



2022 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. Blocking below the waist is permitted in the free-blocking zone when all players involved are on the line of scrimmage and in the zone at the snap; the contact is in the zone, and the block is an immediate, initial action following the snap.
 - 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 contests.
 - 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. If the game is interrupted due to the weather during the last three minutes of the second period, and the delay is at least 30 minutes, the opposing coaches can mutually agree to shorten halftime intermission, provided there is at least a one-minute intermission (not including the three-minute warm-up period).

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. If a player is charged with an unsportsmanlike foul because of a prolonged or excessive act, he/she must be disqualified.

A. True

B. False

17. No foul causes a live ball to become dead.

A. True

B. False

18. A place-kick following an awarded fair catch may score a field goal.

A. True

B. False

19. The kickers may not advance a recovered free kick.
- A. True
 - B. False
20. The distance penalty for any foul may be declined.
- A. True
 - B. False
21. A foul that occurs simultaneously with the snap is an exception to the all-but-one enforcement principle.
- A. True
 - B. False
22. The re-entry of a disqualified player is an illegal participation foul.
- A. True
 - B. False
23. If an inadvertent whistle sounds during the last timed down of a period, the period must be extended by an untimed down.
- A. True
 - B. False
24. The penalty for a chop block is 5 yards.
- A. True
 - B. False
25. Fouls that occur after an inadvertent whistle can only be dead-ball fouls.
- A. True
 - B. False
26. The penalty for illegal handing is 15 yards and loss of down.
- 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. A football jersey does not need to completely cover the shoulder pads and all pads worn above the waist on the torso.
- 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. Any shift or feigned charge by A which simulates action at the snap is a false start.

- A. True
- B. False

32. It is not a touchback when a forward pass is intercepted in B's end zone and becomes dead there in B's possession.

- 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. Touching of a low scrimmage kick by any player is ignored if it occurs in or behind the expanded neutral zone.

- A. True
- B. False

39. No foul causes loss of the ball.

- 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. K's free-kick line after a safety is the 30-yard line.

- 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; and the pass reaches the neutral zone, including the extension beyond the sideline.

- 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

Video Question 51 Link - - <https://nfhs.box.com/s/apmxkbg24hftc31tqv196tau3hermxd4>

51. Second and goal on B's 5-yard line. A6 runs to B's 2-yard line. During the run, B19 commits an illegal block below the waist at B's 4-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

Video Question 52 Link - - <https://nfhs.box.com/s/be6wfwtpjli58c2lf5va2gstl7l1tf3e>

52. 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

Video Question 53 Link - - <https://nfhs.box.com/s/ozmq0iag7nxb336ovsl345yctwqns13g>

53. During an onside-kick attempt from K's 40-yard line, the kicker kicks the ball high and directly into the air. K83 runs downfield and jumps into the air, securing the ball while airborne at R's 45-yard line before landing with the ball at R's 43 yard line. What is the final result following any potential penalty enforcement?

- A. No foul. K first and 10 on R's 43-yard line.
- B. Kick-catch interference. R first and 10 on K's 40-yard line.
- C. Kick-catch interference. K free kick from K's 30-yard line.
- D. Kick-catch interference. R first and 10 on K's 40-yard line or K free kick from K's 25-yard line.

Video Question 54 Link - - <https://nfhs.box.com/s/274wwfuji69vvrafay0qvy5w66rlos03>

54. During a punt from K's 22-yard line, K40 contacts punt returner R5 at R's 49-yard line before the kick arrives. R5 had signaled for a fair catch. The kick bounces back to K's 47-yard line where it is recovered by R33. What is the final result following any potential penalty enforcement?

- A. Kick-catch interference. R first and 10 on K's 36-yard line.
- B. Kick-catch interference. R first and 10 on K's 32-yard line.
- C. No foul. R first and 10 on K's 47-yard line.
- D. None of the above

Video Question 55 Link - - <https://nfhs.box.com/s/ovc4rpi9s1fsvhwsn5z97vf7xy3l8j8p>

55. A has third and 11 on B's 28-yard line. A12 runs to B's 17-yard line and out of bounds. During the run A44 commits an illegal blindside block at B's 11-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.