

# NFHS Basketball Rules Practice Exam (Sample)

## Study Guide



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## **Questions**

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- 1. Faking a foul is categorized as what type of foul?**
  - A. Player-control foul**
  - B. Team-control foul**
  - C. Unsporting foul**
  - D. Intentional foul**
- 2. What is the designated area for shooting free throws?**
  - A. Under the basket**
  - B. The free-throw line**
  - C. The three-point line**
  - D. The paint area**
- 3. Is A1 allowed to receive a pass and attempt a throw-in if they go out of bounds during a throw-in?**
  - A. Yes, without penalty**
  - B. No, this results in a turnover**
  - C. Only if the referee allows it**
  - D. Yes, but only under certain conditions**
- 4. What occurs after a made basket if a player was fouled?**
  - A. The player is awarded two free throws**
  - B. The player is awarded one free throw if the shot is made, and two if missed**
  - C. No free throws are awarded**
  - D. The team is awarded possession**
- 5. What happens if A1 causes the ball to go out of bounds by touching B1 before going out?**
  - A. A1 is penalized for out of bounds**
  - B. A1's team retains possession**
  - C. The ball is considered in play**
  - D. A1 caused the ball to be out of bounds**

- 6. Once a guard has obtained legal position on a stationary opponent without the ball, how can they treat that player?**
- A. As if the player has the ball**
  - B. As if the player is out of bounds**
  - C. As if the player is not there**
  - D. As if they are on the offensive team**
- 7. How long does the team have to advance the ball past half-court?**
- A. 8 seconds**
  - B. 10 seconds**
  - C. 12 seconds**
  - D. 15 seconds**
- 8. Which of the following statements about the closely-guarded rule is accurate?**
- A. The defender must be within arm's reach of the player with the ball**
  - B. The distance is measured from the player's feet**
  - C. The rule includes the area behind the basket**
  - D. The defender must make contact to consider it closely guarded**
- 9. If the screener stops while screening a moving opponent, what is likely to occur?**
- A. The opponent may collide with the screener**
  - B. The opponent can no longer defend**
  - C. The screener must re-establish their position**
  - D. The play is considered a foul**
- 10. Is it true or false that an alternating-possession procedure occurs after the ball touches the backboard support?**
- A. True**
  - B. False**
  - C. Only if a timeout is called**
  - D. Only in the last two minutes of the game**

## **Answers**

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

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## **Explanations**

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## 1. Faking a foul is categorized as what type of foul?

- A. Player-control foul
- B. Team-control foul
- C. Unsporting foul**
- D. Intentional foul

Faking a foul falls under the category of an unsporting foul because it goes against the principles of fair play and integrity in the game. Unsporting fouls are typically actions that are deemed to be disrespectful or unsportsmanlike, which includes attempts to deceive officials or manipulate the game's integrity, such as exaggerating contact or simulating a foul. This behavior disrupts the flow of the game and can mislead referees, making it contrary to the spirit of competition. While player-control fouls and team-control fouls typically involve legitimate violations of play such as charging or illegal screen setups, and intentional fouls are focused on actions meant to deliberately stop the clock or disadvantage an opponent through physical means, faking a foul specifically embodies a deceptive tactic that is characterized by unsportsmanlike conduct. Therefore, categorizing faking a foul as an unsporting foul aligns with the governing principles of sportsmanship laid out by the NFHS basketball rules.

## 2. What is the designated area for shooting free throws?

- A. Under the basket
- B. The free-throw line**
- C. The three-point line
- D. The paint area

The designated area for shooting free throws is the free-throw line. This line is situated a specific distance from the basket, ensuring that all players maintain the same position during free throw attempts. During a free throw, only the shooter is allowed to stand on or over this line, and no other players can interfere from the lane until the ball is released. This rule maintains fairness and consistency in the free throw process. The other options represent different areas of the basketball court but do not serve as the proper location for shooting free throws. The area under the basket is typically where rebounds take place. The three-point line marks the boundary for three-point shots, and the paint area, also known as the key, is where players can position themselves during certain plays but is not relevant to the free throw shooting process itself.

**3. Is A1 allowed to receive a pass and attempt a throw-in if they go out of bounds during a throw-in?**

- A. Yes, without penalty**
- B. No, this results in a turnover**
- C. Only if the referee allows it**
- D. Yes, but only under certain conditions**

The scenario presented relates to rules governing player actions during a throw-in situation in basketball. When A1 goes out of bounds while attempting a throw-in, the fundamental rule allows them to receive a pass and continue with their play without any penalties being assessed. This is because the player is already in the act of re-entering the game after a stoppage of play, and their position does not affect the legality of receiving a pass. In this context, it's distinguished from other situations where a player might leave the court during ongoing play, which could incur a violation or turnover. The allowance for A1 to receive a pass and attempt to make a play reinforces the importance of ensuring the game flows smoothly and allows players to participate actively even after going out of bounds for a throw-in scenario. Understanding this aspect of the rules helps clarify the conditions under which players operate during different situations on the court, particularly during a throw-in, ensuring they can effectively re-enter the play and contribute without facing undue penalties.

