

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 "R" refers to the receiving team.
- A1, B1, K1, and R1 are players on those respective teams.
- If possession changes during the down, each team keeps its original identity.
- In kicking situations, it is assumed to be *not* during a try, and no fair-catch signal has been given unless specifically stated.
- Unless otherwise noted, all actions occur while: the ball is inbounds, a forward pass is legal, and any out-of-bounds takes place between the goal lines.
- "Line" refers to the line of scrimmage.
- Any mention of a foul refers to a player foul that is not unsportsmanlike.
- There is no foul or change of possession unless it is specifically mentioned, and it is assumed that any penalties have been accepted for enforcement.

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

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

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

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

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

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

5. A player or nonplayer can trip an opponent.

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

6. 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

7. 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

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

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

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

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

10. Items that are attached to the tooth and mouth protector that do not serve a purpose and function in protecting the teeth or mouth will not be allowed starting in 2026.

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

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

- A. True
- B. False

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

- A. True
- B. False

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

- A. True
- B. False

14. 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

15. 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

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

- A. True
- B. False

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

- A. True
- B. False

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

- A. True
- B. False

19. 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

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

- A. True
- B. False

21. A defenseless player includes a receiver attempting to catch a pass.

- A. True
- B. False

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

- A. True
- B. False

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

- A. True
- B. False

24. An inadvertent whistle does not end the down.

- A. True
- B. False

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

- A. True
- B. False

26. 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

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

- A. True
- B. False

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

- A. True
- B. False

29. Illegal participation can be a nonplayer foul.

- A. True
- B. False

30. Players are not required to wear knee pads.

- A. True
- B. False

31. Effective 2026, arm sleeves, whether attached to a shirt or unattached, manufactured to enhance contact with the football or opponent must meet the SFIA Specification at the time of manufacture.

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

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

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

33. 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

34. When a forward fumble goes out of bounds or is ruled out of bounds between the goal lines, the ball shall be returned to the spot of the fumble.

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

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

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

36. Electronic audio or non-fixed video communication devices used to communicate with a player are not allowed during an outside 9-yard mark conference.

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

37. 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

38. Once the snapper puts his hands on the ball, players on the line of scrimmage and in between the ends are ineligible and remain ineligible.

- A. True
- B. False

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

- A. True
- B. False

40. A handed ball is not a pass.

- A. True
- B. False

41. No player participating in the game will be allowed to wear any type of audio or video device in order to record or transmit audio or video.

- A. True
- B. False

42. Items that are a part of the tooth and mouth protector that are a health or risk issue to the player and can pose a danger to themselves or other players, will not be allowed starting in 2026.

- A. True
- B. False

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

- A. True
- B. False

44. 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

45. The uprights on the goal shall extend a minimum of 15 feet above the crossbar.

- A. True
- B. False

46. A backward pass ends when it is caught or recovered or is out of bounds.

- A. True
- B. False

47. A fumble is the touching of a loose ball by a player in an unsuccessful attempt to secure possession.

- A. True
- B. False

48. The kicking tee may not elevate the ball more than 2 inches above the ground.

- A. True
- B. False

49. When the ball becomes dead following a fourth down, the game clock must be stopped.

- A. True
- B. False

50. Ball-colored exterior arm covers and undershirts are legal equipment.

- A. True
- B. False

51. State high school associations may determine the length of halftime intermission, provided it is not less than 10 minutes and not more than 20 minutes.

- A. True
- B. False



52. K is free-kicking the ball from the K's 40-yard line. Kicker K33 kicks the ball directly out of bounds at R's 20-yard line. What options are available to R?

- A. Accept a 5-yard penalty from the previous spot and have K re-kick.
- B. Accept a 5-yard penalty from the succeeding spot.
- C. Put the ball in play at the inbounds spot 25 yards beyond the previous spot.
- D. Decline the penalty and put the ball in play at the inbounds spot. R's ball first and 10 on R's 20-yard line.
- E. All of the above.



52. K has fourth and 13 on K's 2-yard line. R1 catches the punt at K's 42-yard line and returns the ball to K's 15-yard line. During R's punt return, R24 commits an illegal blindside block at K's 28-yard line. What will be the result after enforcement of the foul?

- A. K's ball first and 10 on K's 17-yard line.
- B. R's ball first and 10 on K's 30-yard line.
- C. R's ball first and 10 on K's 43-yard line.
- D. R's ball first and 10 on K's 25-yard line



53. A has first and 10 on A's 35-yard line. A5 runs the ball to A's 36-yard line where he is tackled by the face mask by B6. Where will the ball next be snapped from?

- A. A, first and 10 on the 50-yard line.
- B. A, first and 10 on B's 49-yard line.
- C. A, first and 10 on A's 45-yard line.
- D. None of the above.



55. A has first and 10 on A's 36-yard line. A15 receives the snap and leaves the lateral boundary of the free-blocking zone. While under pressure at A's 22-yard line, A15 throws the ball out of bounds with no eligible receivers in the area. Where will the ball next be snapped from?

- A.** Legal play. A, second and 10 on A's 36-yard line.
- B.** Intentional grounding. A, second and 29 on A's 17-yard line.
- C.** Intentional grounding. A, first and 29 on A's 17-yard line.
- D.** Intentional grounding. A, second and 15 on A's 31-yard line.



55. A has second and 10 on B's 45-yard line. B substitutes prior to the snap. B has 12 players on the field. B40 is attempting to leave the field and does not reach the sideline prior to the snap. A22 runs to B's 30-yard line. What are the penalty enforcement options for A?

- A.** Decline the penalty. A's ball first and 10 on B's 30-yard line.
- B.** Accept the penalty. A's ball first and 10 on B's 35-yard line.
- C.** Accept the penalty. A's ball first and 10 on B's 25-yard line.
- D.** None of the above