



2016 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. Completely clear or completely white tooth and mouth protectors are legal.
 - A. True
 - B. False

2. The NFHS disapproves of any form of taunting that is intended or designed to embarrass, ridicule or demean others under any circumstances.
 - A. True
 - B. False

3. Football gloves are required to meet either the new SFIA specification or the existing NOCSAE test standard at the time of manufacture.
 - A. True
 - B. False

4. Face tackling is an act by any player who initiates contact against an opponent at the shoulders or below with the crown (top portion) of his helmet.
 - A. True
 - B. False

5. The referee shall have the authority to correct the number of the next down prior to the ball becoming live after a new series of downs is awarded and prior to the declaration of the end of any period.
 - A. True
 - B. False

6. Illegal helmet contact may not be judged a flagrant act by the game official.
 - A. True
 - B. False

7. No player or nonplayer shall make any other contact with an opponent, including a defenseless player, which is deemed unnecessary or excessive and which incites roughness.
 - A. True
 - B. False

8. The accidental touching of a loose ball by a player who was blocked into the ball is ignored and does not constitute a new force.
 - A. True
 - B. False

9. A fumble is the touching of a loose ball by a player in an unsuccessful attempt to secure possession.
- A. True
 - B. False
10. When the ball is loose following an illegal kick, it does not retain the same status as prior to the illegal kick.
- A. True
 - B. False
11. A forward pass has gone beyond the neutral zone if at any time during the pass, some part of the ball is beyond the neutral zone.
- A. True
 - B. False
12. Blocking is obstructing an opponent by contacting him with any part of the blocker's body.
- A. True
 - B. False
13. Clipping in the free-blocking zone is illegal.
- A. True
 - B. False
14. Any act that is clearly intended to cause B to encroach is an unsportsmanlike foul.
- A. True
 - B. False
15. At the time the ball is kicked, at least four K players must be on each side of the kicker.
- A. True
 - B. False
16. By state association adoption, to allow for special occasions, commemorative or memorial patches, not to exceed 4 square inches, may be worn on the uniform without compromising its integrity.
- A. True
 - B. False
17. An unofficial auxiliary down indicator may be used, but it must be operated approximately 2 yards outside the sideline (except in stadiums where the total playing enclosure does not permit) opposite the official line-to-gain and down indicators.
- A. True
 - B. False
18. A drop kick or place kick may be used following a safety.
- A. True
 - B. False

19. Ball-colored helmets are legal player equipment.

- A. True
- B. False

20. A down is action which starts with a legal snap or a free kick and ends when the ball next becomes dead.

- A. True
- B. False

21. If a player does not have a helmet that meets the NOCSAE test standards when manufactured, he may participate, but a 5-yard penalty shall be enforced.

- A. True
- B. False

22. A back may not wear a jersey with a number 50 through 79.

- A. True
- B. False

23. Between the first and second periods and between the third and fourth periods, the teams may or may not change goals.

- A. True
- B. False

24. If there was an inadvertent whistle during the last timed down of the period, the period is not extended by an untimed down.

- A. True
- B. False

25. A period shall not be extended by an untimed down if, during a down in which time expires, a foul occurs for which enforcement, by rule, results in a safety.

- A. True
- B. False

26. If a double foul occurs during the last timed down of a period, the period is ended.

- A. True
- B. False

27. The period shall be extended if, during a down in which time expires, B1 commits an unsportsmanlike foul and the penalty is accepted.

- A. True
- B. False

28. Giving an invalid fair-catch signal carries a 15-yard penalty.

- A. True
- B. False

29. Only the receiver who gives a valid fair-catch signal is afforded protection.
- A. True
 - B. False
30. Only one receiver may give a signal for a fair catch while any legal kick is in flight.
- A. True
 - B. False
31. If a low scrimmage kick is touched by R1 in the neutral zone, kick-catching interference restrictions have ended and no fair catch can be made.
- A. True
 - B. False
32. It is illegal for R1 to fair-catch a free kick in the neutral zone.
- A. True
 - B. False
33. It is a field goal even if part of the ball passes through the line of the upright extended.
- A. True
 - B. False
34. A field goal may be scored by a free kick following a safety.
- A. True
 - B. False
35. During a field-goal attempt, not during a try, the ball becomes dead when it is obvious the kick has apparently failed.
- A. True
 - B. False
36. A backward pass is a pass thrown with its initial direction parallel with or toward the runner's end line.
- A. True
 - B. False
37. If runner A1, who is beyond the neutral zone, tosses the ball forward, he has thrown an illegal forward pass.
- A. True
 - B. False
38. A pass thrown backward out of bounds to stop the clock is an illegal pass.
- A. True
 - B. False
39. Pass eligibility rules apply equally to both legal and illegal forward passes as well as backward passes.
- A. True
 - B. False