**4. What occurs after a made basket if a player was fouled?**

- A. The player is awarded two free throws**
- B. The player is awarded one free throw if the shot is made, and two if missed**
- C. No free throws are awarded**
- D. The team is awarded possession**

The correct answer to what occurs after a made basket when a player is fouled is that the player is awarded one free throw if the shot is made, and two if missed. This situation is commonly referred to as an "and-one" in basketball. When a player successfully makes a field goal despite being fouled, they are given the opportunity to complete the play by taking an additional free throw. If the initial shot was a made basket, the one free throw represents the player's chance to convert a potential three-point play. If the shot were missed, the player would instead receive two free throws if they were fouled in the act of shooting, as the foul still occurred while the shooting motion was taking place. This rule encourages players to continue to attempt their shots even when contact is made, acknowledging their effort and providing them with a chance to score additional points. The other options do not accurately reflect the rules governing fouls in shooting situations. For instance, being awarded two free throws for a made basket does not adhere to standard rules, and awarding possession or saying no free throws are granted deviates from what is required when a player is fouled in the act of shooting.

**5. What happens if A1 causes the ball to go out of bounds by touching B1 before going out?**

- A. A1 is penalized for out of bounds**
- B. A1's team retains possession**
- C. The ball is considered in play**
- D. A1 caused the ball to be out of bounds**

When A1 touches B1 and then causes the ball to go out of bounds, the specific action taken follows the principle that a player's actions can determine the fate of the ball. Since A1 made contact with B1 before the ball went out of bounds, it is deemed that A1's failure to maintain control of the ball while in contact with B1 contributed to the situation. This means that the ball is considered to have been caused to go out of bounds by A1's action (the touch on B1), which is significant because it directly links A1's contact with B1 to the out-of-bounds situation. In effect, this results in a turnover with implications on possession, as the next inbound will occur out of bounds. The other options suggest differing consequences that do not align with the rules governing player contact and how possession is established following an out-of-bounds situation caused by a player's actions.

**6. Once a guard has obtained legal position on a stationary opponent without the ball, how can they treat that player?**

- A. As if the player has the ball**
- B. As if the player is out of bounds**
- C. As if the player is not there**
- D. As if they are on the offensive team**

Once a guard has established legal position on a stationary opponent who does not have the ball, they can treat that player as if they have the ball. This is based on the principle of defensive positioning in basketball, where a defender is allowed to engage with an offensive player who may potentially receive the ball. By treating the opponent as if they have the ball, the defender can use their position to create an opportunity for a defensive play, such as blocking their movement or contesting a potential pass. The assumption that the player may receive the ball guides the defender's actions, allowing them to maintain an effective defensive strategy and respond to plays as they develop. In contrast, the other options do not provide the defensive player with the tools or considerations necessary to effectively guard or challenge the opposing player, leading to less strategic defensive play.

**7. How long does the team have to advance the ball past half-court?**

- A. 8 seconds**
- B. 10 seconds**
- C. 12 seconds**
- D. 15 seconds**

In high school basketball under NFHS rules, a team has 10 seconds to advance the ball past the half-court line after gaining possession. This rule is in place to encourage a faster pace of play and prevent teams from stalling. If the team fails to advance the ball within this timeframe, it results in a turnover, and the opposing team is awarded possession. This time limit is crucial for maintaining the flow of the game and promoting offensive play. Other time limits, such as 8 seconds or longer durations such as 12 or 15 seconds, do not apply in this context. Thus, 10 seconds is the correct and established duration for advancing the ball past half-court.

**8. Which of the following statements about the closely-guarded rule is accurate?**

- A. The defender must be within arm's reach of the player with the ball**
- B. The distance is measured from the player's feet**
- C. The rule includes the area behind the basket**
- D. The defender must make contact to consider it closely guarded**

The closely-guarded rule in basketball is designed to encourage offensive play by requiring defenders to actively engage the player with the ball. The accurate statement is that the defender must be within arm's reach of the player with the ball. This means that the defender is close enough to challenge the shooter effectively, which is typically interpreted as being within six feet. This rule is significant because it emphasizes the need for the defender to exert pressure on the offensive player, promoting a dynamic flow of the game. If a defender is not close enough, the offensive player may have a greater opportunity to shoot or make a play without that pressure. When measuring the defender's proximity, it is not based on the distance from the player's feet, the area behind the basket, or whether contact is made. These factors do not influence whether a player is considered closely guarded. The focus is solely on the ability of the defender to contest the shot or pass, which is effectively defined by being within arm's reach.

**9. If the screener stops while screening a moving opponent, what is likely to occur?**

- A. The opponent may collide with the screener**
- B. The opponent can no longer defend**
- C. The screener must re-establish their position**
- D. The play is considered a foul**

When the screener stops while attempting to screen a moving opponent, the most likely outcome is that the opponent may collide with the screener. This scenario can lead to unintended contact, which is often viewed as the result of the screener's actions and movement. The purpose of a screen is to create a barrier or provide an obstruction to the defender's path, allowing the offensive player to gain an advantage. In basketball, when a screen is properly executed, the screener maintains a stationary position to avoid fouling due to illegal picks. However, if the screener abruptly stops while the opponent is in motion, it creates an increased risk for contact, resulting in a collision. This potential for collision is what often leads to fouls being called, particularly if the screener has not established a legal screening position before stopping.

**10. Is it true or false that an alternating-possession procedure occurs after the ball touches the backboard support?**

- A. True**
- B. False**
- C. Only if a timeout is called**
- D. Only in the last two minutes of the game**

The statement is false because an alternating-possession procedure does not occur simply because the ball touches the backboard support. According to NFHS basketball rules, the alternating-possession arrow is utilized primarily in situations where a held ball occurs, which typically arises when two players from opposing teams have simultaneous possession of the ball. The act of the ball touching the backboard support does not trigger an alternating-possession scenario, as the possession arrow is reserved for specific conditions, such as jump balls or when the ball becomes lodged in the backboard or other apparatus. The incorrect options either suggest conditions that do not relate to the initial question or imply scenarios where an alternating-possession might be implemented, but those do not apply to this particular situation regarding the backboard support.