



2014 NFHS Boys Lacrosse Exam

1. The substitution/table area shall extend how many yards on either side of the center line?
 - A. 5 yards
 - B. 8 yards
 - C. 10 yards
 - D. 12 yards
2. Both the coaches' area and bench areas shall extend 15 yards from the substitution/table area.
 - A. True
 - B. False
3. To be legal, a ball can either include the NFHS Authenticating Mark or be marked "Meets NOCSAE Standard."
 - A. True
 - B. False
4. Officials arrive at a game and find that the home team cannot provide balls with the label "Meets NOCSAE Standard." Under which of the following conditions can the game be played:
 - A. If balls with the NFHS mark (but without the "Meets NOCSAE Standard" label) are available, the game may be played, but the officials must report this to the sponsoring authority.
 - B. If the visiting team has balls available to be used with the label "Meets NOCSAE Standard," the game may be played. The officials shall assess a technical foul on the home team to start the game and report this to the sponsoring authority.
 - C. If both coaches agree, balls without the "Meets NOCSAE Standard" label may be used and the game may be played.
 - D. The game may be played in all of these situations.
5. Officials arrive at a game and find that neither the home team nor the visiting team has balls with the label "Meets NOCSAE Standard". Because this is a safety issue, the game cannot be played and the matter shall be referred to the sponsoring authority.
 - A. True
 - B. False
6. Immediately after a goal, the officials notice that the ball being used does not have the label "Meets NOCSAE Standard." How should the game proceed?
 - A. If scored by the home team, the goal is disallowed. If scored by the visiting team, the goal stands. The ball is removed and the game continues with a properly marked ball. The game continues either by awarding possession to the visiting team or with a faceoff.
 - B. The goal is disallowed. The ball is removed and the game continues with a properly marked ball. The ball is awarded to the offensive team outside the goal/attack area.
 - C. The goal counts. The ball is removed and the game continues with a properly marked ball. The game resumes with a faceoff.
 - D. The goal is disallowed. The home team's In-Home serves a 3-minute non-releasable penalty. The illegal ball is removed and the game continues with a properly marked ball. The ball is awarded to the visiting team at Center.
7. If any time after the start of a game no ball with the label "Meets NOCSAE Standard" is available, the game is suspended. Officials notify the sponsoring authority. The sponsoring authority shall determine the result of the game or if the game will be continued.
 - A. True
 - B. False

8. A player participating in a faceoff may have tape on the head of his crosse as long as the tape is not also on the handle.
- A. True
 - B. False
9. Player A1 and A2 may wear jerseys with the same number as long as the head coach informs the officials before the game and they are not on the field at the same time.
- A. True
 - B. False
10. The head coach may use a radio to talk to the goalie during the game.
- A. True
 - B. False
11. A player may wear eye black or eye shade of any shape or size as long as it is not offensive or vulgar.
- A. True
 - B. False
12. It is legal for a coach on the sideline to use a cell phone to talk to a coach in the press box during the game.
- A. True
 - B. False
13. At the beginning of each period there should be at least four balls placed on each endline, four balls on the sideline opposite the bench, and four balls available at the scorer's table.
- A. True
 - B. False
14. The home team is required to provide an adequate number of balls during the game. This can be done by placing five balls on each end line at the start of the first and third quarters.
- A. True
 - B. False
15. Team A has a player serving a penalty and a faceoff is pending. Team A may bring either a defensive player or an attack player to the wing area for the faceoff.
- A. True
 - B. False
16. A team with multiple players serving penalties is not allowed to fill the wing areas on a faceoff. However if a team has three players serving penalties, it is allowed to have a player from the defensive area take the faceoff.
- A. True
 - B. False
17. A team is considered offside if it has more than six players in its offensive half of the field including any players serving penalties.
- A. True
 - B. False
18. Team A has possession of the ball in its offensive half and is offside. The ball is awarded to Team B across the center line in Team B's offensive half of the field.
- A. True
 - B. False

19. Substitution procedures state that the head coach from either team may call for a horn when the ball goes out of bounds on either sideline.

- A. True
- B. False

20. Substitution may take place when there is an injury time-out, a team time-out or an official's time-out for an equipment adjustment.

