

# NFHS Soccer Practice Exam (Sample)

## Study Guide



**Everything you need from our exam experts!**

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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

- 1. If a ball strikes the referee and is controlled by an opposing player, what is the correct restart?**
  - A. A throw-in for the defending team**
  - B. A drop ball to the defending goalkeeper**
  - C. A free kick for the opposing team**
  - D. A goal kick for Team A**
- 2. In the event of a serious foul, what is the referee's primary responsibility?**
  - A. To award a penalty kick**
  - B. To caution the player with a yellow card**
  - C. To determine if there was intent**
  - D. To ensure player safety and administer the appropriate punishment**
- 3. What should a referee do if a player exhibits signs of a concussion?**
  - A. Allow the player to continue playing**
  - B. Immediately remove the player and not allow return**
  - C. Allow the player to return if cleared by medical personnel**
  - D. Issue a warning to the coach**
- 4. What is the official signal for a goal scored in a soccer game?**
  - A. Stopping the clock and pointing to the center of the field**
  - B. Raising a flag above the head**
  - C. Blowing the whistle twice**
  - D. Clapping hands together**
- 5. If opposing teams are positioned on opposite sides of the field, how should they be arranged?**
  - A. Side by side**
  - B. Diagonally across from each other**
  - C. In a straight line**
  - D. Anywhere on their respective halves**

- 6. What is considered a handball offense?**
- A. When a player deliberately handles the ball with their hand or arm**
  - B. When the ball hits a player's foot**
  - C. When the player kicks another player**
  - D. When the player is in an offside position**
- 7. Which of the following is a condition for head coverings worn in soccer?**
- A. The covering must be soft and flexible**
  - B. The covering can be hard if stated otherwise**
  - C. The covering can no longer be used if worn improperly**
  - D. They must not be abrasive, hard, or dangerous**
- 8. What is the correct ruling when A9 attempts to kick the ball while still on the ground next to A7?**
- A. Allow play to continue**
  - B. A9 is guilty of dangerous play**
  - C. Call a foul on A7**
  - D. Substitute A9 out of the game**
- 9. If the entire ball crosses the goal line, what is the result?**
- A. Goal kick awarded**
  - B. No goal scored**
  - C. Goal awarded**
  - D. Corner kick given**
- 10. Why is the center circle significant at kickoffs in soccer?**
- A. It indicates the area where free kicks are taken**
  - B. It is where the referee stands during the kickoff**
  - C. Opposing players must remain outside the circle until the ball is in play**
  - D. It marks the spot for penalty kicks**



## **Answers**

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

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## **Explanations**

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**1. If a ball strikes the referee and is controlled by an opposing player, what is the correct restart?**

- A. A throw-in for the defending team**
- B. A drop ball to the defending goalkeeper**
- C. A free kick for the opposing team**
- D. A goal kick for Team A**

When the ball strikes the referee and is subsequently controlled by an opposing player, the rules dictate that the game should be restarted with a drop ball. This is established under the Laws of the Game, specifically addressing situations where the ball unintentionally interacts with match officials. A drop ball is the appropriate method to restart because the referee's action (or lack of) is not viewed as a foul or an infraction, but rather as an incidental contact that affects the flow of the game. In this scenario, the focus on the defending goalkeeper for the drop ball highlights the acknowledgment that the game was disrupted without an infringement, emphasizing fairness in how play is resumed. Other options, such as free kicks or throw-ins, would not apply because of the nature of the incident with the referee; they are reserved for situations where a foul occurs or the ball goes out of play in a different manner. Therefore, the restart with a drop ball is that most accurately reflects the situation described in the question.

**2. In the event of a serious foul, what is the referee's primary responsibility?**

- A. To award a penalty kick**
- B. To caution the player with a yellow card**
- C. To determine if there was intent**
- D. To ensure player safety and administer the appropriate punishment**

In the context of a serious foul, the primary responsibility of the referee is to ensure player safety and administer the appropriate punishment. This foundational role emphasizes the importance of protecting players on the field from harm that can occur as a result of reckless or dangerous play. The referee must assess the situation quickly to determine the severity of the foul and decide on the most suitable action to take, which may include issuing a card—either yellow for a caution or red for a more severe infraction. This option encapsulates the broader duty of the referee to maintain a safe environment for all participants in the game. It goes beyond just determining the type of punishment to include the well-being of the players as the first priority. While awarding a penalty and assigning cards are specific actions that can result from a serious foul, they fall under this more comprehensive responsibility of ensuring safety. The emphasis on player safety aligns with the fundamental principles of soccer officiating, which prioritize fair play and the physical integrity of all participants.

