



2019 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. At the snap, at least five A players shall be on their line of scrimmage and no more than five A players may be backs.
A. True
B. False
2. The penalty for illegal kicking or batting is 5 yards.
A. True
B. False
3. Ready-for-play signifies that the ball may be put in play by a snap or a free kick with 25 seconds or 40 seconds on the play clock.
A. True
B. False
4. The penalty for a player who is not properly equipped is to remove that player for at least one down.
A. True
B. False
5. The passer continues to be a defenseless player until the legal forward pass ends or the passer moves to participate in the play.
A. True
B. False
6. The signal for free kick infractions, other than encroachment of the neutral zone is Signal 18.
A. True
B. False
7. At the option of the offended team, the basic spot may be the succeeding spot for fouls by K during a free or scrimmage-kick down (other than kick-catch interference) prior to the end of the kick when K will not be next to put the ball in play.
A. True
B. False
8. The ball becomes dead and the down is ended when a prosthetic limb comes completely off the runner.
A. True
B. False

9. No player or nonplayer shall trip an opponent.

- A. True
- B. False

10. Effective with the 2024 season, the entire body of the number shall be a single solid color that clearly contrasts with the body color of the jersey.

- A. True
- B. False

11. The horse-collar foul is enforced as a live-ball foul.

- A. True
- B. False

12. By state association adoption, use of instant replay is allowed only for postseason contests.

- A. True
- B. False

13. During a kick, an offensive player may use his hands or arms to ward off an opponent who is attempting to block him.

- A. True
- B. False

14. It is not forward-pass interference if contact by B is obviously away from the direction of the pass.

- A. True
- B. False

15. Game officials may use supplementary equipment to aid in game administration as authorized by the state association.

- A. True
- B. False

16. An artificial arm may not be worn by any player.

- A. True
- B. False

17. Decorative markings in the end zone may be within a foot of the goal line.

- A. True
- B. False

18. When R1 gains possession of a free kick, blocking below the waist by teammates is legal.

- A. True
- B. False

19. It is recommended that the restraining line be marked by placing 12-inch-long lines, separated at 24-inch intervals.

- A. True
- B. False

20. A down ends when the live ball becomes dead.

- A. True
- B. False

21. Defensive players are restricted from contacting the ball or the snapper's hand(s) or arm(s) until the snapper has released the ball.

- A. True
- B. False

22. A tinted eye shield is illegal.

- A. True
- B. False

23. A receiver attempting to catch a pass who has not had time to clearly become a runner, is not considered a defenseless player.

- A. True
- B. False

24. Illegal participation fouls by the receiving team occurring during the kick are enforced under post-scrimmage kick fouls.

- A. True
- B. False

25. 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

26. The head coach of each team is not responsible for his team being on the field for the mandatory three-minute warm-up period after halftime intermission.

- A. True
- B. False

27. If there is a double foul during the last timed down of a period, the period is automatically extended.

- 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. The succeeding spot is where the ball was last snapped or free kicked.

- A. True
- B. False

30. A signal given by R1 in or behind the neutral zone during a scrimmage kick is an illegal fair-catch signal.
- A. True
 - B. False
31. If R1 signals for a fair catch, he may not block until the kick ends.
- A. True
 - B. False
32. When a penalty is accepted 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
33. It is a field goal even if part of the ball passes through the line of the upright extended.
- A. True
 - B. False
34. No player or nonplayer shall execute a blindside block outside of the free-blocking zone with forceful contact unless initiated with open hands.
- A. True
 - B. False
35. If K1's field-goal attempt deflects off K2's shoulder while he is in the expanded neutral zone, no goal is scored even if the ball passes between the uprights and above the crossbar.
- A. True
 - B. False
36. A backward pass is a pass thrown with its initial direction parallel with or toward the runner's end line.
- A. True
 - B. False
37. 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
38. If an illegal forward pass strikes the ground, the ball remains live.
- A. True
 - B. False
39. A backward pass out of bounds is an illegal pass.
- A. True
 - B. False

