



2025 NFHS Soccer Exam Part I

1. With one minute, 30 seconds left in the first half of play, Team A has a two-goal lead. When the ball goes out of play for a goal kick, Team A makes a substitution. The official timer should:
 - A. Notify the official of the substitution.
 - B. Notify the official of the substitution and stop the clock since the team in the lead is subbing.
 - C. Disallow the substitution and not notify the official.
 - D. Notify the official of the substitution and stop the clock until the losing team also makes a substitution.

2. After a goal by Team B, a player on Team A stands in the opponent's half of the field and kicks the ball backward after the official blows the whistle to restart the game. Before the ball is touched by another player, the same player kicks the ball again to redirect it.
 - A. This is legal and play should continue.
 - B. This is illegal and the kick should be retaken.
 - C. This is illegal and Team B should be awarded a direct free kick.
 - D. This is illegal and Team B should be awarded an indirect free kick.

3. The referee observes Player A1 wearing socks with the foot cut off.
 - A. This is illegal. Cut socks cannot be worn.
 - B. This is illegal. The color of the foot of the sock must match the body of the sock.
 - C. This is legal as long as the visible material under the sock (and above the ankle) is similar in color to the predominant color of the sock.
 - D. This is legal. The color of the visible material under the sock does not matter.

4. On a corner kick, the defending team should be positioned 10 yards away from the:
 - A. Ball.
 - B. Corner flag.
 - C. Corner arc.
 - D. Touchline.

5. Team A is in the lead during the last five minutes of the game. Team B has a substitute who has reported to the official area and is ready to substitute. Team A then sends a player to report to the official area and is ready to substitute. The ball goes out of play and Team B is awarded a throw-in. The official shall:
 - A. Not stop the clock if both teams are substituting.
 - B. Allow the substitutions and the clock is not stopped.
 - C. Stop the clock for the substitutions.
 - D. Caution the Team A coach for unsporting conduct.

- 6 . A player from Team B kicks the ball toward a teammate. The ball strikes the hand of a player from Team A whose back is to the kicker and holding their hands at the side. The referee should:
- A. Award an indirect free kick to Team B.
 - B. Award a direct free kick to Team B.
 - C. Award a drop ball to the kicker from Team B.
 - D. Allow play to continue as no foul occurred.
- 7 . A player's jersey may include which of the following optional items within size restrictions?
- A. An American flag.
 - B. A commemorative patch.
 - C. A memorial patch.
 - D. All of the above.
- 8 . Which of the following has direct supervision over ball holders?
- A. The home team's coach.
 - B. The away team's coach.
 - C. The officials.
 - D. Game management.
- 9 . During play, Player A1 appears injured. The referee whistles to stop play. When is the player required to leave the field?
- A. The player must leave the field because play was stopped for an injury.
 - B. The player must leave the field once the referee stops the clock.
 - C. The player must leave the field once the referee beckons the coach or appropriate health-care professional.
 - D. The player must leave the field once the player has been deemed injured by the coach or appropriate health-care professional.
- 10 . The ball strikes the referee standing inside the penalty area and the ball subsequently enters the goal. What is the appropriate restart?
- A. Indirect free kick.
 - B. Kickoff.
 - C. Drop ball to the team that last touched the ball prior to hitting the referee.
 - D. Drop ball to the defending team's goalkeeper.
- 11 . Player A1 kicks the ball and it deflects off the referee standing on the field near the halfway line, and the ball goes directly to Player B1. What is the appropriate restart?
- A. Drop ball to a player on Team A.
 - B. Drop ball to a player on Team B.
 - C. Indirect free kick.
 - D. Throw-in for Team B.

