



# 2021 Girls' High School Rules Exam

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1. **White shoots on the Red goalkeeper and misses the goal.**

**When the ball goes over the end line, White #10's body or stick is inbound and is closest to where the ball goes over the boundary line.**

**White #10 may come in, pause, and self-start closest to where the ball went out without any instruction from the official.**

- A) True
- B) False

HS Rule 6-3 Article 2

2. **During an 8m Free Position in the CSA, defenders are entitled to hash marks adjacent to where the ball is placed.**

- A) True
- B) False

HS Rule 10-1 Penalties 4e

3. **With two seconds left in the game, White #3 has an 8m free position. On the whistle, White #3 runs in and releases the ball prior to the horn. It enters the goal after the horn. The official should disallow the goal.**

- A) True
- B) False

HS Rule 4-8.1

4. **On the draw, all players below the restraining line are released when:**

- A) Clear possession is gained.
- B) A foul is called.
- C) The ball goes out of bounds off a player or her stick.
- D) The ball crosses the restraining line.
- E) All of the above

HS Rule 5-3.6a



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5. Which of the following is true regarding equipment?

- A) The Goalkeeper may wear sunglasses.
- B) Chinstraps must be fitted under the chin and fastened on headgear and goalkeeper helmets.
- C) A Goalkeeper may attach a concussion shield to her helmet.
- D) All of the above
- E) A&B

HS Rules 2-6.1, 2-7.4, 2-6.1 Situation D

6. Following a whistle blown for a foul outside of the critical scoring area, the player who is awarded the free position may continue the course of play without waiting for an additional whistle.

**The offending player shall move 4 meters as directed by the official from the player taking the free position.**

**All other players may move freely as long as they are at least 4 meters from the player taking the free position.**

- A) True
- B) False

HS Rule 5-4.1

7. To resume play when the ball has gone out of bounds, the closest player from the team awarded possession:

- A) Shall bring the ball in from out of bounds to start play.
- B) May pass the ball to a teammate from out of bounds.
- C) May run inbounds with ball and continue play.
- D) All of the above
- E) A & C

HS Rule 6-3.1a

8. On a flag, Red shoots and then runs into the goal circle. Offsetting fouls are called, and the Red team has the Alternate Possession. The free position will be awarded:

- A) At the 8m hash on the GLE with all players 4m away.
- B) On the closest 8m hash to where the foul for the flag occurred; Blue goes behind; clear the penalty zone.
- C) At the dot closest to where the foul occurred when the whistle was blown to stop play. Blue will move 4m away and nearer to the goal she is defending.
- D) On the 12m fan, closest to where the foul occurred; Blue is 4m away.

HS Rules 5-5.1f, 5-5.3b



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9. White #9 pushes Blue #22 in the midfield. The official blows the whistle to stop play for a major foul. Which of the following options are legal:

- A) Blue #22 retains the ball, stops and self-starts.
- B) Blue #22 self-starts when White #9 is only 2M behind.
- C) Blue #22 retains the ball, stops and waits for the offender to move 4m behind and self-starts.
- D) All of the above
- E) A & C

HS Rule 5-4.1

10. When clearing the penalty zone, which of the following procedures are CORRECT?

- A) The defender, just outside the 8m arc, is entitled to move to the hash adjacent to the player taking the free position.
- B) An attack player may move to the adjacent hash if no defender has elected to claim that hash.
- C) Players are no longer required to take the shortest route out.
- D) Players outside the CSA may choose to enter the CSA and position themselves on the 8m arc, or elsewhere inside the CSA, if no delay occurs.
- E) All of the above

HS Rule 10-1 Penalties 4a-f

11. As White #2 scores a goal, Blue #8 roughly checks White #2. The official signals the goal, calls timeout, and cards Blue #8- either yellow or red depending on the severity of the foul. How shall play be restarted?

- A) Blue #8 leaves the field to serve the appropriate penalty time. No substitute may take her place on the field. White is awarded the ball at the center, with a Blue player placed 4m away at 45-degree angle. Whistle start.
- B) Blue #8 leaves the field to serve the appropriate penalty time. No substitute may take her place on the field. White is awarded the ball at the center, with a Blue player placed 4m behind. Whistle start.
- C) Blue #8 leaves the field to serve the appropriate penalty time. No substitute may take her place on the field.
- D) White is awarded the ball at the center and no Blue player is allowed in the center circle. Whistle start.
- E) Blue #8 leaves the field to serve the appropriate penalty time. No substitute may take her place on the field. Play is started with a draw.

