

2024-25 NFHS Football Exam - Part I (R)

1. Players are not required to wear knee pads.

- A. True
- B. False

2. 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

3. The ball can have commercial advertising added to the surface of one of the panels.

- A. True
- B. False

4. A player who is eligible at the start of the down remains eligible throughout the down.

- A. True
- B. False

5. Any live-ball foul is penalized from the basic spot per Rule 10-4 unless otherwise specified by rule.

- A.** True
- B.** False

6. The penalty for blocking after giving a valid or invalid fair-catch signal is 15 yards.

- A.** True
- B.** False

7. A down ends when the ball next becomes dead.

- A.** True
- B.** False

8. 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

9. A free kick may be recovered by K in R's end zone.

- A.** True
- B.** False

10. 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

11. There is a two-minute intermission following a try, successful field goal or safety and prior to a free kick.

- A.** True
- B.** False

12. If B1 clips A1 and B2 piles on after A2 is tackled, it is a multiple foul.

- A.** True
- B.** False

13. The number "00" is a legal number.

- A.** True
- B.** False

14. It is illegal substitution to have 12 or more players participating at the snap or free kick.

- A.** True
- B.** False

15. A shift which is designed to cause B to encroach is a false start.

A. True

B. False

16. 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

17. The jerseys of the home team shall all be the same dark color(s) that clearly contrasts with white.

A. True

B. False

18. 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

19. 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

20. Only the referee may order the ball changed between downs.

- A.** True
- B.** False

21. 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

22. Towels have to be the same solid color for each player if worn.

- A.** True
- B.** False

23. An inadvertent whistle does not end the down.

- A.** True
- B.** False

24. A safety will be scored when an offensive player commits any foul for which the penalty is accepted, and enforcement is from a spot in his end zone.

- A.** True
- B.** False

25. A punt may be used as a free kick following a fair catch.

- A.** True
- B.** False

26. A foul is a rule infraction for which a penalty is prescribed.

- A.** True
- B.** False

27. The distance penalty for any foul cannot be declined.

- A.** True
- B.** False



28. A has third and 6 on B's 39-yard line. A16 throws an interception to B24 who returns the ball for a touchdown. After the play, B24 is penalized for unsportsmanlike conduct. Where will the penalty be enforced from?

- A.** A. Previous spot
- B.** B. Succeeding try
- C.** C. Succeeding kickoff
- D.** D. B or C



29. A has third and 7 on B's 46-yard line. A9 passes the ball downfield to A11. A11 catches the ball at B's 40-yard line and runs to B's 31-yard line where he is tackled. During A11's run, A5 blocks defender B1 below the waist at B's 35-yard line. What is the ruling?

- A.** A. A's ball third and 11 on the 50-yard line.
- B.** B. A's ball third and 7 on B's 46-yard line.
- C.** C. A's ball third and 22 on B's 39-yard line.
- D.** D. A's ball first and 10 on the 50-yard line.

30. All dead-ball fouls are enforced in the order in which they occurred and always from the spot of the foul.

- A.** True
- B.** False

31. A Team B player may use locked hands to ward off an opponent who is blocking him or attempting to block him.

- A.** True
- B.** False

32. Any coach may be granted a time-out.

- A.** True
- B.** False

33. For any free kick, a free-kick line, corresponding to a scrimmage line, is established for each team.

- A.** True
- B.** False

34. 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

35. 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

36. A handed ball is not a pass.

- A.** True
- B.** False

37. The penalty for a chop block is 10 yards.

- A.** True
- B.** False

38. 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

39. An invalid fair-catch signal may be given by a member of the kicking team.

- A.** True
- B.** False

40. A fair catch can be made in or behind K's neutral zone.

- A.** True
- B.** False

41. 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

42. A player or nonplayer can trip an opponent.

- A.** True
- B.** False



43. After a prior free kick out of bounds, K is free-kicking the ball from K's 35-yard line. The kicker kicks the ball out of bounds at R's 13-yard line. Where will the ball next be put in play?

- A.** A. R's ball at R's 40-yard line.
- B.** B. R's ball at R's 18-yard line.
- C.** C. K re-kick from K's 30-yard line.
- D.** D. All of the above.

44. Contacting the opponent's face mask with the hand is not a face-mask foul unless the face mask is grasped.

- A.** True
- B.** False

45. 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

46. Pass interference restrictions on a legal forward pass begin for B with the snap.

- A.** True
- B.** False

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

- A.** True
- B.** False

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

- A.** True
- B.** False

49. Illegal participation can be a nonplayer foul.

- A.** True
- B.** False

50. Following a scrimmage kick by K1, the loose ball play ends when R1 touches the kick.

- A.** True
- B.** False

51. On all free kicks, the game clock will start when the ball is marked ready-for-play.

- A.** True
- B.** False



52. K has fourth and 10 on K's 42-yard line. K2 punts the ball. The kick is muffed by returner R1 at the R's 15-yard line. The ball rolls towards the goal line where it is again muffed by R1 at the R's 3-yard line. The kick continues to roll into the end zone where it is recovered by K4.

What is the ruling?

- A.** A. Touchdown K
- B.** B. Touchback, R's ball on R's 20-yard line
- C.** C. R's ball first and 10 on R's 15-yard line
- D.** D. R's ball first and 10 on R's 3-yard line

53. If R1 blocks K1's punt and just before R1 recovers in K's end zone, there is an inadvertent whistle, the down will be replayed.

- A.** True
- B.** False

54. An offensive player (except the runner) shall not grasp or encircle any teammate to form interlocked blocking.

- A.** True
- B.** False



55. A has first and 10 on A's 9-yard line. A1 drops back to pass and from A's 1-yard line, without leaving the boundary of the free blocking zone, throws the ball deep right and incomplete into an area not occupied by an eligible receiver. Where will the ball next be snapped from?

- A.** A, second and 10 on A's 9-yard line
- B.** B, A, second and 18 1/2 on A's 1/2-yard line
- C.** C, A, second and 14 1/2 on A's 4 1/2-yard line
- D.** D, A, first and 15 on A's 4-yard line