

2026 USAL High School Exam

QUESTION 1

Which of the following is allowed during the game?

Choose one option then select Submit.

- Asking for a stick check during an injury time-out.
- Asking for a second time-out during overtime.
- Coaches coaching during an injury time-out.
- Asking for a stick check when the official's hand is in contact with both centers' sticks

On the draw, all players below the restraining lines are released when:

Choose one option then select Submit.

- A whistle stops play for a foul.
- The ball goes out of bounds off a player or the player's crosse.
- The ball crosses the restraining line.
- All of the above

QUESTION 3

What is the proper set up for a defensive goal circle foul?

Choose one option then select Submit.

- The closest attack player is given the ball and placed on the 12-meter fan and the offender is placed 4 meters behind.
- The closest attack player is given the ball and placed on the outside hash and the offender is placed 4 meters behind.
- The closest attack player is given the ball and placed on the closest dot and the offender is placed 4 meters behind.
- The closest attack player is given the ball and placed on the closest dot and the offender is placed 4 meters away.

QUESTION 4

Following a blown whistle for a foul in the mid-field, the ball carrier must stop or pause before self-starting.

Choose one option then select Submit.

TRUE

FALSE

GRAPHIC



QUESTION 5

Which player has legal eye black?

Choose one option then select Submit.

A

B

C

D

QUESTION 6

On a flag for three seconds, Red shoots and then runs into the goal circle. Offsetting fouls are called, and the Red team has the Alternate Possession. Where is the Red team awarded the ball?

Choose one option then select Submit.

At the 8-meter hash on the GLE.

On the closest 8-meter hash to where the foul for the flag occurred.

At the dot closest to where the foul occurred when the whistle was blown to stop play.

On the 12-meter fan, closest to where the foul occurred.

QUESTION 7

With :58 seconds left in the third quarter, a defender commits a major foul outside the critical scoring area. What is the proper procedure?

Choose one option then select Submit.

- The clock stops and a free position is set up at the spot of the foul.
- The player must take the ball outside the restraining line and self-start.
- The clock stops and a free position is set up at the 12-meter fan.
- Play continues

QUESTION 8

During a draw the Blue drawer/center commits a draw foul by moving away before moving up, after the whistle. The ball ends up outside the center circle. The clock is running. How is play restarted?

Choose one option then select Submit.

- The opposing center must retrieve the ball and must self-start play at the center line.
- Any player from the non-offending team may self-start play at the spot of the ball.
- The opposing center must self-start play at the spot of the ball.
- Any player from the non-offending team may self-start play after bringing the ball back to the center line.

QUESTION 9

If the ball goes directly out of bounds from a legal draw without anyone touching it, how is play restarted?

Choose one option then select Submit.

- The ball is given to the closest team to the boundary where the ball went out.
- Administer an Alternate Possession to the appropriate team at the center.
- Bring the ball back to the center and administer a redraw.
- Give the appropriate team the Alternate Possession 4 meters inside the boundary, closest to where the ball went out.

QUESTION 10

After the draw and before possession is gained, players from both teams step over the restraining line (early entry violation). How shall play be restarted?

Choose one option then select Submit.

- Play should continue since both teams have equal opportunity to gain possession.
- The team who has the Alternate Possession shall be awarded a free position at the spot of the ball, no closer than 4 meters from the boundary. An opponent shall be placed 4 meters away and nearer to the goal she is defending. All other players must be at least 4 meters away. Whistle start.
- A redraw shall be administered.
- The team who has the Alternate Possession shall be awarded the ball at the center, with the opposing player placed at an angle towards her defensive goal. Whistle start.

QUESTION 11

The Blue team goalkeeper has left the goal circle to pick up a loose ball that was checked out of an opponent's stick. How may she legally continue?

Choose one option then select Submit.

- The goalkeeper may carry the ball into the goal circle.
- The goalkeeper may pass to a teammate who ran into the goal circle when her team gained possession.
- The goalkeeper may toss the ball into the goal circle.
- All of the above.

QUESTION 12

If one player draws illegally and the ball ends up over the restraining line, how is play restarted?

Choose one option then select Submit.

- Bring the ball back to the center line and award the ball to the non-offending center.
- Bring the ball back to the center line and award the ball to the closest player from the non-offending team.
- Leave the ball where it ends up and allow any player from the non-offending team to restart play.
- Leave the ball where it ends up and award the ball to the closest non-offending player.

QUESTION 13

Red #1 is on a fast break and shoots on goal, misses, and the ball goes out of bounds. When the ball crosses the end line, the White goalkeeper (while in her goal circle) is closest to the ball. How is play restarted?

Choose one option then select Submit.

