

2025 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

	Question	Answer1	Answer2
1	B54 is called for roughing the passer in the first quarter. Later in the game, B54 is guilty of a horse collar tackle. As a result of receiving a second personal foul, B54 is ejected from the contest.	True	False
2	In 11-player, A78 reports to the referee that he is an eligible receiver on the upcoming play. As a result, A78 may line up at the end of the line of scrimmage and run a 10 yard crossing pattern without being called for ineligible receiver down field.	TRUE	FALSE
3	In 11-player, A72 may line up in the backfield prior to the snap and receive a handoff from the quarterback.	True	False
4	Any receiver may signal for a fair catch while any legal kick is in flight.	True	False
5	A back is any A player who has no part of his body breaking the plane of an imaginary line drawn parallel to the line of scrimmage through the waist of the nearest teammate who is legally on the line, except for the player under the snapper, who is also considered a back.	True	False
6	A disqualified player shall be removed even if the yardage penalty for the foul is declined.	True	False
7	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
8	The kickers may not advance a recovered free kick.	True	False
9	A defenseless player includes a receiver who is forcefully contacted by an opponent and that contact is not initiated with open hands.	True	False
10	Any live-ball foul is penalized from the basic spot per Rule 10-4 unless otherwise specified by rule.	True	False
11	Team A has 4th and 6 from the B20. A11's pass falls incomplete. After the play ends, B78 is penalized for a late hit on A50. Team A maintains possession of the football and has 1st and Goal from the B10.	True	False
12	An inadvertent whistle ends the down.	True	False
13	The penalty for intentional grounding is five yards from the spot of the foul and loss of down.	True	False
14	Fouls that occur after an inadvertent whistle can only be dead-ball fouls.	True	False
15	Forward pass interference can occur behind, in or beyond the neutral zone.	True	False

16	If a substitute or replaced player influences the play, it is illegal participation.	True	False
17	Players are required to wear knee pads over the knee and under the pants.	True	False
18	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
19	A period shall not be extended when a foul occurs that specifies a loss of down.	True	False
20	By rule, all unsportsmanlike fouls are non-contact actions.	True	False
21	A handed ball is not a pass.	True	False
22	Pass interference restrictions on a legal forward pass begin for A when the ball leaves the passer's hand.	True	False
23	A free kick may be recovered by K in R's end zone for a touchdown.	True	False
24	Team A snaps the ball 1st and 10 at the A-6 yardline. A78 commits a holding foul in the end zone. When Team B accepts the penalty, it will be 1st and 13 on the A-3 yardline.	True	False
25	One of the officials discovers that A22 is bleeding with two minutes left in the 4th quarter. The official sends A22 to the sideline. A22 is not required to sit out a play if Team A's coach requests a timeout.	True	False
26	Following the opening kickoff, A83 is observed with more than a single stroke of eye shade. The player is required to remove the eye shade and the head coach is charged with an unsportsmanlike conduct penalty.	True	False
27	1:45 left in the second half. A33 runs for a gain of three yards and is tackled in bounds by B42. A78 is called for holding. Team B has the option to start the game clock on the snap.	True	False
28	1:45 left in the second half. A12 throws an incomplete pass. A78 is called for holding. Team B has the option to the start the game clock on the ready for play.	True	False
29	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
30	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
31	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 comes to rest on R's 3-yard line. R takes possession at R's 3-yard line.	TRUE	FALSE
32	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

33	A punt may be used for a free kick following a touchdown.	TRUE	FALSE
34	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
35	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. R takes over possession with 1st and 10 at the K-27.	TRUE	FALSE
36	In overtime, A33 fumbles and B21 recovers the ball at the B3. B21 can run back the fumble for a 97-yard game winning touchdown.	TRUE	FALSE
37	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
38	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
39	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
40	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
41	Unsportsmanlike conduct is one of the fouls by Team B that awards an automatic first down.	TRUE	FALSE
42	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
43	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
44	When a receiver goes out of bounds and returns during a pass play, the previous spot is the basic spot for enforcement.	TRUE	FALSE
45	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
46	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
47	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