- 3. What should a referee do if a player exhibits signs of a concussion?**
- A. Allow the player to continue playing**
  - B. Immediately remove the player and not allow return**
  - C. Allow the player to return if cleared by medical personnel**
  - D. Issue a warning to the coach**

A referee should immediately remove a player who exhibits signs of a concussion and not allow them to return until they have been cleared by medical personnel. This approach prioritizes the safety and health of the player, adhering to best practices and protocols established in sports medicine regarding concussion management. Concussions can lead to serious complications, and recognizing symptoms is crucial. The referee's role includes ensuring player safety, and taking a proactive stance by not allowing the player back into the game without proper medical clearance not only protects the affected player but also aligns with the overarching goal of maintaining player welfare during sports events. Allowing a player to return to play without medical clearance is risky, as the player could potentially face further injury. Therefore, it's essential to have a structured process that must be followed after a concussion is suspected, which involves medical evaluation and approval before any return to the field.

- 4. What is the official signal for a goal scored in a soccer game?**
- A. Stopping the clock and pointing to the center of the field**
  - B. Raising a flag above the head**
  - C. Blowing the whistle twice**
  - D. Clapping hands together**

The official signal for a goal scored in a soccer game is to stop the clock and point to the center of the field. This action serves two purposes: it indicates that a goal has been successfully scored and it also authorizes the restart of the game from the center spot. When the referee points towards the center, it clearly communicates to players, coaches, and spectators that a goal has been recognized, ensuring that everyone is aware of the scoring event. This signal is critical in maintaining the flow of the game, as it allows for a seamless transition back into play. Typically, after a goal, the game is paused momentarily to account for any substitutions or celebrations, but the gesture of pointing to the center field indicates that the action has been officially acknowledged. Other options provided do not align with the official protocol used in soccer. For example, raising a flag above the head is typically used as a signal for offside or fouls by assistant referees, and blowing the whistle twice or clapping hands does not have any established significance regarding goal-scoring within the rules of soccer.

**5. If opposing teams are positioned on opposite sides of the field, how should they be arranged?**

**A. Side by side**

**B. Diagonally across from each other**

**C. In a straight line**

**D. Anywhere on their respective halves**

When opposing teams are positioned on opposite sides of the field, arranging them diagonally across from each other provides the most effective structure for gameplay. This formation allows for a dynamic interaction during the match, as it facilitates the most strategic positioning for both offense and defense. The diagonal arrangement ensures that both teams are not only facing each other directly but also able to utilize the entire width and length of the field, promoting better movement and spacing. This setup emphasizes maintaining distance while preparing for play to begin, allowing the players to engage effectively without overcrowding or interfering with each other's immediate area. Additionally, this positioning aligns with standard soccer practices, promoting a balanced and organized approach to the game. Other configurations, such as being side by side or in a straight line, might limit the space each team has to operate effectively. Being anywhere on their respective halves would also lead to confusion and lack of structure, potentially disrupting the game flow and strategic formations that teams typically rely on during set plays and match dynamics. Thus, the diagonal arrangement optimally sets the stage for competitive interaction between the teams.

**6. What is considered a handball offense?**

**A. When a player deliberately handles the ball with their hand or arm**

**B. When the ball hits a player's foot**

**C. When the player kicks another player**

**D. When the player is in an offside position**

A handball offense occurs when a player deliberately handles the ball with their hand or arm. This is a fundamental rule in soccer designed to ensure fair play; players are not allowed to use their hands to control the ball, except for goalkeepers within their own penalty area. The key aspect of this offense is the word "deliberately," as intent plays a crucial role in determining whether a violation has occurred. If a player attempts to play the ball and it accidentally strikes their arm or hand, it is typically not deemed a handball under the laws of the game. In contrast, the other options describe actions that are either related to different fouls or simply not part of the handball rule. For instance, having the ball hit a player's foot or offside situations involve other regulations concerning ball control and positioning but do not pertain to intentional handling of the ball. Similarly, kicking another player is classified as a foul under different rules regarding misconduct rather than a handball offense. Hence, recognizing what constitutes a handball is vital for both players and officials in maintaining the integrity of the game.