- Instruct the goalkeeper to remain in the goal circle, retrieve the ball yourself and place the ball in the goal circle with the goalkeeper.
- Allow the goalkeeper to go pick up the ball and pass it to a teammate from out of bounds.
- Allow the goalkeeper to go pick up the ball, step in up to 4 meters inside the boundary line and wait for the official's whistle to restart play.
- Allow the goalkeeper or any teammate to retrieve the ball and legally initiate a self-start from the boundary.

QUESTION 14

When the ball crosses over the restraining line and is outside the CSA, the official realizes Red attack is offside and blows the whistle to stop the clock. What is the free position set up?

Choose one option then select Submit.

- Correct offside. The Blue player closest to the ball is awarded a free position at the spot of the ball. The Red player closest to the ball will go 4 meters behind. Whistle start.
- Correct the offsides. The Blue player closest to the ball may pick up the ball and self-start.
- Correct offside. Set up the free position at the restraining line for the Blue player closest to the restraining line who may self-start.
- Correct the offside. The Blue player closest to the ball is awarded a free position at the spot of the ball. The Red player closest to the ball will go 4 meters behind. Self-start is allowed.

QUESTION 15

Blue #2 has the ball outside the 12-meter fan when White #17 is called for three seconds with 5 minutes left in the game. What is the penalty administration?

Choose one option then select Submit.

- Stop the clock and set up the free position at the 8-meter hash mark closest to the spot of the ball when the whistle was blown, White player is placed 4 meters behind. Whistle start.
- Do not stop the clock and set up the free position on the 12-meter fan closest to ball at the time of the whistle; White #17 is placed 4 meters behind. Clear the lane. Whistle start.
- Do not stop the clock and set up the free position at the spot of the ball when the whistle was blown, White #17 goes 4 meters behind. Self-start.
- Stop the clock and set up the free position at the spot of the ball when the whistle was blown. White #17 is placed 4 meters behind. Whistle start.

QUESTION 16

The clock shall stop in the last minute of each quarter for a foul in the critical scoring area unless a team is winning by 10 or more goals.

Choose one option then select Submit.

- True
- False

QUESTION 17

While in the CSA with 1:28 left in the first quarter, White attack charges into a Blue defender causing a foul that ends the play. The Blue defender picks up the ball and self-starts. This is legal.

Choose one option then select Submit.

TRUE

FALSE

QUESTION 18

The score is 5-2 in the second quarter of the game with 1:52 left on the clock. White #16 is checked in the head by Blue #2 in the midfield. The official blows the whistle, calls time-out to issue Blue #2 a yellow card. While the official is reporting the card to the table, White #16 immediately self-starts. The official should blow the whistle and signal a change of possession for a false start on White #16.

Choose one option then select Submit.

TRUE

FALSE

QUESTION 19

The Blue team is opting to start a draw with only 11 players on the field. The ball quickly transitions to Blue's attacking end, and 7 attackers cross the restraining line into their attacking end. The 12th Blue player is still on the sideline talking to a coach, therefore there are only 3 defenders and the Blue goalkeeper behind the restraining line. What is the proper procedure?

Choose one option then select Submit.

Immediate whistle for the Blue attack team offside, as they should always have 4 defenders plus a goalkeeper behind the restraining line.

Hold the whistle until the Blue team scores, then take away the goal because Blue attack is offside.

Allow play to continue, no foul is occurring.

Pull a flag to show Blue attack is offside, and once the 12th player enters the field lower the flag. No penalty is administered.

QUESTION 20

When may a coach ask for a stick check?

Choose one option then select Submit.

- Any time during live play.
- Any time the game clock has been stopped.
- Between any quarter or at halftime.
- Before a draw while the official's hands are on the centers' sticks.

QUESTION 21

The score is 9-0 with 5 minutes left in the game. The clock shall be stopped for which of the following?

Choose one option then select Submit.

- All fouls in the Critical Scoring Area
- Illegal draw
- Offside
- Early entry on a draw

QUESTION 22

The Blue goalkeeper reaches out of the goal circle to pick up a loose ball while straddling the goal circle. Red #4 approaches to play defense on the goalkeeper. In an attempt to protect the ball, the goalkeeper steps back into the goal circle with the ball. What should the official do?

Choose one option then select Submit.

- Change of possession, Red #4 is awarded the ball at the 8-meter center hash. The goalkeeper stays in the goal circle.
- Change of possession, Red #4 is awarded the ball 8 meters away from the goal circle on the goal line extended. The goalkeeper remains in the goal circle.
- Change of possession, Red #4 is awarded the ball at the nearest dot. All other players are moved 4 meters away. The goalkeeper remains in the goal circle.
- Allow play to continue.