48	Team A does not huddle between plays. To communicate to the 11-players on the field, Team A's coaching staff may use a digital board to signal in the play.	TRUE	FALSE
49	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
50	B's kickoff goes into the end zone for a touchback. Team A may designate the spot from which the ball is put in play anywhere between the hash marks at the A-20.	TRUE	FALSE
51	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
52	The play clock will be set to 40 seconds if the defense is the only team to commit a foul.	TRUE	FALSE
53	An individual penalized for targeting is automatically ejected from the contest	TRUE	FALSE
54	The opening kickoff goes out of bounds on the home team's sideline at the A24. Team A may designate the spot from which the ball is put in play anywhere between the hash marks at the A-35.	TRUE	FALSE
55	The basic spot for an unsportsmanlike foul is the succeeding spot.	TRUE	FALSE
56	A player may wear sweatbands around his bicep or calf muscle.	TRUE	FALSE
57	The penalty for wearing illegal equipment is a 15-yard unsportsmanlike conduct foul charged to the head coach.	TRUE	FALSE
58	A muff is the touching of a loose ball by a player in an unsuccessful attempt to secure	TRUE	FALSE
59	A fumble is the touching of a loose ball by a player in an unsuccessful attempt to secure possession.	TRUE	FALSE
60	K3's untouched free kick is caught in flight by K80 and there is no Team R players anywhere near the spot of the catch made at the R-40. K has secured possession and has 1st and 10 from the R-40.	TRUE	FALSE
61	A punt may be used for a free kick following a safety.	TRUE	FALSE
62	The penalty for defensive pass interference is 15 yards and an automatic first down.	TRUE	FALSE
63	A scrimmage kick formation is one in which no player is in position to receive a hand-to-hand snap from between the snapper's legs, and at the snap a player is 10 yards or more behind the line of scrimmage and in position to receive the long snap.	TRUE	FALSE
64	K17's free kick goes out of bounds between the goal lines untouched by R. One of R's choices is for K to rekick from the K-35.	TRUE	FALSE
65	An offensive lineman may block a blitzing linebacker below the waist when the linebacker was initially positioned 5 yards from the line of scrimmage at the time of the snap.	TRUE	FALSE

66	A defensive back, initially positioned 10 yards outside of the free blocking zone at the time of the snap, may block a pulling guard below the waist on a sweep play.	TRUE	FALSE
67	On second down, while carrying the football, A32 is stripped by B54 at the A-24. The ball bounces forward and is recovered inbounds by A76 at the A-28. Team A will retain possession and will snap the football at the A-28.	TRUE	FALSE
68	On first down, while carrying the football, A32 is stripped by B54 at the A-24. The ball bounces forward and goes out of bounds at the A-28. Team A will retain possession and will snap the football at the A-28.	TRUE	FALSE
69	On second down, while carrying the football, A32 is stripped by B54 at the A-24. The ball bounces backwards and goes out of bounds at the A-22. Team A will retain possession and will snap the football at the A-24.	TRUE	FALSE
70	On third down, A12 tosses the ball backwards to A30 at the B-12. The ball bounces off of A30's chest, bounces forward and goes out of bounds at the B-9. Team A will retain possession and will snap the football at the B-9.	TRUE	FALSE
71	When a forward fumble goes out of bounds, the game clock will start on the ready for play.	TRUE	FALSE
72	K17 may legally catch and down K2's punt on fourth down if there is no R player in position to catch the ball.	TRUE	FALSE
73	On second down, while carrying the football, A32 is stripped by B54 at the B-3. The ball bounces forwards and goes through the back of the endzone. Team B will gain possession as a result of this touchback.	TRUE	FALSE
74	If A11's helmet comes completely off during the down or subsequent dead-ball action related to the down without being directly attributable to a foul by an opponent, Team A may call a time out in order to keep A11 in for the next play.	TRUE	FALSE
75	Eye shade is required to be a solid stroke that does not include words, numbers, logos or other symbols.	TRUE	FALSE