

NCAA SOCCER RULES PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

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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 is the consequence for a player receiving a red card during a match?**
 - A. The player must sit out for 10 minutes
 - B. The player is ejected and cannot be replaced
 - C. The player is given a warning
 - D. The player receives a penalty kick against their team

- 2. What should a referee do if a player leaves the field due to a bleeding injury and is replaced?**
 - A. The referee must not allow the original player to return.
 - B. The referee should allow the original player to re-enter and permit the substitute to return later.
 - C. The referee must stop the game until the player heals.
 - D. The substitute must remain in until the period ends.

- 3. What must happen for a team to be awarded a corner kick?**
 - A. The ball goes out of play over the goal line, last touched by a defending player.
 - B. The ball goes out of play over the sideline, last touched by an attacking player.
 - C. The ball is kicked over the goal line by an attacking player.
 - D. A goal is scored and the ball is played back into the field.

- 4. What is the correct restart if a player's pass deflects off an opponent, hits the referee, and goes out of play?**
 - A. Throw-in for Team B
 - B. Corner kick for Team A
 - C. Drop ball for any player
 - D. Throw-in for Team A

- 5. When can a substituted player no longer communicate with their team on the field?**
 - A. When they leave the field of play and the referee signals.
 - B. After the final whistle of the match.
 - C. Only when the game is in progress.
 - D. After they have exited the technical area.

- 6. What is required for a goal to be valid?**
- A. Only part of the ball must cross the line
 - B. The ball must remain in the air while crossing
 - C. The entire ball must cross the goal line
 - D. The ball must touch the ground before crossing
- 7. What should the referee do if a player is seriously injured on the field?**
- A. Ignore the injury and continue the game
 - B. Stop the game; the player may be substituted
 - C. Allow play to continue but monitor the player
 - D. Wait for a goal kick to assess the injury
- 8. What constitutes interference by team members in the technical area?**
- A. Encouraging the players on the field.
 - B. Disrupting the flow of the game or the referee's authority.
 - C. Discussing strategies with the coach.
 - D. Standing too close to the sidelines.
- 9. What is the definition of dangerous play?**
- A. Any play that results in a foul
 - B. A play that could lead to an injury to players
 - C. Any highly contested ball situation
 - D. A type of play that earns a free kick
- 10. A goal kick is awarded when:**
- A. The ball crosses the goal line and was last touched by an attacking player
 - B. The ball goes out of bounds over the side-line
 - C. A player commits a foul inside the penalty area
 - D. The ball crosses the goal line and was last touched by a defending player

Answers

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

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Explanations

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1. What is the consequence for a player receiving a red card during a match?

- A. The player must sit out for 10 minutes
- B. The player is ejected and cannot be replaced**
- C. The player is given a warning
- D. The player receives a penalty kick against their team

A player receiving a red card during a match is ejected from the game and cannot be replaced. This rule is designed to maintain the integrity of the game by penalizing unsporting behavior, serious foul play, or violent conduct. When a player is sent off with a red card, their team must continue the match with one fewer player, which can significantly impact the team's strategy and performance. This consequence emphasizes the importance of adhering to the rules and the spirit of the game, as well as ensuring player safety.

2. What should a referee do if a player leaves the field due to a bleeding injury and is replaced?

- A. The referee must not allow the original player to return.
- B. The referee should allow the original player to re-enter and permit the substitute to return later.**
- C. The referee must stop the game until the player heals.
- D. The substitute must remain in until the period ends.

When a player leaves the field due to a bleeding injury, the rules dictate that the player cannot return to the game until the bleeding is addressed appropriately and the player is deemed fit to play again. In this case, allowing the original player to re-enter after receiving proper treatment ensures that the game can continue smoothly without leaving the team at a disadvantage. By permitting the substitute to return later, the referee adheres to the principle that the game should not be unnecessarily interrupted. The substitute provides a temporary replacement, maintaining fairness and the flow of the game. Once the bleeding has stopped and any necessary medical attention has been administered, the original player can come back onto the field. This aligns with the rules that ensure player safety while still allowing for continuity in match play, reflecting the importance of both players' health and the need for a balanced competition. The other options either conflict with the established protocol for injuries or do not prioritize the player's health in a manner that complies with NCAA rules.

3. What must happen for a team to be awarded a corner kick?

- A. The ball goes out of play over the goal line, last touched by a defending player.**
- B. The ball goes out of play over the sideline, last touched by an attacking player.
- C. The ball is kicked over the goal line by an attacking player.
- D. A goal is scored and the ball is played back into the field.

A team is awarded a corner kick when the ball goes out of play over the goal line, having been last touched by a defending player. This rule reflects the principle that when a defending player inadvertently causes the ball to leave the field at the goal line, it grants the attacking team an opportunity to resume play from the corner arc. This situation allows for an advantageous position for the attacking team to potentially score a goal from a set piece, thus strategically benefiting them after the defending player's error. In contrast to the other options, they do not correctly align with the conditions required for a corner kick. For example, if a ball goes out over the sideline, it results in a throw-in instead. Similarly, an attacking player kicking the ball over the goal line does not result in a corner kick but rather a goal kick for the defending team. Lastly, a goal being scored and the ball being played back in does not specifically pertain to corner kicks, as it outlines a different scenario concerning regular play restart methods.

4. What is the correct restart if a player's pass deflects off an opponent, hits the referee, and goes out of play?

- A. Throw-in for Team B
- B. Corner kick for Team A
- C. Drop ball for any player
- D. Throw-in for Team A**

When a player's pass deflects off an opponent, hits the referee, and then goes out of play, the correct restart is a throw-in for the team that last touched the ball before it left the field. In this scenario, because the ball deflected off an opponent first, it is determined that Team B was the last team to have possession before the ball went out of play. The rules state that if the ball touches the referee, the play is still considered to be in effect, and the last touch before the ball exits the field of play is what dictates the restart situation. Since the pass originated from Team A and involved a deflection off an opponent (Team B), it is Team B that is awarded the throw-in, moving the play forward from the point where the ball went out of bounds. This ensures that the principles of fair play and possession are upheld during the restart process.