40. A disqualified player shall be removed even if the penalty for the foul is declined.
- A. True
 - B. False
41. If a player refuses to comply with a game official's directive, the player will be disqualified.
- A. True
 - B. False
42. An offensive player cannot commit a spearing foul.
- A. True
 - B. False
43. An attempt by B to interfere with A's signals prior to the snap is a live-ball foul.
- A. True
 - B. False
44. No foul causes a live ball to become dead.
- A. True
 - B. False
45. A player may be withdrawn and re-entered legally during the same dead-ball interval if the period ends during the dead-ball interval.
- A. True
 - B. False
46. If a pool of water forces the referee to move the ball for K1's kick, the free-kick lines may be less than 10 yards apart.
- A. True
 - B. False
47. A punt may be used for the free kick on a kickoff.
- A. True
 - B. False
48. After a safety, unless moved by a penalty, R's free-kick line is K's 30-yard line.
- A. True
 - B. False
49. The kickers may not advance a recovered free kick.
- A. True
 - B. False
50. A kick ends as soon as R1 touches the kick.
- A. True
 - B. False

51. A handed ball beyond the neutral zone is considered to be a pass.
- A. True
 - B. False
52. A foul that occurs simultaneously with the snap is an exception to the all-but-one enforcement principle.
- A. True
 - B. False
53. If a player is blocked out of bounds by an opponent and returns inbounds, at the first opportunity he/she may legally participate.
- A. True
 - B. False
54. An inadvertent whistle does not end the down.
- A. True
 - B. False
55. If end A1 voluntarily goes out of bounds and immediately returns during the down, it is illegal participation.
- A. True
 - B. False
56. All fouls by A during the down are enforced from the basic spot.
- A. True
 - B. False
57. Fouls that occur after an inadvertent whistle can only be dead-ball fouls.
- A. True
 - B. False
58. A foul during a try is not paired with a dead-ball foul to create a double or multiple foul.
- A. True
 - B. False
59. Enforcement provisions apply to all player fouls.
- A. True
 - B. False
60. Helping the runner carries a 15-yard penalty.
- A. True
 - B. False
61. Forward pass interference can occur behind, in or beyond the neutral zone.
- A. True
 - B. False

62. While it is possible to have several running plays during a down, with each one having its own basic spot of penalty enforcement (where the related run ended), there can only be one loose-ball play during a down.
- A. True
 - B. False
63. If a substitute or replaced player influences the play, it is illegal participation.
- A. True
 - B. False
64. Replaced players shall begin to leave the field within three seconds.
- A. True
 - B. False
65. If during a down in which time expires, K1 holds during a successful field-goal attempt, the period is automatically ended and the score is canceled.
- A. True
 - B. False
66. The kicking tee may not elevate the ball more than 2 inches above the ground.
- A. True
 - B. False
67. A shift which is designed to cause Team B to encroach is a false start.
- A. True
 - B. False
68. Yard-line markers -- constructed of soft, pliable materials -- if placed on the ground, should be no closer than 2 yards to the sideline.
- A. True
 - B. False
69. The goal-line pylons may be any color as long as they are the same color.
- A. True
 - B. False
70. The ball shall have the NFHS Authenticating Mark.
- A. True
 - B. False
71. If B1 intercepts A's forward pass in B's end zone, it is a safety if he is tackled there.
- A. True
 - B. False

