

# NFHS Baseball Rules Practice Exam (Sample)

## Study Guide



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## **Questions**

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- 1. In what situation can a caught fly ball be ruled a fair ball?**
  - A. If the ball is caught in foul territory**
  - B. If the ball is caught in fair territory**
  - C. If the ball hits the ground first**
  - D. When it is caught after three bounces**
- 2. What happens when a pitch hits the batter and is not swung at?**
  - A. The batter gets a free base**
  - B. The batter is called out**
  - C. The pitch is a ball**
  - D. The pitch is a strike**
- 3. Which statement about an infield fly is true?**
  - A. It can include an attempted bunt.**
  - B. It is caught only by an infielder.**
  - C. Declared only when there is one out and the bases are loaded.**
  - D. None of the above.**
- 4. How does a foul ball affect a batter's status at the plate?**
  - A. It results in a strike unless it is caught.**
  - B. It completely counts as a missed opportunity.**
  - C. It resets the count to zero.**
  - D. It results in a walk if it occurs on the third strike.**
- 5. When can a batter not be called out for interference?**
  - A. When the catcher collides with the batter.**
  - B. When the batter is in the batter's box.**
  - C. When the umpire calls time.**
  - D. When the ball is hit successfully.**

- 6. What constitutes an "illegal pitch"?**
- A. A pitch delivered while the pitcher is not in contact with the pitcher's rubber**
  - B. A pitch thrown with excessive speed**
  - C. A pitch that fails to cross home plate**
  - D. A pitch made with a foreign substance on the ball**
- 7. When is a batter considered out for hitting a foul ball while touching the ground outside the batter's box?**
- A. A fair ball.**
  - B. A foul ball.**
  - C. A foul tip.**
  - D. All of the above.**
- 8. How is a catch defined in baseball rules?**
- A. The player holds the ball with one hand only.**
  - B. The player drops the ball after two steps in fair territory.**
  - C. The player secures the ball before it hits the ground.**
  - D. The player must show possession to the umpire.**
- 9. A coach restricted to the bench may do which of the following?**
- A. Not have a charged conference with his team at any time.**
  - B. Have a charged conference on the field just as he could before restriction.**
  - C. Have a charged conference only when the other team has been granted one.**
  - D. May have a charged conference in the dugout/bench area.**
- 10. Is any wall or fence, marked or imaginary line, considered part of the playing field?**
- A. True**
  - B. False**

## **Answers**

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

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## **Explanations**

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**1. In what situation can a caught fly ball be ruled a fair ball?**

- A. If the ball is caught in foul territory**
- B. If the ball is caught in fair territory**
- C. If the ball hits the ground first**
- D. When it is caught after three bounces**

A caught fly ball is ruled a fair ball when it is caught in fair territory. This is fundamental to understanding how live ball regulations work in baseball. When a fly ball is hit and remains in fair territory, it is deemed a live ball and can be fielded by players. If the ball is caught while in fair territory, it results in an out for the batter. In contrast, if a fly ball is caught in foul territory, it is ruled a foul ball, and the batter is not out unless they already have two strikes against them. The other options reflect scenarios that do not align with the rules governing fly balls. A ball that hits the ground first or is caught after bounces cannot be considered a caught fly ball and thus do not fit the criteria for being ruled fair.

**2. What happens when a pitch hits the batter and is not swung at?**

- A. The batter gets a free base**
- B. The batter is called out**
- C. The pitch is a ball**
- D. The pitch is a strike**

When a pitch hits the batter and the batter does not swing, the rules state that the batter is awarded first base. This is based on the principle that the batter is entitled to occupy the batter's box and is protected from being hit by a pitch. If the pitch strikes the batter and they have not made an attempt to swing at the ball, it qualifies as a hit-by-pitch scenario, leading to the batter being awarded a free base. This rule is designed to ensure player safety and maintain fair play during the game by providing protection to batters in the box. The situation might differ if the batter intentionally tries to get hit or if they were not in the box at the time; however, for a typical case where the pitch simply strikes the batter, the result is that they get to advance to first base.