HS Rule 10-1 Penalties 8.c



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**12. When performing a pregame stick check which of the following should the official do?**

- A) Ensure that the ball rolls out of the back of the pocket when placed in upper third of the head at its widest point and the stick and head are tilted at 90 degrees.
- B) Ensure the ball rolls freely on the front face of the pocket.
- C) Make sure the top of the ball is visible above the sidewalls by dropping the ball into the front and back of the stick pocket and applying pressure once.
- D) All of the above
- E) B & C

HS Rule 2-4.3a-c

**13. After the draw and the ball is in play, players from both teams step over the restraining line before possession is established. How shall the free position be administered?**

- A) The team who has the Alternate Possession shall be awarded the ball and may self-start.
- B) The team who has the Alternate Possession shall be awarded a free position at the spot of the ball, no closer than 4m from the boundary. An opponent shall be placed 4m away and nearer to the goal she is defending. All other players must be at least 4 meters away. Whistle start.
- C) A redraw shall be administered.
- D) The team who has the Alternate Possession shall be awarded the ball at the center, with the opposing player placed at an angle towards her defensive goal. Whistle start.

HS Rules 5-2 Penalties 3, 5-5.1f, 5-5.3a

**14. The Blue team goalkeeper has made a save and is now in possession of the ball in the goal circle. The official begins the 10 second count. If the ball leaves the goal circle (either thrown or carried out) which of the following must happen before the ball can legally be returned to the goal circle?**

- A) The goalkeeper who carried the ball out of the goal circle has her stick checked by an opponent.
- B) The player from the opposing team knocks down an attempted pass from the goalkeeper.
- C) The Blue goalkeeper that has carried the ball out of the goal circle is pushed and a foul is called.
- D) All of the above
- E) B & C

HS Rule 7-1.3 Rule 13 Definitions Clear and Played



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**15. During a draw, which of the following is considered an Early Entry foul?**

- A) A player behind the restraining line stepping on or over the restraining line before possession is established.
- B) Players on the circle stepping on or over the line before the whistle is blown.
- C) Players taking the draw moving their stick before the whistle is blown.
- D) Blue #2 comes over the restraining line after Blue #6 leaves to exchange places. Blue #2 makes the third player for Blue between the restraining lines.
- E) A & B

HS Rule 5-2.6, 9-1.d1-3

**16. Red #1 is on a fast break and shoots on goal, misses, and the ball goes out of bounds. When the ball crosses the end line, the White goalkeeper (while in her goal circle) is closest to the ball. How is play restarted?**

- A) Allow the goalkeeper to go pick up the ball, step in up to 2m inside the boundary line and self-start.
- B) Allow the goalkeeper to go pick up the ball, bring it back into the goal circle and self-start from inside the goal circle.
- C) Allow the goalkeeper to go pick up the ball, step in up to 2m inside the boundary line and wait for the official's whistle to restart play.
- D) Allow(Direct) the goalkeeper to go pick up the ball, bring it back into the goal circle and wait for the official's whistle to restart play.
- E) Allow goalkeeper's closest teammate to retrieve the ball and legally initiate a self-start from the boundary.

HS Rule 6-3.2a

**17. When the ball crosses over the Restraining Line and is just outside the 12m, the official realizes Blue attack is offside and blows her whistle to stop play. What is the free position set up?**

- A) Correct offside. Closest White player to the spot of the ball awarded the free position at that spot; Blue player with the ball will go 4m behind. Whistle start.
- B) Set up the free position with White going out and Blue 4m behind. Self-start.
- C) Correct offside. Set up the free position at the top of the 12m fan with White going out and Blue 4m behind. Self-start.
- D) Correct offside. Set up the free position for White at the closest dot and Blue 4m behind. Self-start.