72. It is a touchback when A1 fumbles on B's 2-yard line and the ball goes into B's end zone and out-of-bounds there.
- A. True
 - B. False
73. The team whose goal line is involved shall put the ball in play anywhere between the hash marks on its 20-yard line by a snap after a touchback and by a free kick after a safety.
- A. True
 - B. False
74. If A1 is in his own end zone when he intentionally grounds a forward pass, it is a safety even if B declines the penalty.
- A. True
 - B. False
75. A scrimmage kick recovered in or behind the neutral zone may be advanced by K or R, unless it is during a try.
- A. True
 - B. False
76. Effective 2021, the jerseys of the home team shall be a dark color that clearly contrasts to white.
- 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 the head coach.
- A. True
 - B. False
78. A television time-out is not charged to either team.
- A. True
 - B. False
79. On a free kick to start a period, the game clock will start when the ball is touched other than first touching by K.
- A. True
 - B. False
80. A state association may establish guidelines to use a running game clock when a point differential is reached.
- A. True
 - B. False
81. Member state associations may determine the number of game officials to be used during a game.
- A. True
 - B. False
82. There is a two-minute intermission following a try, successful field goal or safety and prior to a free kick.
- A. True
 - B. False

83. During a down, if time expires for a period and a signal is sounded, the game officials shall ignore the signal.
- A. True
 - B. False
84. It is a touchback if A1 fumbles on B's 5-yard line and B1's muff forces the loose ball into B's end zone and out of bounds beyond the end line.
- A. True
 - B. False
85. A football jersey must completely cover the shoulder pads and all pads worn above the waist on the torso.
- A. True
 - B. False
86. During a field-goal attempt, the ball becomes dead if the kick is blocked behind the neutral zone.
- A. True
 - B. False
87. Possession of a live ball in the opponent's end zone is always a touchdown.
- A. True
 - B. False
88. A forward-pass interference foul can occur only beyond the neutral zone.
- A. True
 - B. False
89. It is not a touchdown when a loose ball is caught or recovered by a player while the ball is on or behind his opponent's goal line.
- A. True
 - B. False
90. Whether the next down will be first down is determined at the time the ball becomes dead and after considering any act, except a nonplayer foul or unsportsmanlike foul, which occurred during the down.
- A. True
 - B. False
91. The penalty for blocking after giving a valid or invalid fair-catch signal is _____
- A. 5 yards.
 - B. 10 yards.
 - C. 15 yards.
 - D. None of the above.

92. A block against an opponent, other than the runner, who does not see the blocker approaching is:

- A. Chop Block
- B. Interlocked Blocking
- C. Blindside Block
- D. Spearing

93. After a team has used its permissible charged time-outs for the half, any subsequent request shall be denied unless it is for:

- A. An apparently injured player who is so designated when the request is made.
- B. Necessary repair to player equipment except as in 3-5-10d.
- C. The review of a possible misapplication or misinterpretation of a rule.
- D. Any of the above.

94. The ball may contain only the following permissible items:

- A. Ball manufacturer's name and/or logo.
- B. School name, logo and/or mascot.
- C. State association name and/or logos.
- D. Any of the above.
- E. None of the above.

95. Pass interference restrictions on a legal forward pass begin for _____

- A. A with the snap.
- B. B with the snap.
- C. A when the ball leaves the passer's hand.
- D. All of the above.

96. K's free-kick line after a safety is the _____

- A. 35-yard line.
- B. 30-yard line.
- C. 25-yard line.
- D. 20-yard line.

97. The penalty for a forward pass, batted, muffed or caught by an ineligible A player who is behind, in or beyond the neutral zone is _____

- A. loss of 5 yards and loss of down.
- B. loss of 5 yards and no loss of down.
- C. loss of 10 yards and loss of down.
- D. loss of 10 yards and no loss of down.

98. A defensive player shall not:

- A. Use his hands to add momentum to the charge of a teammate who is on the line of scrimmage.
- B. Use his hands or arms to hook, lock, clamp, grasp, encircle or hold in an effort to restrain an opponent other than the runner.
- C. Contact an eligible receiver who is no longer a potential blocker.
- D. Any of the above.

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

- A. previous spot
- B. spot of the foul
- C. end of the run
- D. goal line

100. No player or nonplayer shall:

- A. Hurdle an opponent.
- B. Throw a helmet to trip an opponent.
- C. Initiate illegal helmet contact.
- D. Any of the above.
- E. None of the above.

