

2024 NFHS Rules Exam With Answers

1) After the faceoff whistle starting play, the ball goes out of bounds between the restraining lines and the officials do not know who last touched the ball. How should play be restarted?

A: b) With a re-face Rule - 4-3-2

2) On the faceoff, upon the whistle starting play, faceoff player A1 does not play the ball and initiates a body check against B1.

A: d) Ruling: Illegal Body check; A1 Serves 1:00 to 3:00 personal foul Rule 4-3-3

3) On the faceoff whistle A1 clamps and controls the ball. What can he legally do after the clamp?

A: b) Within one step, rake the ball to a teammate Rule 4-3-3 j

4) Team A coach requests a stick check on Goalie B1. The stick has multiple shooting strings, a very deep pocket and is 48 inches long. What is the correct call?

A: d) No Foul Rule 1-6-2

5) On a restart, A1 has the ball and B1 is nearer than 5 yards from A1 and intending to play A1. The official blows his whistle. What should the official do next?

A: c) No Foul, Legal play but watch B1 to make sure... Rule 4-22-1

6) In the scrimmage area, A1's helmet comes off *after legal* contact from an opposing player.

A: d) Ruling: Stop play immediately, A1 must leave... until after a restart following the 1st dead ball Rule 4-24-11

7) In the scrimmage area, A1's helmet comes off *after illegal* contact from an opposing player.

A: d) Ruling: Stop play immediately, A1 must leave... Rule 4-24-11

8) A1 hits B2 with a legal body check but then slides up into or follows through into B2's head neck.

A: b) Ruling: 1 minute non-releasable penalty... Rule 5-4-2

9) A1 has possession. While spinning and dodging through the scrimmage area, B1 attempts a stick check, and B1's stick makes a light, glancing contact with A1's helmet.

A: c) Ruling: No call Rule 5-7-1

10) Which of the following is part of the correct procedure for checking a crosse?

A: d) All of the above Rule 5-5

11) A1 in the offensive box passes to A2 near midfield. A2 misses the pass and the ball is rolling to the center line. Before the ball reaches the center line, defenseman A3 BATS the ball with his stick to keep it in Team A's offensive end of the field.

A: a) Ruling: Legal Play Rule 4-14-1-3

12) A1 in the offensive box, passes to A2 near midfield. A2 misses the pass, and the ball is rolling to the center line. Before the ball reaches the center line, defenseman A3 KICKS the ball to keep it in Team A's offensive end of the field.

A: b) Ruling: Illegal procedure, Team B ball at midfield Rule 4-14-1-3

13) The correct faceoff procedure is:

A: d) Place ball on round, tell players to go down, adjust sticks or body say "set" and blow whistle while stationary or moving Rule 4-3

14) While the ball is in play, who may call a timeout?

A: c) The head coach or any player on the team with the ball in possession Rule 4-25

15) A1 is penalized one minute for slashing with 20 seconds left in the period. With 4 seconds left in the period, B1 slashes A3, flag down. Period ends with A3 in possession of the ball. No other players are serving penalties. How is the next period started?

A: a) Face off Rule 4-3-1

16) A1 with possession falls to his knees and continues to play as two defenders attempt to check his stick. The on official should:

A: d) Wait Watch and see what develops; everything legal up to this point. Rule 4-16 Rule 4:16, Rule 5:7.2 (A player may not bodycheck a player with something other than a foot on the ground)

17) A1 with possession, falls to his knees and continues to play as B1 attempts to check his stick. A1 clamps his stick to his chest to maintain possession. The official should:

A: a) Blow whistle, withholding Rule 6-12

18) A1 has possession and is closely guarded by B1. A2 sets a pick and is stationary and motionless. As B1 makes contact with A2, A2 pushes B1 off his path and then A2 rolls away from contact. The official should:

A: b) Blow whistle, illegal screen, award to Team B Rule 6-4

19) A1 has possession and is guarded by B1. Both players are running full speed. A2 sets a pick and B2, who does not see the pick, unintentionally runs full speed into A2, causing both A2 and B1 to fall on the ground. The official should:

A: c) Wait Watch make sure all are ok, all play to continue Rule 5-9-2

20) A1 has possession behind the goal. Away from the ball, midfielder A2 checks B1's stick out of B1's hands, cuts to the goal, receives a pass from A1 shoots and scores. The official should:

A: d) Signal no goal, interference on A2, Award to team B Rule 6-7

21) On a restart, A1 has possession. B1 is 3 yards from A1. On the whistle, B1 steps aside to allow A1 a path to the goal. A1 veers into B1 and initiates contact. B1 does not do anything that could be construed as "defending"

A: b) Ruling: No violation on B1, possible unnecessary roughness on A1 if actions were deliberate and excessive Rule 4-22

22) On a restart, A1 has possession. B1, waving his stick, is 3 yards away from A1. After the whistle restarting play, A1's pass is deflected by the stick of B1.

