



# 2022 Girls NFHS Rules Exam

1. **With two seconds left in the game, White #3 has an 8m free position. On the whistle, White #3 runs in and releases the ball prior to the horn. It enters the goal after the horn. The official should disallow the goal.**
  - a. True
  - b. False
2. **On the draw, all players below the restraining line are released when: (Select all that apply)**
  - a. A player from either team has gained possession of the ball.
  - b. A whistle stops play for a foul.
  - c. The ball goes out of bounds off a player or the player's crosse.
  - d. The ball crosses the restraining line.
3. **Which of the following is true regarding goalkeeper equipment?**
  - a. The Goalkeeper may wear eyeglasses, either tinted or clear.
  - b. Chinstraps must be properly secured to helmets.
  - c. A Goalkeeper may attach a concussion shield to her helmet.
  - d. All of the above
  - e. A&B
4. **Following a whistle blown for a foul outside of the critical scoring area, the player who is awarded the free position may self-start and continue the course of play without waiting for an additional whistle.**

**The offending player shall move 4 meters as directed by the official from the player taking the free position.**

**All other players may move freely as long as they are at least 4 meters from the player taking the free position.**

  - a. True
  - b. False
5. **To resume play when the ball has gone out of bounds, any player from the team awarded possession:**
  - a. Shall bring the ball in from out of bounds to start play with a self-start in bounds
  - b. May pass the ball to a teammate from out of bounds
  - c. May re-start play from out of bounds. Play commences when the ball carrier steps in-bounds
  - d. All of the above
  - e. A & C
6. **On a flag, Red shoots and then runs into the goal circle. Offsetting fouls are called, and the Red team has the Alternate Possession. The free position will be awarded:**

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- a. At the 8m hash on the GLE with all players 4m away.
  - b. On the closest 8m hash to where the foul for the flag occurred; White goes behind; clear the penalty zone.
  - c. At the dot closest to where the foul occurred when the whistle was blown to stop play. Closest white player will move 4m away and nearer to the goal she is defending. All others at least 4m away.
  - d. On the 12m fan, closest to where the foul occurred; White is 4m away.
7. **White #9 pushes Blue #22 in the midfield. The official blows the whistle to stop play for a major foul. Blue #22 has the ball within playing distance of the foul. Which of the following options are legal:**
- a. Blue #22 retains the ball, stops and self-starts.
  - b. Blue #22 self-starts when White #9 is only 2M behind.
  - c. Blue #22 retains the ball, stops and waits for the offender to move 4m behind and self-starts.
  - d. All of the above
  - e. A & C
8. **When clearing the penalty zone, which of the following procedures are CORRECT? (Select all that apply)**
- a. The defender, just outside the 8m arc, is entitled to move to the hash adjacent to the player taking the free position.
  - b. An attack player may move to the adjacent hash if no defender has elected to claim that hash.
  - c. Players are no longer required to take the shortest route out.
  - d. Players outside the CSA may choose to enter the CSA and position themselves on the 8m arc, or elsewhere inside the CSA, if no delay occurs.
9. **As White #2 scores a goal, Blue #8 roughly checks White #2. The official signals the goal, calls timeout, and cards Blue #8- either yellow or red depending on the severity of the foul. How shall play be restarted?**
- a. Blue #8 leaves the field to serve the appropriate penalty time. No substitute may take her place on the field. White is awarded the ball at the center, with a Blue player placed 4m away at 45-degree angle. Whistle start.
  - b. Blue #8 leaves the field to serve the appropriate penalty time. No substitute may take her place on the field. White is awarded the ball at the center, with a Blue player placed 4m behind. Whistle start.
  - c. Blue #8 leaves the field to serve the appropriate penalty time. No substitute may take her place on the field.
  - d. White is awarded the ball at the center and no Blue player is allowed in the center circle. Whistle start.

