



2021 Boys' Y/HS Rules Exam

Questions & Answers

1. A1 bats the ball into the goal with his crosse. RULING?

- A. Goal is good.
- B. No goal, penalize A1 1-minute for unsportsmanlike conduct.
- C. No goal, award possession to Team B.
- D. No goal, award possession to Team A outside the attack area.

NFHS Rule Reference: Rule 1-1

2. Player A1 kicks the ball into the goal. RULING?

- A. Goal is good.
- B. No goal, penalize A1 1-minute for unsportsmanlike conduct.
- C. No goal, award possession to Team A outside the attack area.
- D. No goal, award possession to Team B.

NFHS Rule Reference: Rule 1-1

3. The game time will revert from stop time to running time when:

- A. The goal differential reaches 12 goals, at any point in the game.
- B. The goal differential reaches 10 goals, at any point in the game.
- C. The goal differential reaches 12 goals, in the second half only.
- D. The goal differential reaches 10 goals, in the second half only.

Youth Rule Reference: Rule 3.1

4. The home team's field does not have a clearly marked center line due to a logo in the center, what is the correct call?

- A. Illegal procedure. Absent other pre-game fouls, possession of the ball goes to the visiting team to begin the game.
- B. The home team is assessed a 3-minute nonreleasable foul to begin the contest.
- C. No foul.
- D. None of the above

NFHS Rule Reference: Rule 1-2-1



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- 5. 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.

NFHS Rule Reference: Rule 1-5 SITUATION A

- 6. Which of the following would be considered body-checking a defenseless player?**
- A. Body-checking a player who has his head down in an attempt to play a loose ball.
 - B. Body-checking a player from his blind side.
 - C. Body-checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body-check.
 - D. All of the above.

Youth Rule Reference: See Illegal Body Check definition on page 75

- 7. During a random equipment inspection, the official discovers that B1 is not wearing shoulder pads. What is the correct call?**
- A. 1-minute releasable foul.
 - B. 1-minute nonreleasable foul.
 - C. 3-minute nonreleasable foul.
 - D. 30-second technical foul.

NFHS Rule Reference: Rule 1-9-1 SITUATION A



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8. Player A1 shoots and while the ball is in flight, the period ending horn sounds. The ball ricochets off of the goal cage and then the ball ricochets off of the GOALKEEPER and into the goal. RULING?

- A. No goal, because the ball is dead as soon as the horn sounds.
- B. No goal, because a ball that ricochets off the goal cage and then does not score cleanly is automatically a dead ball.
- C. No goal, because a ball that ricochets off of the goal cage cannot subsequently ricochet off of any player.
- D. Goal is good..

Youth Rule Reference: Rule 4.9

9. When does the authority of the officials begin and end?

- A. It begins when the first official arrives in the parking lot and ends when the game is completed.
- B. It begins when the officiating crew enters the field of play and ends 24 hours after the conclusion of the game.
- C. It begins when the officiating crew enters the field of play and ends when the game is completed.
- D. It begins when the officiating crew arrives on the field and ends when they leave the immediate playing facility.

NFHS Rule Reference: Rule 2-6-1

10. How are advancement counts applied in youth lacrosse?

- A. U8 and U10 are not required to satisfy the 20-second [clearing count].
- B. U12 and U14 are required to satisfy the 20-second clearing count.
- C. U10 goalies have no 4 second count inside the crease.
- D. Both A and B..

Youth Rule Reference: 4.13

11. A1 is penalized 1-minute for slashing with 20 seconds left in the period. With four seconds remaining in the period, B2 slashes A4, flag-down, and time expires. During the dead ball, B2 maligns the official. How is the next period restarted?

- A. Faceoff because the teams are at equal number of players.



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- B. Alternate-Possession.
- C. Team A starts with the ball at midfield.
- D. None of the above

NFHS Rule Reference: Rule 4-3-1-1, 4-3-1-2, 7-7

12. When does a foul by the defending team reset the attacking team's clearing count?

- A. For a technical foul only (i.e., a play-on).
- B. For a personal foul only.
- C. For any kind of foul (technical or personal).
- D. None of the above.

