( )

○ [答案]: ○

○ [解析]: 一次击球动作必须是一次性触球。

• 局点 24:24 时, 某队需领先 2 分才能赢得该局。 ( )

○ [答案]: ○

○ [解析]: 排球局点采取不封顶领先 2 分制。

• 简述“位置错误”的判定标准及处罚程序。

○ [答案]:

- 1. 判定标准: 发球队员击球瞬间, 场上队员未按轮转表站位, 前排与后排、左侧与右侧队员位置关系错误即为“位置错误”。
- 2. 处罚程序: 判犯规方失一分, 对方得分并获球权; 队员必须立即纠正回正确轮转位置。

• 自由队员 (Libero) 的使用限制有哪些? 请列举至少 4 项。

○ [答案]:

- 1. 只能替换后排队员。
- 2. 不得发球、拦截进攻、拦网或试图拦网。
- 3. 不得在前排进攻线前进行二传上手传球供队友在网端上方进攻。
- 4. 必须穿着与全队不同颜色的球衣。

• 列举裁判员在比赛中判罚“不良行为”的三个等级及对应的处罚措施。

○ [答案]:

- 1. 等级一: 警告 (黄牌), 初次犯规, 不扣分。
- 2. 等级二: 判罚 (红牌), 再次犯规, 对方得一分且获球权。
- 3. 等级三: 取消比赛资格 (红黄牌同时出示), 严重犯规, 罚出场外并判对方得一分。

• 案例 1: 某局比赛进行到 24:23 (A 队发球, A 队领先), A 队 7 号队员发球, 球在过网区触及球网后飞向 B 队场区。B 队 2 号队员准备接球时, 其脚踩踏过中线 (但未影响 A 队队员动作), 同时球触及 B 队 2 号队员的手后, 因球速过快未能控制, 落地后 B 队未能接起。裁判员鸣哨判 B 队“接发球失误”, A 队以 25:23 赢得该局。B 队队长提出异议, 认为 B 队 2 号队员“脚过中线”应判犯规, 要求改判 A 队发球或重赛。

[问题]:

(1) 裁判员的判罚是否正确? 请说明理由。

(2) B 队 2 号队员“脚过中线”是否构成犯规? 为什么?

[答案]:

- 1. 裁判判罚正确。理由：B 队 2 号虽然脚踩过中线，但规则规定“只要不影响对方比赛”且“脚的一部分还在中线上”即不违例。
- 2. B 队 2 号脚过中线不构成犯规，因为未与对方发生肢体接触且未妨碍 A 队动作。
- **案例 2： 决胜局（第五局）比赛进行到 13:12（C 队领先），C 队请求第一次暂停。暂停结束后，C 队发球，D 队 10 号队员扣球得分，比分变为 13:13。此时，第一裁判员注意到 C 队场上 6 号队员（主攻手）在发球时未按轮转表站位（实际站位应为 2 号位，却站在了 3 号位），但比赛已继续进行。D 队队长提出异议，认为 C 队“位置错误”，要求判 D 队得分并恢复原位置。**

**[问题]：**

- (1) 裁判员应如何处理“位置错误”的争议？请依据规则说明程序。
- (2) 若位置错误发生在“死球”状态后、“比赛成死球”前，应如何处理？

**[答案]：**

- 1. 判定 C 队位置错误，取消 C 队在该错误期间所得分数，D 队得分并获得发球权，C 队纠正轮转。
- 2. 若在死球后发现，应直接要求纠正位置后再重新鸣哨发球。
- **1. 当球明显从标志杆外侧过网，裁判员应判（ ）**
  - A. 界外，手势为单臂伸向界外，掌心向下左右摆动
  - B. 触手出界，手势为单臂上举掌心向内后指向地面
  - C. 过网犯规，手势为单臂上举掌心向内做推网动作
  - D. 重新发球，不做手势

■ **[答案]：** A

- **2. 下列关于“持球”犯规手势的描述，正确的是（ ）**
  - A. 双臂胸前交叉，掌心向内
  - B. 单臂上举，掌心向内，做抓握动作 1-2 次
  - C. 双臂上举，伸出四根手指
  - D. 单臂侧平举，掌心向下上下摆动

■ **[答案]：** B

• 3. 发球队员发球时踏及端线，裁判员应判（ ）

- A. 发球犯规，手势为单臂上举掌心向前后指向发球方
- B. 位置错误，手势为双臂胸前交叉
- C. 界外，手势为单臂指向界外
- D. 延误警告，手势为黄牌举起

