

NFHS Football Rules Practice Test (Sample)

Study Guide



Everything you need from our exam experts!

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright	1
Table of Contents	2
Introduction	3
How to Use This Guide	4
Questions	5
Answers	8
Explanations	10
Next Steps	16

SAMPLE

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

SAMPLE

- 1. In a scrimmage kick formation, where is at least one back required to be located in relation to the line of scrimmage?**
 - A. On the line of scrimmage**
 - B. 2 yards behind the line of scrimmage**
 - C. 10 yards or more behind the line of scrimmage**
 - D. 3 yards from the holder**

- 2. What are the five ways initial force can be applied to a football?**
 - A. Run, Pass, Kick, Catch, Snap**
 - B. Carry, Fumble, Kick, Pass, Snap**
 - C. Dribble, Jump, Tackle, Pass, Kick**
 - D. Throw, Catch, Bump, Snap, Kick**

- 3. What happens if a player fumbles the ball behind the line of scrimmage?**
 - A. The play is stopped**
 - B. It is considered a loose ball**
 - C. The offense retains possession automatically**
 - D. The defense immediately scores**

- 4. When does a down officially start in football?**
 - A. After the whistle blows**
 - B. With a legal snap or a kick on a free kick**
 - C. When the quarterback calls the play**
 - D. Once the defense is set**

- 5. How many players may be on the field at one time for a football game?**
 - A. 20**
 - B. 22**
 - C. 24**
 - D. 26**

- 6. A player in possession of a live ball is referred to as what?**
- A. Receiver**
 - B. Runner**
 - C. Kicker**
 - D. Holder**
- 7. What happens if a forward pass is incomplete?**
- A. The ball is still in play**
 - B. The pass is considered a dead ball**
 - C. The play is called a foul**
 - D. The ball is awarded to the opposing team**
- 8. Where can the holder place the ball during a kick?**
- A. On the sidelines**
 - B. On the ground or a legal tee**
 - C. On the center's back**
 - D. Anywhere within 10 yards of the previous spot**
- 9. What occurs at the spot of catch or recovery when the momentum rule is in effect?**
- A. The play continues**
 - B. The ball is re-kicked**
 - C. The run ends**
 - D. There is a penalty assessed**
- 10. What type of kick can legally be performed during a Kickoff?**
- A. Knee kick**
 - B. Drop kick**
 - C. Point kick**
 - D. Both drop kick and punt**

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. In a scrimmage kick formation, where is at least one back required to be located in relation to the line of scrimmage?
 - A. On the line of scrimmage
 - B. 2 yards behind the line of scrimmage
 - C. 10 yards or more behind the line of scrimmage**
 - D. 3 yards from the holder

In a scrimmage kick formation, it is mandated that at least one back must be positioned 10 yards or more behind the line of scrimmage. This requirement is in place to ensure that the kicking team prepares for a typical kick play, allowing the holder or kicker the necessary space and time to execute the kick effectively. Being positioned at least 10 yards deep can help in achieving proper distance and angle for the kick, minimizing the risk of being blocked as well. Additionally, this positioning aligns with the standard expectations for scrimmage kicks, which differ from other formations like a standard offensive play where backs might line up closer to the line. The rules are designed to promote strategic gameplay while ensuring safety during the kick-offs or field goal attempts.

2. What are the five ways initial force can be applied to a football?
 - A. Run, Pass, Kick, Catch, Snap
 - B. Carry, Fumble, Kick, Pass, Snap**
 - C. Dribble, Jump, Tackle, Pass, Kick
 - D. Throw, Catch, Bump, Snap, Kick

The correct answer identifies the five ways initial force can be applied to a football during play: carry, fumble, kick, pass, and snap. Carrying the ball involves a player grasping it while running, which is a common way to advance the ball. A fumble occurs when a player loses possession of the ball while running or being tackled, thereby creating a situation where the initial force is released unintentionally. Kicking the ball is another primary method of applying initial force, whether it's for a kickoff, field goal attempt, or punt. Passing the ball involves throwing it to a teammate, which puts it in motion towards an intended target. Lastly, the snap is the process of delivering the ball from the center to the quarterback or another player, initiating the play. The other choices include actions that do not consistently apply initial force to the ball or do not relate directly to the movement of the football in play. For example, dribbling is not a recognized action in football, and bumping is not a standard term associated with the mechanics of applying force to the ball.

3. What happens if a player fumbles the ball behind the line of scrimmage?

- A. The play is stopped
- B. It is considered a loose ball**
- C. The offense retains possession automatically
- D. The defense immediately scores

When a player fumbles the ball behind the line of scrimmage, the ball is classified as a loose ball. This means that any player from either team can recover it. The play continues, and both teams have the opportunity to gain possession of the ball. The fact that the fumble occurs behind the line of scrimmage does not stop the play; rather, it enhances the dynamic of the game by allowing a scramble for the ball. In contrast, if the fumble were to occur beyond the line of scrimmage, the consequences would vary depending on the situation, such as the ball becoming a live ball or a change in possession rules. However, when the fumble occurs behind the line, the situation allows for further play while maintaining the potential for turnovers. This understanding is crucial for recognizing how the rules facilitate the continuation of the game and the opportunities that arise from a fumble.