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- e. Blue #8 leaves the field to serve the appropriate penalty time. No substitute may take her place. Play is re-started with White possession at center, draw positioning does not apply and all players at least 4m away from the FP. Whistle start.
- 10. After the draw and the ball is in play, players from both teams step over the restraining line before possession is established. The official calls time out. How shall the free position be administered?**
- The team who has the Alternate Possession shall be awarded the ball and may self-start.
  - The team who has the Alternate Possession shall be awarded a free position at the spot of the ball, no closer than 4m from the boundary. An opponent shall be placed 4m 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.
- 11. The Blue team goalkeeper has made a save and is now in possession of the ball in the goal circle. The official begins the 10 second count. If the ball leaves the goal circle (either thrown or carried out) which of the following must happen before the ball can legally be returned to the goal circle?**
- The goalkeeper who carried the ball out of the goal circle has her stick checked by an opponent.
  - The player from the opposing team knocks down an attempted pass from the goalkeeper.
  - The Blue goalkeeper that has carried the ball out of the goal circle is pushed and a foul is called.
  - All of the above
  - B & C
- 12. During a draw, which of the following is considered an Early Entry foul? (select all that apply)**
- A player behind the restraining line stepping on or over the restraining line before possession is established.
  - Players on the circle stepping on or over the line before the whistle is blown.
  - Players taking the draw moving their stick before the whistle is blown.
  - Blue player #6 moves below the restraining line, allowing Blue player #2 to cross the restraining line, becoming the 3<sup>rd</sup> player between the restraining lines.
- 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?**
- Allow the goalkeeper to go pick up the ball, step in up to 2m inside the boundary line and self-start.
  - Allow the goalkeeper to go pick up the ball, bring it back into the goal circle and self-start from inside the goal circle.

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- c. Allow the goalkeeper to go pick up the ball, step in up to 2m inside the boundary line and wait for the official's whistle to restart play.
- d. Allow(Direct) the goalkeeper to go pick up the ball, bring it back into the goal circle and wait for the official's whistle to restart play.
- e. Allow the goalkeeper or any teammate to retrieve the ball and legally initiate a self-start from the boundary.

**14. When the ball crosses over the Restraining Line and is just outside the 12m, the official realizes Blue attack is offside and blows her whistle for time-out. What is the free position set up?**

- a. Correct offside. Closest White player to the spot of the ball awarded the free position at that spot; Blue player with the ball will go 4m behind. Whistle start.
- b. Set up the free position with White going out and Blue 4m behind. Self-start.
- c. Correct offside. Set up the free position at the top of the 12m fan with White going out and Blue 4m behind. Self-start.
- d. Correct offside. Set up the free position for White at the closest dot and Blue 4m behind. Self-start.

**15. During the last two minutes of play in the first half. Blue #2 has the ball just outside the 12m fan when White #17, inside the 8m arc, is called for three seconds. What is the penalty administration?**

- a. Stop the clock and set up the free position at the 8m hash mark closest to the spot of the ball when the whistle was blown, White player is placed 4m behind. No self-start.
- b. Stop the clock and set up the free position at the 8m hash mark closest to where the 3 second violation occurred at the time of the whistle; White player is placed 4m behind. No self-start.
- c. Do not stop the clock and set up the free position at the spot of the ball when the whistle was blown, White player goes 4 behind. Self-start.
- d. Stop the clock and set up the free position at the spot of the ball when the whistle was blown, White player is placed 4m behind. Whistle start.

**16. On a boundary restart, Red #3 throws the ball to her teammate from out of bounds. The official should.**

- a. Whistle. Give the opponent the ball 2m in from the boundary. Red #3 shall move 4m away.
- b. Allow play to continue.
- c. Whistle. Administer a false start penalty.
- d. Whistle. Give the ball back to Red #3 to restart. Repeated violations shall be a delay of game.
- e. Whistle. Give the opponent the ball out of bounds.