■ [答案]：A

• 4. “四次击球”犯规的正确手势是（ ）

- A. 单臂上举，伸出四根手指
- B. 双臂上举，伸出四根手指，掌心向前
- C. 单臂上举，掌心向内，抓握四次
- D. 双臂胸前交叉，左右摆动

■ [答案]：B

• 5. 裁判员判定“连击”犯规时，手势应做（ ）

- A. 单臂上举，掌心向内，抓握两次
- B. 双臂上举，掌心向前，抓握两次
- C. 单臂上举，伸出两根手指
- D. 双臂胸前交叉，左右摆动

■ [答案]：B

• 6. [判断题] 球触及球网标志杆内侧，应判“界内”，无需手势。（ ）

○ [答案]：○

• 7. [判断题] 队员过中线但未影响对方比赛，应判“过中线”犯规。（ ）

○ [答案]：\*

• 8. [判断题] 局点 24:24 时，某队需领先 2 分才能赢得该局。（ ）

○ [答案]：○

- 9. [填空题] 比赛进行中，队员身体任何部分触及球网且影响比赛，应判\_\_\_\_\_犯规，手势为\_\_\_\_\_。
  - [答案]:
    - 1. 触网
    - 2. 单臂上举，掌心向内，做推网动作
- 10. [简答题] “持球”与“连击”犯规的区别及对应手势是什么？
  - [答案]:
    - 1. 区别：持球是球在身体停留时间过长（如“捞球”）；连击是同一队员连续击球两次。
    - 2. 手势：持球为单臂上举，掌心向内，抓握 1-2 次；连击为双臂上举，掌心向前，抓握两次。
- [Q10] Can a Libero be the team or game captain?
  - A. Yes | **B. No** | C. Only if the original captain is injured | D. Only in junior competitions
- [Q11] How many points are needed to win a non-deciding set (Sets 1-4)?
  - A. 15 | B. 21 | **C. 25** | D. 30
- [Q12] What is the minimum lead required to win any set?
  - A. 1 point | **B. 2 points** | C. 3 points | D. 5 points
- [Q13] When the receiving team wins a rally, they gain a point and rotate in which direction?
  - A. Counter-clockwise | **B. Clockwise** | C. No rotation is required | D. According to the coach's signal
- [Q14] A ball is "IN" if it touches:
  - A. The floor outside the boundary lines | **B. The boundary lines (including their outer edges)** | C. The antennae | D. The referee's stand
- [Q15] A team is entitled to a maximum of how many hits (excluding blocking)?
  - A. 2 | **B. 3** | C. 4 | D. 5
- [Q16] Which of the following constitutes a "CATCH" fault?

- A. The ball rebounds from the hit | **B. The ball is caught and/or thrown** | C. The ball touches the player's foot | D. Simultaneous contact by two teammates
- [Q17] How long does a server have to hit the ball after the referee's whistle?
  - A. 5 seconds | **B. 8 seconds** | C. 10 seconds | D. 12 seconds
- [Q18] Is it permitted to block an opponent's service?
  - A. Yes | **B. No** | C. Only by front-row players | D. Only if the ball is below the net height
- [Q23] What is the consequence of a "Misconduct Penalty"?
  - A. Only a warning recorded on the scoresheet | **B. A point and service to the opponent** | C. Expulsion for the remainder of the set | D. Disqualification for the match
- [Q24] If a Libero makes an overhand finger pass in the front zone, can a teammate attack the ball while it is entirely higher than the top of the net?
  - A. Yes | **B. No** | C. Only if the Libero is jumping | D. Only if the teammate is a back-row player
- [Q58] If a team is declared "INCOMPLETE" for a set, what happens?
  - **A. They lose the set but keep their points** | B. They lose all points in the set | C. The set is replayed | D. The match is cancelled
- [Q61] Where is the "Libero Replacement Zone" located?
  - A. Behind the end line | **B. Between the attack line and the end line** | C. Inside the front zone | D. Behind the scorer's table
- [Q62] A back-row player may complete an attack hit from the front zone if:
  - A. They are jumping | **B. Part of the ball is lower than the top of the net** | C. The ball is entirely higher than the net | D. They are the Libero
- [Q81] Which misconduct is classified as "action contrary to good manners"?
  - **A. Rude conduct** | B. Offensive conduct | C. Aggression | D. Minor misconduct
- [Q82] What is the consequence of the first "Offensive Conduct" by a team member?
  - A. Penalty (Point and service to opponent) | **B. Expulsion (Dressing room for the set)** | C. Disqualification (Dressing room for the match) | D. Verbal warning



