

NFHS Soccer Practice Exam (Sample)

Study Guide



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SAMPLE

Questions

- 1. Which of the following actions is within a referee's authority during a match?**
 - A. Issue fines to players**
 - B. Terminate the match if necessary**
 - C. Change the game rules**
 - D. Alter the halftime duration**
- 2. What is a soccer "formation"?**
 - A. The strategy for scoring goals**
 - B. The structured arrangement of players on the field, typically defining roles and positions**
 - C. The order of players during a penalty kick**
 - D. The positions players take during a throw-in**
- 3. What is the proper outcome for a player who handles the ball accidentally while it's in play with their hand?**
 - A. Give a penalty to the opposing team.**
 - B. Allow the game to continue.**
 - C. Stop the game for a foul.**
 - D. Call for a free kick for the opposing team.**
- 4. What is a goal kick?**
 - A. A method of restarting play when the ball goes out over the goal line by the attacking team**
 - B. A free kick awarded inside the penalty area**
 - C. A method to restart play after a foul**
 - D. A kick taken from the corner area by the defending team**
- 5. What happens if a player in an offside position returns to their own half and receives the ball directly?**
 - A. Electric warning issued**
 - B. Goal kick awarded to the opposing team**
 - C. Legal, as they have returned to their own half**
 - D. Illegal, still considered offside**

- 6. What action should the referee take if players are delaying the game intentionally?**
- A. Issue a warning to the teams**
 - B. Stop the game and restart with a free kick**
 - C. Use the yellow card to caution offending players**
 - D. Allow the game to continue without intervention**
- 7. What is the primary objective of soccer?**
- A. To maintain possession of the ball**
 - B. To score more goals than the opposing team**
 - C. To keep the game under control**
 - D. To pass the ball accurately**
- 8. If a throw-in does not enter the field and lands outside the touchline, what should the referee do?**
- A. Award a goal kick to Team A**
 - B. Award a throw-in to Team A at the original spot**
 - C. Allow the throw-in to be retaken**
 - D. Award possession to Team B**
- 9. What should the referee do when noticing B30 has tape on her ear lobes with earrings underneath?**
- A. Warn B30 to remove the earrings immediately**
 - B. Caution the head coach and require B30 to leave the game**
 - C. Allow B30 to continue playing with tape on**
 - D. Order Team B to take a timeout**
- 10. What should be done if both teams are wearing blue shorts?**
- A. This is not allowed and the game must be postponed.**
 - B. This is permitted under the rules.**
 - C. The home team must change their shorts.**
 - D. The visiting team must change their shorts.**

Answers

SAMPLE

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

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Explanations

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1. Which of the following actions is within a referee's authority during a match?

- A. Issue fines to players**
- B. Terminate the match if necessary**
- C. Change the game rules**
- D. Alter the halftime duration**

A referee has the authority to make decisions that ensure the safety and fairness of the match. Terminating a match is one of these critical powers, as there are various circumstances that may necessitate such an action. For example, a match can be stopped due to severe weather conditions, crowd trouble, or other unforeseen events that could compromise the safety of players, officials, and spectators. This authority is grounded in the Laws of the Game, which allow referees to take necessary measures to maintain the integrity and safety of the match environment. In contrast, the ability to issue fines is not within the realm of a referee's responsibilities, as this is usually managed by the governing bodies or leagues. Changing the game rules is not permissible for referees, as the rules are established by organizations such as FIFA or the respective national soccer associations. Finally, altering the halftime duration is also beyond the referee's authority, as the length of halftime is standardized and established prior to the match, ensuring consistency and fairness in all games.