**3. Which statement about an infield fly is true?**

- A. It can include an attempted bunt.**
- B. It is caught only by an infielder.**
- C. Declared only when there is one out and the bases are loaded.**
- D. None of the above.**

An infield fly rule is designed to protect the offense when there are runners on base and less than two outs. The correct answer indicates that none of the previous statements about infield flies holds true. Infield flies are not applicable to bunts; they are specifically about lifted balls in the infield that could be caught easily by infielders. Additionally, an infield fly can be called regardless of whether the bases are loaded. It can also be called when there are one or two outs, not limited to scenarios with just one out. Furthermore, the catch does not have to be made by an infielder; it can be caught by any fielder on the infield as long as the infield fly criteria are met. This context reinforces the complexity of the infield fly rule and clarifies why none of the prior statements accurately describe it.

#### 4. How does a foul ball affect a batter's status at the plate?

- A. It results in a strike unless it is caught.**
- B. It completely counts as a missed opportunity.
- C. It resets the count to zero.
- D. It results in a walk if it occurs on the third strike.

A foul ball does indeed affect a batter's status at the plate by resulting in a strike, with the notable exception that if the foul ball is caught by a fielder, the batter is out. According to NFHS (National Federation of State High School Associations) baseball rules, a foul ball is counted as a strike against the batter unless they already have two strikes on them; in that case, a foul ball does not increase the strike count further. This rule is significant because it emphasizes that while the batter has the opportunity to try for a hit, they must also manage the risk of accruing strikes. A foul ball does not reset the count or count as a missed opportunity in terms of the batting order. Additionally, foul balls do not lead to a walk, as walks can only occur due to balls and specific other situations outlined in the rules. Understanding this rule helps players, coaches, and officials manage the game effectively and maintain the flow of play.

#### 5. When can a batter not be called out for interference?

- A. When the catcher collides with the batter.
- B. When the batter is in the batter's box.**
- C. When the umpire calls time.
- D. When the ball is hit successfully.

The situation where a batter cannot be called out for interference occurs when the batter is in the batter's box. In this case, the batter is already in their designated area, and any actions they take are generally considered to be within the normal course of play. Umpires generally allow some leeway for a batter's movements within this space and recognize that their primary focus is on preparing to hit the pitch. The other options involve circumstances where the concept of interference is more likely to come into play. For instance, a collision with the catcher could lead to a call of interference, as it disrupts the play. If the umpire has called time, that usually stops play, but does not inherently preclude interference calls prior to that time being called. Lastly, if the ball is hit successfully, there could be scenarios where the batter's actions could be considered to interfere with the defensive players attempting to make a play. In contrast, being in the batter's box is a protected status that does not warrant an interference call against the batter.

## 6. What constitutes an "illegal pitch"?

- A. A pitch delivered while the pitcher is not in contact with the pitcher's rubber**
- B. A pitch thrown with excessive speed**
- C. A pitch that fails to cross home plate**
- D. A pitch made with a foreign substance on the ball**

An illegal pitch is defined by specific actions or failures to comply with the established rules of baseball. One primary way a pitch can be deemed illegal is if it is delivered while the pitcher is not in contact with the pitcher's rubber. The pitcher is required to have at least one foot in contact with the rubber prior to making the pitch. This regulation ensures that the pitcher has a proper starting position, maintaining a balance between offensive and defensive play. While the other options present different scenarios that might occur during a game, they do not align with the rules defining an illegal pitch. For instance, the speed of the pitch is not a factor in rendering it illegal, nor is the pitch's failure to reach home plate; these situations can be a part of regular gameplay but do not violate any rules concerning the legality of the pitch itself. Similarly, using a foreign substance on the ball pertains to different regulations regarding pitch integrity but is not classified as an illegal pitch in the same direct manner as the requirement for the pitcher to be in contact with the rubber.