- [Q90] The ball must cross to the opponent's court through which space?
  - A. Lower space | B. External space | **C. Crossing space** | D. Substitution zone
- [Q11] Define a "Completed Rally." It is the sequence of playing actions which results in the award of a point.
- [Q13] Describe the "Positional Fault." It occurs if a player is not in their correct position at the moment the ball is hit by the server.
- [Q14] What determines the positions of players on the floor? The positions of their feet contacting the ground.
- [Q15] What is a "Double Fault"? When two or more faults are committed by opponents simultaneously; the rally is replayed.
- [Q16] When is the ball considered "Out of Play"? At the moment of the fault whistled by a referee; or at the moment of the whistle in the absence of a fault.
- [Q17] What is an "Assisted Hit"? A player taking support from a teammate or any structure to hit the ball within the playing area.
- [Q18] Explain the "Four Hits" fault. A team hits the ball four times before returning it.
- [Q19] What are the rules regarding "Penetration under the net"? It is permitted provided it does not interfere with the opponent's play.
- [Q20] Define a "Completed Block." A block is completed whenever the ball is touched by a blocker.
- [Q21] Can a Libero perform an attack hit? No, if at the moment of contact the ball is entirely higher than the top of the net.
- [Q22] What is a "Libero Replacement"? The act by which the Libero replaces a back-row player.
- [Q23] Is there a limit to Libero replacements? No, they are unlimited.
- [Q26] What is "Rude Conduct"? Action contrary to good manners or moral principles.
- [Q34] What are the consequences of a "Positional Fault"? The team is sanctioned with a point and service to the opponent, and positions must be rectified.
- [Q35] What constitutes "Aggression" according to Rule 21.2.3? Actual physical attack or aggressive or threatening behavior.

- [Q36] **Explain the "Eight Second Rule" for service.** The server must hit the ball within 8 seconds after the 1st referee whistles for service.
- [Q37/Q51/Q89] **Define "Dribbling."** It means bouncing the ball (or moving from hand to hand), usually as a preparation to tossing and serving.
- [Q39] **Define "Ball In" for a line judge.** Some part of the ball touches the court, including the boundary lines.
- [Q41] **What is the consequence of the first "Rude Conduct" in a match?** It is penalized with a point and service to the opponent (Red Card).
- [Q44] **Are delay sanctions individual or team sanctions?** They are team sanctions.
- [Q45] **How long do misconduct sanctions remain in force?** For the entire match.
- [Q53] **What is the "Lower Space"?** The space defined by the bottom of the net, the cord joining it to the posts, the posts themselves, and the playing surface.
- [Q54] **Define "External Space."** It is the space in the vertical plane of the net outside of the crossing and lower spaces.
- [Q56] **Explain the numbering of the six player positions.** Three along the net are front-row (4-left, 3-centre, 2-right); three are back-row (5-left, 6-centre, 1-right).
- [Q57] **How is a "Rotational Fault" determined?** It is committed when the service is not made according to the rotational order.
- [Q58] **What are the consequences of a Rotational Fault?** Opponent gains a point and next service, and the rotational order must be rectified.
- [Q59] **Can the serving team occupy any position at the service hit?** Yes, they are free to occupy any position within their own court.
- [Q66] **When is the ball "In Play"?** From the moment of the service hit authorized by the 1st referee.
- [Q67] **What is a "Simultaneous Contact" by opponents?** When two opponents touch the ball simultaneously over the net; the team receiving the ball is entitled to another three hits.
- [Q68] **Is a block contact counted as a team hit?** No, it is not.
- [Q69] **When is an attack hit "completed"?** When the ball completely crosses the vertical plane of the net or is touched by an opponent.

- [Q70/Q84] What is the "Screening" fault? Players of the serving team preventing the opponent from seeing the service hit and the flight path of the ball (e.g., waving arms or standing grouped).
- [Q91] What constitutes "Ball Out" regarding the antennae? Touching the antennae, ropes, posts, or the net outside the side bands.
- [Q93] When is a back-row player's attack hit considered a fault? If at the moment of the hit, the ball is entirely higher than the top of the net and the player is in the front zone.
- [Q97] Can a team play with only one Libero if two were registered? Yes, if one becomes unable to play.
- [Q98] What happens if a server steps on the end line during hit? It is a service fault.