Youth Rule Reference: 4.13

13. On a faceoff, a player may:

- A. Clamp, then move, rake, or direct the ball from the back of his crosse within one step.
- B. Clamp, then move the ball from the back of his crosse within three steps.
- C. Clamp, and play with the ball in the back of his crosse.
- D. Clamping is illegal and should be whistled as a faceoff violation.

NFHS Rule Reference: Rule 4-3-3-i

14. What conditions must be met for a successful restart at 8U and 10U?

- A. All offensive players 5 yards or more away from the player in possession of the ball, before the whistle.
- B. All defensive players 5 yards or more from the player in possession of the ball, before the whistle.
- C. Both A and B must be correct.
- D. None of the Above.

Youth Rule Reference: 4.22

15. What conditions must be met for a successful restart at 12U, 14U, and the NFHS? (Check all that apply)



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- A. All offensive players 5 yards or more away from the player in possession of the ball, before the whistle.
- B. Defensive player within 5 yards of the player in possession of the ball allows that player a direct path to the goal.
- C. Defensive player does not defend player in possession of the ball until they reach 5 yards distance.
- D. All defensive players must be 5 yards away from a player in possession of the ball before a whistle is blown.

Youth Rule Reference: Rule 4.22

16. A shot is taken. While the ball is in flight, the horn sounds to end the period. In which of the following situations would a goal be DISALLOWED?

- A. The ball hits the goalkeeper's body or crosse, and deflects into the goal.
- B. The ball makes contact with any member of the DEFENSIVE team and deflects into the goal.
- C. The ball hits the ground and then bounces into the goal.
- D. The ball makes contact with any member of the OFFENSIVE team and deflects into the goal.

NFHS Rule Reference: Rule 4-9-3

17. Team A successfully advances the ball into its attack box. Which of the following would result in an Over and Back infraction on Team A? (Check all that apply)

- A. A shot ricochets off the goal pipe and touches something on the opposite side of the center line.
- B. The ball deflects off a Team B defender prior to touching something on the opposite side of the center line.
- C. The ball deflects off an offensive player's helmet (not a shot) and touches something on the opposite side of the center line.
- D. A2 misses a pass from A1, and the ball touches something on the opposite side of the center line.

NFHS Rule Reference: Rule 4-14-3



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- 18. Goalkeeper B1 is within his crease when a shot is taken. He catches the ball in his hand and immediately drops it into his crosse. What is the correct ruling?**
- A. Illegal procedure; illegal touching of the ball.
 - B. No call; legal play.
 - C. B1 serves two-minutes nonreleasable for Unsportsmanlike Conduct.
 - D. None of the Above.

NFHS Rule Reference: Rule 4-18-1

- 19. The goalkeeper shall be given a maximum of five seconds to re-enter the crease before any restart.**
- A. TRUE
 - B. FALSE

Youth Rule Reference: Rule 4.22

- 20. In games that allow team timeouts, which type of timeout reset a team's clearing count, if clearing counts are applicable?**
- A. Offensive timeout only.
 - B. Defensive timeout only.
 - C. Officials timeout only.
 - D. Any kind of timeout resets the clearing count.

Youth Rule Reference: Rule 4.13

- 21. What is the recommended time delay for lightning/thunder?**
- A. 15 minutes.
 - B. 20 minutes.
 - C. 30 minutes.
 - D. At the discretion of the officials.

Youth Rule Reference: Appendix III Lighting Policy

- 22. Select all of the situations that result in a whistle to END play during a flag-down situation in a youth lacrosse game. (Check all that apply)**
- A. Second defensive foul (NOT during an imminent scoring opportunity).
 - B. Ball hits the ground (not a shot).



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- C. Offense commits a penalty.
- D. Defense gains possession.

Youth Rule Reference: Rule 7.8

23. A1 has possession and carries his crosse with both hands. In which of these situations should A1 be called for warding off?