HS Rule 8-1 Penalties 1



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**18. Blue #2 has the ball just outside the 12m fan when White #17, inside the 8m arc, is called for three seconds. What is the penalty administration?**

- A) Stop the clock and set up the free position at the 8m hash mark closest to the spot of the ball when the whistle was blown, White player is placed 4m behind. No self-start.
- B) Stop the clock and set up the free position at the 8m hash mark closest to where the 3 second violation occurred at the time of the whistle; White player is placed 4m behind. No self-start.
- C) Set up the free position at the spot of the ball when the whistle was blown, White player goes 4 behind. Self-start.
- D) Set up the free position at the spot of the ball when the whistle was blown, White player is placed 4m behind. Whistle start.

HS Rules 10-1 Penalties 1 and 2, 10.1 PEN Situation F

**19. On a boundary restart, what is the opponent allowed to do?**

- A) Stand at least 2m from the boundary.
- B) Run downfield.
- C) Stand at least 2m from the player until she self-starts.
- D) All of the above
- E) Stand on the boundary.

HS Rule 6-3, 1.b

**20. On a boundary restart, Red #3 throws the ball to her teammate from out of bounds. The official should:**

- A) Whistle. Give the opponent the ball 4m in from the boundary. Red #3 shall move 4m behind.
- B) Allow play to continue.
- C) Whistle. Administer a false start penalty.
- D) Whistle. Give the ball back to Red #3 to restart. Repeated violations shall be a delay of game.
- E) Whistle. Give the opponent the ball out of bounds.

HS Rules 6-3.1a, 6-3.1 Situation C

**21. While in the CSA, White attack charges into a Blue defender causing a foul that ends play. Blue can now pick up the ball and self-start going out.**

- A) True
- B) False

HS Rules 5-4.4c, 10.1 Penalties 2



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**22. A whistle is blown for a foul outside the CSA. After coming to a settled stance, the ball carrier may continue the course of play without waiting for an additional whistle. The player fouled must take the free position within playing distance – the length of a stick and a half - of the spot of the foul.**

- A) True
- B) False

HS Rules 5-4.1, 13 Definition – Playing Distance

**23. The score is 15-2 in the second half of the game with 1:52 left on the clock. Orange #16 is cross-checked by Blue #2. The official blows her whistle and then Orange #16 immediately self-starts. The official should blow the whistle and signal a change of possession for self-starting in under 2 minutes of the game.**

- A) True
- B) False

HS Rules 3-7.2a, 5-4.4a

**24. Self-starts are permitted during over-time play.**

- A) True
- B) False

HS Rules 4-6, 5-4,4a

**25. When the ball is in the air or on the ground and is playable by both teams, incidental stick contact by players who are actively pursuing possession of the ball is legal.**

- A) True
- B) False

HS Rule 9-1e

**26. After a draw and before possession is determined, the whistle is blown for an early entry violation at the restraining line by Black #7. How is play restarted?**

- A) The ball goes back to the center and the White team may self-start or wait until the Black center moves 4m away and then self-starts.
- B) A redraw is taken.
- C) Play is restarted at the spot of the ball at the time of the foul. The offender goes 4m towards the goal she is defending. All other players are at least 4m away and the player may self-start.
- D) Play is restarted at the spot of the ball, with all players 4m away and the official must restart play with a whistle.

HS Rule 9-1 Penalties for Violation of 9-1-1d



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**27. When is it legal for a coach to ask for a stick check?**

- A) At any stoppage of the game clock.
- B) Following the winning goal in overtime.
- C) After a goal and during a team time-out.
- D) All of the above

HS Rules 2-4. 3,4,5

**28. Which of the following are mandatory cards?**

- A) Slash
- B) Dangerous Contact
- C) Dangerous Shot
- D) All of the above
- E) Only A & B

HS Rules 10-1 e, i, x

**29. What is the correct procedure when the game is at the end of regulation and going into overtime?**

- A) Teams will have a 5-minute rest time, teams will remain defending the same as they ended regulation, and alternate possession will continue from regulation.
- B) Teams will have a 3-minute rest time, a coin toss will determine choice of end, and the alternate possession will continue from the regulation.
- C) Teams will have a 3-minute rest time, teams will remain defending the same as they ended regulation, and alternate possession will continue from the regulation.
- D) Teams will have a 5-minute rest time, a coin toss by visiting team will determine choice of end, and the alternate possession will continue from the regulation.

