



2013 NFHS Football Exam - Part I

NOTE: In the exam situations, A—refers to the offensive team and B—refers to their opponents the defensive team. K—refers to the kicking team and R—refers to the receiving team. A1, B1, K1 and R1 are players of these teams. If team possession changes during the down, each team retains its identity. In kicking situations, it is not during a try and no fair-catch signal has been given unless specified. Unless stated, acts occur while: the ball is inbounds; a forward pass is legal; any out-of-bounds is between the goal lines. Line means scrimmage line. Reference to a foul is to a player foul which is not unsportsmanlike. There is no foul or change of possession, unless it is mentioned, and penalties are considered accepted for enforcement.

1. Football gloves must meet the NOCSAE test standard at the time of manufacture, unless made of unaltered plain cloth.
 - A. True
 - B. False
2. Play cards may be attached to the pants.
 - A. True
 - B. False
3. Only A may score on a try.
 - A. True
 - B. False
4. The penalty for both offensive and defensive pass interference fouls is 15 yards.
 - A. True
 - B. False
5. Use of communication devices by players, except during authorized conferences outside the 9-yard marks, is prohibited.
 - A. True
 - B. False
6. The moisture-absorbing towel worn by a player can be ball- or penalty flag-colored.
 - A. True
 - B. False
7. It is unsportsmanlike conduct for a player whose helmet comes completely off during a down to continue to participate beyond the immediate action in which the player is engaged.
 - A. True
 - B. False
8. An airborne player who has forward progress stopped inbounds and is carried out of bounds by an opponent before contacting the ground is awarded a catch at the spot of forward progress.
 - A. True
 - B. False
9. For kick-catching interference, R may accept the results of the play, an awarded fair catch after enforcement of a 15-yard penalty from the spot of the foul, or a 15-yard penalty from the previous spot and a replay of the down.
 - A. True
 - B. False

10. The game officials retain clerical authority over the game through the completion of any reports, including those imposing disqualifications that are responsive to actions occurring while the game officials had jurisdiction.

A. True

B. False

11. Spearing is an act by a defensive player who initiates contact with a ball carrier with the front of his helmet.

A. True

B. False

12. If a loose ball touches a game official who is straddling the sideline, the ball is not out of bounds.

A. True

B. False

13. Touching is any contact with the ball either by touching it or being touched by it.

A. True

B. False

14. Encroachment may be a live-ball foul.

A. True

B. False

15. It is an illegal personal contact foul if a player initiates contact with an opposing player whose helmet has come completely off.

A. True

B. False

16. An unofficial auxiliary down indicator is required field equipment for a game.

A. True

B. False

17. If the field is wet, the referee may allow use of a mat or towel on the ground to improve the kicker's footing on a place-kick.

A. True

B. False

18. The kicking team may not initiate contact once the receiving team has initiated a block within the neutral zone.

A. True

B. False

19. Eye shade (grease or no-glare strips or stickers) that is a solid stroke can have words, numbers, logos or other symbols within the eye shade.

A. True

B. False

20. If the helmet comes completely off during subsequent dead-ball action related to the down, and is not directly attributable to a foul by the opponent, the player must leave the game for at least one down (unless halftime or overtime intermission occurs).

A. True

B. False

21. Jerseys shall be long enough to reach the top of the pants.

A. True

B. False

22. An official's time-out shall be declared to permit prompt repair of equipment that becomes illegal or defective during use.
- A. True
 - B. False
23. Players of the same team can participate during the same down while wearing identical numbers.
- A. True
 - B. False
24. If a penalty resulting in a safety occurs on the last timed down of a period, the period is extended.
- A. True
 - B. False
25. If time for any period expires during a down, play shall continue until the down ends.
- A. True
 - B. False
26. Nonplayer and unsportsmanlike fouls are not considered when determining if a period ends or must be extended.
- A. True
 - B. False
27. When weather conditions are construed to be hazardous to life or limb of the participants, the crew of game officials is authorized to delay or suspend the game.
- A. True
 - B. False
28. Any receiver may signal for a fair catch while any legal kick is in flight.
- A. True
 - B. False
29. A fair catch can be made in or behind K's neutral zone.
- A. True
 - B. False
30. Two arms raised full length above the head and waved is an invalid fair-catch signal.
- A. True
 - B. False
31. It is a fair catch when R1 gives a valid signal and R2 catches the scrimmage kick beyond the neutral zone.
- A. True
 - B. False
32. The penalty for an invalid fair-catch signal by R1 is 5 yards and an automatic first down for K.
- A. True
 - B. False
33. If K1 kicks the ball between the uprights and above the crossbar on a kickoff, it is a field goal.
- A. True
 - B. False