40. A multiple foul is one or more live-ball fouls by each team resulting in offsetting penalties.
- A. True
 - B. False
41. Grasping the tooth and mouth protector attached to the face mask is not a foul.
- A. True
 - B. False
42. A foul is a result imposed by rule against a team or team member that has committed a penalty.
- A. True
 - B. False
43. A nonplayer foul may influence the play in progress.
- A. True
 - B. False
44. Penalties for dead-ball fouls are enforced separately and in the order in which they occurred.
- A. True
 - B. False
45. If both teams commit fouls during the same dead-ball period and the second foul is committed prior to the enforcement of the penalty for the first foul, it is a double foul.
- A. True
 - B. False
46. A free kick which goes out of bounds belongs to the kicking team.
- A. True
 - B. False
47. If K1 is first to touch a free kick between the free-kick lines, such touching is ignored.
- A. True
 - B. False
48. A punt may be used as a free kick following a fair catch.
- A. True
 - B. False
49. A free kick may be made after a fair catch.
- A. True
 - B. False
50. A player cannot fumble before gaining possession.
- A. True
 - B. False

51. A dead ball may become live only by a legal snap or free kick.
- A. True
 - B. False
52. Free-kick lines are always 10 yards apart.
- A. True
 - B. False
53. Illegal participation can be a nonplayer foul.
- A. True
 - B. False
54. The clock shall start with the snap, if the clock was stopped because of an inadvertent whistle.
- A. True
 - B. False
55. It is illegal participation if any player intentionally goes out of bounds and returns during the down.
- A. True
 - B. False
56. Kick-catching interference carries a 15-yard penalty plus a loss of down.
- A. True
 - B. False
57. Following a change of possession, if an inadvertent whistle is sounded, the down must be replayed.
- A. True
 - B. False
58. A coach who has been disqualified may not have further direct or indirect contact with his/her team during the remainder of the game.
- A. True
 - B. False
59. If a loss-of-down foul by A occurs during a successful try, there is no score and the down is replayed.
- A. True
 - B. False
60. If a foul occurs during a running play, the basic spot is the spot where the related run ends.
- A. True
 - B. False
61. If touching causes the ball to become dead, securing possession of the ball has no significance.
- A. True
 - B. False

62. A scrimmage kick recovered in or behind the neutral zone may not be advanced by K or R.
- A. True
 - B. False
63. It is not illegal participation if A1 immediately returns to the field and makes a block after being blocked or pushed out of bounds by B1.
- A. True
 - B. False
64. It is illegal participation for a disqualified player to re-enter the game.
- A. True
 - B. False
65. The down is replayed if an inadvertent whistle sounds during the snap.
- A. True
 - B. False
66. A ball without any stripes is legal for use if both coaches agree to use it.
- A. True
 - B. False
67. A false start is always a dead-ball foul.
- A. True
 - B. False
68. It is recommended that goal lines be marked in a color that contrasts with other field markings.
- A. True
 - B. False
69. The referee is the final judge as to the legality of the game ball.
- A. True
 - B. False
70. The pylon when properly placed on the goal line is out of bounds at the intersection of the sideline and goal-line extended.
- A. True
 - B. False
71. If K's blocked punt strikes the ground and is then forced into K's end zone by R2 and recovered there by R3, it is a touchback.
- A. True
 - B. False