## 二、执裁技术

- **自由队员 (Libero) 替换上场时, 必须 ( )。**
  - A. 在比赛成死球后, 记录员核对后进行
  - B. 不经记录员直接入场
  - C. 在裁判员鸣哨前完成
  - D. 替换后排任意队员, 无需记录
  - [答案]: A
  - [解析]: 自由队员替换需在死球期间、裁判鸣哨前完成, 并接受第二裁判和记录员的核对。
- **某队请求换人时, 必须在死球状态下, 经第二裁判员允许后进行。 ( )**
  - [答案]: ○
  - [解析]: 正式换人程序需经由第二裁判管理, 核对号码后由第一裁判鸣哨。
- **1. 裁判员判定“发球击球”时, 应使用的手势是 ( )**
  - A. 单臂上举, 掌心向前
  - B. 单臂侧平举, 掌心向下
  - C. 双臂上举, 掌心相对

- D. 单臂前平举，掌心向上

■ [答案]: A

• 2. 换人时，裁判员应做出的手势是 ( )

- A. 单臂上举，伸出手指表示换人人数
- B. 双臂胸前交叉后向两侧展开，掌心向外
- C. 单臂指向替补席，再做交叉动作
- D. 双臂侧平举，掌心向前交替摆动

■ [答案]: B

• 3. 局点 24:23 时，裁判员表示局点应 ( )

- A. 单臂上举，伸出两根手指表示 24 分，四根手指表示 23 分
- B. 单臂上举，伸出四根手指表示 24 分，两根手指表示 23 分
- C. 双臂上举，分别伸出两根和四根手指
- D. 不用手势，仅口头告知

■ [答案]: C

• 4. [判断题] 裁判员做出判罚手势时，必须先鸣哨，再出示手势。 ( )

- [答案]: ○

• 5. [判断题] “位置错误”的手势是单臂上举，掌心向内，指向错误方。 ( )

- [答案]: \*

• 6. [判断题] 发球方得分后，裁判员应先指向发球方（发球权转移），再做出“得分”手势。 ( )

- [答案]: \*

• 7. [判断题] “不良行为”手势（如指责裁判、辱骂对手）为单臂上举，掌心向内，握拳摇动。 ( )

- [答案]: ○

• 8. [判断题] 裁判员判定“界外”时，手臂应伸向界外方向，掌心向下，左右摆动 1-2 次。 ( )

○ [答案]: ○

- 9. [判断题] 暂停时, 裁判员应双臂上举, 掌心相对, 做“暂停”手势, 然后记录暂停时间。 ( )

○ [答案]: ○

- 10. [判断题] 球触及拦网队员手后出界, 判“触手出界”, 手势为单臂上举掌心向内后指向地面。 ( )

○ [答案]: \*

- 11. [填空题] 当裁判员判定“发球犯规”时, 先做\_\_\_\_\_手势 (单臂上举掌心向前), 再指向\_\_\_\_\_。

○ [答案]:

- 1. 发球击球
- 2. 发球方

- 12. [填空题] “四次击球”犯规的手势是\_\_\_\_\_, \_\_。

○ [答案]:

- 1. 双臂上举
- 2. 伸出四根手指, 掌心向前

- 13. [填空题] 局点或赛点时, 裁判员应在手势旁用手指表示分数, 例如局点 22:24, 应伸出\_\_\_\_\_根手指表示 22 分, \_\_\_\_\_根手指表示 24 分。

○ [答案]:

- 1. 两
- 2. 四

- 14. [填空题] “触手出界”的手势是\_\_\_\_\_, \_\_。

○ [答案]:

- 1. 单臂上举
- 2. 掌心向内, 后指向地面

- 15. [简答题] 简述发球犯规的判罚流程及对应手势。

○ [答案]:

- 1. 鸣哨停止比赛。
  - 2. 单臂上举，掌心向前（发球击球手势）。
  - 3. 指向发球方犯规位置或队员。
  - 4. 指向得分方（发球权转移）。
- 16. [简答题] 位置错误的判断依据及手势规范是什么？
  - [答案]:
    - 1. 依据：发球瞬间队员未按轮转表站位。
    - 2. 手势：双臂在腹前交叉旋转。
- 17. [简答题] 当球触及标志杆时，如何判罚及使用手势？
  - [答案]:
    - 1. 判罚：判界外球。
    - 2. 手势：手臂伸向界外方向，掌心向下，左右摆动。
- 18. [简答题] 裁判员在“局点/赛点”时的手势要求有哪些？
  - [答案]:
    - 1. 做出得分手势后，单臂上举（或指向记分牌）。
    - 2. 用手指展示当前双方的具体分数。
- [Q22] Which card is used for a "Misconduct Warning"?
  - A. Yellow card | B. Red card | C. Red and Yellow cards jointly | D. Red and Yellow cards separately
- [Q26] Where is the 1st referee located during the match?
  - A. Seated at the scorer's table. | B. Standing on a referee's stand at one end of the net. | C. Standing near the post opposite the 1st referee. | D. In the challenge booth.
- [Q27] Whose decision is final during the match?
  - A. The Scorer. | B. The 2nd Referee. | C. The 1st Referee. | D. The Challenge Referee.
- [Q28] Which official is responsible for controlling the work of the ball retrievers?
  - A. 2nd Referee. | B. 1st Referee. | C. Reserve Referee. | D. Scorer.
- [Q29] The 2nd referee's range of jurisdiction includes signaling which fault?