34. After a field goal, the opponent of the scoring team shall designate which team will kick off.
- A. True
 - B. False
35. If a drop kick or place kick is used following a safety, it is possible to score a field goal.
- A. True
 - B. False
36. A backward pass ends when it is caught, recovered or is out of bounds.
- A. True
 - B. False
37. A player who is an eligible receiver at the snap may become ineligible during the down.
- A. True
 - B. False
38. A passer is a player who throws a forward or backward pass.
- A. True
 - B. False
39. A passer continues to be a passer until the legal forward pass ends or until he moves to participate in the play.
- A. True
 - B. False
40. A false start is a live-ball foul penalized like a dead-ball foul.
- A. True
 - B. False
41. After Team A has been set for at least one second, it is a foul if back A1 moves to a new backfield position and sets for less than one second before the snap.
- A. True
 - B. False
42. If B1 clips A1 and B2 piles on after A2 is tackled, it is a multiple foul.
- A. True
 - B. False
43. An offensive player may push, pull or lift the runner to assist his forward progress.
- A. True
 - B. False
44. If a false start causes B to encroach, only the false start is penalized.
- A. True
 - B. False
45. If A1 clips B1 and the coach of Team B enters the field during the down to protest an apparent foul that was not called, it is a double foul.
- A. True
 - B. False

46. A free kick may be recovered by K in R's end zone.
- A. True
 - B. False
47. If any K player recovers or catches a free kick, the ball becomes dead.
- A. True
 - B. False
48. If a pool of water forces the referee to move the ball for K1's kick, the free-kick lines may be less than 10 yards apart.
- A. True
 - B. False
49. After a safety, unless moved by a penalty, R's free-kick line is K's 30-yard line.
- A. True
 - B. False
50. While it is possible to have several running plays during a down, with each one having its own basic spot of penalty enforcement (where the related run ended), there can only be one loose-ball play during a down.
- A. True
 - B. False
51. A foul can cause the loss of the ball.
- A. True
 - B. False
52. It is illegal participation if a player is lying on the ground to deceive the opponents at or immediately before the snap or free kick.
- A. True
 - B. False
53. It is illegal participation if a replaced player attempts but fails to leave the field prior to the snap.
- A. True
 - B. False
54. An inadvertent whistle does not end the down.
- A. True
 - B. False
55. Enforcement provisions apply to all player fouls.
- A. True
 - B. False
56. Helping the runner carries a 15-yard penalty.
- A. True
 - B. False
57. If an inadvertent whistle sounds with A1 in possession, the down may or may not be replayed.
- A. True
 - B. False

58. If R fouls during a successful field goal by K, the penalty is automatically declined.
- A. True
 - B. False
59. The penalty for a chop block is 5 yards.
- A. True
 - B. False
60. Dead-ball fouls are administered separately and in order of their occurrence.
- A. True
 - B. False
61. No series can ever start on a down other than first.
- A. True
 - B. False
62. A live ball is in player possession or is loose.
- A. True
 - B. False
63. If end A1 accidentally goes out of bounds and returns during the down, he becomes an ineligible pass receiver.
- A. True
 - B. False
64. If a substitute or replaced player influences the play, it is illegal participation.
- A. True
 - B. False
65. Fouls that occur after an inadvertent whistle can only be dead-ball fouls.
- A. True
 - B. False
66. Protests of NFHS rules are not recognized.
- A. True
 - B. False
67. Immediately at the end of each period, the umpire shall hold the ball in one hand overhead to indicate the period has officially ended.
- A. True
 - B. False
68. The head coach of each team is not responsible for his team being on the field for the mandatory three-minute warm-up period after halftime intermission.
- A. True
 - B. False
69. A period may be shortened in any emergency by agreement of the opposing coaches and the referee.
- A. True
 - B. False

70. By state association adoption, a point differential may be established whereby if one team has gained the established point differential, the game shall be terminated.

A. True

B. False

71. It is a touchback when a grounded three-point field-goal attempt breaks the plane of R's goal line unless R chooses spot of first touching by K.

A. True

B. False

72. It is a safety if A1's fumble is declared dead in B's end zone other than from an inadvertent whistle and no player of either team is in possession.

A. True

B. False

73. If K1 holds R1 in K's end zone to prevent R1 from recovering a blocked punt, it will be a safety if R accepts the penalty.