- 12 . A second whistle is required to restart play for all of the following except:
- A. A penalty kick.
 - B. A direct free kick.
 - C. After a substitution.
 - D. After a caution or disqualification.
- 13 . A10 is in an offside position. Defender B12, with time, space and clear sight of the ball, extends their leg in an attempt to clear the ball. The ball then inadvertently goes toward A10. The official shall:
- A. Allow play to continue.
 - B. Penalize A10 for being offside and restart with an indirect free kick for Team B.
 - C. Penalize A10 for being offside and restart with a direct free kick for Team B.
 - D. Award a direct free kick to Team B.
- 14 . Player A3 has hair beads at the end of a pony tail secured to their head with a bun. During play, the bun comes undone allowing the pony tail with beads to swing freely. At the next stoppage, what should the referee do?
- A. Require A3 to immediately leave the field without a caution.
 - B. Ask A3 to correct the equipment, and if not immediately correctable, ask A3 to leave the field without a caution.
 - C. Require A3 to immediately leave the field and caution A3's head coach.
 - D. Ask A3 to correct the equipment, and if not immediately correctable, ask A3 to leave the field and caution A's head coach.
- 15 . Team A is awarded a direct free kick and asks the referee to enforce 10 yards. Team B places two players in a defensive wall and are properly positioned by the referee. Player A1 stands next to Team B's wall. Is A1's position legal?
- A. No, attackers must remain at least 1 yard away from any defensive wall.
 - B. No, attackers must remain at least 5 yards away from any defensive wall.
 - C. No, attackers must remain at least 1 yard away from a defensive wall of two or more defenders.
 - D. Yes, because the defensive wall has fewer than three defenders.
- 16 . The referee shall signal an indirect free kick by raising an arm above their head. How long is this signal to be maintained after the ball is kicked?
- A. Until the ball clearly moves.
 - B. Until the ball touches another player.
 - C. Until the ball goes out of play.
 - D. B or C.
- 17 . Team A is awarded an indirect free kick. Player A1 steps on top of the ball without it moving. Player A4 then shoots the ball directly into the opponent's goal. The referee should:
- A. Award a goal and restart the match with a kickoff for Team B.
 - B. Disallow the goal and have Team A retake the indirect free kick.
 - C. Disallow the goal and award Team B an indirect free kick.
 - D. Disallow the goal and award a goal kick to Team B.

- 18 . Before the game, the referee inflates the game balls to 11 psi per the manufacturer's recommendation of 10 to 12 psi. The visiting team's coach complains that the balls are too hard. What should the referee do?
- A. Deflate the balls to the minimum pressure allowed by rule: 8.5 psi.
 - B. Deflate the balls to a pressure that has been mutually agreed upon by both coaches.
 - C. Use the balls at their current inflation.
 - D. Ask the visiting team's coach to provide three different game balls of their choice.
- 19 . A goal may not be scored directly from a:
- A. Kickoff.
 - B. Dropped Ball.
 - C. Goal Kick.
 - D. Penalty Kick.
- 20 . A forfeit will be scored 1-0 except when:
- A. Team A does not show up to the contest.
 - B. Team A is ahead 5-0 and Team B can no longer play.
 - C. The game is tied and Team A can no longer continue.
 - D. Team A does not have enough players to start the match.
- 21 . Player A1 kicks off to start the second half of the game. Player A1's kick goes directly into Team B's goal. The referee should:
- A. Disallow the goal and have Team A retake the kickoff.
 - B. Disallow the goal and have Team A take an indirect free kick from the halfway line.
 - C. Disallow the goal and award Team B a goal kick.
 - D. Award the goal and restart the match with a kickoff for Team B.
- 22 . A3 is in an offside position near the edge of the penalty arc. A2 takes a shot at goal which deflects off B2's hip to A3 who plays the ball. The correct procedure is:
- A. Award an indirect free kick to Team B at the spot where A3 played the ball.
 - B. Allow play to continue. A1 is not offside because the ball was last touched by B2.
 - C. Award an indirect free kick to Team B at the spot where A2 took a shot.
 - D. None of the above.
- 23 . A10 is in an offside position. Player A9 plays the ball and defender B12 is struck by the ball in the leg. The ball inadvertently goes toward A10. The official shall:
- A. Allow play to continue.
 - B. Penalize A10 for being offside and restart with an indirect free kick for Team B.
 - C. Penalize A10 for being offside and restart with a direct free kick for Team B.
 - D. Award a direct free kick to Team B.

