



2020 NFHS Girls' Rules Exam

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

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

White #10 may come in, pause, and self-start within 2m from the boundary closest to where the ball went out without any instruction from the official.

True

False

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

True

False

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.

True

False

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

- A. Clear possession is gained and the official winds their arm to signal release
- 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

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. A & B
- E. All of the above

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.

True

False



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7. To resume play when the ball has gone out of bounds;

- A. The closest player from the team awarded possession may bring the ball in from out of bounds to start play
- B. Position within 2m of the boundary, pause and then self-start
- C. May run inbounds with ball and continue play
- D. A & C
- E. All of the above

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

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. A & C
- E. All of the above

10. Green #21 is fouled and may self-start. White #3, who did not foul, engages Green #21 before she commences play. Which of these penalty administrations is INCORRECT?

- A. Reset the free position and Green # 21 may self start
- B. Call timeout, move White #3 4m away for a minor foul and verbally warn the White team not to engage early again. Whistle start
- C. If this occurs after already being warned, call timeout. Move White #3 four meters away. Issue a green card to the White team for delay of game. Whistle start
- D. If this occurs after a green card has been issued, call timeout. Issue a green/yellow card to White #3. She will leave the field for 2 minutes. The team shall play short. Whistle start



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11. On a quick transition in the midfield, a Blue defender goes to the ground and appears to be hurt. The player is not getting up, so the official blows her whistle and stops the clock to check on her. Which statement(s) is/are True?

- A. If a trainer comes onto the field to attend to her, she must leave the field before play is resumed
- B. If the player gets up on her own and no one has come onto the field to attend to her, she may stay, and the official shall start play with a whistle
- C. Even if the player gets up on her own and no one has come onto the field to attend to her, she must leave the field before play is resumed
- D. If the trainer comes onto the field to attend to her and assesses she is ok to play, she may stay, and the official will start play on her whistle
- E. A & C

12. When clearing the penalty zone, which of the following procedures is INCORRECT?

- A. The defender is just outside the 8m arc, she is entitled to move to the adjacent hash to the player taking the free position
- B. Only the defender whose closest route out of the 8m arc is the adjacent hash mark may take that hash mark
- C. An attack player may move to the adjacent hash if no other defender is moving to the adjacent hash
- D. Players do not have to take the shortest route out
- E. None of the above

13. As White #2 scores a goal, Blue #8 roughly checks White #2 to the ground. The official signals the goal, calls time-out, 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. White is awarded the ball at the center and no Blue player is allowed in the center circle. Whistle start
- D. 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

14. 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 when tilting the stick and head 90 degrees
- 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 near the ball stop and applying light pressure once
- D. B & C



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15. 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
- 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

16. 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. B & C
- E. All of the above

17. 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

18. 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 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



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19. When the ball crosses over the RL 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. Stop the clock. Correct offside. Set up the free position for White at the spot of the ball going out and Blue 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 spot of the ball going out and Blue 4m behind. Self-start
- D. Stop the clock. Correct offside. Set up the free position for White at the spot of the ball going out and Blue 4m behind. Self-start

20. 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. No self-start

21. The center official is ready to start the draw. The table side official notices that the White team has only 10 players on field. The table side official should tell the White coach she is required to have two more players on the field.

- True
- False

22. On a boundary restart, what is the opponent NOT allowed to do?

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

23. Any player may reach over the restraining line or center draw circle and touch the ground with their stick to play the ball, as long no part of the player's foot or body is touching the ground on or over the line.

- True
- False



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24. Red #3 throws the ball to her teammate from out of bounds. The official should:

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

25. 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.

- True
- False

26. A whistle is blown for a foul outside the CSA. After coming to a stop, 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 of the spot of the foul.

- True
- False

27. 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.

- True
- False

28. Both Shooting Space and Three-Second violations are in effect and should be called as soon as the ball crosses over the restraining line.

- True
- False

29. Self-starts are permitted during over-time play.

- True
- False

30. Repeated failure to move away from the free position, move behind the ball carrier, or self-start from beyond the playing distance may result in the official stopping play, warning the offenders and restarting play on her whistle (may need to be carded).

- True
- False



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31. 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.

True

False

32. 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 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

33. Which of the following would be considered an illegal draw?

A. Stepping over the restraining line prior to possession

B. Drawing before the whistle.

C. Not drawing

D. Both B & C

E. All of the Above

34. 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

35. Which of the following are mandatory cards?

A. Slash

B. Dangerous Contact

C. Dangerous Shot

D. Only A & B

E. All of the above



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36. When at the end of regulation and the game is going into overtime, what is the correct procedure?