72. On kicks entering R's end zone, the determination of force dictates whether it is a touchback or a safety.
- A. True
 - B. False
73. Possession of a live ball in the opponent's end zone is always a safety.
- A. True
 - B. False
74. It is a safety if A1 retreats into A's end zone and fumbles the ball beyond the end line.
- A. True
 - B. False
75. No single charged time-out shall exceed one minute.
- A. True
 - B. False
76. The clock shall be stopped when an illegal forward pass is incomplete.
- A. True
 - B. False
77. An official's time-out can be called for unusual heat or humidity situations.
- A. True
 - B. False
78. A clock will start with the ready-for-play following a television time-out.
- A. True
 - B. False
79. After the ball becomes dead and it appears that the ball may have reached the line-to-gain, the covering official shall stop the clock.
- A. True
 - B. False
80. After the ball goes out of bounds, the clock always starts with the ready-for-play.
- A. True
 - B. False
81. When the ball becomes dead following a fourth down, the clock must be stopped.
- A. True
 - B. False
82. A signal to end a period shall be sounded when time expires (clock indicates 0:00) during the down.
- A. True
 - B. False

83. If a free kick is repeated due to a foul, the clock shall start when the free kick is touched, other than first touching by K.
- A. True
 - B. False
84. The batting of a pass, kick or fumble in flight is not considered a new force for judging whether a touchback or safety results.
- A. True
 - B. False
85. A football jersey must completely cover the shoulder pads and all pads worn above the waist on the torso.
- A. True
 - B. False
86. When a try is replayed, the snap may be from any point between the hash marks on the yard line through the spot of the ball.
- A. True
 - B. False
87. It is a touchdown for A when a live ball in A1's possession breaks the vertical plane of B's goal line.
- A. True
 - B. False
88. It is a touchdown for A if A1 fumbles into B's end zone and A2 is the last to touch the ball prior to its going out of bounds beyond the end line.
- A. True
 - B. False
89. If a touchdown is scored during the last down of the fourth period, the try shall not be attempted unless the point(s) would affect the outcome of the game or playoff qualifying.
- A. True
 - B. False
90. First touching applies to K only.
- A. True
 - B. False
91. The top of the crossbar on the goal post shall be _____ above the ground, measured from the base of each upright to the top of the crossbar at the intersection, or at each end of the crossbar perpendicular to the ground when a single pedestal is used.
- A. 8 feet
 - B. 10 feet
 - C. 12 feet
 - D. 14 feet

92. Yard lines shall be marked with a continuous line every 5 yards beginning and ending _____ from each sideline.
- A. 1 inch
 - B. 2 inches
 - C. 4 inches
 - D. 6 inches
93. After a team has used its permissible charged time-outs for the half, any subsequent request shall be denied unless it is for:
- A. An apparently injured player who is so designated when the request is made.
 - B. Necessary repair to player equipment except as in 3-5-10d.
 - C. The review of a possible misapplication or misinterpretation of a rule.
 - D. Any of the above.
94. To start each half and to resume play after a field goal or after a try, the ball shall be put in play by a _____.
- A. kickoff
 - B. punt
 - C. Any of the above.
 - D. None of the above.
95. Following a foul, a series of downs ends when:
- A. The acceptance of the penalty includes the award of a first down.
 - B. Acceptance or declination of any penalty leaves A in possession beyond the line- to-gain.
 - C. Any of the above.
 - D. None of the above.
96. K's free-kick line after a safety and no penalty is the _____.
- A. 35-yard line
 - B. 30-yard line
 - C. 25-yard line
 - D. 20-yard line
97. The penalty for a forward pass, batted, muffed or caught by an ineligible A player who is behind, in or beyond the neutral zone is _____.
- A. loss of 5 yards and loss of down
 - B. loss of 5 yards and no loss of down.
 - C. loss of 10 yards and loss of down
 - D. loss of 10 yards and no loss of down

98. A defensive player shall not:

- A. Use his hands to add momentum to the charge of a teammate who is on the line of scrimmage.
- B. Use his hands or arms to hook, lock, clamp, grasp, encircle or hold in an effort to restrain an opponent other than the runner.
- C. Contact an eligible receiver who is no longer a potential blocker.
- D. Any of the above.

99. The enforcement spot for any foul by the defense is the _____ when the run ends in the end zone and would result in a safety.

- A. 10-yard line
- B. 5-yard line
- C. 3-yard line
- D. goal line

100. No player or nonplayer shall:

- A. Hurdle an opponent.
- B. Throw a helmet to trip an opponent.
- C. Initiate illegal helmet contact.
- D. Any of the above.
- E. None of the above.