- 24 . Which of the following would negate a player being penalized for being offside?
- A. Interfering with play.
 - B. Interfering with an opponent.
 - C. Gaining an advantage by being in the position.
 - D. The defender deliberately playing the ball (and not a deliberate save).
- 25 . Player A is part of a wall in a free kick. After the ball is kicked, Player A moves their hands toward their face for protection. The ball then hits the hand of Player A. The referee should:
- A. Stop play and caution Player A for handling and award a new free kick from the spot of the foul.
 - B. Stop play, and red card Player A for DOGSO.
 - C. Allow play to continue with no foul as this is a reflex action and not considered to be deliberate handling.
 - D. Stop play and award a new direct kick from where Player A deliberately handled the ball.
- 26 . Team A is awarded a throw-in near the halfway line. Player A2 stands on the touchline and starts to throw the ball in from behind and over their head. Before releasing the ball, A2 stops, turns in a different direction, and throws the ball in from behind and over their head. The referee:
- A. Blows the whistle for an illegal throw and awards a throw-in to Team B.
 - B. Whistles for a foul and restarts with a direct free kick to Team B.
 - C. Allows play to continue as this is legal.
 - D. Issues a yellow card to A2 for delay of game.
- 27 . During the taking of a goal kick, the goalkeeper miskicks the ball and it travels a short distance. The goalkeeper immediately kicks the ball again so it exits the penalty area. What should the referee do?
- A. Have the goalkeeper retake the goal kick as the first kick did not exit the penalty area.
 - B. Award a direct free kick to the opponent at the spot of the second touch by the goalkeeper.
 - C. Allow play to continue as the ball was not in play until it exited the penalty area.
 - D. Award an indirect free kick to the opponent at the spot that the goalkeeper kicked the ball a second time.
- 28 . The referee observes Team A wearing red socks with black tape applied above the ankles. What is the ruling?
- A. Permitted per NFHS rules.
 - B. Not permitted. The color of the tape must be a similar color of the sock above the ankle.
 - C. Not allowed. Players cannot modify the sock.
 - D. Allowed, as long as the other team agrees.
- 29 . Coach A is observed using a vape pen on the sideline but 50 feet from a player.
- A. This is permitted as long as the coach has approval from the athletic administrator.
 - B. This is not allowed in any circumstance.
 - C. This is permitted with a doctor or trainer's permission for medical reason.
 - D. This is permitted.

- 30 . Player A is taking a penalty kick. When struck, the ball hits the post rebounding to Player A, who then gathers the ball and kicks the ball into the goal. What is the proper restart?
- A. This is a goal and restart for Team B with kickoff.
 - B. This is a drop ball to the goalkeeper.
 - C. This is an indirect free kick from the spot of the infraction.
 - D. This is an infraction and a retake of the penalty kick.
- 31 . Player A spits at Player B during a verbal altercation.
- A. Players A and B are both cautioned and shown the yellow card for the verbal altercation.
 - B. Player A is ejected and shown the red card for spitting at Player B.
 - C. Player A is cautioned and shown the yellow card for spitting at Player B.
 - D. Players A and B are both ejected and shown the red card for violent conduct.
- 32 . When determining whether an obvious goal-scoring opportunity (DOGSO) has been denied, the following must be considered and present:
- A. Direction of play and distance between the offense and the goal.
 - B. Likelihood of keeping or gaining control of the ball.
 - C. Location and number of defenders.
 - D. All of the above.
- 33 . Player A1 is attacking Team B's goal. Player B5 fouls Player A1 by pulling at the jersey, stopping a promising attack (SPA). The referee shall:
- A. Allow the play to continue.
 - B. Eject Player B5.
 - C. Caution Player B5.
 - D. Caution the Team B coach for unsporting conduct.
- 34 . Attacker A10, who is in an offside position, receives the ball directly from a goal kick by A2. What should happen next?
- A. The assistant referee waves the flag to indicate an offside violation.
 - B. The referee stops play and awards an indirect free kick to Team B.
 - C. Play is allowed to continue because there is no offside violation.
 - D. The referee stops play and orders the goal kick to be retaken.
- 35 . The ball goes out of play over the touchline. The referee signals to award Team B the throw-in. Player B12 quickly picks up the ball and throws it in. After the ball was legally put into play, the referee realizes that the throw-in should have awarded to Team A. The referee must:
- A. Allow play to continue.
 - B. Stop play and have Team A take the throw-in.
 - C. Caution B12 for delaying the restart and have Team A take the throw-in.
 - D. Stop play and restart with a drop ball for Team A.