**7. Which of the following is a condition for head coverings worn in soccer?**

- A. The covering must be soft and flexible**
- B. The covering can be hard if stated otherwise**
- C. The covering can no longer be used if worn improperly**
- D. They must not be abrasive, hard, or dangerous**

The requirement that head coverings must not be abrasive, hard, or dangerous ensures the safety of all players on the field. Head coverings are permissible in soccer, but they must meet specific safety standards to prevent injury during play. A head covering that is abrasive could pose a risk of skin injuries, while hard materials could cause concussions or other serious injuries if contact occurs during the game. By stating these conditions, the rules promote a safe playing environment and allow players to participate while adhering to health and safety regulations. This is essential for maintaining fair play and minimizing the risk of accidents that could result from improperly designed or worn headgear.

**8. What is the correct ruling when A9 attempts to kick the ball while still on the ground next to A7?**

- A. Allow play to continue**
- B. A9 is guilty of dangerous play**
- C. Call a foul on A7**
- D. Substitute A9 out of the game**

When A9 attempts to kick the ball while still on the ground next to A7, this situation is classified as dangerous play. The Laws of the Game define dangerous play as any action that creates a risk of injury to players, including attempts to play the ball while in a vulnerable position or when not in full control of their body. In this case, A9's action could potentially endanger A7, who may not be aware that A9 is trying to kick the ball while on the ground. Thus, the referee must intervene to protect the players and maintain the integrity of the game. Calling a foul for dangerous play is appropriate here, as it recognizes the risk associated with A9's action. This ruling prioritizes player safety and ensures that the game is played fairly and within the established rules. The other options do not adequately address the potential risk posed by A9's action. Continuing to allow play would not account for the danger A9 creates by being on the ground and attempting to kick. Calling a foul on A7 does not align with the context, as A7 is not the player committing the act of dangerous play; A9 is the one at fault. Substituting A9 out of the game is also excessive.

**9. If the entire ball crosses the goal line, what is the result?**

- A. Goal kick awarded**
- B. No goal scored**
- C. Goal awarded**
- D. Corner kick given**

When the entire ball crosses the goal line between the goalposts and beneath the crossbar, a goal is awarded. This scenario implies that the attacking team has successfully navigated the ball into the opponent's net during regulated play, fulfilling the fundamental objective of the game. For a goal to be counted, it is essential that every part of the ball completely crosses the goal line. This distinction is critical because if only part of the ball is on the line, it is not considered a goal. The other choices pertain to different situations on the field. A goal kick is typically awarded when the ball is last touched by an attacking player before going out play over the goal line, but not into the goal. No goal scored would apply if the ball did not completely cross the line. A corner kick is given when the ball crosses the goal line after being last touched by a defending player, indicating that none of these other scenarios apply when the ball has fully entered the goal.

**10. Why is the center circle significant at kickoffs in soccer?**

- A. It indicates the area where free kicks are taken**
- B. It is where the referee stands during the kickoff**
- C. Opposing players must remain outside the circle until the ball is in play**
- D. It marks the spot for penalty kicks**

The center circle is significant at kickoffs in soccer because it establishes a designated area that governs the positioning of players at the start of the game or after a goal is scored. Specifically, opposing players are required to remain outside the circle until the ball has been kicked and is in play. This ensures that the team taking the kickoff has space to execute the play without immediate interference from defenders, promoting a fair and organized restart to the game. The other options do not accurately describe the role of the center circle during a kickoff. For example, free kicks are not taken from the center circle, and penalty kicks occur at a different spot entirely designated in the penalty area. The referee's position during a kickoff is typically near the center of the field but not specifically within the circle itself. Thus, the requirement for opposing players to stay outside the circle until the ball is in play is what makes it a crucial element at midfield during kickoffs.



## 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](mailto:hello@examzify.com).**

**Or visit your dedicated course page for more study tools and resources:**

**<https://nfhssoccer.examzify.com>**

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