4. When does a down officially start in football?

- A. After the whistle blows
- B. With a legal snap or a kick on a free kick**
- C. When the quarterback calls the play
- D. Once the defense is set

A down officially starts in football with a legal snap or a kick on a free kick. This means that once the ball is legally snapped to the quarterback or kicked, the play is live, and all players are allowed to participate in the play. The snap initiates the action, marking the beginning of the down as the ball is put in play. Other elements mentioned, such as the whistle blowing or the quarterback calling the play, are important processes in the game, but they do not mark the official start of a down. The whistle is used to signal various events, including the end of a play or an infraction; the quarterback calling the play is part of the pre-snap routine but does not mark the beginning of the down. Additionally, the defense being set does not influence when a down starts; it is the snap or kick that officially activates the play.

5. How many players may be on the field at one time for a football game?

- A. 20
- B. 22**
- C. 24
- D. 26

In a football game, there are typically 11 players allowed on the field for each team at one time. Since there are two teams, this results in a total of 22 players on the field concurrently during the game. This rule is essential for maintaining a standard structure and balance in play, ensuring that each team has an equal opportunity to compete. Other options suggest incorrect player counts, either below or above the established rule. This consistency in the number of players is crucial not only for gameplay but also for officiating and strategy development.

6. A player in possession of a live ball is referred to as what?

- A. Receiver**
- B. Runner**
- C. Kicker**
- D. Holder**

The player in possession of a live ball is referred to as a runner. This terminology is used to describe any player who has possession of the ball and is actively moving with it during the play. The runner is typically the one who attempts to advance the ball towards the opponent's end zone, either by running with it or by passing or handing it off to another player. Understanding the role of the runner is essential, as it highlights the dynamic aspect of offensive plays in football. The other roles listed, such as receiver, kicker, and holder, refer to specific situations or positions on the field. A receiver is primarily associated with catching passes, a kicker is involved during kickoffs or field goal attempts, and a holder is the one who places the ball for the kicker during field goals or extra point attempts. Their specific functions do not encompass the broader category of a player who possesses and advances the ball like a runner does. Hence, the runner is accurately identified as the player in possession of a live ball.

7. What happens if a forward pass is incomplete?

- A. The ball is still in play**
- B. The pass is considered a dead ball**
- C. The play is called a foul**
- D. The ball is awarded to the opposing team**

When a forward pass is incomplete, the play is considered a dead ball. This means that the play is effectively over at that point, and the ball cannot be advanced by either team. The offense will lose down for the play, which leads to a change in the status of the ball. Following an incomplete forward pass, the ball is returned to the previous line of scrimmage for the next down, and play is reset for the offense to attempt their next play. Situationally, the other options do not accurately reflect what happens after an incomplete pass. The ball is indeed not in play following the incompleteness, ensuring that there is a clear stopping point before the next down begins. Additionally, an incomplete pass is not classified as a foul, nor is the ball awarded to the opposing team; it remains with the offense for the continuation of the series unless the number of downs expires. This rule is important for maintaining the flow of the game and preventing confusion on the field.

8. Where can the holder place the ball during a kick?

- A. On the sidelines
- B. On the ground or a legal tee**
- C. On the center's back
- D. Anywhere within 10 yards of the previous spot

The holder can place the ball during a kick on the ground or a legal tee. This rule ensures that the ball is in a stable and appropriate position for a successful kick. The use of a legal tee provides benefits by elevating the ball slightly, allowing the kicker to strike it with greater accuracy and efficiency. Placing the ball on the sidelines, on the center's back, or anywhere within 10 yards of the previous spot does not adhere to the established rules regarding the placement of the ball for kicks. The emphasis is on maintaining a consistent and safe method for kick execution, which is why ground placement or a legal tee is specified as the correct choice.

9. What occurs at the spot of catch or recovery when the momentum rule is in effect?

- A. The play continues
- B. The ball is re-kicked
- C. The run ends**
- D. There is a penalty assessed

When the momentum rule is in effect, the play is typically halted at the spot of the catch or recovery because the player who has intercepted or caught the ball was deemed to have been in the process of being tackled by an opposing player. This means that if the player catches or recovers the football in their own end zone while in the act of making a play, they are considered to have been in motion, and the run is consequently ruled to end at that specific spot. This rule is important for preventing teams from gaining an unfair advantage simply because a player is pushed back into the end zone. The momentum rule ensures that if a player catches or recovers the ball while momentum is in their favor but ends up in a position that might suggest a penalty or a safety, the run is appropriately ruled dead at the spot to maintain a fair outcome. Hence, the correct scenario reflects that the run ends at the spot of the catch or recovery under these specific circumstances.

10. What type of kick can legally be performed during a Kickoff?

- A. Knee kick**
- B. Drop kick**
- C. Point kick**
- D. Both drop kick and punt**

A kickoff in football is regulated by specific rules, and one of the legal types of kick during a kickoff is the drop kick. A drop kick is executed by dropping the ball and kicking it as it bounces off the ground. This type of kick is permissible in various situations, including kickoffs, as it is a standard way to put the ball into play. The drop kick is notable because it allows the kicker to gain momentum by letting the ball bounce beforehand, which can lead to various strategic advantages depending on the circumstances of the game. This aligns with the rules of the NFHS that specify what types of kicks can be performed during this phase of play. On the other hand, while other types of kicks may be used in different contexts of the game (such as a point kick being more aligned with field goals), they are not specifically applicable to kickoffs. The punt is also not allowed for kickoffs, as it is a distinct type of play where the ball is kicked before it touches the ground without bouncing. Therefore, the only valid answer concerning the types of kicks that can legally be performed during a kickoff is the drop kick.

SAMPLE

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://nfhsfootballrules.examzify.com>

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

SAMPLE