

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

Question Position	Question	Answer1	Answer2	Rule Reference
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.	True	False	10-4-2d
2	The horse-collar foul is enforced as a live-ball foul.	True	False	9-4-3k
3	The field of play is the area within sidelines and the goal lines.	True	False	2-10-2
4	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.	True	False	2-17-4
5	A down ends when the live ball becomes dead.	True	False	2-7-1, 4-2-2
6	If there is a double foul during the last timed down of a period, the period is automatically extended.	True	False	3-3-3b
7	Any receiver may signal for a fair catch while any legal kick is in flight.	True	False	6-5-1
8	The succeeding spot is where the ball was last snapped or free kicked.	True	False	2-41-10
9	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.	True	False	2-4-3
10	A disqualified player shall be removed even if the penalty for the foul is declined.	True	False	10-5-6
11	Towels have to be the same solid color for each player if worn.	True	False	1-5-3a(5)a 4, 5
12	No foul causes a live ball to become dead.	True	False	2-16-4
13	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.	True	False	2-29-1
14	The kickers may not advance a recovered free kick.	True	False	4-2-2f, 6-1-6
15	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.	True	False	2-32-16d, 9-4-3g
16	Any live-ball foul is penalized from the basic spot per Rule 10-4 unless otherwise specified by rule.	True	False	FUNDAMENTAL X-3
17	It is illegal substitution to have 12 or more players participating at the snap or free kick.	True	False	9-6-4c
18	An inadvertent whistle does not end the down.	True	False	4-2-2j

19	The penalty for a chop block is 10 yards.	True	False	9-3-6 PENALTY
20	Fouls that occur after an inadvertent whistle can only be dead-ball fouls.	True	False	4-2-2j, 4-2-3
21	Forward pass interference can occur behind, in or beyond the neutral zone.	True	False	FUNDAMENTAL VII-5, 7-5-7
22	If a substitute or replaced player influences the play, it is illegal participation.	True	False	9-6-3
23	Players are required to wear knee pads over the knee and under the pants.	True	False	1-5-1d(2)
24	If during a down in which time expires, K1 holds during a successful field goal attempt, the period ends and the score is canceled.	True	False	3-3-3a
25	Unless they are in a scrimmage kick formation, the failure of Team A to have at least five players on the line numbered 50-79 is a foul at the snap.	True	False	7-2-5b Pen
26	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.	True	False	8-5-4
27	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 an appropriate health-care professional.	True	False	3-5-10b
28	A period shall not be extended when a foul occurs that specifies a loss of down.	True	False	3-3-4b(3)
29	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.	True	False	8-5-2b
30	The distance penalty for any foul cannot be declined.	True	False	10-1-1, FUNDAMENTAL X-1
31	A handed ball is not a pass.	True	False	2-31, FUNDAMENTAL VII-3
32	The penalty for blocking after giving a valid or invalid fair-catch signal is 15 yards.	True	False	6-5-1, 6-5-1 PENALTY
33	Pass interference restrictions on a legal forward pass begin for B with the snap.	True	False	7-5-8b
34	A free kick may be recovered by K in R's end zone.	True	False	8-5-3a
35	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.	True	False	10-5-2

36	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.	True	False	7-5-2d EXCEPTION 2, TABLE 7-5-2, TABLE 7-5
37	Only the referee may order the ball changed between downs.	True	False	1-3-3
38	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.	True	False	3-4-7
39	The number "00" is a legal number.	True	False	1-4-3, Figure 1-4-2, 1-5-1c(1), 7-2-5b EXCEPTIONS, 7-5-6a
40	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.	True	False	3-6-1a(1)e EXCEPTION 2
41	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. K32 is guilty of an illegal block.	TRUE	FALSE	9-3-7, 9-3-7 PENALTY, 10-3-1a, 10-4-2b
42	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. R takes possession at R's 3-yard line.	TRUE	FALSE	6-2-2
43	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. The penalty is enforced from the spot of the foul.	TRUE	FALSE	10-4-4d
44	A punt may be used for a free kick following a field goal.	TRUE	FALSE	2-24-7; 6-1-2
45	For a kickoff, the ball may be held in position on a kicking tee by a place kick holder.	TRUE	FALSE	2-24-5; 2-24-7
46	Team K's try is blocked at the line of scrimmage. The ball rolls behind the neutral zone where it is recovered by K79 who carries the ball over the goal line. Team K has scored two points.	TRUE	FALSE	8-3-2b
47	Fourth and four on the K-30. K19's punt hits the ground at the K-37 and bounces back untouched to the K-27. K80 grabs the ball and runs to the K-40. K maintains possession with 1st and 10 at the K-40.	TRUE	FALSE	6-2-3
48	In overtime, A12's pass is intercepted by B37. B37 can return the interception for a touchdown.	TRUE	FALSE	Resolving Tied Games 5-1-1