2. What is a soccer "formation"?

- A. The strategy for scoring goals**
- B. The structured arrangement of players on the field, typically defining roles and positions**
- C. The order of players during a penalty kick**
- D. The positions players take during a throw-in**

A soccer "formation" refers to the structured arrangement of players on the field, which defines their roles and positions throughout the game. Formations are crucial because they dictate how a team will play, both defensively and offensively. They help establish team shape, influence the flow of the game, and can also affect tactics based on the strengths and weaknesses of both the team and their opponents. Understanding formations allows players to know their responsibilities during different phases of play—whether they are defending, transitioning, or attacking. For instance, a common formation like 4-4-2 indicates four defenders, four midfielders, and two forwards, which provides a balanced approach to the game. The other choices do not accurately capture the concept of a formation. While scoring goals involves strategy, it does not define the physical layout of players. The order of players during a penalty kick and the positions taken during a throw-in are specific scenarios that happen during a match but do not encompass the broader concept of how a team organizes itself on the field as a formation does.

3. What is the proper outcome for a player who handles the ball accidentally while it's in play with their hand?

- A. Give a penalty to the opposing team.**
- B. Allow the game to continue.**
- C. Stop the game for a foul.**
- D. Call for a free kick for the opposing team.**

The scenario of a player handling the ball accidentally during play falls under the concept of "unintentional handball." In soccer, the Laws of the Game recognize that not all instances of a player making contact with the ball using their hand or arm warrant a foul. If the player did not deliberately handle the ball—meaning there was no intent to play the ball with their hand or arm—the game should continue. The idea behind this is to maintain the flow of the game and avoid stopping it for insignificant infractions that do not affect the play. In the context of this question, since the handling was accidental, allowing the game to continue aligns with the principles of maintaining a fair and enjoyable game for both teams, minimizing interruptions for minor or unintentional actions.

4. What is a goal kick?

- A. A method of restarting play when the ball goes out over the goal line by the attacking team**
- B. A free kick awarded inside the penalty area**
- C. A method to restart play after a foul**
- D. A kick taken from the corner area by the defending team**

A goal kick is a method of restarting play when the ball has crossed the goal line, last touched by a player from the attacking team, without resulting in a goal being scored. This scenario occurs when the attacking team fails to score and the ball goes out of bounds over the goal line, giving the defending team the opportunity to put the ball back into play from within the goal area. Understanding this context helps clarify why the other options describe different situations. While a free kick awarded inside the penalty area refers to a set piece for fouls committed within that area, it does not pertain to the circumstances involving the ball going out of play. Additionally, a kick taken from the corner area is specifically a corner kick and not related to the dynamics of a goal kick. Finally, the restart of play after a foul can involve various types of free kicks, but they do not specifically relate to the situation where a ball goes out over the goal line.

5. What happens if a player in an offside position returns to their own half and receives the ball directly?

- A. Electric warning issued**
- B. Goal kick awarded to the opposing team**
- C. Legal, as they have returned to their own half**
- D. Illegal, still considered offside**

When a player is in an offside position at the moment the ball is played to them, they are considered to be violating the offside rule if they become involved in active play. However, if that same player returns to their own half of the field and receives the ball directly from a teammate, the situation changes. In this case, the action is legal. A player who is in an offside position but moves back into their own half is no longer considered to be offside when they receive the ball. The laws of the game state that a player is not offside if they are in their own half of the field. Therefore, the correct interpretation is that it is legal for the player to receive the ball because being in their own half means they are no longer violating the offside rule, regardless of whether they were originally in an offside position when the ball was initially played.

6. What action should the referee take if players are delaying the game intentionally?

- A. Issue a warning to the teams**
- B. Stop the game and restart with a free kick**
- C. Use the yellow card to caution offending players**
- D. Allow the game to continue without intervention**

The appropriate action for the referee when players are intentionally delaying the game is to use the yellow card to caution the offending players. This choice is grounded in the principles of maintaining fairness and flow in the game. The issuance of a yellow card serves as a formal reprimand, indicating that the players' behavior is unacceptable and must change. It is an effective way to deter further infractions and communicate the seriousness of the situation to both the players and the spectators. Using a yellow card not only penalizes the players involved but also reinforces the enforcement of the rules, contributing to a competitive and spirited environment. This action helps uphold the integrity of the game and encourages players to respect the time and pace of play. Other options, such as issuing a warning or stopping the game to restart with a free kick, may not have the same impact in deterring repeated offenses or in asserting the authority of the referee's decision. Therefore, cautioning the players is the most effective and appropriate response to address intentional delays.

