

2011 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. If a game official calls a time-out because A1 appears injured, A1 must leave the game for at least one play.

A. True

B. False

2. A chop block is a legal block within the 6 x 8 yard free-blocking zone.

A. True

B. False

3. Beginning in 2012, gloves that may be anchored with athletic tape, and even though modified, must meet the NOCSAE test standard at the time of manufacture, unless made of an unaltered plain cloth.

A. True

B. False

4. Thigh guards that are unaltered from the manufacturer's original design/production are not required equipment by rule.

A. True

B. False

5. 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

6. No player shall intentionally go out of bounds during a down and intentionally touch the ball.

A. True

B. False

7. 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

8. The horse-collar foul is enforced as a dead-ball foul.

A. True

B. False

9. It is illegal for a member of either team to use any other part of the body or equipment to initiate contact to the head.

A. True

B. False

10. Holding an unauthorized conference is considered unsportsmanlike conduct and carries a 15-yard penalty.

A. True

B. False

11. An authorized conference is permitted during the intermission between periods.
- A. True
 - B. False
12. It is illegal for any player to accidentally slap a loose ball with the arm or hand.
- A. True
 - B. False
13. A backward pass in flight may be batted in any direction by the passing team.
- A. True
 - B. False
14. Batting a scrimmage kick in or behind the neutral zone by R, in an effort to block the kick, is legal.
- A. True
 - B. False
15. B1 may not legally bat a ball that is in possession of A1.
- A. True
 - B. False
16. The blocker is allowed to lock his hands in certain situations.
- A. True
 - B. False

17. It is possible for a Team B player to clip.

A. True

B. False

18. The restriction on prohibiting blocking below the waist is in effect even though the opponent has both feet off the ground when contacted by the blocker.

A. True

B. False

19. A block in the back is defined as a block with contact inside the shoulders, below the helmet and above the waist.

A. True

B. False

20. The ball becomes dead when any loose ball is simultaneously caught or recovered by opponents.

A. True

B. False

21. When an illegal forward pass strikes the ground, the ball does not become dead.

A. True

B. False

22. The field of play is the area within the boundary lines including the end zones.

A. True

B. False

23. A defensive player is considered to be on his scrimmage line when he is within 1 yard of his line of scrimmage at the snap.

A. True

B. False

24. For a kickoff, the ball may be held in position on a kicking tee by a place-kick holder.

A. True

B. False

25. When an airborne player makes a catch, forward progress is the furthest point of advancement after he possesses the ball if contacted by a defender.

A. True

B. False

26. The neutral zone is established after the snapper has made final adjustment of the ball.

A. True

B. False

27. 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

28. A foul is a rule infraction for which a penalty is prescribed.

A. True

B. False

29. A down begins when the ball is marked ready-for-play.

A. True

B. False

30. If a double foul occurs during a down, the number of the next down is not the same as that of the down in which the foul occurred.

A. True

B. False

31. A 4-inch-wide broken restraining line shall be placed around the outside of the field, at least 2 yards from the sidelines and end lines, as an extension of the line limiting the team box area, except in stadiums where the total playing enclosure does not permit.

A. True

B. False

32. A ball without any stripes is legal for use if both coaches agree to use it.

A. True

B. False

33. The ball shall have the NFHS Authenticating Mark.

A. True

B. False

34. If the field of play has a logo in the center or at any other part of the field of play, that logo should not obstruct from the visibility of the required marks every five yards.

A. True

B. False

35. The uprights shall extend a maximum of 10 feet above the crossbar.

A. True

B. False

36. The goal-line pylons may be any color as long as they are the same color.

A. True

B. False

37. Failure to properly wear required equipment during a down is a foul that carries a 5-yard penalty.

A. True

B. False

38. Knee braces can be worn over the pants.

A. True

B. False

39. Prior to the game, the head coach shall be responsible for verifying – to the referee only – that all of his team's players are equipped in compliance with the rules.