## 7. When is a batter considered out for hitting a foul ball while touching the ground outside the batter's box?

- A. A fair ball.**
- B. A foul ball.**
- C. A foul tip.**
- D. All of the above.**

The scenario describes a situation in which a batter hits a foul ball while touching the ground outside the batter's box. In this instance, the ball is deemed a foul ball. A foul ball occurs when a batted ball first touches the ground in foul territory or when a batted ball that has not been caught is hit within the field of play but lands outside the boundaries marked for fair territory. It is essential to recognize that while a foul ball can symbolize a missed scoring opportunity, it does not ordinarily result in the batter being put out unless they are involved in specific circumstances that violate other rules (for instance, a third strike foul). In this case, since the batter is touching outside the batter's box when making contact, they are only subject to the foul ball rule, and thus the batter is not out. The implication of the other answers revolves around the type of hit as foul, fair, or a foul tip, but they do not apply in this specific context as they do not accurately reflect the conditions set in the question. Hence, the most accurate categorization of the situation described is that it is a foul ball.

## 8. How is a catch defined in baseball rules?

- A. The player holds the ball with one hand only.
- B. The player drops the ball after two steps in fair territory.
- C. The player secures the ball before it hits the ground.**
- D. The player must show possession to the umpire.

In baseball, a catch is defined as a fielder securing the ball before it touches the ground. This means that for a catch to be valid, the player must have complete control of the ball while it is in the air, and they must maintain that control until they either pass the ball to another player or it is no longer in their possession. This definition emphasizes the importance of the player fully securing the ball, not just having it touch their glove or hand momentarily. The other options suggest criteria that do not match the official definition of a catch. For example, a player holding the ball with one hand, dropping the ball, or needing to demonstrate possession to an umpire do not align with the fundamental rule that the ball must be caught cleanly before it touches the ground to constitute a legal catch.

## 9. A coach restricted to the bench may do which of the following?

- A. Not have a charged conference with his team at any time.
- B. Have a charged conference on the field just as he could before restriction.
- C. Have a charged conference only when the other team has been granted one.
- D. May have a charged conference in the dugout/bench area.**

The correct answer states that a coach restricted to the bench may have a charged conference in the dugout or bench area. This is in accordance with the NFHS rules regarding coach restrictions. When a coach is restricted to the bench, they still retain the ability to communicate and confer with their players in the dugout or designated bench area. This allows for the coach to provide necessary strategic discussions, adjustments, or guidance during the game, albeit without having direct interaction on the field. In this context, the other choices are incorrect because they impose limitations that do not align with the rules. The first option suggests that a coach cannot have any charged conference at all, which is not accurate since they can still confer in their designated area. The second option implies that a restricted coach could conduct a charged conference on the field just like before the restriction, which contradicts the purpose of the imposed restriction. The third option suggests that such a coach could only have a charged conference when the opposing team is granted one, which misunderstands the rules governing coach conduct during restrictions. Therefore, allowing a charged conference in the dugout or bench area maintains the coach's ability to influence their team while adhering to the boundaries set by their restriction.

**10. Is any wall or fence, marked or imaginary line, considered part of the playing field?**

**A. True**

**B. False**

The correct understanding is that in baseball, any wall, fence, marked line, or imaginary line surrounding the field is considered part of the playing field. This designation is important because it influences the rules regarding how plays are executed, such as determining whether a ball that strikes a fence or wall is in play or out of play. For instance, if a batted ball hits a wall or fence, it may be ruled as a home run if it goes beyond a certain point, or it may still be considered in play if it rebounds back into the field. Additionally, when determining whether a runner has touched a base or is out of play, the field's boundaries, including these walls or fences, play a critical role. Therefore, acknowledging these elements as part of the playing field shapes the dynamics of the game and how both players and officials interpret various situations during play.