HS Rule 4-6





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**30. Following a minor foul in the 12m fan, Blue #2 is awarded an indirect free position on the fan and all other players are positioned 4m away. Blue #2 runs behind the goal circle, untouched, wraps the goal circle and shoots on goal. The official blows the whistles for a foul. What is this foul and how is this penalty administered?**

- A) This is a goal circle foul. The ball is given to the goalkeeper and Blue #2 is placed 4m behind the goal circle.
- B) This is a goal circle foul. Because Blue #2 went below the goal line extended, the ball will be awarded to the defender closest to the dot. Blue #2 will be placed 4 meters behind the ball.
- C) This is an illegal shot foul. The ball is given to the closest defender to Blue #2 on the spot of the foul but no closer than 8m from the goal circle. Blue #2 is placed 4m behind the ball.
- D) There is no foul because the ball carrier went behind the goal circle which negates the indirect free position.

HS Rules 10-1q, Penalties 2

**31. The Blue goalkeeper makes a save, has possession of the ball, and is straddling the goal circle (1 foot in and 1 foot grounded out). Red #4 approaches to play defense on the goalkeeper. In order to protect the ball, the goalkeeper steps back into the goal circle. How do you administer the goal circle foul?**

- A) Change of possession, Red #4 is awarded the ball at the 8m center hash. The goalkeeper stays in the goal circle.
- B) Change of possession, Red #4 is awarded the ball 8m away from the goal circle on the goal line extended. The goalkeeper remains in the goal circle.
- C) Change of possession, Red #4 is awarded the ball at the nearest dot. All other players are moved 4m away. The goalkeeper remains in the goal circle.
- D) Change of possession, Red #4 is awarded the ball at the dot and the goalkeeper is placed 4m behind.

HS Rules 7-2.1d, 7-3 Penalties 1a



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32. What is the proper progression for administering a Delay of Game penalty?

A)

1<sup>st</sup> violation:

- green card team
- minor foul

2<sup>nd</sup> violation:

- green/yellow card player
- minor foul
- card counts toward team card count

3<sup>rd</sup> and subsequent violations

- green/red card player
- player leaves field for 2-minute penalty
- sub enters game
- counts in team card count

B)

1<sup>st</sup> violation:

- green card team
- minor foul

2<sup>nd</sup> violation:

- green/yellow card player
- minor foul
- card counts toward team card count

3<sup>rd</sup> and subsequent violations

- green/red card player
- player leaves field for 2-minute penalty
- sub enters game
- does NOT count in team card count

C)

1<sup>st</sup> violation:

- green card team
- minor foul

2<sup>nd</sup> violation:

- green/yellow card player
- major foul
- player leaves field for 2-minute penalty
- no sub enters the field
- card is not included in team card count

3<sup>rd</sup> and subsequent violations

- yellow card player for misconduct
- player leave field for 2-minute penalty
- no sub enters
- this counts toward both team and player card count.

D)

1<sup>st</sup> violation:

- green card team
- minor foul

2<sup>nd</sup> violation:

- green/yellow card player
- major foul

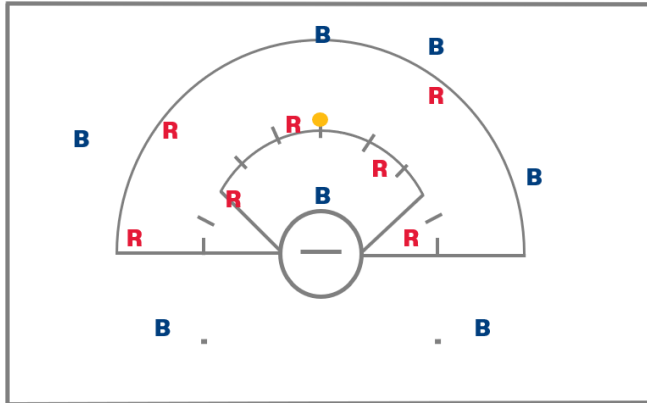
3<sup>rd</sup> and subsequent violations

- red card player for misconduct
- player leave field for 4-minute penalty
- no sub enters
- this counts toward both team and player card count.