- 36 . Team A is awarded a penalty kick. Player A2 runs up to the ball and kicks it. A loud pop is heard and the ball deflates before entering the goal. What is the correct restart?
- A. Award the goal and restart with a kick-off for Team B.
 - B. Disallow the goal and award a goal kick to Team B.
 - C. Disallow the goal and restart with a drop ball to Team B's goalkeeper.
 - D. Disallow the goal and retake the penalty kick.
- 37 . The referee beckons the coach or appropriate health-care provider onto the field after the goalkeeper and a teammate collide. Both players remain on the ground holding their heads. The referee shall:
- A. Allow both players to remain in the game if requested by their coach.
 - B. Only allow both players to stay in the game if cleared by the athletic trainer.
 - C. Only allow the goalkeeper to remain in the game after being checked out.
 - D. Ensure that both players leave the field with the option to be substituted.
- 38 . A goalkeeper is cautioned (yellow card) during the taking of a penalty kick:
- A. The goalkeeper leaves the field and must be replaced by a substitute from the bench or a field player.
 - B. The goalkeeper remains on the field and a field player is removed in their place until the next legal substitution.
 - C. The goalkeeper must be replaced by a field player that is currently on the field of play.
 - D. None of the above.
- 39 . A substitute may enter the game without be beckoned by the official:
- A. At the beginning of the period.
 - B. When a player is injured.
 - C. When a goal is scored.
 - D. All of the above.
- 40 . The referee observes Player B6 is wearing illegal equipment on the field while the ball is in play. This is the first occurrence of illegal equipment being worn by Team B and the referee determines there is no immediate danger. The correct ruling is:
- A. Stop play and caution (yellow card) Team B's head coach.
 - B. Stop play and caution (yellow card) B6.
 - C. At the next stoppage, caution (yellow card) Team B's head coach.
 - D. At the next stoppage, caution (yellow card) B6.
- 41 . The referee observes Player A10 who is improperly equipped. The violation is not immediately correctable, so the referee, at the next stoppage in play, instructs A10 to leave the field of play. Team A elects to play shorthanded while A10 is off the field correcting their equipment. When can A10 re-enter?
- A. Since Team A elected to play shorthanded, A10 can return during the run of play.
 - B. At the next dead ball.
 - C. At the next legal substitution opportunity for Team A.
 - D. Any of the above.

42. During play, the referee observes a player with a glucose monitor attached to their arm outside the coverings of their jersey. The referee should:
- A. Instruct the player to leave the field of play at the next stoppage as this is illegal equipment. If this is the first instance of illegal equipment for the team, the referee should caution (yellow card) the head coach. If this is not the first instance of illegal equipment, the referee should caution (yellow card) the player.
 - B. Instruct the player to leave the field of play at the next stoppage of play as this is improper equipment due to not being covered by the jersey. No caution (yellow card) is required.
 - C. Allow play to continue. This is a medical appliance/device which is not considered wearable technology.
 - D. Since this is considered wearable technology and wearable technologies cannot be on the arm, ask the player to move the monitor.
43. The time of the first half has expired and the game is at halftime. What is not permitted?
- A. An unlimited number of substitutions for each team.
 - B. The referee beckoning the head coach of a team to explain a situation and provide clarity.
 - C. The coach, a player, or another member of team personnel (other than the captain) confronting an official without permission or being beckoned.
 - D. The halftime interval is extended by mutual agreement of opposing coaches
44. The referee blows the whistle to signal Team A to take a kickoff. Before Player A1 kicks the ball, teammate A2 moves into Team B's half of the field. What should the referee do?
- A. This is legal, allow play to continue.
 - B. This is illegal, order the kickoff to be retaken.
 - C. This is illegal, award Team B a direct free kick.
 - D. This is illegal, award Team B an indirect free kick.
45. Team A is awarded a drop ball. The referee drops the ball to Player A10. After the ball is in play, A10 kicks the ball directly into the opponent's goal. What is the correct call?
- A. Goal is awarded to Team A; play restarts with a kickoff for the opposing team.
 - B. No goal; the ball must touch another player before a goal can be scored from a dropped ball. Play restarts with a goal kick for the opposing team.
 - C. No goal; Team A is awarded an indirect free kick from the spot where Player A10 shot the ball.
 - D. Retake the dropped ball because the ball was not in play when the shot was taken.
46. Team A is awarded a corner kick. Player A6 removes the flag and throws it to the side and then proceeds to take the corner kick. What should the referee do?
- A. Legal, allow play to continue.
 - B. Illegal, award an indirect free kick to Team B.
 - C. Illegal, award a goal kick to Team B.
 - D. Illegal, order the flag to be replaced and retake the corner kick.
47. During the taking of a goal kick, the goalkeeper mistakenly kicks the ball directly to an opponent who is located within the penalty area. The opponent's back is to the goalkeeper, and the opponent is attempting to exit the penalty area when the ball hits them. What should the referee do?
- A. Blow the whistle and have the goal kick retaken.
 - B. Blow the whistle, caution the attacker for delaying the restart, and award an indirect free kick to the defense where the attacker touched the ball.
 - C. Blow the whistle, caution the attacker for delaying the restart, and award a direct free kick to the defense where the attacker touched the ball.
 - D. Allow play to continue. This is legal.

