

NCAA Soccer Rules Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

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Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 - 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

Questions

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- 1. What type of card is shown for delaying the restart of play?**
 - A. Red card**
 - B. Yellow card**
 - C. Green card**
 - D. Blue card**

- 2. What is true about the role of the referee in a soccer match?**
 - A. The referee cannot issue penalties**
 - B. The referee's decisions are final**
 - C. The referee can overrule players' decisions**
 - D. The referee is assisted by captains**

- 3. Can a player be offside during a goal kick?**
 - A. Yes, if they are ahead of the ball**
 - B. No, they cannot be offside from a goal kick**
 - C. Only if they touch the ball**
 - D. Yes, but only if there are no defenders**

- 4. What is "violation of standards" in relation to college soccer equipment?**
 - A. Using equipment such as cleats or shin guards that do not meet NCAA specifications.**
 - B. Wearing colored jerseys without authorization.**
 - C. Playing with a ball that is underinflated.**
 - D. Using personal equipment without permission from the referee.**

- 5. Under what circumstance would an offside call result when a player was in an offside position?**
 - A. When a ball is played to them directly from a goal kick**
 - B. When a ball deflects off a defender who was trying to stop the ball**
 - C. When they receive a pass from a teammate who was also in an offside position**
 - D. When they run into the opponent's half before the ball is played**

- 6. Which of the following is NOT an action the referee can take concerning substitutions?**
- A. Allow player substitutions as per the rules**
 - B. Automatically substitute players after each goal**
 - C. Refuse substitution during a critical game moment**
 - D. Reprimand coaches for frequent substitutions**
- 7. When should the clock be stopped for substitutions?**
- A. Always when a substitution is made.**
 - B. Only when teams are losing.**
 - C. For all substitutions made by teams that are winning or tied during the final 15 minutes of the game.**
 - D. Only in the first half of the game.**
- 8. Is it permissible for the referee team to use electronic communication devices during a match?**
- A. No, electronic devices are prohibited**
 - B. Yes, they may use them**
 - C. Only if necessary for emergencies**
 - D. Only for halftime discussions**
- 9. What action should a referee take if they determine a fight has occurred and ejected the participants?**
- A. Initiate a video review**
 - B. Issue only verbal warnings to all players**
 - C. Change ejections to cautions after review**
 - D. Ignore the incident if the play continues**
- 10. What is the consequence of a player receiving a second yellow card in a single match?**
- A. The player remains in the game with a warning**
 - B. The player receives a penalty kick for the opposing team**
 - C. The player is shown a red card and must leave the game**
 - D. The player is immediately substituted**

Answers

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1. B
2. B
3. B
4. A
5. B
6. B
7. C
8. B
9. A
10. C

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Explanations

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1. What type of card is shown for delaying the restart of play?

- A. Red card
- B. Yellow card**
- C. Green card
- D. Blue card

A yellow card is issued for delaying the restart of play, as it serves as a caution to the player for unsporting behavior. This can include actions such as failing to leave the field in a timely manner after being substituted, or any other actions that unnecessarily prolong the game. The issuance of a yellow card is part of a broader disciplinary system aimed at maintaining the flow and fairness of the match. Players accumulate yellow cards for various infractions, and exceeding a certain number can lead to further suspensions. Thus, the use of a yellow card in this context reinforces the rules of the game and emphasizes the importance of adhering to proper procedures during matches.

2. What is true about the role of the referee in a soccer match?

- A. The referee cannot issue penalties
- B. The referee's decisions are final**
- C. The referee can overrule players' decisions
- D. The referee is assisted by captains

The referee's role in a soccer match is fundamentally about enforcing the Laws of the Game, maintaining order, and ensuring fair play. The statement that the referee's decisions are final encapsulates the primary authority granted to referees during a match. Once a decision is made regarding fouls, offsides, or other rule infractions, players and coaches must respect those decisions, as the referee's interpretation and enforcement of the rules are binding for the duration of the game. This authority helps maintain the flow of the match and ensures that the game is conducted fairly and consistently. In terms of the other options, the referee can issue penalties according to the Laws of the Game, and they can indeed overrule players' actions if they contravene the rules. While team captains serve as representatives for their teams and may communicate with the referee, they do not hold authority to assist in officiating the match. The clarity of the referee's final word is crucial to the orderly conduct of the game, underscoring the importance of their role in soccer.