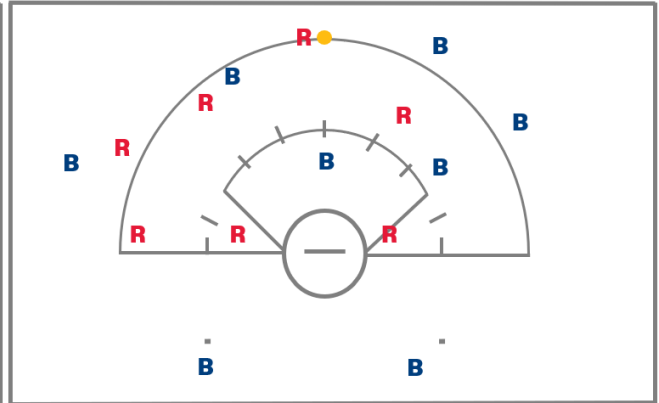
HS Rule 9-1, Penalties for Violation of 9-1-1c

33. A dangerous check is called against Red defense just as Blue attack is being called for offside. The ball is in the center of the 8m at the time, and Red has the Alternate Possession arrow. How is this administered for the restart?

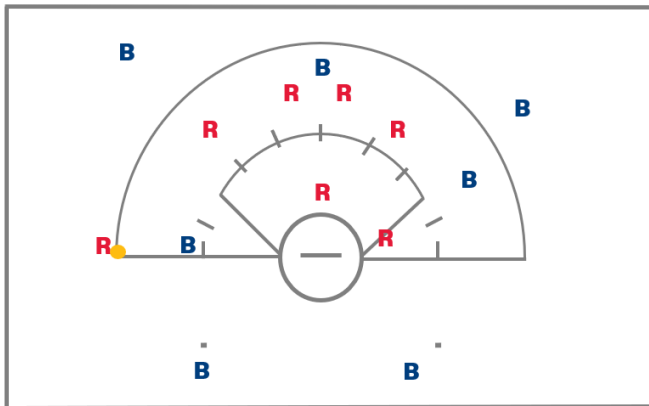
A)



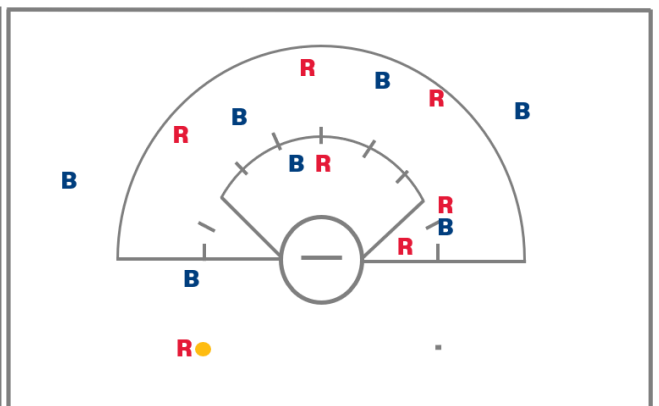
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C)



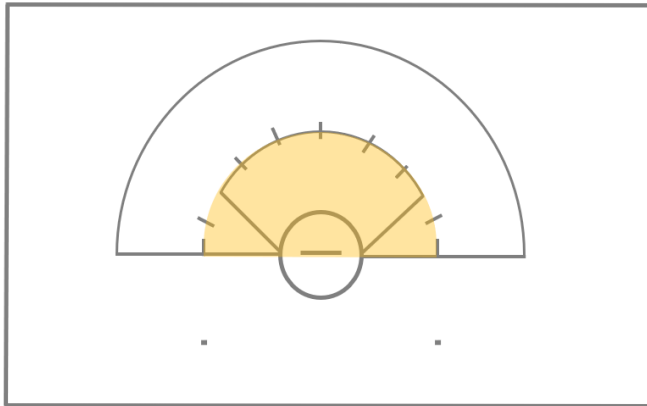
D)