- A. A1 raises his forearm and directs the defender's CROSSE away, creating space.
- B. A1 raises his forearm and directs the defender's BODY away, creating space.
- C. A1 raises his forearm to direct the defending player, but he never makes contact.
- D. All of the above should result in a "warding off" call.

Youth Rule Reference: 6.11

24. In youth lacrosse, the 3-Yard rule is?

- A. There is no such rule.
- B. The offensive player is not allowed within 3 yards of a defensive player.
- C. All legal checks, holds, and pushes must be on a player in possessions of the ball or within 3 yards of a loose ball.
- D. During a restart, a defensive player can impede the progress towards the goal of an offensive player.

Youth Rule Reference: Rule 4.15 and 4.16

25. Which of these constitutes a legal hold? (Check all that apply)

- A. Using the portion of the handle that is between his hands to hold an opponent when his hands are more than shoulder width apart.
- B. An opponent in possession of the ball may be played with a hold check from the rear if the hold exerts no more than equal pressure.
- C. Use the portion of the handle that is between his hands, which are no more than shoulder-width apart, to hold an opponent on the torso with no more than equal pressure and no thrusting motion.



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- D. A player within 3 yards of a loose ball may hold the crosse of his opponent with his own crosse.

Youth Rule Reference: 6.3

26. At 8U, 10U, and 12U, what is considered the legal stick-to-stick checking technique?

- A. Lift the bottom hand, shaft, or the head of the stick, whichever is below the chest area.
- B. Poke the bottom hand, shaft, or the head of the stick, whichever is below the chest area.
- C. Downward check initiated from below both players' shoulders.
- D. All of the above.

Youth Rule Reference: Rule 4.13

27. At which age level is one-handed stick-checking permitted?

- A. 8U.
- B. 10U.
- C. 12U.
- D. 14U.
- E. At the youth levels, no age levels permit one-handed checking.

Youth Rule Reference: Rule 5.5

28. The 10-second count is on for Team A when A1 throws, carries, or passes the ball onto his defensive half of the field. Is this over and back?

- A. Yes.
- B. No.

NFHS Rule Reference: Rule 4-14-1 SITUATION B

29. What should be done if there is an inadvertent whistle? (Check all that apply)

- A. Award the ball to the team that lost the most recent faceoff.
- B. Award the ball to the team with possession or entitled to possession when the whistle was blown.



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- C. Award the ball by alternate possession if no team had possession or was entitled to possession when the whistle was blown (unless a faceoff is pending).
- D. Award the ball to the player closest to the ball when the whistle is blown.

NFHS Rule Reference: Rule 7-13-3

30. A2 shoots on goal, the ball is loose in the crease when the official blows the whistle, thinking that a goal was scored. The correct ruling is?

- A. Stop play, use alternate possession.
- B. Stop play, award ball to the defensive team.
- C. Stop play, award the ball back to the attacking team.
- D. None of the above.

NFHS Rule Reference: Rule 7-13-3, 4-9-2 SITUATION B

31. Which of the following would result in a play-on?

- A. Goalkeeper interference by A1 when goalkeeper B1 has possession in the crease.
- B. During a loose ball, A1 pushes B1 in the back.
- C. During a loose ball, A1 steps offside.
- D. All of the above.

NFHS Rule Reference: Rule 7-10-1, 7-6-2

32. A1 has possession in the goal area and is slashed by B1, flag-down, slow whistle. Which of the following conditions terminates the slow whistle?

- A. The ball or a player in possession of the ball moves outside the attack area.
- B. A1 attempts a bounce shot, and the ball hits the ground as part of that shot.
- C. B2 commits a technical foul during an imminent scoring opportunity for Team A.
- D. B2 commits a technical foul, and there is NOT an imminent scoring opportunity for Team A.

NFHS Rule Reference: Rule 7-8-2-i



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- 33. Select all of the situations that result in a whistle to suspend play during a flag-down situation. (Check all that apply)**
- A. Goal is scored.
 - B. Ball hits the ground (not on a shot).
 - C. Offense commits a foul.
 - D. Ball goes out of bounds.
 - E. Team with possession causes the ball to exit its offensive goal area.
 - F. Defense gains possession.
 - G. Injury in the scrimmage area.
 - H. End of a period or the game.
 - I. Second defensive foul (NOT during an imminent scoring opportunity).