- A. Serving faults. | **B. Penetration into the opponent's court and space under the net.** | C. Ball handling faults (Catch). | D. Screening.
- [Q30] In FIVB competitions, how many line judges are compulsory if only two are used?
  - A. They stand at the corners of the court closest to the right hand of each referee. | B. They stand behind the end lines. | **C. They stand at the corners of the court closest to the left hand of each referee.** | D. They stand in the substitution zone.
- [Q33] A "Delay Warning" is symbolized by which hand signal?
  - **A. Yellow card held against the wrist.** | B. Red card held against the wrist. | C. Yellow card held vertically | D. Red card held vertically.
- [Q66] Who signals the end of a rally?
  - A. Only the 1st Referee | B. Only the 2nd Referee | **C. Either the 1st or 2nd Referee** | D. The Scorer
- [Q69] A Line Judge signals that a ball touched the antenna. What signal do they use?
  - A. Pointing down with the flag | B. Raising the flag vertically | **C. Waving the flag over the head and pointing to the antenna** | D. Crossing both arms
- [Q71] Which official is responsible for performing the toss with team captains before the match?
  - A. The 2nd Referee | **B. The 1st Referee** | C. The Scorer | D. The Technical Delegate
- [Q73] In FIVB competitions, what official is compulsory if the Video Challenge System is in use?
  - A. Reserve Scorer | **B. Challenge Referee** | C. Data Project Technician | D. TV Floor Manager
- [Q75] What is the 2nd referee's location during play?
  - A. Standing on a stand opposite the scorer. | **B. Standing outside the playing court near the post, facing the 1st referee.** | C. Seated at the scorer's table. | D. In the challenge booth.
- [Q79] What signal does a Line Judge give if the ball lands "OUT"?
  - A. Point down with the flag | **B. Raise the flag vertically** | C. Wave the flag over the head | D. Cross the arms in front of the chest

- [Q80] What official signal is given when a judgment is impossible?
  - A. Raise both thumbs | **B. Raise and cross both arms and hands in front of the chest** | C. Wave the flag over the head | D. Point to the scorer's table
- [Q84] Which referee signals a "Double Contact"?
  - A. Both 1st and 2nd Referees | **B. Only the 1st Referee** | C. Only the 2nd Referee | D. Only the Line Judges
- [Q85] What is the referee's hand signal for "Authorization to Serve"?
  - A. Point to the server | **B. Move the hand to indicate direction of service** | C. Raise eight fingers | D. Extend the arm vertically
- [Q86] A "Positional Fault" is signaled by what movement?
  - A. Pointing to the floor | **B. Circular motion with the forefinger** | C. Crossing the forearms | D. Raising two fingers
- [Q27] What is the symbol for "Expulsion"? Red and Yellow cards shown jointly.
- [Q28] What is the symbol for "Disqualification"? Red and Yellow cards shown separately.
- [Q30] Explain "Stage 1" of Minor Misconduct. A verbal warning issued through the game captain.
- [Q46] How does a referee signal "Ball Out"? Raise the forearms vertically, hands open, palms towards the body.
- [Q47] How is "Double Contact" signaled? Raise two fingers, spread open.
- [Q48] How is "Four Hits" signaled? Raise four fingers, spread open.
- [Q49] What signal is used for "Net Touched by a Player"? Indicate the relevant side of the net with the corresponding hand.
- [Q50] How does a referee signal "End of Set"? Cross the forearms in front of the chest, hands open.
- [Q61] What is the primary responsibility of the "Challenge Referee"? To supervise the challenge process and ensure it proceeds according to regulations.
- [Q62] Where does the "Reserve Referee" stand? In a separate position determined by the FIVB court layout.



- [Q64] List three responsibilities of the "Line Judges." Signal ball "in" or "out," signal touches of "out" balls, and signal ball touching antennae.
- [Q65] What is the "Protocol"? The series of events before the match start, including the toss, warm-up, and presentation of teams.
- [Q74] What is the duty of the "Challenge Referee" regarding the 1st referee? After the challenge process, they advise the 1st referee on the nature of the fault.
- [Q79] Explain hand signal No. 12 (Blocking Fault or Screening). Raise both arms vertically with palms forward.
- [Q80] How is "Ball Touched" signaled by a line judge? Raise the flag and touch the top with the palm of the free hand.
- [Q83] Where is the 2nd referee's standby location during time-outs? Near the post.
- [Q86] Describe the referee's signal for "Time-out." Place the palm of one hand over the fingers of the other, held vertically (forming a T).
- [Q94] Explain the "Stage 2" warning for minor misconduct. Use of a Yellow Card to symbolize the team member has reached the sanctioning level.
- [Q96] Who is the contact official for the coach during the match? The 2nd referee.