3. Can a player be offside during a goal kick?

- A. Yes, if they are ahead of the ball
- B. No, they cannot be offside from a goal kick**
- C. Only if they touch the ball
- D. Yes, but only if there are no defenders

The correct answer is that a player cannot be offside from a goal kick. According to the rules of soccer, specific situations exempt players from being penalized for offside, and one of these situations involves goal kicks. When a goal kick is taken, all players—including those from the opposing team—are allowed to be in any position on the field without the risk of being declared offside. This rule encourages fair play and allows for a fluid continuation of the game after a goal kick is performed. It is important to understand the offside rule in various scenarios, such as during goal kicks, to effectively interpret the rules during a match.

4. What is "violation of standards" in relation to college soccer equipment?

- A. Using equipment such as cleats or shin guards that do not meet NCAA specifications.**
- B. Wearing colored jerseys without authorization.**
- C. Playing with a ball that is underinflated.**
- D. Using personal equipment without permission from the referee.**

"Violation of standards" in the context of college soccer equipment specifically refers to the use of gear that does not conform to the regulations set by the NCAA. This is primarily concerned with ensuring safety, fairness, and uniformity in the sport. For example, cleats or shin guards that fail to meet the NCAA's established specifications could potentially provide an unfair advantage or pose safety risks to players. Thus, adherence to these guidelines is crucial for maintaining integrity in the game and protecting the athletes. The focus on equipment specifications ensures that all players are using items designed for competitive play, reducing the risk of injury and ensuring a level playing field. Therefore, the use of non-compliant equipment constitutes a clear violation of the standards set forth by the governing body of college soccer.

5. Under what circumstance would an offside call result when a player was in an offside position?

- A. When a ball is played to them directly from a goal kick**
- B. When a ball deflects off a defender who was trying to stop the ball**
- C. When they receive a pass from a teammate who was also in an offside position**
- D. When they run into the opponent's half before the ball is played**

An offside call can result when a player is in an offside position under specific circumstances that relate to the concept of gaining an advantage. The option indicating that an offside call occurs when a ball deflects off a defender who was trying to stop the ball is accurate because, in this scenario, the player in an offside position is not considered to be gaining an advantage from their position. If the ball was played directly to them from an offside position following a deflection, it implies that they have not been actively involved in trying to gain an advantage from their position, as the ball came off an opponent rather than being deliberately played by a teammate. In contrast, with other situations presented, such as a goal kick or when receiving a pass from a teammate also in an offside position, those instances typically do not lead to an offside call being made. A player cannot be called offside on a goal kick, corner, or throw-in, and two players being in an offside position does not automatically result in an infraction. The aspect of running into the opponent's half before the ball is played does not constitute an offside unless they are involved in active play regarding the ball being passed to them when they are in an

6. Which of the following is NOT an action the referee can take concerning substitutions?

- A. Allow player substitutions as per the rules**
- B. Automatically substitute players after each goal**
- C. Refuse substitution during a critical game moment**
- D. Reprimand coaches for frequent substitutions**

The choice indicating that the referee can automatically substitute players after each goal is not a correct action under NCAA soccer rules. In soccer, substitutions are typically allowed within the framework of the rules and must be initiated by the team's coach or designated personnel, not automatically triggered by specific events such as goals. This reinforces the principle that the control of player substitutions remains with the coaches and is subject to the rules regarding the number and timing of substitutions. Each substitution requires the referee's acknowledgment, ensuring that the game remains fair and orderly. Automating substitutions based on game events would undermine the structured management of player changes and the strategic decisions made by the coaches. The other choices reflect actions and decisions that are within the referee's authority, such as allowing substitutions in accordance with the rules, exercising discretion about substitutions during critical moments in a game, and managing coach behavior regarding frequent substitutions.

