

USAL 2025 Annual NFHS exam

Question 1 - Rule 1-2-art 8/9 field diagram

There is an additional 5 yard box on each side of the substitution box where players can stand with Coaches and be ready to substitute.

Question 2 - Rule 4-24-art 11

If B1 defensive player loses his helmet while Team A has possession, there is an immediate whistle. B1 must leave the field and serve a 30 second penalty.

Question 3 - Rule 5-4

By rule, if a defensive player hits an opponent's helmet with his stick or body it is a minimum one-minute non-releasable penalty.

Question 4 – Rule 4-25

After a loose ball technical foul, the offending team may NOT call a timeout.

Question 5 – Rule 4-25-2 situation

A team in possession of the ball may NOT call a timeout until they have crossed the offensive restraining line.

Question 6 – Rule 1-9 art 2

It is legal for a player to wear his chin pad over his mouth or loose below his chin as long as the strap is attached to all manufactured attachment points.

Question 7 – Rule 2-1-1

Can a team substitute its Goalie with a defensive midfielder to better execute a double team or a ten-man ride?

Question 8 – Rule 2-1-1

May a coach put his legally equipped goalie in their team's offensive half of the field and have 7 field players play defense?

Question 9 – Rule 2-6-1 situation b

Before the start of a game, may the officials declare that the field is not in playable condition and cancel the game?

Question 10 – Rule 1-9-1

A player's arm pads must cover the elbow.

Question 11 – Rule 4-5-3 note

Team B is man down. A1 shoots the ball. Ball is in flight as the clock shows :00 and horn sounds ending the period. The goalie catches the ball after the horn sounds. How is the next period started?

Question 12 – Rule 4-14-1 situation B

The 10-second count is on for Team A when A1 throws, carries or passes the ball into his defensive half of the field. Is this over and back?

Question 13 – Rule 4-5-3 situation B

B1 is in the penalty box. A1 throws a pass. While the ball is in flight, the clock shows :00 and the horn sounds ending the period. A2 catches the ball before the official blows his whistle. How is the next period started??

Question 14 – Rule 4-22-1

What conditions must be met for a successful restart?

Question 15 – Rule

A1 passes to A2 and the head of A1's crosse comes loose and falls to the ground. What is the correct ruling?

Question 16 – Rule 5-4-2 situation, 5-7-1 situation

A1 attempts to check B1's stick, but instead of hitting A1's stick makes slight contact with B1's head or neck area. Ruling:?

Question 17 – Rule 5-4-2 situation 5-7-1 situation

A1 attempts to check B1's stick but instead of hitting the stick, strikes B1's head or neck area. Ruling:

Question 18 – Rule 5-7-3 situation b

B2, with possession, has both hands on B2's crosse. A1 repeatedly beats on B2's lower gloved hand with no attempt to dislodge the ball. The proper call is?

Question 19 – Rule 5-4-2 situation

B1 has possession. A1 initiates an excessive, violent or uncontrolled slash to A1's head or neck area. Ruling:?

Question 20 – Rule 5-9-3

An Unnecessary Roughness call may be made on an otherwise legal body check if the check was avoidable, deliberate or excessively violent.?

Question 21 – Rule 5-1

Unnecessary Roughness can be either a releasable or non-releasable time serving penalty

Question 22 – Rule 5-9-3 situation e

A1 with possession of the ball advances toward stationary defender B1 and with a bull-dodge deliberately runs over B1. Ruling:

Question 23 – Rule 6-11-2

A1 with possession of the ball advances toward B1 and with two hands on his stick uses his arm to push and move B1's body. Ruling:

Question 24 – Rule 5-7

Which of the following is a slash?

Question 25 – Rule 6-11

In which of the following scenarios is A1 NOT guilty of warding?

Question 26 – Rule 6-11 situation c

A1, with both hands on the crosse, raises his forearm and directs B1's crosse away, creating space. Ruling?