### 三、赛场管理

- 裁判员鸣哨中止比赛后，因场地原因导致比赛中断，应恢复原比赛状态继续。（ ）
  - [答案]：○
  - [解析]：非人为因素中断应按原分、原位恢复。
- 1. 队员在比赛过程中延误比赛（如拖延发球时间超过 8 秒），裁判员应（ ）
  - A. 先出示黄牌（延误警告），再出示红牌（延误判罚）
  - B. 直接出示红牌（延误判罚）
  - C. 出示黄牌并记录，若再次延误出示红牌
  - D. 仅口头警告，不记录
  - [答案]：C

- 2. [判断题] 自由人替换上场时, 若次数超过规定, 裁判员应出示“换人”手势后指出违规队员号码。 ( )

- [答案]: ○

- 3. [填空题] “延误警告”的手势是\_\_\_\_\_, “延误判罚”的手势是\_\_\_\_\_。

- [答案]:

- 1. 黄牌举起
- 2. 红牌举起

- 4. [填空题] 换人时, 若队员未在裁判员允许前进入场地, 应判\_\_\_\_\_, 手势为\_\_\_\_\_。

- [答案]:

- 1. 延误犯规
- 2. 单臂上举, 掌心向前, 摇动 (或指向违规队员)

- 5. [案例分析题] 场景: 某局比赛, 比分 23:24 (B 队局点), A 队发球, 发球后 B 队队员在拦网时球手过网, 同时 A 队队员身体触网, 影响比赛。裁判员应如何判罚? 使用什么手势?

- [答案]:

- 1. 判罚: 判定 A 队触网犯规。
- 2. 手势: 鸣哨 -> 单臂上举推网 -> 指向 B 队 (得分方) -> 指向记分牌表示局点得分。

- [Q19] How many time-outs is each team allowed per set?

- A. 1 | B. 2 | C. 3 | D. 6

- [Q20] What is the duration of a regular time-out?

- A. 15 seconds | B. 30 seconds | C. 60 seconds | D. 90 seconds

- [Q21] What is the maximum number of substitutions allowed per team per set?

- A. 2 | B. 6 | C. 12 | D. Unlimited

- [Q25] How long is the standard interval between sets?

- A. 1 minute | B. 2 minutes | C. 3 minutes | D. 5 minutes

- [Q31] Which official authorizes a regular game interruption?

- A. 1st Referee. | **B. 2nd Referee.** | C. Challenge Referee. | D. Scorer.
- [Q32] What happens if a team requests a second substitution during the same interruption?
  - A. It is always granted. | **B. It is an improper request unless there is an injury.** | C. The team is disqualified. | D. The coach is expelled.
- [Q34] If a match is interrupted by unforeseen circumstances for more than 4 hours in total, what is the procedure?
  - **A. The match continues from the same score.** | B. The whole match is replayed. | C. The opponent is declared the winner. | D. The Control Committee decides based on current score.
- [Q63] When a Libero is declared "unable to play," who can re-designate a new Libero?
  - A. The 1st Referee | B. The Scorer | **C. The Coach or Game Captain** | D. Only the original Libero
- [Q64] What is the consequence of a team's second "Improper Request" in a match?
  - A. A verbal warning | B. A yellow card | **C. It constitutes a delay** | D. A red card
- [Q65] If the teams change courts in the deciding set at the wrong time:
  - A. The score is reset | **B. The change takes place as soon as the error is noticed** | C. The set is replayed | D. The team at fault is penalized
- [Q68] Which referee authorises the regular game interruptions (Time-outs)?
  - A. 1st Referee | **B. 2nd Referee** | C. Scorer | D. Assistant Scorer
- [Q74] Which official authorizes the regular game interruptions and controls their duration?
  - A. 1st Referee | **B. 2nd Referee** | C. Assistant Scorer | D. Reserve Referee
- [Q83] If a team makes a second "Improper Request" in a match, it is sanctioned as:
  - A. A Misconduct Penalty | **B. A Delay** | C. A Warning | D. An Expulsion
- [Q87] In a deciding set, teams change courts when the leading team reaches:
  - A. 5 points | **B. 8 points** | C. 10 points | D. 13 points

- [Q88] What happens to points scored by a team at fault for an illegal substitution if play has resumed?
  - A. Points are valid | B. Points are cancelled | C. Only the last point is cancelled | D. All points in the match are cancelled
- [Q38] Under what condition is an "Exceptional Substitution" granted? When a player cannot continue due to injury/illness or expulsion/disqualification and no legal substitution is possible.
- [Q85] What happens if an illegal Libero replacement is noticed after the service hit? Consequences are the same as for an illegal substitution (point/service to opponent, cancellation of points).
- [Q95] What is the difference between "Expulsion" and "Disqualification" regarding match participation? Expulsion is for the remainder of the set; Disqualification is for the remainder of the match.
- [Q99] How long is the official warm-up at the net for FIVB competitions? 10 minutes together.

