



2026 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. No player may use the hand(s) to slap the opponent's head.
 - A. True
 - B. False
2. Play cards may not be worn on the belt.
 - A. True
 - B. False
3. Supplementary equipment to aid in game administration may be used if authorized by the referee.
 - A. True
 - B. False
4. An illegal snap or other snap infraction causes the ball to remain dead.
 - A. True
 - B. False
5. A disqualified player can be permitted to remain in the team box area.
 - A. True
 - B. False
6. 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
7. A punt may be used as a free kick following a fair catch.
 - A. True
 - B. False
8. A foul is a rule infraction for which a penalty is prescribed.
 - A. True
 - B. False

9. Items that are attached to the tooth and mouth protector that do not serve a purpose and function in protecting the teeth or mouth are not allowed.
- A. True
- B. False
10. A muff is any loss of player possession other than by handing, passing or legal kick.
- A. True
- B. False
11. An invalid fair-catch signal may be given by a member of the kicking team.
- A. True
- B. False
12. A fair catch can be made in or behind K's neutral zone.
- A. True
- B. False
13. An offensive player is on his line of scrimmage when he is within 1 yard of his scrimmage line at the snap.
- A. True
- B. False
14. 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
15. If B1 clips A1 and B2 piles on after A2 is tackled, it is a multiple foul.
- A. True
- B. False
16. Knee braces worn over the pants are legal equipment.
- A. True
- B. False
17. An offensive player (except the runner) shall not grasp or encircle any teammate to form interlocked blocking.
- A. True
- B. False
18. A forward pass has gone beyond the neutral zone if at any time during the pass, the entire ball is beyond the neutral zone.
- A. True
- B. False

19. For any free kick, a free-kick line, corresponding to a scrimmage line, is established for each team.
A. True
B. False
20. A live ball is always in the possession of a team.
A. True
B. False
21. Free-kick lines are always 10 yards apart.
A. True
B. False
22. Any A player on his line of scrimmage may advance a planned loose ball in the vicinity of the snapper.
A. True
B. False
23. The game clock shall start with the snap, if the game clock was stopped because of an inadvertent whistle.
A. True
B. False
24. The penalty for a chop block is 10 yards.
A. True
B. False
25. 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
26. If a game official is out of bounds when he/she is touched by a loose ball, the touching is ignored.
A. True
B. False
27. A player who is eligible at the start of the down remains eligible throughout the down.
A. True
B. False
28. Illegal participation can be a nonplayer foul.
A. True
B. False

29. The referee may call for the head line judge to bring the official line-to-gain equipment on the field for a measurement.
- A. True
 - B. False
30. Effective 2027, 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
31. A false start is always a dead-ball foul.
- A. True
 - B. False
32. It is a safety when a forward pass is intercepted in B's end zone and becomes dead there in B's possession.
- A. True
 - B. False
33. 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
34. On all free kicks, the game clock will start when the ball is marked ready-for-play.
- A. True
 - B. False
35. 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
36. 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
37. 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
38. A player can fumble before gaining possession.
- A. True
 - B. False

- 39 . The basic spot is the spot of the foul for illegal batting or illegal kicking by A that occurs behind the basic spot.
A. True
B. False
- 40 . 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
- 41 . 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, are not allowed.
A. True
B. False
- 42 . A free kick which goes out of bounds belongs to the kicking team.
A. True
B. False
- 43 . 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
- 44 . The uprights on the goal shall extend a minimum of 15 feet above the crossbar.
A. True
B. False
- 45 . A backward pass ends when it is caught or recovered or is out of bounds.
A. True
B. False
- 46 . A fumble is the touching of a loose ball by a player in an unsuccessful attempt to secure possession.
A. True
B. False
- 47 . The kicking tee may not elevate the ball more than 2 inches above the ground.
A. True
B. False
- 48 . When the ball becomes dead following a fourth down, the game clock must be stopped.
A. True
B. False

- 49 . Ball-colored exterior arm covers and undershirts are legal equipment.
- A. True
 - B. False
- 50 . 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