Question 27 - Rule 6-11 situation c

A1, with both hands on his crosse, raises a forearm and directs B1's body away, creating space. Ruling:

Question 28 – Rule 6-4 note

A1 has possession of the ball and A2 is attempting to set a pick. A2 is not motionless, his feet are wider than shoulder width and A2's stick is parallel to the ground. B1, seeing A2's feeble attempt to set a pick, runs around A2 and continues to defend A1. No contact was made with A2. Ruling:

Question 29 – Rule 7-10

Which of the following situations would NOT result in a "Play-on"?

Question 30 – Rules 4-24 art 1, 6-5 art 2b-2, 6-5-2 situation j

Goalkeeper B1 is out of the crease clearing the ball. A1 legally checks B1's stick causing a loose ball and causing B1's stick to break. A1 gains possession. What should the officials do?

Question 31- Rule 7-6-4 situation b

B1 slashes A1, flag down slow whistle. Team A scores. Immediately after the whistle, officials realize that A2 was offside. Ruling:

Question 32- Rule 6-3-3 situation A

A1 is within 5 yards of a loose ball. B1 holds A1's crosse with his own crosse, preventing A1 from participating in the play. Ruling:

Question 33- Rule 6-5 art 2e, 7-2-B 1

B1 is serving a releasable penalty and re-enters the game before the timekeeper releases him. Play stops when Team A scores a goal. Ruling:

Question 34- Rule 6-5 art 2e, 7-2-B 1

A1 receives a 30 second penalty. With 10 seconds left on the penalty, the coaches swap A1 out of the box for A2 who will return to the field when the penalty expires. In the 10 seconds remaining on the penalty, A1 substitutes back onto the field, and Team A scores a goal. Ruling:

Question 35 - Rule 7-10 art 2a

B1 pushes A1 creating a play-on situation. While the ball is still loose, A2 pushes B2. Ruling:

Question 36 – Rule 5-4

Which of the following are mandatory 2–3-minute penalties?

Question 37 – Rule 5-5 situation H

A1 scores a goal. Team B coach requests a stick check on A2 who assisted on the goal. A2's stick is illegal. Ruling:
Goal.

Question 38 – Rule 7-6-3 situation D

B1 slashes A1, flag down slow whistle. A2 interferes with B2, whistle stops play. Ruling:

Question 39 – Rule 7-8

A1 in possession of the ball in Team A's offensive end is slashed by B1. Flag down, slow whistle. Which of the following conditions ends the F.D.S.W?

Question 40 – Rule 7-8-3

A1 passes to A2, while the ball is in flight B2 commits a personal foul. Ruling:

Question 41 – Rule 7-3

There is a flag down. A1 passes to A2 behind the net. B1 deflects the ball out of bounds. After the officials administer the penalty, where is the ball restarted?

Question 42 - Rule 7-3

A1 throws the ball out of bounds behind the net, whistle blows stopping play. During the dead ball, B1 is flagged for a personal foul. Where is the ball restarted?

Question 43 - Rule 7-5

During play, B1 slashes A1, flag down. A1 throws the ball out of bounds and the whistle blows stopping play. During the dead ball, A1 commits a conduct foul. Ruling:

Question 44 – Rule 7-8-2i

B1 slashes A1, flag down. B1 then slashes A1 again as A1 is attacking the goal, second flag down. A1 shoots and scores. Ruling:

Question 45 – Rule 7-5 situation A

After the whistle blows stopping play. B1 slashes A1. A1 then retaliates and slashes B1. Ruling:

Question 46 – Rule 4-9-3

A shot is taken. While the ball is in flight, the horn sounds to end the period. In which of the following situations would a goal be disallowed?

Question 47 – Rule 7-13-1

Two opposing players are fighting for a loose ball and the ball goes out of bounds. the official awards the ball to Team A. Team B coach calls a timeout. As the timeout is ending, Team B coach shows the official a video replay of the play trying to convince the officials that Team A player kicked the ball out of bounds. Ruling:

Question 48 – Rule 7-13

In the event a coach disagrees with a ruling on the field, the coach may request an official's timeout:

Question 49 - Rule 7-2f

If a team has four players with time serving penalties at the same time, which of the following is the correct ruling?

Question 50 –

During the game a fan is being abusive towards players and officials on the field. Who should address the individual?