- A. True
- B. False

21. The penalty for body-checking a player in a defenseless position is:

- A. A one-, two- or three-minute releasable penalty.
- B. A two- or three-minute releasable penalty.
- C. A two- or three-minute non-releasable penalty.
- D. A one-, two- or three-minute non-releasable penalty.

22. Which of the following describes a body check of a player in a defenseless position?

- A. A body check to a player's "blind side."
- B. A body check to a player whose head is down in an attempt to play a loose ball.
- C. A body check to a player whose head is turned away to receive a pass.
- D. All of these describe body checks to a defenseless player.

23. The officials arrive at a game and find that the balls supplied by the home team include labeling that says "Meets NOCSAE Standard" but the balls do not have the NFHS mark. The officials begin the game using the balls supplied by the home team with no penalty to the home team and inform the state association after the conclusion of the game.

- A. True
- B. False

24. A1, A2 and A3 are all serving penalties when A4 slashes. In this situation:

- A. A4 may continue to play until one of the other penalties is released.
- B. the penalty on A4 is waived off because Team A already has the maximum number of players serving penalties.
- C. A4 must leave the game and wait in the bench area near the table area until one of the other penalties is released. At that time, A4 enters the penalty area and his penalty time begins.
- D. A4 penalty time starts immediately but he must serve his time in the bench area not in the penalty area.

25. A1, A2 and A3 are serving penalties and A4 is waiting in the bench area to start serving penalty time. If all the penalties are releasable, all four players are released when Team B scores a goal.

- A. True
- B. False

26. Team A is leading with 1:40 remaining in the fourth quarter. B1 slashes A1 and a flag is thrown. Team A brings the ball into the goal/attack area and then B2 cross-checks A2. The proper procedure is:

- A. Flag down on B2 and play continues until Team A loses possession or takes the ball out of the goal/attack area.
- B. Flag down and an immediate whistle unless Team A has an immediate scoring opportunity.
- C. Immediate whistle and the game is over even if there is time remaining on the clock.
- D. This is an automatic ejection for B2.

27. If, at the start of a game, the home team's field is without a clearly marked center line and there are no additional pre-game penalties, possession of the ball goes to the visiting team.
- A. True
 - B. False
28. A 4-inch square that is a contrasting color may be used to replace the traditional center "X."
- A. True
 - B. False
29. The scorer's table should be at least 6 yards from the sideline.
- A. True
 - B. False
30. Unless both coaches agree, game balls shall be:
- A. White
 - B. Yellow
 - C. Orange
 - D. Lime green
31. Which of the following would be a legal stick length for a field player (not a goalie)?
- A. 40 inches.
 - B. 43 inches.
 - C. 76 inches.
 - D. 39 inches.
32. There must be one crosse 10 to 12 inches at its widest point, inside measurement, on the field at all times, and the crosse shall be used by the required goalkeeper.
- A. True
 - B. False
33. All hollow crosse handles must have an end cap; tape is not considered an end cap.
- A. True
 - B. False
34. Any strings or leathers are limited to a hanging length of 3 inches.
- A. True
 - B. False
35. Contrasting-colored piping on uniforms is legal.
- A. True
 - B. False
36. The tooth and mouth protector must cover all of the upper or lower teeth with adequate thickness and shall be of any readily visible color other than white or clear.
- A. True
 - B. False
37. Arm pads are required equipment for all players except goalkeepers.
- A. True
 - B. False

38. Goalkeepers must wear chest and throat protectors.
- A. True
 - B. False
39. A player may wear both a clear, molded and non-rigid helmet eye shield and tinted eye glasses.
- A. True
 - B. False
40. If a player is wearing a hard cast on his wrist, the cast must be padded to prevent injury.
- A. True
 - B. False
41. At the beginning of the game the home team is required to provide a table, working horn, scorebook and timing device.
- A. True
 - B. False
42. A game may begin if a team only has nine players.
- A. True
 - B. False
43. A team must have a legally equipped goalkeeper on the field at all times.
- A. True
 - B. False
44. The coach's privilege allows him/her to criticize an official's decision.
- A. True
 - B. False
45. During the second half, with a twelve-point goal differential situation, a shot is taken and the ball goes out-of-bounds. The timekeeper should not stop the clock, even though there is a player serving a penalty.
- A. True
 - B. False
46. The pregame coin-toss procedure gives the controlling team both control of the first alternate possession and the goal its team will defend first.
- A. True
 - B. False
47. In the event of an extra-man situation or a flag-down creating an extra-man situation at the conclusion of any period, the next period shall be commenced by awarding possession of the ball to the team that had possession of the ball at the conclusion of the prior period in the same relative position on the field, assuming there are no fouls between the periods.
- A. True
 - B. False
48. During a faceoff, the player's feet may not touch the centerline of the field. Also, the player's entire body must be to the left of the throat of his crosse. The crosse may not touch the ball, and the player may lean over the centerline.
- A. True
 - B. False
49. During a faceoff, it is an unsportsmanlike conduct foul to deliberately play the ball with the hands or fingers.
- A. True
 - B. False