#### 四、执业素养

- 国际排联（FIVB）规定，标准排球比赛场地的地面应为（ ）。
  - A. 沙土地面
  - B. 木地板或合成物弹性地面
  - C. 水泥地面
  - D. 塑胶地面
  - [答案]：B
  - [解析]：FIVB 室内标准场地硬性要求。
- 成年男子排球比赛球网的标准高度是（ ）。
  - A. 2.24 米
  - B. 2.43 米
  - C. 2.20 米
  - D. 2.35 米

■ [答案]: B

■ [解析]: 男子网高 2.43 米, 女子 2.24 米, 这是裁判员必须掌握的硬性数值。

• 1. 自由人替换上场时, 裁判员 ( )

- A. 需出示“换人”手势并记录记分表
- B. 仅口头允许, 无需手势
- C. 出示“自由人替换”专用手势
- D. 摇手表示不允许

■ [答案]: A

• 2. [填空题] 裁判员判定“位置错误”后, 若接发球方犯规, 应指向\_\_\_\_; 若发球方犯规, 应指向\_\_\_\_\_。

○ [答案]:

- 1. 接发球方
- 2. 发球方

• 3. [填空题] 记录员发现在记录表上登记累积分时把一个 3 分中篮仅累加了 2 分, 如何处理? (借用逻辑)

○ [答案]: 必须等到第一次死球时才发出信号, 并引起裁判员的注意。

• [Q1] What are the dimensions of the playing court?

- A. 18m x 9m

• [Q2] What is the minimum width of the free zone on all sides?

- A. 2 m | B. 3 m | C. 5 m | D. 6.5 m

• [Q3] For FIVB World Competitions, what is the required height for the free playing space?

- A. 7 m | B. 10 m | C. 12.5 m | D. 15 m

• [Q4] What is the width of all lines on the court?

- A. 2 cm | B. 5 cm | C. 7 cm | D. 10 cm

• [Q5] The rear edge of the attack line is drawn how far from the axis of the centre line?

- A. 2 m | **B. 3 m** | C. 5 m | D. 1.75 m
- [Q6] In FIVB Senior World Competitions, how many players can be recorded on the score sheet?
  - A. Up to 12 | B. Exactly 12 | **C. Up to 14** | D. Up to 16
- [Q7] Who is authorized to speak to the referees when the ball is out of play?
  - A. The Head Coach | B. Any player on the court | **C. Only the game captain** | D. The Team Manager
- [Q8] Where must the numbers be placed on a player's jersey?
  - A. On the sleeves | **B. Centre of the front and back** | C. Right side of the chest | D. Only on the back
- [Q9] What are the dimensions of the captain's stripe on the jersey?
  - **A. 8cm x 2cm**
- [Q51] What is the official height of the net for Men's volleyball?
  - A. 2.24 m | B. 2.30 m | **C. 2.43 m** | D. 2.45 m
- [Q52] What is the maximum allowed difference between the net height at the center and at the side lines?
  - A. 1 cm | **B. 2 cm** | C. 3 cm | D. 5 cm
- [Q53] What is the mesh size of the net?
  - A. 5 cm square | **B. 10 cm square** | C. 15 cm square | D. 20 cm square
- [Q54] The vertical side bands are how wide?
  - A. 2 cm | **B. 5 cm** | C. 7 cm | D. 10 cm
- [Q55] How long is a standard antenna?
  - A. 1.00 m | B. 1.50 m | **C. 1.80 m** | D. 2.00 m
- [Q56] What is the minimum temperature allowed for a match?
  - A. 5° C | **B. 10° C** | C. 15° C | D. 20° C
- [Q57] At what height is lighting measured in FIVB competitions?