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17. While in the CSA, White attack charges into a Blue defender causing a foul that ends play. Blue can now pick up the ball and self-start going out.
- True
  - False
18. The score is 15-2 in the second half of the game with 1:52 left on the clock. White #16 is cross-checked by Blue #2. The official blows her whistle and then White #16 immediately self-starts. The official should blow the whistle and signal a change of possession for self-starting in under 2 minutes of the game.
- True
  - False
19. After a draw and before possession is determined, the whistle is blown for an early entry violation at the restraining line by Black #7. How is play restarted?
- The ball goes back to the center and the White team may self-start or wait until the Black center moves 4m away and then self-starts.
  - A redraw is taken.
  - Play is restarted at the spot of the ball at the time of the foul. The offender goes 4m towards the goal she is defending. All other players are at least 4m away and the player may self-start.
  - Play is restarted at the spot of the ball, with all players 4m away and the official must restart play with a whistle.
20. When is it legal for a coach to ask for a stick check?
- At any stoppage of the game clock, except during an injury time-out
  - Following the winning goal in overtime
  - After a goal and during a team time-out
  - All of the above
21. Which of the following are mandatory cards?
- Slash
  - Dangerous Contact
  - Dangerous Shot
  - All of the above
  - Only A & B
22. Following a minor foul in the 12m fan, Blue #2 is awarded an indirect free position on the fan and all other players are positioned 4m away. Blue #2 runs behind the goal circle, untouched, wraps the goal circle and shoots on goal. The official blows the whistles for a foul. What is this foul and how is this penalty administered?

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- a. This is a goal circle foul. The ball is given to the goalkeeper and Blue #2 is placed 4m behind the goal circle. Self-start.
- b. This is a goal circle foul. Because Blue #2 went below the goal line extended, the ball will be awarded to the defender closest to the dot. Blue #2 will be placed 4 meters behind the ball. Whistle start.
- c. This is an illegal shot foul. The ball is given to the closest defender to Blue #2 on the spot of the foul but no closer than 8m from the goal circle. Blue #2 is placed 4m behind the ball. Whistle start.
- d. There is no foul because the ball carrier went behind the goal circle which negates the indirect free position.

**23. The Blue goalkeeper makes a save, has possession of the ball, and is straddling the goal circle (1 foot touching the goal circle line and 1 foot out). Red #4 approaches to play defense on the goalkeeper. In order to protect the ball, the goalkeeper steps back into the goal circle. What should the official do?**

- a. Change of possession, Red #4 is awarded the ball at the 8m center hash. The goalkeeper stays in the goal circle.
- b. Change of possession, Red #4 is awarded the ball 8m away from the goal circle on the goal line extended. The goalkeeper remains in the goal circle.
- c. Change of possession, Red #4 is awarded the ball at the nearest dot. All other players are moved 4m away. The goalkeeper remains in the goal circle.
- d. Allow play to continue. The goalkeeper may continue legal play as long as one of their feet remained in contact with the circle when they stepped out, then returned to the circle.

**24. A dangerous check is called against White defense just as Blue attack is being called for offside. The ball is in the center of the 8m at the time, and White has the Alternate Possession arrow. How is this administered for the restart?**

A.



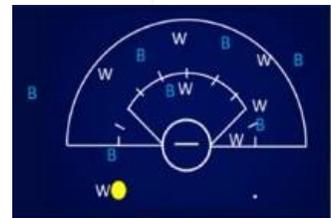
B.



C.

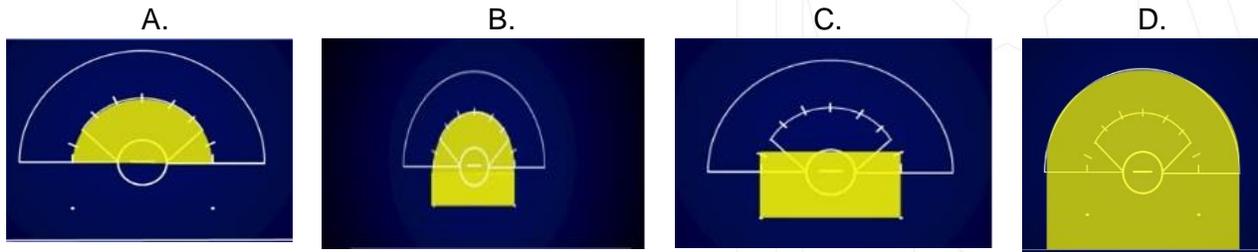


D.