7. When should the clock be stopped for substitutions?

- A. Always when a substitution is made.**
- B. Only when teams are losing.**
- C. For all substitutions made by teams that are winning or tied during the final 15 minutes of the game.**
- D. Only in the first half of the game.**

The correct answer pertains to specific regulations within NCAA soccer regarding the timing of substitutions. The game clock is stopped for all substitutions made by teams that are winning or tied during the final 15 minutes of the match. This rule exists to ensure that the team that is either ahead or on equal footing does not gain an unfair advantage by using substitutions to manage the game clock in critical moments. In this time frame, stopping the clock allows for a fair assessment of the remaining time and ensures that the game maintains its competitive integrity. The rationale is that the trailing team should have ample opportunity to respond and attempt to score without being disadvantaged by stoppages that the leading or tied team might exploit. Other choices do not align with this specific regulation. For example, stopping the clock for every substitution made would disrupt the game flow unnecessarily. Additionally, limiting stoppages only to losing teams or restricting them to just the first half fails to account for the strategic implications during the crucial final moments of the game. Thus, the regulation assures that the final phase of the match remains fair and competitive for both teams involved.

8. Is it permissible for the referee team to use electronic communication devices during a match?

- A. No, electronic devices are prohibited**
- B. Yes, they may use them**
- C. Only if necessary for emergencies**
- D. Only for halftime discussions**

The use of electronic communication devices by the referee team during a match is permissible to enhance communication and ensure effective officiating. This allows the officials to share critical information instantly, coordinate better during the match, and address any issues that may arise more efficiently. By using these devices, referees can maintain a clear line of communication, which is crucial in a fast-paced environment like soccer where quick decisions are often necessary. The context of this rule acknowledges the importance of technology in modern sports officiating while ensuring that the integrity and flow of the game are maintained. This flexibility in communication aids in improving the overall management of the game, allowing officials to respond swiftly to occurrences on the field without disrupting play.

9. What action should a referee take if they determine a fight has occurred and ejected the participants?

- A. Initiate a video review**
- B. Issue only verbal warnings to all players**
- C. Change ejections to cautions after review**
- D. Ignore the incident if the play continues**

In the context of a fight occurring during a soccer match, the correct action for the referee to take involves initiating a video review. This is important for several reasons. First, video review allows the referee to have a clear and comprehensive view of the incident, ensuring that they can accurately assess the situation, confirm the details, and make an informed decision regarding the severity of the actions that led to ejections. Given the seriousness of fights in soccer, where player safety and fair play are paramount, utilizing video review could clarify any ambiguities surrounding the incident, facilitating fair and appropriate disciplinary measures. While other choices suggest responses that lack the level of scrutiny required for such serious infractions, initiating a video review would enable the referee to uphold the integrity of the game and ensure that justice is served for all players involved. This also supports the overarching goal of maintaining order and respect on the field.

10. What is the consequence of a player receiving a second yellow card in a single match?

- A. The player remains in the game with a warning**
- B. The player receives a penalty kick for the opposing team**
- C. The player is shown a red card and must leave the game**
- D. The player is immediately substituted**

When a player receives a second yellow card in a single match, the consequence is that the player is shown a red card and must leave the game. This action is in accordance with the rules that govern player conduct and discipline in soccer. The issuance of a second yellow card within the same match signifies that the player has committed two separate offenses deemed as infractions, and as a result, they must be ejected from the match. This rule is critical for maintaining fairness and upholding the integrity of the game, as it discourages repeated misconduct by players on the field. By being shown the red card, the player is not only removed from the current game but also typically faces further disciplinary action, which may include suspension from future matches as determined by the governing body in accordance with league regulations. The exit of the player leaves their team at a disadvantage, impacting the game dynamics. Thus, this rule plays a significant role in enforcing sportsmanship and discipline during matches.

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

<https://ncaasoccerrules.examzify.com>

We wish you the very best on your exam journey. You've got this!

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