50. A shot is a ball propelled toward the goal by an offensive player, either by being thrown from a crosse, kicked or otherwise physically directed.
- A. True
 - B. False
51. If a ball that has not crossed the defensive-area line goes directly out of bounds on a faceoff, it shall be re-faced if it is not known which team either caused the ball to go out of bounds or last touched the ball.
- A. True
 - B. False
52. If a player loses his crosse and the ball remains in or under the head of the crosse, there is an immediate whistle and the ball is awarded to the opposing team.
- A. True
 - B. False
53. If the ball becomes stuck in a field player's crosse, the ball must be awarded to the opposing team.
- A. True
 - B. False
54. A goal shall be disallowed if a player from the attacking team has released early from the penalty area and the officials are notified of the error prior to the next faceoff.
- A. True
 - B. False
55. A referee mistakenly blows his/her whistle. An attack player shoots and scores. The referee must disallow the goal.
- A. True
 - B. False
56. B1 and B2 are offside while pursuing A1 and the official drops two flags. Then A2 commits a technical foul. The referee ends the slow-whistle situation and indicates B1, B2 and A2 must serve 30-second technical fouls with the ball being awarded to B.
- A. True
 - B. False
57. If only one team is offside, a technical foul shall be called against the offending team.
- A. True
 - B. False
58. Upon gaining possession of the ball in the defensive half of the field, a 20-second clearing count will start unless the team gaining possession is required to "get it in."
- A. True
 - B. False
59. Once the ball is in the goal area, a new 10-second count starts when:
- A. The attack team carries the ball out of the area.
 - B. A bad pass touches a player outside the area.
 - C. A bad pass hits the ground outside the area.
 - D. All are false.

60. A team shall bring the ball into the goal area within 10 seconds under which of the following:
- A. After crossing the center line with possession.
 - B. After gaining possession in its offensive end.
 - C. After regaining possession in its offensive end after a defensive possession.
 - D. All are true.
61. The requirement for advancing the ball into the goal area is met when the ball touches anything in the area.
- A. True
 - B. False
62. The goalie in the crease is the only player who may bat the ball with his hand.
- A. True
 - B. False
63. The goalie places his stick over a ball which is on the ground outside of the crease. An attack player may check the goalie's stick outside the crease.
- A. True
 - B. False
64. The goalie, while in the crease, deliberately creates a loose-ball situation. The referee should begin a new four-second count.
- A. True
 - B. False
65. On any restart, the goalie will be given a maximum of five seconds to re-enter the crease.
- A. True
 - B. False
66. Any player who exhibits signs of a concussion may return to the game if his coach states he is OK.
- A. True
 - B. False
67. During a random equipment check, the official should only inspect a player's crosse.
- A. True
 - B. False
68. When regulation play ends in a tie:
- A. Captains meet for a coin toss and the winner of the toss chooses goal for first overtime and alternate possession.
 - B. Captains meet for a coin toss and the winner chooses goal for first overtime. Alternate possession stays as it was at the end of regulation play.
 - C. Teams switch goals and alternate possession stays as it was at the end of regulation play.
 - D. Goals and alternate possession stay as they were at the end of regulation play.
69. Teams are allowed one time-out in each overtime period.
- A. True
 - B. False
70. Use of illegal equipment is a non-releasable foul.
- A. True
 - B. False

