



2025 NFHS Football Exam - Part II

NOTE: In the exam situations, based on current NFHS 11-player rules unless otherwise noted. 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. No player participating in the game will be allowed to wear any type of audio or video device in order to record or transmit audio or video.
A. True
B. False
2. A state association may not establish guidelines to use a running clock when a point differential is reached.
A. True
B. False
3. Towels must be a solid color but do not have to be the same solid color for each player. Towels may not be ball- or penalty-flag colored.
A. True
B. False
4. A player remains out of bounds until returning to the field and no body part touching out of bounds.
A. True
B. False
5. When a player on defense uses a hand or arm, the hand may not be in advance of the elbow at the time of the contact or at the shoulder or below unless the opponent squats, ducks or submarines.
A. True
B. False
6. The basic spot is the previous spot unless Rule 8-5-2c applies for a foul by A or B when the related run ends behind the line of scrimmage when there is no change of possession.
A. True
B. False
7. A football jersey does not need to completely cover the shoulder pads and all pads worn above the waist on the torso.
A. True
B. False

Question	Answer Choice	Correct Answer
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1	A	True
2	B	False
3	A	True
4	A	True
5	B	False
6	A	True
7	B	False

Rule Reference

1-5-3c(3)
TABLE 1-7 (10), 3-1-2
1-5-3a(5)a
2-29-1
2-3-6
10-4-2d
1-5-1b(1)

8. Items that are attached to the tooth and mouth protector that do not serve a purpose and function in protecting the teeth or mouth will not be allowed starting in 2026.
A. True
B. False
9. A multiple foul is one or more live-ball fouls (other than non-player or unsportsmanlike).
A. True
B. False
10. A player is no longer defenseless once the player's physical position and focus of concentration no longer makes the player especially vulnerable to injury.
A. True
B. False
11. If a substitute enters the huddle and the replaced player does not leave the field immediately, it is a dead-ball, illegal participation foul.
A. True
B. False
12. The jerseys of the home team shall all be the same dark color(s) that clearly contrasts with white.
A. True
B. False
13. Catching is always preceded by touching the ball; thus, if touching causes the ball to become dead, securing possession of the ball has no significance.
A. True
B. False
14. No kick may be legally batted.
A. True
B. False
15. A player cannot fumble before gaining possession.
A. True
B. False
16. A scrimmage formation requires a minimum of five A players legally on their line at the snap.
A. True
B. False
17. An offensive blocker is a player who is blocking or in a position to block by being between the potential tackler and the runner.
A. True
B. False

8	A	True	1-5-1d(5)a-4
9	B	False	2-16-2e, 10-2-4
10	A	True	2-32-16
11	B	False	3-7-2 PENALTY
12	A	True	1-5-1b(3)
13	A	True	FUNDAMENTAL III-4, 2-4-2
14	B	False	FUNDAMENTAL IV-6, IX-3, 9-7-2 EXCEPTION
15	A	True	FUNDAMENTAL I-2, 2-18
16	A	True	2-14-1, 7-2-5
17	A	True	2-32-4

18. After the ready-for-play, each player of A who participated in the previous down and each substitute for A must have been, momentarily, between the 9-yard marks, before the snap.
A. True
B. False
19. It is illegal participation if a player is lying on the ground to deceive the opponent at or immediately before the snap or free kick.
A. True
B. False
20. A player who is attempting to pass is a runner until the player gives up possession of the ball by losing control of the ball.
A. True
B. False
21. If an illegal forward pass strikes the ground, the ball remains live.
A. True
B. False
22. A backward pass out of bounds is an illegal pass.
A. True
B. False
23. When the team commits a live-ball foul followed by one or more dead-ball fouls, all fouls may be penalized.
A. True
B. False
24. During a down if B1 holds and then B2 commits an unsportsmanlike act, only one foul can be penalized.
A. True
B. False
25. A kick does not end when a player gains possession or when the ball becomes dead while not in player possession.
A. True
B. False
26. A charged time-out occurs when the ball is dead and is the request of either a player or the head coach (or head coach's designee).
A. True
B. False