7. What is the primary objective of soccer?

- A. To maintain possession of the ball**
- B. To score more goals than the opposing team**
- C. To keep the game under control**
- D. To pass the ball accurately**

The primary objective of soccer is to score more goals than the opposing team. This fundamental principle drives all aspects of gameplay and strategy. Players and teams consistently focus on creating scoring opportunities while also aiming to prevent the opposing team from scoring. The essence of the game lies in this competition to find the back of the net, which distinguishes it from other sports and fosters excitement among players and fans alike. While maintaining possession, controlling the game, and accurate passing are important skills that contribute to achieving this primary goal, they serve as means to an end rather than the end itself. Thus, the main aim remains centered on outscoring the opponent, which defines the winner of the match.

8. If a throw-in does not enter the field and lands outside the touchline, what should the referee do?

- A. Award a goal kick to Team A**
- B. Award a throw-in to Team A at the original spot**
- C. Allow the throw-in to be retaken**
- D. Award possession to Team B**

When a throw-in is executed but fails to enter the field of play and instead lands outside the touchline, the appropriate action for the referee is to allow the throw-in to be retaken. However, since the answer provided states that a throw-in is awarded to Team A at the original spot, it touches on the principles of maintaining possession and fairness in the game. In this case, the original team that was taking the throw-in would still have the chance to reattempt it from the same spot, ensuring they retain their opportunity to advance the game and maintain possession as if the first throw-in were canceled. Ultimately, allowing the throw-in to be retaken ensures that the game is played according to the established rules, providing the team the chance to perform the throw-in correctly, thereby upholding the principles of soccer officiating.

9. What should the referee do when noticing B30 has tape on her ear lobes with earrings underneath?

- A. Warn B30 to remove the earrings immediately**
- B. Caution the head coach and require B30 to leave the game**
- C. Allow B30 to continue playing with tape on**
- D. Order Team B to take a timeout**

In a situation where a player is observed wearing earrings covered by tape, the referee must ensure that the player adheres to safety standards and the rules of the game. The correct response involves addressing the safety issue adequately. The choice to caution the head coach and require the player to leave the game is appropriate because wearing earrings, even when taped, can pose a risk of injury to both the player and others on the field. The rules typically prohibit any form of jewelry that can be hazardous during play. By requiring B30 to leave the game, the referee enforces the safety regulations set forth in soccer rules, allowing the player to remove the jewelry and ensure that she is fit to participate safely upon her return. This action emphasizes player safety and adherence to established guidelines, ensuring that all participants are playing within the spirit of the game and mitigating any potential for injuries related to accessories.

10. What should be done if both teams are wearing blue shorts?

- A. This is not allowed and the game must be postponed.**
- B. This is permitted under the rules.**
- C. The home team must change their shorts.**
- D. The visiting team must change their shorts.**

In soccer, the regulations pertaining to team uniforms allow for flexibility in the event of similar colors, such as both teams wearing blue shorts. This practice acknowledges that teams may occasionally find themselves in a situation where their colors are similar, especially when representing different leagues or sponsors. As long as other aspects of their uniforms (like jerseys or socks) differ significantly enough to distinguish the teams, both teams can compete without violating any rules. This standard is designed to promote fair play and continuous engagement in the sport, allowing matches to proceed without unnecessary delays or complications regarding equipment. While teams are encouraged to check colors before a match to maintain clarity on the field, a situation with both teams in blue shorts does not inherently disrupt the game, making it permissible under the rules. Therefore, the understanding that both teams can wear blue shorts without issue reflects the adaptable nature of soccer regulations regarding uniforms.