A. True

B. False

40. Players of the same team shall not participate during the same down while wearing identical numbers.

A. True

B. False

41. If there is a question regarding legality of a player's equipment, the referee makes the final decision.

A. True

B. False

42. A mouth protector must be worn and must be completely white or clear.

A. True

B. False

43. The pants must cover the knee pads.

A. True

B. False

44. Hip pads, tailbone protector, knee pads and thigh guards may not be altered from the manufacturer's original design/production.

A. True

B. False

45. If a player refuses to comply with a game official's directive, the player will be disqualified.

A. True

B. False

46. It is legal for an opponent to throw himself against the back of the runner's legs.

A. True

B. False

47. All dead-ball fouls are enforced separately and in the order in which they occurred.

A. True

B. False

48. Illegal motion is a foul at the snap.

A. True

B. False

49. An attempt by B to interfere with A's signals prior to the snap is a live-ball foul.

A. True

B. False

50. It is legal to grasp the opponent's chin strap.

A. True

B. False

51. A multiple foul is one or more live-ball fouls by each team resulting in offsetting penalties.

A. True

B. False

52. The runner may use his hands or arms to ward off or push an opponent.

A. True

B. False

53. It is legal for runner A1 to spear B1.

A. True

B. False

54. It is defensive holding if B1 tackles A1, who is obviously not the runner.

A. True

B. False

55. No foul causes loss of the ball.

A. True

B. False

56. Free-kick lines are always 10 yards apart.

A. True

B. False

57. A kick ends as soon as R1 touches the kick.

A. True

B. False

58. A disqualifying foul during the down causes the covering official to sound his whistle immediately.

A. True

B. False

59. It is illegal substitution to have 12 or more players participating at the snap or free kick.

A. True

B. False

60. If a player is blocked out of bounds by an opponent and returns inbounds, at the first opportunity he may legally participate.

A. True

B. False

61. One of the requirements for being on the offensive line is that the lineman's head or foot must break an imaginary plane drawn parallel to the line of scrimmage through the waist of the snapper when the ball is snapped.

A. True

B. False

62. B players may be anywhere on or behind their line of scrimmage.

A. True

B. False

63. The players on each side of and next to the snapper may lock legs with the snapper and may stand, crouch or kneel.

A. True

B. False

64. At the snap, at least eight A players shall be on their line of scrimmage.

A. True

B. False

65. The initial direction determines whether a pass is forward or backward.

A. True

B. False

66. A passer is a player who throws a legal forward pass.

A. True

B. False

67. A backward pass out of bounds is an illegal pass.

A. True

B. False

68. During a scrimmage down, a backward pass from in or behind the neutral zone by A is always part of the loose ball play.

A. True

B. False

69. It is pass interference if ineligible A1 catches a forward pass in or behind the neutral zone.

A. True

B. False

70. If the ball is beyond the neutral zone when it leaves the passer's hand on a forward pass, it is an illegal forward pass.

A. True

B. False

71. A loss of down is a part of some 15-yard penalties but not any 5-yard penalties.

A. True

B. False

72. All nonplayer fouls are enforced from the succeeding spot.

A. True

B. False

73. When the same team commits a live-ball foul followed by one or more dead-ball fouls, all fouls cannot be penalized.

A. True

B. False

74. If two teammates participate while wearing identical numbers, the foul occurs simultaneously with the snap.

A. True

B. False

75. A player loses possession by either a fumble or a muff.

A. True

B. False

76. A simultaneous catch or recovery is a catch or recovery in which there is joint possession of a live ball by opposing players who are inbounds.

A. True

B. False

77. It is a safety if A1's fumble on his 5-yard line is recovered by B1 in A's end zone.

A. True

B. False

78. 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

79. For any scrimmage kick, K may choose to punt, drop kick or place-kick from in or behind the neutral zone before team possession has changed.

A. True

B. False

80. It is not necessary to be in a scrimmage kick formation to execute a legal scrimmage kick.

A. True

B. False

81. It is legal for the snapper to adjust the ball so that the long axis is parallel to the scrimmage line.

A. True

B. False

82. In a snap, the ball must immediately leave the hand(s) of the snapper and touch a backfield player or the ground before it touches a Team A lineman.