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25. Identify the Penalty Zone.



26. When a major foul is called in the critical scoring area between the 8 meter arc and the 12 meter fan, the foul is set up with a free position on the 12 meter fan closest to the spot of the foul, the offender goes behind, and the penalty lane is cleared, and all other players are a minimum of 4m away.

- a. True
- b. False

27. Which of the following is a minor foul?

- a. Empty stick check.
- b. Warding.
- c. Playing the ball while stepping on the boundary line.
- d. All of the above
- e. A & C

28. A shot is deemed complete when: (Select all that apply)

- a. The ball comes to rest on the field of play or inside the goal circle
- b. Any player gains possession
- c. The ball goes out of bounds
- d. The ball touches the ground below the goal line extended

29. An 8-meter free position has been awarded at a hash mark to a Blue player and the Blue team calls a possession time-out. At the end of the time-out, the Blue team resumes play at:

- a. The location of the 8-meter free position.
- b. The 12-meter fan directly above the 8-meter free position.
- c. The goal line extended, 8-meters away from the goal circle.
- d. The closest dot.

30. A Blue player has possession of the ball between the 8m arc and 12-meter fan and a possession time-out is called. At the end of the time-out, the Blue team resumes play at:

- a. The spot of the ball when the time out was called.
- b. The 12-meter fan directly above the spot of the ball when time out was called.

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- c. An 8-meter hash mark closest to the spot of the ball when time out was called.
  - d. The closest dot.
- 31. A Blue defender takes a hash mark adjacent to an 8-meter free position and an offensive player stands next to the defender on the 8-meter arc. Another Blue defender may stand next to the defender on the adjacent hash and force the offensive player to move.**
- a. True
  - b. False
- 32. Defense is awarded a free position for an offensive foul within the CSA, above the GLE, and inside the 8m arc. The official correctly places the Free Position "no closer than 8 m" to the goal circle, going out. Before the whistle can be blown to start play, the Defender self-starts. The official:**
- a. Reset the Free Position, reminding the ball carrier she MUST wait for the whistle.
  - b. Blow her whistle for a false start and award the ball to offense on the closest 8m hash, clearing the penalty zone. Whistle start.
  - c. Blow her whistle for a false start and award the ball to offense on the closest spot on the 12m arc, clearing the penalty lane. Whistle start.
  - d. Award an offsetting foul on the dot, as the offense had fouled, and now the opposing team has false started.
- 33. Blue intercepts a pass at mid-field and begins a fast break towards goal. As the Blue ball carrier crosses the RL, a White non-marking defender clearly positions herself in the 8m arc in the direct path to goal. The official shall:**
- a. Blow her whistle for shooting space violation as the ball has crossed the RL. Award an 8m hash to Blue, clear the penalty zone. Offender placed 4m behind. Whistle start.
  - b. Blow her whistle for shooting space violation and card the White defender for intentionally putting herself in harm's way. Award 8m hash to Blue, clear the penalty zone. No one placed behind due to card. Whistle start.
  - c. Preventively officiate and tell the White defender to get out of shooting space or mark up.
  - d. Allow play to progress as Shooting Space calls can only be determined and called when the ball has entered the CSA.
- 34. The Blue goalkeeper has the ball within the goal circle and the official count has begun. At the count of "7", Blue calls a possession time out. Play resumes with:**
- a. A new 10 second count for the Blue goalie. Whistle start.
  - b. Ball goes to the dot, Blue team has possession, all players 4m away, Whistle start.
  - c. Goalie possession within the circle. The official will whistle to restart play and continue the count from the point of interruption, beginning with 8.
  - d. The team with the next alternative possession is awarded the ball at the dot. All players 4m away. Whistle start.