QUESTION 23

An off-ball hold is called against White defense just as Blue attack is being called for offside. The ball is in the center of the 8-meter arc at the time, and White has the Alternate Possession. How is this administered for the restart?

Choose one option then select Submit.

- White is given the ball at the 8-meter arc, the Blue player is put 4 meters behind and play begins with a whistle start.
- White is given possession at the 8-meter arc, all Blue players must be 4 meters away and play begins with a whistle start.
- White is given possession at the nearest dot, the Blue player is put 4 meters behind, and White may self-start.
- White is given possession at the nearest dot, all Blue players must be 4 meters away and play begins with a whistle start.

QUESTION 24

A defender from the Blue team steps into shooting space as a player from the Red team is preparing to shoot on goal. The Red player shoots and hits the Blue defender. The official blows the whistle, calls a shooting space foul against the Blue defender, calls time-out and issues a card to the Red player for dangerous propelling. The official awards a free position to the Blue defender at the closest spot on the 8 meter arc. Play resumes with a whistle start. This is the correct penalty administration.

Choose one option then select Submit.

- True
- False

QUESTION 25

When a minor foul is called against the defense in the 8-meter arc, the free position is set up on the closest hash mark, the offender is placed 4 meters behind, and the penalty zone is cleared.

Choose one option then select Submit.

- TRUE
- FALSE

QUESTION 26

Which of the following is a major foul?

Choose one option then select Submit.

- Empty stick check
- Hooking
- Playing a loose ball while stepping on the boundary line
- Warding

QUESTION 27

A goal is scored when:

Choose one option then select Submit.

- The ball comes off the body of an official.
- An attack player kicks the ball into the goal.
- The ball is released before the horn goes off and enters the goal after the horn.
- The goalie stops the ball when the ball is on the goal line.

QUESTION 28

A Blue player is whistled for a push in the midfield on Red #5. The Red team calls a time-out. Following the team time-out, Red #9 replaces Red #5 on the field. This is legal.

Choose one option then select Submit.

- TRUE
- FALSE

QUESTION 29

Red attack is awarded a free position on the center hashmark, 2 Blue teammates stand next to each other on the adjacent hash. A Red player requests the space between the 2 blue defenders. The official must grant Red that space.

Choose one option then select Submit.

TRUE

FALSE

QUESTION 30

A whistle is blown for a 3 second violation when the ball is below the goal line extended and outside the CSA. The official brings the ball to the closest dot. The offender is placed 4 meters behind the attack player with the ball to restart play.

Choose one option then select Submit.

TRUE

FALSE

QUESTION 31

Blue intercepts a pass at mid-field and begins a fast break towards goal. As the Blue ball carrier crosses the restraining line, a Red team non-marking defender clearly positions herself in the 8-meter arc in the direct path to goal. The official shall:

Choose one option then select Submit.

Blow her whistle for shooting space violation as the ball has crossed the restraining line.

Blow her whistle for shooting space violation and card the White defender for intentionally putting herself in harm's way.

Tell the White defender to get out of shooting space or mark up.

Allow play to progress as Shooting Space calls can only be determined and called when the ball has entered the CSA.

QUESTION 32

Which of the following is considered a delay of game and requires the issuance of a green card (for the first offense to a team)?

Choose one option then select Submit.

- Failure to move 4 meters away on a free position.
- Repeated self-start from beyond 4 meters from the spot of the foul or when a self-start is not allowed.
- Any type of behavior which in the official's opinion amounts to delay.
- All of the above.

QUESTION 33

The Red team goalkeeper saves the ball and the official has begun the 10 second count. When the official is at 5 seconds, the Red team coach calls time-out. How is play restarted?

Choose one option then select Submit.

- The ball is returned to the Red team's goal circle, and the count resumes at 6 seconds. Any player from the Red team may restart play in the goal circle.
- The ball is placed at the closest dot and any player may restart play on the whistle.
- The ball is placed at the closest dot and the Red team goalkeeper must restart play on the whistle.
- The ball is returned to the Red team's goal circle, and the count resumes at 6 seconds. The Red team goalkeeper must restart play in the goal circle.

GRAPHIC



QUESTION 34

Which mouthguard is illegal?

Choose one option then select Submit.

- A
- B
- C
- D

QUESTION 35

When is the three-second rule in effect?

Choose one option then select Submit.

- When the ball leaves the clearing goalie's stick.
- When the ball crosses midfield.
- When the team in possession of the ball crosses the ball over the restraining line in their attacking end of the field.
- When a team gains possession between the restraining line at draw.

QUESTION 36

Which of the following criteria is legal when setting a pick?

Choose one option then select Submit.