Youth Rule Reference: Rule 7-8-2

- 34. A1 has possession of the ball and is slashed by B1. During the flag-down, A2 interferes with B2. The official blows the play dead. What is the ruling?**
- A. This is NOT simultaneous fouls. B1 serves a one-minute personal foul; A2 serves no time. Team A retains possession.
 - B. Simultaneous Fouls. B1 serves one-minute releasable; A2 serves 30-seconds releasable. Team A retains possession.
 - C. Simultaneous Fouls. B1 serves one minute, A2 serves 30 seconds. The common penalty time is nonreleasable. Team B is awarded possession.
 - D. Simultaneous Fouls. B1 serves one minute, A2 serves 30 seconds. The common penalty time is nonreleasable. Team A is awarded possession.

NFHS Rule Reference: Rule 7-6-3-b-1, 7-6-4

- 35. During play, B1 slashes A1, flag-down. A1 throws the ball out of bounds and the whistle blows to suspend play. During the dead ball, A1 commits a conduct foul. Then A2 commits a conduct foul. The correct enforcement is:**
- A. B1 serves one minute (with the first 30 seconds nonreleasable), A1 serves no time, A2 serves 30-seconds nonreleasable, and Team B is awarded possession.
 - B. B1 serves one minute releasable, A1 and A2 each serve 30-seconds releasable, and Team A is awarded possession.
 - C. B1 serves one minute. A1 and A2 each serve 30-second fouls, and Team B is awarded possession.



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- D. B1 serves one minute releasable, A1 serves no time, A2 serves 30-seconds releasable, and Team B is awarded possession.

NFHS Rule Reference: Rule 7-5, 7-2-d

- 36. If a team has four or more players with time-serving penalties at the same time, which of the following is NOT correct?**
- A. No more than three players can be in the penalty area serving penalty time at once.
 - B. The penalty time for the fourth and all additional players will not start until one of the first three penalty time ends.
 - C. If a goal is scored, all four players may immediately return to the game.
 - D. All of the above.

NFHS Rule Reference: Rule 7-2-f

- 37. Goalkeeper B1 leaves the game due to a penalty or an injury. Does Team B need to call a TEAM TIMEOUT if it wants to warm up its substitute goalkeeper B2?**
- A. Yes. A team must use a TEAM TIMEOUT if it wants to warm up the substitute for an injured or penalized goalkeeper.
 - B. No. Since the goalkeeper B1 is penalized or injured, the OFFICIALS will allow a full one-minute delay for replacing goalkeeper B1 on the field beginning with the substitute goalkeeper B2's warm-up.

Youth Rule Reference: Rule 7-1-1-e

- 38. B1 has four seconds remaining on a penalty with a faceoff pending. Which of the following is true?**
- A. B1 must wait for the faceoff to end before entering the field (either possession is called or the ball crosses the a defensive-area line).
 - B. B1 may enter the field as soon as his penalty ends.
 - C. B1 may enter the field only after Team A scores a goal.
 - D. None of the above.

NFHS Rule Reference: Rule 7-1-1-d, 7-2 SITUATION E



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39. A1's crosse is dropped or checked out of his hands. His crosse lands on the ground with the ball in, or underneath, the head. Which of the following the correct call?

- A. Immediate whistle, award ball to Team B.
- B. B1 may kick A1's crosse to try to get the ball out.
- C. A2 may flip A1's crosse with his crosse to try to get the ball out.
- D. If A1 picks up his crosse with the ball in it, then play continues.

NFHS Rule Reference: Rule 6-12

40. A1 has possession and carries his crosse with both hands. He lowers his shoulder and violently bull dodges through a stationary defender. What is the correct call?

- A. Legal play.
- B. Warding off.
- C. Unnecessary Roughness.
- D. Unsportsmanlike Conduct.