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**35. Which of the following are true when a ball goes out of bounds during the draw?**

- a. After the draw, if the ball goes out-of-bounds off a player's body or stick, the ball goes to any player from the opposing team.
- b. A redraw will take place when the draw goes directly out of bounds
- c. Alternate possession will take place if, after the draw, other players contact the ball and the officials are unable to determine which team caused the ball to go out of bounds.
- d. All of the above

**36. It is always illegal to set a moving pick outside of the visual field of the opposing player EVEN if enough time and space has been given.**

- a. True
- b. False

**37. What criteria must be met in order for a pick to be considered legal?**

- a. The pick must ALWAYS be stationary without movement.
- b. The player setting the pick must allow time and space for the opponent to be able to stop or change direction.
- c. When a pick is set in the visual field of the opponent, there is no need for time and space to be given for the player to stop or change direction.
- d. All of the above

**38. When is the three second rule in effect?**

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

**39. If one player receives 2 yellow cards in one game, they are disqualified for that game and the next.**

- a. True
- b. False

**40. During an injury time out which of the following is legal?**

- a. Player may remain on the field if coach certifies she is ok to continue play
- b. Unlimited number of players may substitute
- c. A Coach may ask for a stick check
- d. All of the Above

**41. In which of following scenarios is it NOT legal to substitute a player on the field during the game.**

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- a. During the administration of a card
  - b. During an official's time out for an inadvertent whistle.
  - c. During an Injury time-out
  - d. Once the officials' hand is in contact with both centers' sticks for the draw
- 42. Which of the following is legal for the goalkeeper to wear?**
- a. Tinted eye wear under the helmet
  - b. A go-pro camera on the top of the helmet
  - c. Soft arm band on the wrist
  - d. A and C
- 43. Should an official become aware of the following during the administration of a draw, in which situation would a minor foul be awarded?**
- a. Earrings covered with tape
  - b. Hair tie or soft bracelets on the arm
  - c. Hair adornment such as hair beads that do not cause danger to other players
  - d. All of the above
- 44. The goalkeeper, for both youth and high school, are required to wear shin guards.**
- a. True
  - b. False
- 45. The timekeeper lets the official know that there are two minutes left in the half. The official and timekeeper will now stop the clock:**
- a. On every whistle
  - b. For all fouls in the Critical Scoring Area
  - c. For official time-outs
  - d. For B & C
- 46. The goalkeeper false starts while in the goal circle, the official should**
- a. Award the ball to the opposing team on the 8m and place the goalie 4 meters behind. Whistle start.
  - b. Award the ball to the opposing team on the dot and place the goalie 4 meters behind. Whistle start.
  - c. Allow play to continue, the goalie is exempt from false starts
  - d. Award the ball to the opposing team on the nearest dot, no defender behind and allow the goalie to remain in the goal circle. Whistle start.
- 47. Official time-outs include: Select all that apply.**
- a. Alternate Possession

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- b. Offsides
- c. Inadvertent Whistle
- d. Issuance of a card
- e. Redraw
- f. All of the above

**48. During the draw a player from the blue team crosses the restraining line before possession is gained by either team. The official should administer the early entry penalty with:**

- a. A redraw
- b. A free position for the opposing team at the center and draw positioning applies
- c. A free position for the opposing team at the spot of the ball at the time of the foul, draw positioning applies
- d. A free position for the opposing team at the spot of the ball at the time of the foul, draw positioning does not apply.

**49. After the draw, the player from the red team runs to towards the team bench area on the sideline and throws their stick to a player on the sideline and grabs one from that player. What should the official do.**

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

**50. When is a self-start NOT an option?**

- a. On an illegal draw
- b. When there is an alternating possession
- c. On a boundary restart behind the goal circle
- d. On a major or minor foul outside the Critical Scoring Area

**51. The official blows the whistle to administer a card to a player on the blue team. A player from the White team runs to the substitution area to allow a substitute to enter. The official blows the whistle and calls the White team for illegal substitution. Is this call correct?**

- a. Correct
- b. Incorrect