A. True

B. False

83. The captain is the only player allowed to call a time-out.

A. True

B. False

84. An official's time-out can be called for unusual heat or humidity situations.

- A. True
- B. False

85. There is a two-minute intermission following a try, successful field goal or safety and prior to a free kick.

- A. True
- B. False

86. 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

87. Prior to the start of the game, the head coach shall be responsible for verifying to the _____ that all of his players are legally equipped and in compliance with the NFHS football equipment rules.

- A. Referee and Umpire
- B. Referee and Linesman
- C. Referee and Back Judge
- D. Referee Only

88. An act by a defensive player who initiates contact with a runner with the front of his helmet is:

- A. Butt Blocking.
- B. Face Tackling.
- C. Spearing.
- D. Any of the above.
- E. None of the above.

89. The game officials are responsible for ensuring that there is a _____ minute warm-up period posted on the clock and that the clock is immediately started for use by the coaches immediately after the halftime intermission expires.

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

90. The ball becomes dead and the down is ended when:

- A. A live ball goes out of bounds.
- B. A game official sounds his whistle inadvertently.
- C. The helmet comes completely off a player who is in possession of the ball.
- D. Any loose ball is simultaneously caught or recovered by opposing players.
- E. Any of the above.

91. With second and 5 at B's 40-yard line, A1 advances to B's 30-yard line. Following the down, A2 illegally contacts B1. What is the ruling?

- A. The 5-yard penalty is enforced and then the chain is set. It will be first and 10 for A at B's 35-yard line.
- B. The 10-yard penalty is enforced and then the chain is set. It will be first and 10 for A at B's 40-yard line.
- C. The 15-yard penalty is enforced and then the chain is set. It will be first and 10 for A at B's 45-yard line.
- D. No foul on the play.
- E. None of the above.

92. A free kick shall not be kicked out of bounds between the goal lines untouched inbounds by R. If it is, R has the following choices:

- A. Accept a 5-yard penalty from the previous spot and have K rekick.
- B. Put the ball in play at the inbounds spot 25 yards beyond the previous spot.
- C. Decline the penalty and put the ball in play at the inbounds spot.
- D. Any of the above.
- E. None of the above.

93. Following the ready-for-play and after touching the ball, the snapper shall not:

- A. Remove both hands from the ball.
- B. Make any movement that simulates a snap.
- C. Fail to clearly pause before the snap.
- D. Following adjustment, lift or move the ball other than in a legal snap.
- E. Any of the above.

94. The team whose goal line is involved shall put the ball in play anywhere between the hash marks on its _____ yard line by a snap after a touchback and by a free kick after a safety.

- A. 10
- B. 20
- C. 25
- D. 30
- E. 35

95. After completing the catch, receiver A12's momentum carries him into B's team box, where nonplayer B44 pushes A12 into a bench. What is the ruling?

- A. Nonplayer B44 is disqualified and a 15-yard penalty is assessed from the succeeding spot.
- B. Nonplayer B44 is not disqualified and a 15-yard penalty is assessed from the succeeding spot.
- C. Nonplayer B44 is disqualified and a 10-yard penalty is assessed from the succeeding spot.
- D. Nonplayer B44 is not disqualified and a 10-yard penalty is assessed from the succeeding spot.
- E. None of the above.

96. With first and 10 from A's 5-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 3-yard line. What is the ruling?

- A. Following penalty administration, it will be A's ball, first and 10, at A's 8-yard line.
- B. Following penalty administration, it will be A's ball, first and 10, at A's 13-yard line.
- C. Following penalty administration, it will be A's ball, first and 10, at A's 18-yard line.
- D. Following penalty administration, it will be A's ball, first and 10, at A's 20-yard line.
- E. None of the above.

97. The game officials maintain administrative responsibilities for the contest through the completion of any required reports or correspondence in response to any action occurring while the officials have jurisdiction.

- A. True
- B. False

98. The down is ended when the kickers catch or recover a free kick anywhere.

- A. True
- B. False

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

A. True

B. False

100. The referee shall grant a captain's request for time-out prior to accepting or declining a penalty that involves an automatic first down.

A. True

B. False