71. It is illegal to body-check an opponent while he has one knee on the ground.
- A. True
 - B. False
72. An offensive player in possession of the ball cannot use his head to initiate contact with a defensive player.
- A. True
 - B. False
73. While inspecting a player's crosse, the official finds that the pocket is too deep. This causes the player to receive a three-minute non-releasable penalty. The stick may not be used again in the game.
- A. True
 - B. False
74. The fingers/palms of a player's hands must be completely covered by his gloves and the gloves may not be altered in a way that compromises their protective features.
- A. True
 - B. False
75. A player who accumulates five minutes of personal foul time will be disqualified.
- A. True
 - B. False
76. The penalty for fighting is a three-minute non-releasable ejection foul.
- A. True
 - B. False
77. The use of tobacco or smokeless tobacco results in a one-minute foul.
- A. True
 - B. False
78. When a second non-releasable, unsportsmanlike foul is assessed against a coach, that coach shall be ejected from the game.
- A. True
 - B. False
79. It is holding if an attack player locks down the defenseman's crosse with his free arm.
- A. True
 - B. False
80. An illegal offensive screen occurs whether or not contact occurs.
- A. True
 - B. False
81. Participation in the play of the game by a player out of bounds is legal if the ball is in bounds.
- A. True
 - B. False
82. Failure to have a legally equipped goalkeeper on the field is an unsportsmanlike conduct foul.
- A. True
 - B. False

83. If both teams have uniform violations before the game starts, the game will start with a faceoff.

- A. True
- B. False

84. A coach or player may leave the bench/coaches areas and enter the table area 1) To exchange a crosse with a player on the field in the opposite end of the field from that team's bench during a live ball or dead ball; or 2) To seek information from the timer or scorekeeper during a dead ball.

- A. True
- B. False

85. The stalling warning remains in effect until a goal is scored, the defense gains possession of the ball or the period ends resulting in a faceoff.

- A. True
- B. False

86. Team A has the lead in the last two minutes of the game and has possession in the goal area. If the ball (not a shot) exits the goal area and was last touched by Team A, and then is recovered by Team A, the ball should be awarded to Team B.

- A. True
- B. False

87. If the score is tied in the last two minutes, both teams must "keep it in."

- A. True
- B. False

88. A loose ball is on the ground, and a player lies on top of it. The correct call is:

- A. Interference.
- B. Unsportsmanlike conduct.
- C. Withholding the ball from play.
- D. Illegal procedure.

89. On a faceoff, when a player is serving penalty time, the player must wait for possession before entering the field, even when his penalty time has expired.

- A. True
- B. False

90. The goalkeeper does not serve penalty time unless the foul is for unsportsmanlike conduct.

- A. True
- B. False

91. A1 receives one minute for slashing followed by one minute for unsportsmanlike conduct. A1 will serve the one-minute penalty for unsportsmanlike conduct first, and then if a goal is scored during the second minute, the player can be released.

- A. True
- B. False

92. If the ball was in the goal area when play was suspended, play shall be restarted laterally outside the goal area nearest to the spot of the ball at the time of the whistle.

- A. True
- B. False

93. Dead-ball fouls are enforced in the sequence in which they occur.

- A. True
- B. False

94. In A's offensive end, B1 slashes A1 on a live ball. While the ball is still live and in A1's possession, A2 steps in the crease.
- A. B1 serves 1 minute. A2 serves 30 seconds. A's ball.
 - B. B1 serves 1 minute. A2 serves 30 seconds. B's ball.
 - C. Fouls cancel. Award ball by alternate possession at the spot of the foul.
 - D. B1 serves 1 minute. A2's foul stops slow whistle-no time served. A's ball.
95. In a flag-down situation, the official shall blow his/her whistle when the ball moves out of the goal area.
- A. True
 - B. False
96. A coach who has been ejected from a contest must leave the premises for the remainder of the game.
- A. True
 - B. False
97. During a dead ball, a coach may request a time-out/conference with the game officials at the table area if the coach believes an official has misapplied a rule.
- A. True
 - B. False
98. In the event of an inadvertent whistle, the team with possession or entitled to possession will retain possession.
- A. True
 - B. False
99. In the event of an inadvertent flag, play shall be suspended at the earliest opportunity that does not interfere with an imminent scoring opportunity. The team with possession when the flag was thrown shall retain possession; if the ball was loose outside the crease, possession shall be awarded by alternate possession.
- A. True
 - B. False
100. In the event of lightning, play must not be resumed until at least:
- A. 10 minutes after the last flash.
 - B. 20 minutes after the last flash.
 - C. 30 minutes after the last flash.
 - D. One hour after the last flash.