5. When can a substituted player no longer communicate with their team on the field?

- A. When they leave the field of play and the referee signals.**
- B. After the final whistle of the match.
- C. Only when the game is in progress.
- D. After they have exited the technical area.

A substituted player can no longer communicate with their team on the field once they have fully exited the field of play and the referee signals for their substitution to be complete. At this point, the player is considered to be out of the match, and any communication with teammates is no longer permitted. This rule is in place to maintain the integrity of the game and ensure that no external influence affects the match once a player has been officially substituted. Other scenarios listed, such as communicating after the final whistle or during the game in progress, do not adhere to the rules governing player substitutions. Additionally, exiting the technical area does not signify the end of allowed communication, as the focus is on the official signaling of the substitution.

6. What is required for a goal to be valid?

- A. Only part of the ball must cross the line
- B. The ball must remain in the air while crossing
- C. The entire ball must cross the goal line**
- D. The ball must touch the ground before crossing

For a goal to be considered valid in soccer, the entire ball must completely cross the goal line between the goalposts and beneath the crossbar. This rule ensures that the ball is unequivocally recognized as having entered the goal area, confirming the scoring of a goal. The requirement is based on the principle of clear and unambiguous scoring. If only part of the ball crosses the line, or if any part of the ball remains on or above the line, the goal does not count. This fosters a straightforward and demonstrable rule that can easily be observed by officials and players alike. The other options suggest incorrect criteria for a goal, such as the position of the ball in the air or its contact with the ground; these do not meet the established requirements for a goal's validity as defined in the rules of the game.

7. What should the referee do if a player is seriously injured on the field?

- A. Ignore the injury and continue the game
- B. Stop the game; the player may be substituted**
- C. Allow play to continue but monitor the player
- D. Wait for a goal kick to assess the injury

When a player is seriously injured on the field, the appropriate action for the referee is to stop the game and ensure that the player receives the necessary medical attention. Stopping the game is crucial because it allows medical staff to attend to the injured player without the risk of further injury from ongoing play. In this scenario, the rules stipulate that the injured player may be substituted after the stoppage. This ensures that the team is not at a disadvantage while still prioritizing player safety. The referee's responsibility includes assessing the situation quickly and effectively, which can involve calling for medical personnel to enter the field to provide aid. Continuing the game despite a serious injury would be unsafe, as it could exacerbate the player's condition or lead to further injuries for other players. Therefore, halting the game at the first sign of a serious injury ensures that the well-being of the players is the top priority.

8. What constitutes interference by team members in the technical area?

- A. Encouraging the players on the field.
- B. Disrupting the flow of the game or the referee's authority.**
- C. Discussing strategies with the coach.
- D. Standing too close to the sidelines.

Interference by team members in the technical area specifically refers to actions that disrupt the flow of the game or undermine the referee's authority. This can include verbal or non-verbal actions that distract players, provoke opposition, or otherwise affect the game in a way that is not conducive to fair play. When team members engage in disruptive behavior, such as making loud or distracting comments during plays or challenging the referee's decisions, they can create an environment that negatively impacts the match atmosphere and the officials' ability to control the game. Understanding this helps ensure that all participants maintain a level of respect for the game's structure and flow, allowing for a smoother, more equitable match. The other choices depict actions that may not necessarily violate the rules. For instance, encouraging players is a common part of sports and is generally considered positive behavior. Discussing strategies with the coach is a typical practice within the technical area and is expected during a match. Standing close to the sidelines, while it may be against some specific regulations in certain contexts, does not inherently disrupt the game's flow or the referee's authority. Thus, the critical focus is on behaviors that interfere with the match itself.

9. What is the definition of dangerous play?

- A. Any play that results in a foul
- B. A play that could lead to an injury to players**
- C. Any highly contested ball situation
- D. A type of play that earns a free kick

The definition of dangerous play in soccer specifically refers to situations that pose a risk of injury to players. This includes actions such as high kicks near another player's head, jumping in a way that could collide with an opponent, or any maneuver that compromises the safety of players on the field. The emphasis is on the potential for injury rather than the occurrence of a foul or a free kick, which may not necessarily involve dangerous circumstances. Understanding dangerous play is crucial for maintaining player safety and ensuring fair conduct during the game.

10. A goal kick is awarded when:

- A. The ball crosses the goal line and was last touched by an attacking player**
- B. The ball goes out of bounds over the side-line**
- C. A player commits a foul inside the penalty area**
- D. The ball crosses the goal line and was last touched by a defending player**

The scenario described where a goal kick is awarded occurs when the ball crosses the goal line having been last touched by an attacking player. This rule ensures that the defending team is given an opportunity to restart play from their six-yard box area, effectively penalizing the attacking team for their failure to score. The goal kick signifies a change in possession after the attacking team has inadvertently sent the ball out of play, thus providing the defending team a chance to clear the ball from their defensive area. The other scenarios do not apply to when a goal kick is awarded. When the ball goes out of bounds over the side-line, this results in a throw-in, not a goal kick. A foul committed inside the penalty area typically results in a penalty kick for the attacking team, not a goal kick. Lastly, if the ball crosses the goal line and was last touched by a defending player, this leads to a corner kick for the attacking team, instead of a goal kick. Understanding these nuances is essential for grasping the flow of the game and the specific rules surrounding goal kicks.

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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