- A stance that is not wider than shoulder width
- The crosse is in a vertical position (between 10 o'clock and 2 o'clock).
- Set in the visual field of the opponent.
- All of the above

QUESTION 37

An attack player false starts when taking a free position on an 8-meter hash mark in the first minute of the game. The official blows the whistle to stop play. What is the correct procedure?

Choose one option then select Submit.

- Call time-out and green card the player that false started.
- Warn the player and give her a second chance.
- Call the false start, change possession and allow any player from the defensive team take the free position by self-starting.
- Call the false start, direct a player on an adjacent hash mark to take the free position going out and whistle start play.

QUESTION 38

When is it NOT legal to substitute a player on the field during the game?

Choose one option then select Submit.

- During the administration of a card.
- During an official's time out for an inadvertent whistle.
- During an Injury time-out.
- Once the officials' hand is in contact with both centers' sticks for the draw.

QUESTION 39

Blue player #27 is having her stick checked pregame when the official notices that she has a clear mouthguard. The official should:

Choose one option then select Submit.

- Issue a green card for misconduct - warning only to Blue team.
- Allow the player to change mouth protectors and recheck before beginning of game.
- Issue a yellow card for misconduct. Blue team starts the game with a player down. Opponents begin with possession.
- Allow the mouthguard as legal equipment.

QUESTION 40

A team receives their fourth yellow card of the game, what is the proper procedure for the remainder of the game?

Choose one option then select Submit.

- This is the player's second yellow card, so she may not reenter the game.
- The team must play short one player the remainder of the game.
- Each subsequent yellow or red card, the team must play one more player short the remainder of the game.
- All of the above.

QUESTION 41

What is the proper procedure when a goalkeeper receives a yellow card (her first yellow card of the game) and the team has no other "dressed" goalkeeper?

Choose one option then select Submit.

- The goalkeeper may remain in the game or be replaced by a field player.
- The coach must designate another player who must leave the field and enter the penalty area for two minutes of elapsed playing time.
- The carded goalkeeper must leave the field and enter the penalty area for two minutes of elapsed playing time.
- Time out shall be taken for the team to properly equip another goalkeeper, who will replace the carded goalkeeper for the 2 minutes of elapsed playing time.

QUESTION 42

The timekeeper lets the official know that there is one minute left in the second quarter. When shall official and timekeeper stop the clock (unless there is a 10-goal differential)?

Choose one option then select Submit.

- On foul in the midfield.
- For all fouls in the Critical Scoring Area.
- On all boundary balls.
- On an illegal draw by one player.

QUESTION 43

An attack player inside the 12-meter fan receives a pass and runs towards goal with the opportunity to shoot. A defender is legally marking and facing an opponent behind the goal circle. What is the correct action the official should take?

Choose one option then select Submit.

- Raise a flag because the ball carrier is on a scoring play and the defense is committing a major foul.
- No call should be made because the low defender is exempt from both three seconds and shooting space.
- Immediately blow the whistle for shooting space.
- Allow play to continue because the low defender is not looking at the ball carrier therefore shooting space may not be called.

QUESTION 44

A Blue defender is standing still defensively holding the stick in a horizontal position in the center of the 8-meter arc. The White ball carrier charges into the Blue defender. How is play restarted?

Choose one option then select Submit.

- Penalize the charge only, the Blue defender was standing still.
- Penalize the defender only for making contact with a horizontal stick.
- Call both fouls and award an alternate possession to the appropriate team.
- Allow play to continue.

QUESTION 45

After the draw, the player from the Red team runs towards the team bench area on the sideline and throws their stick to a player on the sideline, she then grabs one from another teammate on the bench. What should the official do?

Choose one option then select Submit.

- Allow play to continue, swapping sticks is legal during play.
- Whistle and administer the penalty for a minor foul on the Red team. Sticks must be exchanged through the substitution area.
- Whistle and administer a redraw. Sticks must be exchanged through the substitution area.
- Whistle and administer for a major foul. Sticks must be exchanged through the substitution area.

MEDIA

Select the play button to start the video.



QUESTION 46

What is your call?

Choose one option then select Submit.

- Check to the Head
- Block
- Dangerous Follow Through
- No Call

MEDIA

Select the play button to start the video.



QUESTION 47

What is your call?

Choose one option then select Submit.

- Holding
- Block
- Slash
- No Call

MEDIA

Select the play button to start the video.



MEDIA

Select the play button to start the video.



MEDIA

Select the play button to start the video.



QUESTION 48

What is your call?

Choose one option then select Submit.

- Illegal stick check
- Empty stick check
- Dangerous follow through
- No call

QUESTION 49

What is your call?

Choose one option then select Submit.

- Push
- Block
- Charge
- No call

QUESTION 50

What is your call?

Choose one option then select Submit.

- Shooting space
- Illegal pick
- Dangerous propel
- No call