



## 2018 NFHS Football Rules 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. Completely clear or completely white tooth and mouth protectors are legal.

**A. True**

B. False

2. The NFHS disapproves of any form of taunting that is intended or designed to embarrass, ridicule or demean others under any circumstances.

**A. True**

B. False

3. Football gloves are required to meet either the SFIA specification or the existing NOCSAE standard at the time of manufacture.

**A. True**

B. False

4. The penalty for a player who is not properly equipped has changed from a distance penalty against the team to removal of that player for at least one down.

**A. True**

B. False

5. The passer continues to be a defenseless player until the pass ends or the passer moves to participation in the play.

**A. True**

B. False

6. The signal for free kick infractions, other than encroachment of the neutral zone, has been changed from Signal 19 to Signal 18.

A. True

**B. False**

7. The basic spot may, at the option of the offended team, be the succeeding spot for fouls by K during a free scrimmage kick down (other than kick-catch interference) 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. A fumble is the touching of a loose ball by a player in an unsuccessful attempt to secure possession.
- A. True
- B. False**
10. When the ball is loose following an illegal kick, it does not retain the same status as prior to the illegal kick.
- A. True
- B. False**
11. 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**
12. Blocking is obstructing an opponent by contacting him with any part of the blocker's body.
- A. True**
- B. False
13. Clipping in the free-blocking zone is illegal.
- A. True**
- B. False
14. It is a foul for non-contact face guarding on a forward pass.
- A. True
- B. False**
15. Other than replay or television monitoring equipment, 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. A drop kick or place kick may be used following a safety.
- A. True**
- B. False
19. The two 1-inch white or yellow stripes on the ball shall be located only on the two panels adjacent to the laces.
- A. True**
- B. False

20. A down is action which starts with a legal snap or a free kick and ends when the ball next 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 back may not wear a jersey with a number 50 through 79.

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 now enforced under post-scrimmage kick fouls.

**A. True**

B. False

25. A period shall not be extended by an untimed down if, during a down in which time expires, a foul occurs for which enforcement, by rule, results in a safety.

**A. True**

B. False

26. If a double foul occurs during a down in which time expires, the period is ended.

A. True

**B. False**

27. The period shall be extended if, during a down in which time expires, B1 commits an unsportsmanlike foul and the penalty is accepted.

A. True

**B. False**

28. Giving an invalid fair-catch signal carries a 15-yard penalty.

A. True

**B. False**

29. A pop-up kick is a free kick in which the kicker drives the ball immediately into the ground, the ball strikes the ground once and goes into the air in the manner of a ball kicked directly off the tee.

**A. True**

B. False

30. Only one receiver may give a signal for a fair catch while any legal kick is in flight.

A. True

**B. False**

31. If a low scrimmage kick is touched by R1 in the neutral zone, kick-catching interference restrictions have ended and no fair catch can be made.

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. After the passer has clearly released the ball from in or behind the neutral zone, Team B must make a definite effort to avoid charging into the passer.

**A. True**

B. False

38. A pass thrown backward out of bounds to stop the clock is an illegal pass.

A. True

**B. False**

39. A backward pass out of bounds is an illegal pass.

A. True

**B. False**

40. A multiple foul is one or more live-ball fouls by each team resulting in offsetting penalties.
- A. True
  - B. False**
41. Grasping the tooth and mouth protector attached to the face mask is not a foul.
- 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. Penalties for dead-ball fouls are enforced separately and in the order in which they occurred.
- 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. If K1 is first to touch a free kick between the free-kick lines, such touching is ignored.
- 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. A free kick may be made after a fair catch.
- 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. Free-kick lines are always 10 yards apart.

**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. Following a change of possession, if an inadvertent whistle is sounded, the down must be replayed.

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. If touching causes the ball to become dead, securing possession of the ball has no significance.

**A. True**

B. False

62. A scrimmage kick recovered in or behind the neutral zone may not be advanced by K or R.

A. True

**B. False**

63. It is not a foul if A1 immediately returns to the field and makes a block after being blocked or pushed out of bounds by B1.

**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. It is recommended that goal lines be marked in a color that contrasts with other field markings.

**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 pylon when properly placed on the goal line is out of bounds at the intersection of the sideline and goal-line extended.

**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. It is a safety if A1 retreats into A's end zone and fumbles the ball beyond the end line.

**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. An official's time-out can be called for unusual heat or humidity situations.

**A. True**

B. False

78. A clock will start with the ready-for-play following a television time-out.

A. True

**B. False**

79. On a free kick to start a period, the clock will start when the ball is touched other than first touching by K.

**A. True**

B. False

80. After the ball goes out of bounds, the clock always starts with the ready-for-play.

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. If a free kick is repeated due to a foul, the clock shall start when the free kick is touched, other than first touching by K.

**A. True**

B. False

84. The batting of a pass, kick or fumble in flight is not considered a new force for judging whether a touchback or safety results.

**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. If a touchdown is scored during the last down of the fourth period, the try shall not be attempted unless the point(s) would affect the outcome of the game or playoff qualifying.

**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 top of the crossbar on the goal post shall be \_\_\_\_\_ above the ground, measured from the base of each upright to the top of the crossbar at the intersection, or at each end of the crossbar perpendicular to the ground when a single pedestal is used.

A. 8 feet

**B. 10 feet**

C. 12 feet

D. 14 feet

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 or 3-5-10e.
- 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. Following a foul, a series of downs ends when:

- A. The acceptance of the penalty includes the award of a first down.
- B. Acceptance or declination of any penalty leaves A in possession beyond the line-to-gain.
- C. Any of the above.**
- D. None of the above.

96. K's free-kick line after a safety and no penalty 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.