A. True

B. False

74. If B1 intercepts a forward pass in B's end zone and drops to one knee, it is a safety.

A. True

B. False

75. Each team is allowed three charged time-outs per half.

A. True

B. False

76. Unused second half time-outs can be used in overtime.

A. True

B. False

77. Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game and shall not return to play until cleared by an appropriate health-care professional.

A. True

B. False

78. A television time-out is not charged to either team.

A. True

B. False

79. The game officials are responsible for ensuring that there is a three-minute warm-up period posted on the clock and that the clock starts immediately after the halftime intermission expires.

A. True

B. False

80. The clock will start with the snap following the enforcement of a "delay of game" penalty.

A. True

B. False

81. A clock stopped during a period for an official's time-out will start with the ready-for-play signal with the **only** exception being when a free kick follows.

A. True

B. False

82. The referee may correct an obvious timing error after a period has officially ended, if discovery is prior to the second live ball following the error.

A. True

B. False

83. On a free kick to start a period, the clock will start when the ball is touched other than first touching by K.

A. True

B. False

84. It is a touchback when A1 fumbles on B's 2-yard line and the ball goes into B's end zone and out-of-bounds there.

A. True

B. False

85. If A1 is in his own end zone when he intentionally grounds a forward pass, it is a safety even if B declines the penalty.

A. True

B. False

86. If B1 intercepts a forward pass in B's end zone and begins to return, but is tackled in the end zone, it is a touchback.

A. True

B. False

87. A touchdown is worth seven points.

A. True

B. False

88. It is not a touchdown when a runner advances from the field of play so that the ball penetrates the vertical plane of the opponent's goal line.

A. True

B. False

89. If receiver A1 controls the ball in B's end zone, but prior to touching the ground inbounds, A1 brushes the upright, it is a touchdown.

A. True

B. False

90. It is possible to have more than one spot of first touching during a scrimmage kick.

A. True

B. False

91. Team boxes shall be marked on each side of the field outside the coaches area between the _____ for use of coaches, substitutes, athletic trainers, etc., affiliated with the team.

A. 10-yard lines

B. 15-yard lines

C. 20-yard lines

D. 25-yard lines

92. An act by an offensive or defensive player who initiates contact against any opponent with the top of his helmet is:
- A. Spearing
 - B. Face Tackling
 - C. Butt Blocking
 - D. None of the above
93. The clock running time for a game shall be _____ minutes for high schools with periods and intermissions as indicated by the NFHS Football Rules Book.
- A. 40
 - B. 48
 - C. 60
 - D. None of the above
94. In attempting to tackle A1, B1's helmet comes completely off. A1 does not go down and he runs for a touchdown.
- A. The score stands and B1 must leave the field for one play.
 - B. The score stands and B1 can stay in the game for the try.
 - C. The play is stopped and the ball becomes dead when B1's helmet came off.
 - D. None of the above.
95. When a scrimmage down ends with the ball in the field of play or out of bounds between the goal lines, a new series is awarded to:
- A. A, if the ball belongs to A on or beyond the line to gain.
 - B. B, if the ball belongs to B at the end of any down.
 - C. R at the spot of first touching by K, if K is first to touch the kicked ball beyond the expanded neutral zone before it is touched beyond this zone by R and before it has come to rest.
 - D. Any of the above.
 - E. None of the above.
96. For any free kick, a free-kick line, corresponding to a scrimmage line, is established for each team. These lines are always 10 yards apart. Unless moved by a penalty, K's free-kick line is:
- A. Its 35-yard line for a kickoff.
 - B. Its 25-yard line after a safety.
 - C. Any of the above.
 - D. None of the above.
97. It is not forward pass interference if:
- A. Unavoidable contact occurs when two or more eligibles are making a simultaneous, bona-fide attempt to move toward, catch or bat the pass.
 - B. Contact by A is immediately made on a B lineman and the contact does not continue beyond the expanded neutral zone.
 - C. Contact by B is obviously away from the direction of the pass.
 - D. Any of the above.
 - E. None of the above.

98. A scrimmage kick by K1 from his own end zone is muffed in flight beyond the neutral zone by R1 and rebounds into the end zone where it is recovered by K2. The ball becomes dead in the end zone when K2 is tackled there.

- A. Touchback for K.
- B. Touchdown for K.
- C. Safety and R will be awarded two points.
- D. None of the above.

99. A maximum of _____ coaches may be in the restricted area on the sidelines. No player, nonplayer or coach shall be in the restricted area when the ball is live.

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

100. The basic spot is the succeeding spot:

- A. For an unsportsmanlike foul.
- B. For a dead-ball foul.
- C. For a nonplayer foul.
- D. When the final result is a touchback.
- E. Any of the above.