- 48 . During the inspection of the field, the referee determines the penalty areas are 44 yards wide and extend 18 yards into the field. What should the referee do?
- A. Start the game. The field is legally marked.
 - B. The field is illegally marked. Do not start the game until it is corrected.
 - C. Start the game, ignore the illegal markings, and enforce the rules as if the penalty areas were properly marked using imaginary lines.
 - D. Start the game and use the lines as marked. After the game, note the illegal markings on the game report.
- 49 . Both teams have a substitute waiting to enter the game. The referee stops play for a foul committed by Team A and awards a direct free kick to Team B. No player is injured and there was no misconduct. Which of the following statements is true?
- A. Only Team A's substitute is allowed to enter the game.
 - B. Only Team B's substitute is allowed to enter the game.
 - C. Both teams' substitutes are allowed to enter the game.
 - D. Neither teams' substitutes are allowed to enter the game.
- 50 . A penalty kick is awarded and it is a legal substitution opportunity. Which of the following statements is true?
- A. There can never be a substitution opportunity when a penalty kick is awarded.
 - B. A substitute goalkeeper entering the game cannot defend against the penalty kick.
 - C. A substitute entering the game cannot take the penalty kick.
 - D. None of these statements are true.

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- 51 . White uniform player jumps over the back of the player in black to play the ball. The referee should:
- A. Ignore the jumping in as the player in white was attempting to play the ball and undercut the player in black.
 - B. Award an indirect free kick to the player in black for jumping in by white.
 - C. Award a direct free kick to the player in black for jumping in by the player in white.
 - D. Award a drop ball to the player in black.

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- 52 . Player in Red passes the ball ahead to a teammate in an offside position. The referee should:
- A. Award the team in white uniforms a drop ball where the player first kicked the ball.
 - B. Award the team in white uniforms an indirect free kick for the offside where the teammate played the ball.
 - C. Award the team in white uniforms a direct free kick for the offside.
 - D. Allow play to continue as there is a chance the team in white uniforms can play the ball.

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- 53 . Player in White passes the ball forward but the ball strikes the arm/hand of a player in Blue. The referee should:
- A. Allow play to continue as the player in Blue had no time to react and the ball was deflected near a player in White.
 - B. Award an indirect free kick to the team in white for incidental handling.
 - C. Award a direct free kick to the team in white.
 - D. Award a drop ball to the team in white.

- 54 . Goalkeeper come outside the penalty area to challenge the player in White on a breakaway. The goalkeeper makes contact with the player in white causing him to fall. The referee should:
- A. Award a direct free kick to the team in white and eject the goalkeeper for denying an obvious goal-scoring opportunity.
 - B. Award a direct free kick to the team in white and caution the goalkeeper since the goalkeeper was trying to play the ball.
 - C. Allow play to continue as the goalkeeper was making an attempt to play the ball.
 - D. Award an indirect free kick to the team in white and eject the goalkeeper.

- 55 . Player in White trips the player in Blue. The referee should:
- A. Award an indirect free kick for the tripping foul.
 - B. Allow play to continue as the trip was incidental and not intentional.
 - C. Award a direct free kick to the Blue Team.
 - D. Call time and issue a caution to the player in White.