18	A	True	7-2-1
19	A	True	9-6-4e
20	A	True	2-32-11, 2-32-13
21	B	False	4-2-2c
22	B	False	7-4-3, 7-5-2
23	A	True	10-1-4
24	B	False	2-16, 10-2-4
25	B	False	2-24-2
26	A	True	3-5-2

27. When a forward fumble goes out of bounds or is ruled out of bounds between the goal lines, the ball shall be returned to the spot of the fumble.
A. True
B. False
28. When a foul is committed with less than two minutes remaining in either half, the offended team will have the option to start the game clock on the snap.
A. True
B. False
29. Protests of NFHS rules are not recognized.
A. True
B. False
30. 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
31. A new force can be added to a kick in flight.
A. True
B. False
32. A foul during a try is not paired with a dead-ball foul to create a double or multiple foul.
A. True
B. False
33. Effective 2026, arm sleeves, whether attached to a shirt or unattached, manufactured to enhance contact with the football or opponent must meet the SFIA Specification at the time of manufacture.
A. True
B. False
34. If a substitute or replaced player influences the play, it is illegal participation.
A. True
B. False
35. If a pool of water forces the referee to move the ball for K's free kick, the free-kick lines may be less than 10 yards apart.
A. True
B. False
36. The referee shall have the authority to correct obvious errors in timing by the play clock if the discovery is prior to the snap.
A. True
B. False

27	A	True	3-4-2
28	A	True	4-3-1 EXCEPTION
29	A	True	3-4-7
30	B	False	1-1-11
31	B	False	2-31-3
32	A	True	2-13-1, 8-5-1
33	B	False	10-2-6
34	A	True	1-5-2d
35	B	False	9-6-3
			6-1-1, 6-1-2

37. When properly placed, the goal line pylon is inbounds at the intersection of the sideline and the goal line extended.
A. True
B. False
38. A Team B player may grasp or hold an opponent in an effort to clear a path for a teammate to get to the runner.
A. True
B. False
39. Each team shall designate a player as field captain, and the field captain is the only player who may communicate with game officials.
A. True
B. False
40. There is a two-minute intermission between each of the periods and following a try, successful field goal or safety and prior to the succeeding free kick.
A. True
B. False
41. The visiting team is responsible for avoidance of similarity of colors, but if there is doubt, the referee may require players of the home team to change jerseys.
A. True
B. False
42. The referee's decisions are final in all matters pertaining to the game and any situation not specifically covered in the rules.
A. True
B. False
43. The horizontal crossbar and the uprights above it shall be free from any decorative material except paint which is recommended to be either silver, white or yellow in color.
A. True
B. False
44. Batting is the touching of a loose ball by a player in an unsuccessful attempt to secure possession.
A. True
B. False
45. Pass eligibility rules apply to both legal and illegal forward passes.
A. True
B. False

37	B	False	1-2-4
38	B	False	2-3-5b, 9-2-3c
39	A	True	1-4-1
40	B	False	3-5-7l
41	A	True	1-5-1b(3)c
42	A	True	1-1-6
43	A	True	1-2-5g
44	B	False	2-2, 2-27
45	B	False	7-5-6

46. Game officials may use supplementary equipment to aid in game administration as authorized by the state association.
A. True
B. False
47. An authorized conference is permitted during the one-minute intermission between periods.
A. True
B. False
48. A foul can cause loss of the ball.
A. True
B. False
49. The referee's decision to forfeit a game is final.
A. True
B. False
50. It is not a touchdown when a loose ball is caught or recovered by a player while the ball is on or behind the opponent's goal line.
A. True
B. False

46	A	True	1-3-7
47	A	True	3-5-7f, 3-5-8
48	B	False	2-16-3
49	A	True	1-1-10
50	B	False	8-2-1b