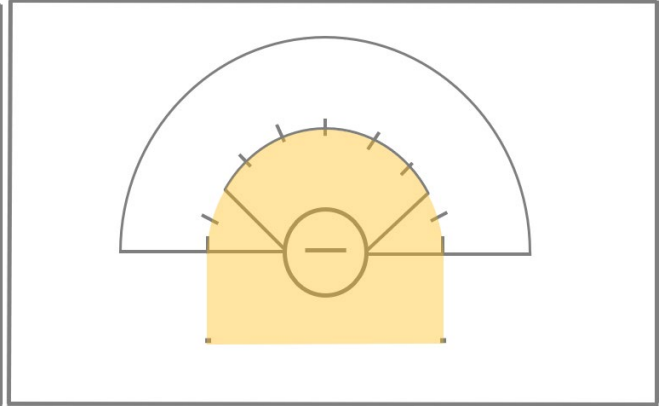
HS Rules 5-5.1f, 5-5.3b

34. Identify the Penalty Zone.

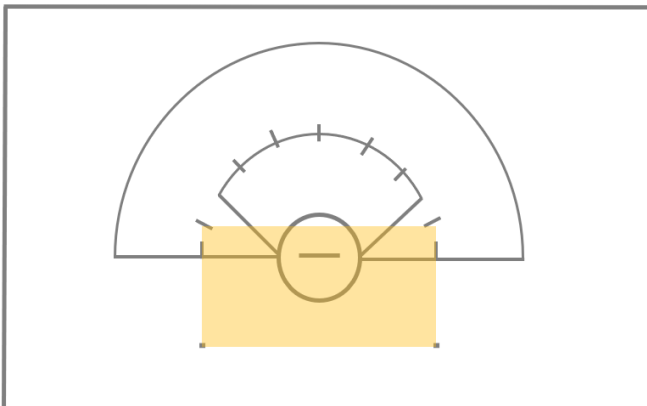
A)



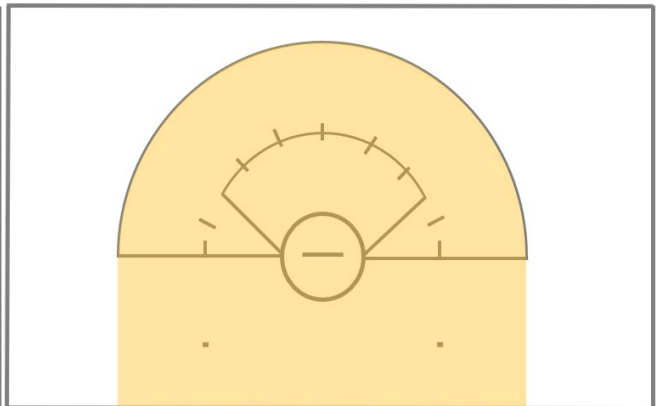
B)



C)



D)



HS Rule 13 Definition Penalty Zone

35. Electronic devices, video replay, or television monitoring equipment shall not be used for any review of an official's decision.

- A) True
- B) False

HS Rule 2-8.4



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**36. When a major foul is called in the critical scoring area between the 8 meter arc and the 12 meter fan, the foul is set up with a free position on the 12 meter fan closest to the spot of the foul, the offender goes behind, and the penalty lane is cleared.**

- A) True
- B) False

HS Rule 10.1 Penalties 5

**37. Which of the following is a minor foul?**

- A) Empty stick check.
- B) Warding.
- C) Playing the ball while stepping on the boundary line.
- D) All of the above
- E) A & C

HS Rules 9e, n, q

**38. A shot is deemed complete when:**

- A) The ball comes to rest anywhere on the field.
- B) Any player gains possession.
- C) The ball goes out of bounds.
- D) A player causes the ball to go out of bounds.
- E) All of the above

HS Rule 6-3.3a-d

**39. The ball must be in the Critical Scoring Area in order to begin the count for a three-second violation.**

- A) True
- B) False

HS Rule 10-1y

**40. A Blue player is awarded a boundary ball when there is under two minutes left in the first half during stop-clock play. She may:**

- A) Commence play with a self-start from out of bounds.
- B) Commence play with a self-start from inbounds.
- C) Commence play from inbounds on the official's whistle.
- D) All of the above

HS Rules 3-7- 2f, 4-1-2, 5-4-4a, 10j(1), 2020 NFHS Rules Interpretation – Situation 1



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**41. An 8-meter free position has been awarded at a hash mark to a Blue player and the Blue team calls a possession time-out. At the end of the time-out, the Blue team resumes play at:**

- A) The location of the 8-meter free position.
- B) The 12-meter fan directly above the 8-meter free position.
- C) The goal line extended, 8-meters away from the goal circle.
- D) The closest dot.