49	In the first quarter, A12's pass is intercepted by B22 in B's endzone. The ball becomes dead immediately due to B gaining possession in the end zone.	TRUE	FALSE	4-2-2
50	Hurdling is an attempt by a player to jump with one or both feet or knees foremost over an opponent who is contacting the ground with no part of his body except one or both feet.	TRUE	FALSE	2-22
51	R22 muffs the opening kickoff at the R's 3-yard line and the ball rolls into the end zone. The result of the play is a touchback.	TRUE	FALSE	2-24-2, 8-5-3a
52	After receiving the snap, A12 hands the ball to A36. A36 runs toward the right sideline and leaves the free blocking zone. In an attempt to conserve yardage, A36 throws a pass into the bleachers, 20 yards down field. A36 is guilty of intentional grounding.	TRUE	FALSE	7-5-2 Exception 2
53	After receiving the snap, A12 scrambles to his left to avoid B78 and by doing so leaves the free blocking zone. A12 then runs back to the right into the area that was the initial free blocking zone and throws a pass 30 yards down field where no A receivers are located. A12 is guilty of intentional grounding.	TRUE	FALSE	7-5-2 Exception 2
54	Ineligible A players may not advance beyond the expanded neutral zone on a legal forward pass before a legal forward pass that crosses the neutral zone is in flight.	TRUE	FALSE	7-5-12
55	Eligible A80 runs downfield, and before a pass is thrown, is blocked by B21 and pushed out of bounds. A80 immediately returns to the field and catches a pass from A13. A80 is guilty of illegal participation.	TRUE	FALSE	9-6-1
56	With the pass in flight, eligible A88 accidentally steps on the sideline, but returns to the field, prior to making the catch. A88 is guilty of illegal participation.	TRUE	FALSE	9-6-1
57	Defensive pass interference is one of the fouls by Team B that awards an automatic first down.	TRUE	FALSE	10-1-7
58	Team A has 1st and 10 from the A-30. A12 completes a pass to A80 at the B-40. Prior to the pass, A79 holds B52 at the A-23. The holding penalty on A79 is enforced from the spot of the foul.	TRUE	FALSE	10-4-2e
59	Team A has 2nd and 7 from the A-35. While attempting to tackle A12, B42 twists and grabs A12's facemask at the A-28. A12 is tackled at the A-29. The facemask penalty will be enforced from the previous spot.	TRUE	FALSE	10-4-2d
60	The basic spot is the spot of the foul for intentional grounding.	TRUE	FALSE	10-4-4c
61	When a receiver goes out of bounds and returns during a pass play, the previous spot is the basic spot for enforcement.	TRUE	FALSE	10-4-4d

62	Team A has 3rd and 4 from the B-45. A32 runs the ball to the B-22. A87 is called for holding at the B-27. The holding penalty is enforced from the spot of the foul (B-27).	TRUE	FALSE	10-4-4d	
63	Team A has 3rd and 4 from the B-45. A32 runs the ball to the B-22. A87 is called for holding at the B-17. The holding penalty is enforced from the spot of the foul (B-17).	TRUE	FALSE	10-4-5e	
64	B23 intercepts a pass and scores a touchdown. If A78 and A75 were guilty of a chop block on B99 prior to the interception, Team B must decline the penalty to keep the touchdown.	TRUE	FALSE	8-2-3; 10-2-2	
65	A34 runs for a touchdown. During the run, B27 twists and grabs A34's facemask. Team A may accept the touchdown and elect to enforce the penalty on the try.	TRUE	FALSE	8-2-2a	
66	If during a down, A68 holds and A83 commits an unsportsmanlike act, only one foul can be penalized.	TRUE	FALSE	10-2-4	
67	If during a down, A68 holds and B42 commits an unsportsmanlike act, the penalties are administered separately and in the order of occurrence.	TRUE	FALSE	10-1-3	
68	A80 intentionally runs out of the end zone and stops. A13 throws a pass intended for A80. A80 jumps into the air from his out of bounds position and completes the catch. A80 is guilty of illegal participation and the ball is immediately dead as a result of an out of bounds player touching a live ball.	TRUE	FALSE	9-6-2	
69	Eye shade is required to be a solid stroke that does not include words, numbers, logos or other symbols.	TRUE	FALSE	1-5-3c3	
70	A12, positioned directly behind the snapper, may conserve time by intentionally throwing the ball forward into the ground immediately after receiving the snap that has neither been muffed nor touched the ground.	TRUE	FALSE	7-5-2d Exception 1	
71	The play clock will be set to 40 seconds if the defense is the only team to commit a foul.	TRUE	FALSE	3-6-1a1e Exception 2	
72	A chop block is a combination block by two or more teammates against an opponent other than a runner, with or without delay, where one of the blocks is below the waist and one of the blocks is above the waist.	TRUE	FALSE	2-3-8	
73	When two or more live-ball fouls (other than nonplayer or unsportsmanlike) are committed during the same down by the same team (multiple fouls), only one penalty may be enforced.	TRUE	FALSE	10-2-4	
74	The basic spot for an unsportsmanlike foul is the succeeding spot.	TRUE	FALSE	10-4-5a	
75	It is a false start if any A player on his line between the snapper and the player on the end of his line, after having placed a hand(s) on or near the ground, moves his hand(s) or makes any quick movement.	TRUE	FALSE	7-1-7c	

