



2014 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. Targeting is an act of taking aim and initiating contact to an opponent above the shoulders with the helmet, forearm, hand, fist, elbow or shoulders.
 - A. True
 - B. False

2. No defensive player shall commit any illegal personal contact foul listed in Rule 9-4-3 against the passer.
 - A. True
 - B. False

3. The game officials shall assume authority for the contest, including penalizing unsportsmanlike acts, 15 minutes prior to the scheduled game time - an earlier time if required by the state association.
 - A. True
 - B. False

4. The penalty for both offensive and defensive pass interference fouls is 15 yards.
 - A. True
 - B. False

5. After the ball is marked ready-for-play, and until the ball is kicked, K must have at least two K players on each side of the kicker.
 - A. True
 - B. False

6. The moisture-absorbing solid-colored 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. 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 defenseless player is a player who, because of his physical position and focus of concentration, is especially vulnerable to injury.
- 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. If a free kick goes out of bounds between the goal lines touched inbounds by R, the ball is put in play by R at the inbounds spot.
- 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. Initial force results from a carry, fumble, kick, pass, snap or muff.
- 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. 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. If a player does not have a helmet that met the NOCSAE test standards when manufactured, he may participate, but a 5-yard penalty shall be enforced.
- A. True
 - B. False
22. When any required equipment is missing, correction must be made before participation.
- 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. If time for any period expires during a down, play shall continue until the down ends.
- A. True
 - B. False
26. State high school associations may determine the length of halftimes, provided it is not less than 10 minutes and not more than 20 minutes.
- 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. Only the receiver who gives a valid fair-catch signal is entitled to protection.
- 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. A fair-catch signal given by a receiver in his own end zone is not a foul.
- 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. The boundary lines are the end lines and sidelines and are out of bounds.
- 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 failed.
- 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. There can be no pass interference, or ineligibles down field, if the pass does not cross the neutral zone.
- 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 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. A nonplayer foul may influence the play in progress.
- A. True
 - B. False
44. If B1 intercepts and is downed; and then A1 and A2 both pile on, it is a multiple foul.
- 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 first foul, 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. A punt may be used as a free kick following a fair catch.
- A. True
 - B. False
49. A place-kick following an awarded fair catch may score a field goal.
- A. True
 - B. False
50. A player cannot fumble before gaining possession.
- A. True
 - B. False

51. A foul can cause the loss of the ball.
- A. True
 - B. False
52. Penalties are either 5, 10 or 15 yards.
- 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. 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. 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. 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 enforcement spot is the spot where the related run ends.
- A. True
 - B. False
61. A foul that occurs simultaneously with the snap is an exception to the all-but-one enforcement principle.
- A. True
 - B. False

62. A live ball is in player possession or is loose.

- 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. The referee's decision to forfeit a game is final.

- 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 horizontal crossbar and the uprights above it shall be free of all decorations other than paint, which is recommended to be either silver, white or yellow.

- 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. The bottom edge of the crossbar shall be 10 feet above the ground.

- 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. 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. 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. 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. 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 clock will start with the ready-for-play following a television time-out.
- A. True
 - B. False
79. The clock shall not start on first touching by K.
- A. True
 - B. False
80. When a team attempts to conserve or consume time illegally, the referee shall order the clock started or stopped.
- 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 should be sounded when time expires (clock indicates 0:00) during the down.
- 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. 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. It is not a touchback when a forward pass is intercepted in B's end zone and becomes dead there in B's possession.
- 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. A touchdown is worth seven points.
- 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. 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 with the front of his helmet against an opponent who is not a runner is:
- A. Face Tackling
 - B. Spearing
 - 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. The ball becomes dead and the down ends when:
- A. A game official sounds his/her whistle inadvertently.
 - B. The helmet comes completely off of a player who is in possession of the ball.
 - C. A live ball goes out of bounds.
 - D. Any of the above.
 - E. 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 40-yard line for a kickoff.
 - B. Its 20-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. The penalty for an illegal forward pass from beyond the neutral zone is:

- A. 5-yard penalty.
- B. 10-yard penalty and loss of down.
- C. 15-yard penalty and loss of down.
- 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. With first and 10 from A's 10-yard line, A1 drops back into his end zone, where he is tackled by the face mask/helmet opening and fumbles. The ball rolls out of bounds at A's 5-yard line. What is the ruling?

- A. Following penalty administration, it will be A's ball, first and 10 at A's 10-yard line.
- B. Following penalty administration, it will be A's ball, first and 10 at A's 15-yard line.
- C. Following penalty administration, it will be A's ball, first and 10 at A's 20-yard line.
- D. Following penalty administration, it will be A's ball, first and 10 at A's 25-yard line.