- 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 will determine choice of end, and the alternate possession will continue from the regulation

37. 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?

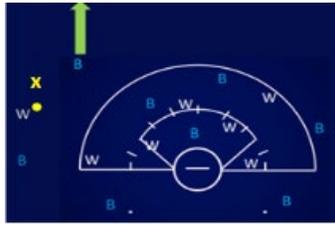
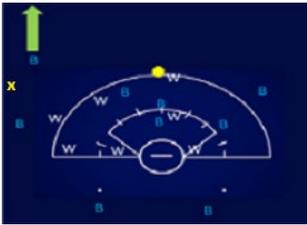
- A. This is a goal circle foul. The ball is given to the goalkeeper and Blue #2 is placed 4m behind the goal circle
- B. This is a goal circle foul. Because Blue #2 went below the goal line extended, the ball will be awarded to the defender closest to the dot. Blue #2 will be placed 4 meters behind the ball
- C. This is an illegal shot foul. The ball is given to the closest defender to Blue #2, 8m away from the goal circle. Blue #2 is placed 4m behind the ball
- D. These are offsetting fouls. Alternate possession will be awarded to the appropriate team on the goal line extended
- E. There is no foul because the ball carrier went behind the goal circle which negates the indirect free position

38. 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

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39. Blue attack is offside when the ball is in the White defensive end outside the 12m fan; and the official blows her whistle. What is the free position set up?



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



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

1st violation: green card team; minor foul

2nd violation: green/yellow card player; minor foul; card counts toward team card count

3rd and subsequent violations: green/red card player; player leaves field for 2 minute penalty; sub enters game; counts in team card count

1st violation: green card team; minor foul

2nd 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.

3rd 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.

1st violation: green card team; minor foul

2nd violation: green/yellow card player; minor foul; card counts toward team card count

3rd and subsequent violations: green/red card player; player leaves field for 2 minute penalty; sub enters game; does NOT count in team card count

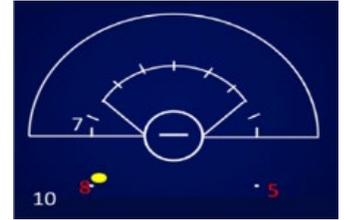
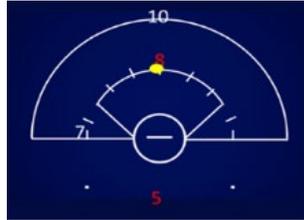
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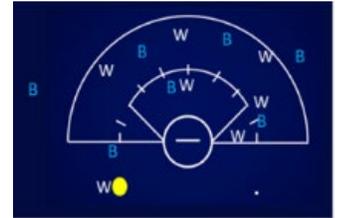
3rd and subsequent violations: red card player for misconduct; player leave field for 4 minute penalty; no sub enters; this counts toward both team and player card count.

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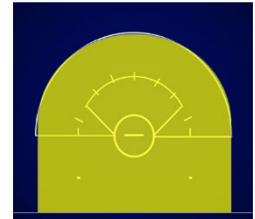
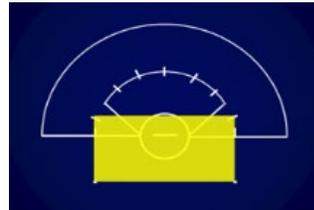
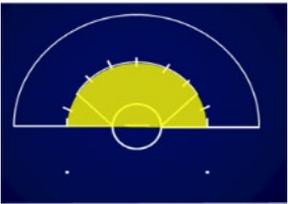
42. Red #5 has the ball directly behind the goal and White #7 is positioned on the GLE left of the goal circle. White #10 pushes Red #8 in the 8m arc near the center hash. Where does the penalty administration take place?



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



44. Identify the Penalty Zone.



45. All eyewear must bear the SEI mark of certification by January 1, 2020.

- True
- False

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

- True
- False



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47. 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.

True

False

48. Which of the following is a minor foul?

- A. Empty stick check inside the 8m arc.
- B. Warding
- C. Playing the ball while stepping on the boundary line
- D. A & C
- E. All of the above

49. A shot is deemed complete when:

- A. The ball touches the ground below the goal line extended
- B. Any player gains possession
- C. The ball goes out of bounds or comes to rest anywhere on the field
- D. All of the above

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

True

False