A: b) Ruling: Flag down slow whistle for illegal procedure on B1, 30 sec penalty Rule 4-22

23) A1, in possession of the ball, is running down the field with no player from Team B near A1. A1 loses a piece of mandatory equipment. The official should:

A: a) Stop play immediately to prevent injury even if scoring play is in progress, award ball to team A Rule 4-24-7

24) A1 scores the game winning goal in overtime. The head coach of Team B immediately requests a stick check on the player who scored the goal. The officials should:

A: d) Inform coach game is over, no stick check permitted Rule 4-27-1

25) B1 is in his defensive half of the field and throws the ball across midfield and into the attack area. The ball makes contact within the attack area and then the ball rolls into the alley, where B2 picks it up. Has the offensive ten count been satisfied?

A: b) No Rule 4-14-2

26) When is a 20-second count NOT restarted?

A: b) Clearing team loses possession and then regains possession as play continues Rule 4-13

27) A1 attempts to check B1's stick but instead of hitting A1's stick makes slight contact with B1's head or neck area.

A: c) Ruling: Minimal contact no intent, brush, no call Rule 5-7-1

28) A1 attempts to check B1's stick but instead of hitting A1's stick strikes B1's head or neck area.

A: b) Slashing, 1 min releasable, if slash was excessive, violent or uncontrolled at least 2 min non-releasable should be called Rule 5-7

29) A crosse that is found to be illegal can be corrected and can return to the game.

A: d) True, after penalty stick may return to the game but is subject to reinspection 5-5

30) A1, in the act of passing the ball, deliberately strikes the body of B1, with his follow through motion.

A: b) Ruling: Slashing, 1 min to 3 min depending on the severity. Rule 5-7

- 31) Which of the following are examples of a player in a defenseless position?
A: d) All are examples Rule 5-4-5
- 32) How does a player foul out of a game?
A: c) 5 min personal fouls Rule 5-11
- 33) A1 commits a flagrant unsportsmanlike act after the game has ended and the officials observe the violation.
A: c) Ruling: A1 is ejected from the game and noted in score book Rule 5-12-1
- 34) A1 receives a second unsportsmanlike penalty for repeatedly committing the same technical foul.
A: b) Ruling: 1min Releasable, player can remain in game Rule 5-12-1c and Rule 4-3-3e
- 35) B1 is clearing the ball in the defensive alley when A1 runs through the crease.
A: a) Ruling: Flag down – Tech foul Rule 6-2-1
- 36) On the faceoff, A1 clamps the ball to the ground with his crosse. B1 then pins A1's stick to the ground with B1's stick.
A: c) Ruling: Holding on B1 Rule 6-3-2g
- 37) A1 has possession of the ball. B1 pins the crosse of A1 to the ground with his own crosse, preventing A1 from performing a normal function.
A: b) Ruling: No call – legal play Rule 6-3
- 38) Which of the following would NOT be considered illegal procedure.
A: b) Throwing crosse at opposing player Rule 6-5-2
- 39) Goalkeeper B1 leaves the field to serve a penalty. B2 enters the crease properly equipped but with a midfield crosse instead of a goalkeeper's crosse.
A: b) Ruling: B2 must have a goalie stick, do not restart game until... Rule 2-1-1
- 40) A1 in possession of the ball, with both hands on the crosse, raises a forearm and directs B1's crosse away from A1, creating space. Ruling:
A: b) No call Rule, legal play 6-11
- 41) A1 in possession of the ball, with both hands on the crosse, raises a forearm and directs B1's body away from A1, creating space.
A: a) Ruling: Warding off Team B gets ball Rule 6-11

42) During play, B1 slashes A1, flag down. After the whistle to stop play, A1 and A2 commit conduct fouls.

A: d) Ruling: B1 serves 1 min (first 30 sec non release) A1 no time, A2 serves NR, B gets ball Rule 7-6-1

43) A1, with possession is slashed by B1. During the flag down, A2 interferes with B2, whistle stops play.

A: b) Ruling: B1 serves 1 min, A2 no pen time, A keeps ball Rule 7-6-1

44) A1 with possession in the goal area is slashed by B1. What would end the flag down slow whistle situation?

A: c) Team commits Tech foul Rule 7-6-3d

45) A1 and B1 continue to push, shove and talk at each other after the whistle. Both players are penalized.

A: d) Ruling: Any of the above Rule 5-10 or 6-6

46) An opposing player may **NEVER** contact the stick of the goalkeeper while the goalkeeper's feet are in within the crease.

A: False

47) An opposing player may NEVER contact the stick of the goalkeeper while the goalkeeper's feet are in within the crease.

A: False Rule 4-18-3 Officials should penalize unruly spectators in the stands.

False Rule 2-6

48) If during any time in the game a team cannot put ten players on the field, the game is a forfeit.

A: False Rule 2-1

49) The only official who should ever explain anything to the Coaches is the Referee.

A: False

50) An official should never interact or answer the question of an Assistant Coach.

A: False