NFHS Rule Reference: Rule 6-11-2

41. Team A has possession in the 3rd quarter and is warned to "Get it in/Keep it in." What will cause the stall warning to end? (Check all that apply)

- A. A goal is scored.
- B. A shot is taken with the shooter's crosse above Goal Line Extended, that hits the goalkeeper, the goalkeeper's equipment, or the goal pipes.
- C. The defensive team gains possession of the ball.
- D. A shot from below Goal Line Extended that hits a pipe.

NFHS Rule Reference: Rule 6-10-2

42. What happens when the officials signal Team A to Get It In/Keep It In?

- A. The team in possession has 10 seconds to get the ball in the box goal area, no matter where on the field the player in possession is.
- B. The team in possession must keep the ball in the goal area once the ball enters the goal area.



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- C. If the ball goes out of bounds and Team A retains possession, Team A either has 10 seconds to Get It In or, if the restart is in the goal area, must Keep It In.
- D. All of the above.

NFHS Rule Reference: Rule 6-10-2

- 43. If a COACH is ejected, what amount of penalty time should be served by the team's in-home?**
- A. 30 seconds.
 - B. One minute.
 - C. Two minutes.
 - D. Three minutes.

NFHS Rule Reference: Rule 5-12-1

- 44. If a PLAYER is ejected, what is the mandatory penalty time for the ejection?**
- A. One minute.
 - B. Two minutes.
 - C. Three minutes.
 - D. No time is served, but the player cannot return to the game.

NFHS Rule Reference: Rule 5-12-1

- 45. The striking of an opponent on the neck or head by the crosse of an opponent is called "slashing", except when committed by the player in the act of:**
- A. Passing.
 - B. Shooting.
 - C. Attempting to scoop the ball.
 - D. All of the above.

NFHS Rule Reference: Rule 5-7-3

- 46. If a crosse does not conform to required specifications, the proper penalty is:**
- A. Two minute nonreleasable; cross may be returned to the game.
 - B. Two minute nonreleasable penalty, and the cross may not be returned to the game.



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- C. Any and all crosse violations result in a 3-minute nonreleasable penalty, and the crosse will remain in the table area for the remainder of the game.
- D. Any crosse violation, except a deep pocket, hanging strings or missing end cap, will result in a 3-minute nonreleasable penalty, and the crosse will remain in the table area for the remainder of the game.

NFHS Rule Reference: Rule 5-5

47. Which of the following actions should result in a minimum penalty time of two-minutes nonreleasable? (Check all that apply)

- A. Body checking a defenseless player (not intentionally taking aim).
- B. A legal body check that slides up into, or follows through, into an opponent's head or neck.
- C. Targeting a defenseless player with a body check (intentionally taking aim).
- D. Initiate targeting that intentionally takes aim at the head/neck of an opponent for the purpose of making violent contact.

NFHS Rule Reference: Rule 5-4-4, 5-4-5, 5-4-6, 5-4-7

48. A cross-check is:

- A. Holding an opponent with equal pressure, using the exposed handle of the crosse.
- B. Checking an opponent with the hands together on the handle of the crosse.
- C. Checking an opponent with the part of the handle that is between the players hands, either by thrusting away from the body or by holding it extended from the body.
- D. None of the above.

NFHS Rule Reference: Rule 5-2

49. At what age levels does the "scrum" rule apply for a ball that is trapped by multiple sticks or cannot be picked up after about four seconds when three or more players are trying to scoop the ball? (Check all that apply)

- A. 8U.
- B. 10U.
- C. 12U.



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D. 14U.

Youth Rules Reference: Rule 4.32

50. A2 sets a non-stationary screen/pick and defender B1 dodges around the moving pick without making contact. The extra delay incurred by B1 to avoid contact with A2 allows Team A to gain an advantage. RULING?

- A. Legal. Play continues.
- B. Play-on in favor of Team B.
- C. Immediate whistle for an illegal offensive screen. Award possession to Team A.
- D. Immediate whistle for an illegal offensive screen. Award possession to Team B.

Youth Rule Reference: Rule 4.17