- A. At floor level | **B. 1 m above the surface** | C. 2 m above the surface | D. 5 m above the surface
- [Q59] Which player wears the captain's stripe?
  - A. Head Coach | B. The Libero | **C. The team captain** | D. Any starting player
- [Q60] Can a player play barefoot?
  - A. Only in beach volleyball | **B. Only with authorization from the 1st referee** | C. No, never | D. Yes, at their own risk
- [Q67] Who is responsible for checking the line-up sheets before each set?
  - A. 1st Referee | **B. 2nd Referee** | C. Scorer | D. Line Judges
- [Q70] The Scorer notifies referees of the 8th point in the deciding set to facilitate:
  - A. A Time-out | B. A Substitution | **C. The change of courts** | D. End of the set
- [Q72] What is the 1st referee's view height requirement above the net?
  - A. 25 cm | **B. 50 cm** | C. 75 cm | D. 1 m
- [Q76] If the Scorer fails to receive line-up sheets on time, they must notify:
  - A. The 1st Referee | **B. The 2nd Referee** | C. The Head Coach | D. The Challenge Referee
- [Q77] Who is responsible for recording Libero replacements and re-designations?
  - A. The Scorer | **B. The Assistant Scorer** | C. The 2nd Referee | D. The Reserve Referee
- [Q78] In FIVB competitions, how many line judges are used?
  - A. Two | B. Three | **C. Four** | D. Six
- [Q89] What is the minimum height of the net antennae above the top of the net?
  - A. 50 cm | **B. 80 cm** | C. 1 m | D. 1.80 m
- [Q1] Define the "Free Playing Space." It is the space above the playing area which is free from any obstructions.
- [Q2] What is the required net height for Women's competitions? The height is 2.24 m.
- [Q3] Explain the "Crossing Space" limits. It is limited below by the top of the net, at the sides by the antennae, and above by the ceiling.

- **[Q4] Where are the "Warm-up areas" located for FIVB competitions?** In the bench-side corners, outside the free zone.
- **[Q5] What are the ball's circumference and weight standards?** 65-67 cm and 260-280 g.
- **[Q6] Who are the "Team Leaders"?** The captain and the coach.
- **[Q7] What are the responsibilities of the Team Captain prior to the match?** He/she represents the team in the toss and signs the score sheet.
- **[Q8] When can a player change wet or damaged uniforms?** Between sets or after a substitution, provided the new uniform is the same colour and design.
- **[Q9] What objects are forbidden for players to wear?** Objects that may cause injury or give an artificial advantage.
- **[Q10] Under what condition can an Assistant Coach assume the coach's functions?** Should the coach have to leave for any reason, including sanctions.
- **[Q12] How is the "Default" score recorded?** 0-3 for the match and 0-25 for each set.
- **[Q24] How must a Libero's uniform differ from teammates?** It must have a different dominant colour and clearly contrast with the rest of the team.
- **[Q29] Where must an expelled team member go?** To the team's dressing room until the completion of the ongoing set.
- **[Q31] What is the standard height for the net posts?** They are 2.55 m high and preferably adjustable.
- **[Q33] Describe the composition of the Medical Staff allowed on the bench.** One team therapist and one medical doctor.
- **[Q40] How many ball retrievers are stationed in an FIVB competition, and where?** Six ball retrievers; one at each corner of the free zone and one behind each referee.
- **[Q52] What constitutes "Fair Play"?** Participants must behave respectfully and courteously toward officials, opponents, teammates, and spectators.
- **[Q55] What are "Quick Moppers"?** Personnel whose job it is to keep the floor clean and dry after each rally using small towels.
- **[Q63] What does the Scorer do at the end of the match?** Records the final result, obtains signatures from captains and referees, and signs the score sheet.



- **[Q71] Who is responsible for determining if the playing area equipment meets requirements during the match?** The 1st referee.
- **[Q72] What must the 1st referee do at the end of the match?** Check the score sheet and sign it.
- **[Q73] List two specific responsibilities of the 2nd referee regarding the Scorer.** Controlling the scorer's work and checking player positions against line-up sheets.
- **[Q75] What are the Reserve Referee's duties regarding the match balls?** Bring four match balls to the 2nd referee after the presentation of starting players.
- **[Q76] How does the Scorer signal the end of a set?** By using the buzzer or other sound device.
- **[Q77] What must the Assistant Scorer do prior to the match?** Prepare the Libero control sheet and the reserve score sheet.
- **[Q78] What is the Line Judges' responsibility during a serve?** Signal foot faults of the server and players stepping outside the court.
- **[Q82] What is the standard width of the service zone?** 9 meters.
- **[Q87/88] What color card is used for a "Delay Warning/Penalty"?** Yellow card / Red card (covering the wrist).
- **[Q90] What is the "O-2bis" form?** An FIVB official form used to register players and team officials.
- **[Q100] What is the "Control Area"?** A corridor around the playing court and free zone up to the outer barriers.