



2023 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. The basic spot is the previous spot unless Rule 8-5-2c applies for a foul by A or B when the run ends behind the line of scrimmage where there is no change of possession.
 - A. True
 - B. False

2. 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

3. The horse-collar foul is enforced as a live-ball foul.
 - A. True
 - B. False

4. By state association adoption, use of instant replay is allowed only for postseason games.
 - A. True
 - B. False

5. The field of play is the area within sidelines and the goal lines.
 - A. True
 - B. False

6. The free-blocking zone disintegrates and the exception for an offensive lineman to block in the back is not to continue after the ball has left the zone.
 - A. True
 - B. False

7. When R1 gains possession of a free kick, blocking below the waist by teammates is legal.
 - A. True
 - B. False

8. A down ends when the live ball becomes dead.
 - A. True
 - B. False

9. If there is a double foul during the last timed down of a period, the period is automatically extended.
 - A. True
 - B. False

10. Any receiver may signal for a fair catch while any legal kick is in flight.
 - A. True
 - B. False

11. The succeeding spot is where the ball was last snapped or free kicked.
 - A. True
 - B. False

12. 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

13. A simultaneous catch or recovery is a catch or recovery in which there is joint possession of a live ball by opposing players who are inbounds.
 - A. True
 - B. False

14. A disqualified player shall be removed even if the penalty for the foul is declined.
 - A. True
 - B. False

15. If a player refuses to comply with a game official's directive, the player will be disqualified.
 - A. True
 - B. False

16. Towels have to be the same solid color for each player if worn.
 - A. True
 - B. False

17. No foul causes a live ball to become dead.
 - A. True
 - B. False

18. A player or other person is out of bounds when any part of the person is touching anything, other than another player or game official that is on or outside the sideline or end line, and that player remains out of bounds until returning to the field with any body part touching the field and no body part touching out of bounds.
 - A. True
 - B. False

19. The kickers may not advance a recovered free kick.
A. True
B. False
20. A defenseless player includes a receiver who is forcefully contacted by an opponent and that contact is not an attempt to tackle by wrapping arm(s) around the receiver.
A. True
B. False
21. Any live-ball foul is penalized from the basic spot per Rule 10-4 unless otherwise specified by rule.
A. True
B. False
22. It is illegal substitution to have 12 or more players participating at the snap or free kick.
A. True
B. False
23. An inadvertent whistle does not end the down.
A. True
B. False
24. The penalty for a chop block is 10 yards.
A. True
B. False
25. Fouls that occur after an inadvertent whistle can only be dead-ball fouls.
A. True
B. False
26. Following a scrimmage kick by K1, the loose ball play ends when R1 touches the kick.
A. True
B. False
27. Forward pass interference can occur behind, in or beyond the neutral zone.
A. True
B. False
28. If a substitute or replaced player influences the play, it is illegal participation.
A. True
B. False

29. Players are not required to wear knee pads.
- A. True
 - B. False
30. 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
31. A shift which is designed to cause B to encroach is a false start.
- A. True
 - B. False
32. The team whose goal line is involved shall put the ball in play anywhere between the hash marks on its 25-yard line by a snap after a touchback and by a free kick after a safety.
- A. True
 - B. False
33. 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
34. A period shall not be extended when a foul occurs that specifies a loss of down.
- A. True
 - B. False
35. There is a two-minute intermission following a try, successful field goal or safety and prior to a free kick.
- A. True
 - B. False
36. 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
37. It is not a touchdown when a runner advances from the field of play so that the ball penetrates the vertical plane of the opponent's goal line.
- A. True
 - B. False
38. The distance penalty for any foul cannot be declined.
- A. True
 - B. False

39. A handed ball is not a pass.
A. True
B. False
40. The penalty for blocking after giving a valid or invalid fair-catch signal is 15 yards.
A. True
B. False
41. Pass interference restrictions on a legal forward pass begin for B with the snap.
A. True
B. False
42. A free kick may be recovered by K in R's end zone.
A. True
B. False
43. The enforcement spot for any foul by the defense is the previous spot when the run ends in the end zone and would result in a safety.
A. True
B. False
44. It is permissible for state associations to approve an extension of the team box and to determine the individuals who may be in the extended area, provided such extension is the same for both teams.
A. True
B. False
45. It is legal for a player to conserve yardage by intentionally throwing an incomplete forward pass if, the passer has been beyond the lateral boundary of the free-blocking zone as established at the snap; the pass reaches the neutral zone, including the extension beyond the sideline; and the passer is the only player to possess the ball after the snap ends.
A. True
B. False
46. A blindside block is a combination block by two or more teammates against an opponent other than the runner, with or without delay, where one of the blocks is below the waist and one of the blocks is above the waist.
A. True
B. False
47. Only the referee may order the ball changed between downs.
A. True
B. False

48. 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
49. The number "00" is a legal number.
- A. True
 - B. False
50. When the game clock is stopped due to Rule 3-5-7i and Team B is the only team to foul, the play clock will be set to 40 seconds.
- A. True
 - B. False

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51. During an onside kick attempt from K's 40-yard line, K32 blocks R7 at K's 49-yard line. The kick is rolling at K's 48-yard line and has not been touched at the time the block occurred. The onside kick is recovered by K at R's 46-yard line. What is the final result following any potential penalty enforcement?
- A. No foul. K first and 10 on R's 46-yard line
 - B. Illegal block. K free kick from K's 30-yard line
 - C. Illegal block. K first and 10 on K's 39-yard line
 - D. Illegal block. K first and 10 on K's 44-yard line

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52. K has fourth and 9 on R's 22-yard line. K attempts a field goal that is kicked from R's 29-yard line but it lands short of the goal line and is recovered by R on R's 3-yard line. Where does R next snap the ball?
- A. R's 3-yard line
 - B. R's 22-yard line
 - C. R's 29-yard line
 - D. None of the above

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53. During a punt return, R32 commits an illegal blindside block at R's 37-yard line. The returner runs out of bounds at R's 39-yard line. Which spot is the foul enforced from?
- A. The previous spot
 - B. The spot of the foul
 - C. The end of the run
 - D. None of the above

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54. A has first and 10 on B's 28-yard line. A13 rolls out toward the right sideline and throws a pass from B's 37-yard line that crosses the neutral zone. There are no eligible receivers in the area. The passer has committed a foul for intentional grounding.
- A. True
 - B. False

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55. A has first and 10 on B's 44-yard line. The A linemen on the right side are still moving into a three-point stance as A6 starts in motion. After multiple handoffs and a backward pass, A8 throws a pass to A85 who catches the ball for a touchdown. B18 interfered with A85 on B's 2-yard line prior to the pass being caught. What is the final result following any potential penalty enforcement?
- A. Defensive pass interference. The foul by B is enforced on the try or succeeding kickoff.
 - B. Illegal shift. A first and 10 on B's 49-yard line.
 - C. Only the defensive pass interference is enforced and the illegal shift is declined by rule.
 - D. Penalties cancel. Replay the down. A first and 10 on B's 44-yard line.