HS Rule 4-3-3b, 2020 NFHS Rules Interpretation - Situation 2

**42. A Blue player has the ball in the 12-meter fan and a possession time-out is called. At the end of the time-out, the Blue team resumes play at:**

- A) The spot of the ball when the time out was called.
- B) The 12-meter fan directly above the spot of the ball when time out was called.
- C) An 8-meter hash mark closest to the spot of the ball when time out was called.
- D) The closest dot.

HS Rule 4-3-3d, NFHS Rules Interpretation – Situation 3

**43. The Blue goalkeeper gains possession of the ball in the goal circle and a possession time-out is called. At the end of the time-out, the Blue team's goalkeeper maintains possession in the goal circle and the official continues his/her count from where he/she left off before the timeout was called.**

- A) True
- B) False

HS Rule 7-2-1 Situation C, 2020 NFHS Rules Interpretation – Situation 4

**44. A Blue defender takes a hash mark adjacent to an 8-meter free position and an offensive player stands next to the defender on the 8-meter arc. Another Blue defender may stand next to the defender on the adjacent hash and force the offensive player to move.**

- A) True
- B) False

HS Rule 10-1 PENALTIES 4e, 2020 NFHS Rules Interpretation – Situation 9



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**45. Defense is awarded a free position for an offensive foul within the CSA, above the GLE, and inside the 8m arc. The official correctly places the Free Position "no closer than 8 m" to the goal circle, going out. Before the whistle can be blown to start play, the Defender self-starts. The official:**

- A) Reset the Free Position, reminding the ball carrier she MUST wait for the whistle.
- B) Blow her whistle for a false start and award the ball to offense on the closest 8m hash, clearing the penalty zone. Whistle start.
- C) Blow her whistle for a false start and award the ball to offense on the closest spot on the 12m arc, clearing the penalty lane. Whistle start.
- D) Award an offsetting foul on the dot, as the offense had fouled, and now the opposing team has false started.

HS Rule 10-1 Penalties 2, 10.1 Pen Situation E

**46. Blue intercepts a pass at mid-field and begins a fast break towards goal. As the Blue ball carrier crosses the RL, a White non-marking defender clearly positions herself in the 8m arc in the direct path to goal. The official shall:**

- A) Blow her whistle for shooting space violation as the ball has crossed the RL. Award an 8m hash to Blue, clear the penalty zone. Offender placed 4m behind. Whistle start.
- B) Blow her whistle for shooting space violation and card the White defender for intentionally putting herself in harm's way. Award 8m hash to Blue, clear the penalty zone. No one placed behind due to card. Whistle start.
- C) Preventively officiate and tell the White defender to get out of shooting space or mark up.
- D) Allow play to progress as Shooting Space calls can only be determined and called when the ball has entered the CSA.

HS Rule 10-1w

**47. The Blue goalkeeper has the ball within the goal circle and the official count has begun. At the count of "7", Blue calls a possession time out. Play resumes with:**

- A) A new 10 second count for the Blue goalie. Whistle start.
- B) Ball goes to the dot, Blue team has possession, all players 4m away, Whistle start.
- C) The official will whistle to restart play and continue the count from the where she left off, "8".
- D) The team with the next alternative possession is awarded the ball at the dot. All players 4m away. Whistle start.

HS Rule 7.2.1 Situation C, 2020 NFHS Rules Interpretation – Situation 4



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**48. Which of the following are true when a ball goes out of bounds during the draw?**

- A) After the draw, if the ball goes out-of-bounds off a player's body or stick, the ball goes to the nearest opponent.
- B) A redraw will take place when the draw goes directly out of bounds.
- C) Alternate possession will take place if the draw goes out of bounds and the official do not know who touched it last.
- D) All of the above

HS Rules 5-2.4 Note, 5.2.6 Situation B, 6-1.2

**49. It is always illegal to set a moving pick outside of the visual field of the opposing player EVEN if enough time and space has been given?**

- A) True
- B) False

HS Rule 10.1p

**50. What criteria must be met in order for a pick to be considered legal?**

- A) The pick must ALWAYS be stationary without movement.
- B) The player setting the pick must allow time and space for the opponent to be able to stop or change direction and contact occurs.
- C) When a pick is set in the visual field of the opponent, there is no need for time and space to be given for the player to stop or change direction.
- D) All of the above

HS Rule 10.1p

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