

NFHS SOCCER PRACTICE EXAM (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR
THE FULL VERSION STUDY GUIDE

<https://nfhssoccer.examzify.com>



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	15

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. What authority does the referee have when spectators disrupt play?**
 - A. Ignore the interference
 - B. Terminate or suspend the game
 - C. Request additional security
 - D. Reduce the time on the clock
- 2. What constitutes a direct free kick?**
 - A. A kick awarded for a foul that can be taken directly at the opponent's goal
 - B. A kick awarded for obstruction that is indirect
 - C. A penalty taken from within the penalty box
 - D. A kick taken from the corner area
- 3. What is a red card given for?**
 - A. Minor fouls during the match
 - B. Serious misconduct that warrants immediate expulsion from the match
 - C. Time-wasting by players
 - D. Unsportsmanlike conduct towards spectators
- 4. Which of the following is true about a player being cautioned for arguing?**
 - A. The player must leave the field immediately
 - B. The player can re-enter after the next goal
 - C. The player may stay on the field unless a second caution is issued
 - D. The player is sent off for serious dissent
- 5. When a player is cautioned and the referee stops the clock, when is the time restarted?**
 - A. When the referee decides
 - B. When the coach gives permission
 - C. When the ball is put back into play
 - D. After a penalty is served

- 6. If an attacking player is responsible for an offside infraction, what is the proper action taken by the referee?**
- A. Award a direct free kick to the defense
 - B. Stop the game and call an offside violation
 - C. Continue play without interruption
 - D. Resort to a drop ball restart
- 7. What is recommended for substitutes while warming up outside the team area?**
- A. Wear regular uniforms
 - B. Use distinguishing pinnies
 - C. Wear matching socks
 - D. Wear hats to identify their team
- 8. What are "extra time" and when is it played?**
- A. Additional time played for substitutions
 - B. Additional time before the match starts
 - C. Additional time played to determine a winner in knockout rounds after regulation time ends in a draw
 - D. Additional time given for injuries
- 9. What is the minimum number of ball holders the home team must provide for a game?**
- A. One
 - B. Two
 - C. Three
 - D. Four
- 10. What is the ruling when A2 receives a goal kick in the attacking half without opponents near their goal line?**
- A. A2 is offside and penalized
 - B. Play is allowed to continue
 - C. Indirect free kick is awarded to the opposition
 - D. A2 must return to a legal position

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What authority does the referee have when spectators disrupt play?

- A. Ignore the interference
- B. Terminate or suspend the game**
- C. Request additional security
- D. Reduce the time on the clock

The referee has the authority to terminate or suspend the game when spectators disrupt play because maintaining the safety and integrity of the match is paramount. Disruptions caused by spectators can lead to dangerous situations for players, officials, and the spectators themselves. In such cases, the referee must act decisively to address the situation—either by temporarily suspending the game until the issue is resolved or by terminating the match if the disturbance cannot be controlled. This action ensures that the game can proceed in a safe environment, reflecting the referee's responsibility for player safety and proper conduct on the field. While alternative options like ignoring the interference or requesting additional security may seem viable, they do not provide an adequate solution to managing safety concerns during a match. Reducing time on the clock would not address the safety issues arising from spectator disruptions. Therefore, the most appropriate course of action in the face of disruption is to take measures that safeguard all participants involved in the game.

2. What constitutes a direct free kick?

- A. A kick awarded for a foul that can be taken directly at the opponent's goal**
- B. A kick awarded for obstruction that is indirect
- C. A penalty taken from within the penalty box
- D. A kick taken from the corner area

A direct free kick is awarded for certain types of fouls committed by the opposing team, such as tripping, pushing, or holding an opponent. What sets a direct free kick apart is that it can be taken directly at the opponent's goal. The player taking the kick has the opportunity to score without the ball needing to touch another player first, which makes it a prime scoring opportunity. The nature of the foul determines whether the kick is direct or indirect. In contrast to direct free kicks, indirect kicks require the ball to touch another player before a goal can be scored. Penalty kicks are specific to fouls committed inside the penalty area, while corner kicks occur due to the ball being last touched by a defending player who then sends it out of play. These other scenarios do not fit the classification of a direct free kick.

3. What is a red card given for?

- A. Minor fouls during the match
- B. Serious misconduct that warrants immediate expulsion from the match**
- C. Time-wasting by players
- D. Unsportsmanlike conduct towards spectators

A red card is issued for serious misconduct that warrants immediate expulsion from the match. This action is a disciplinary measure taken by the referee to ensure the safety and fairness of the game. Serious misconduct may include violent conduct, using foul or abusive language, or actions that dangerously endanger the safety of another player. If a player receives a red card, they must leave the field and cannot be replaced, which places their team at a numerical disadvantage for the remainder of the game. While other infractions, such as time-wasting or minor fouls, may result in cautionary measures like yellow cards or verbal warnings, a red card signifies a severe breach of the rules that fundamentally undermines the spirit of the game.

4. Which of the following is true about a player being cautioned for arguing?

- A. The player must leave the field immediately
- B. The player can re-enter after the next goal
- C. The player may stay on the field unless a second caution is issued**
- D. The player is sent off for serious dissent

When a player is cautioned for arguing, they receive a yellow card for unsporting behavior. This does not require the player to leave the field immediately; instead, they are allowed to continue playing as long as they do not receive a second caution for another offense. If they receive a second yellow card in the same match, then they will be sent off with a red card. Therefore, a player who has been cautioned for arguing may remain on the field unless they commit another infraction that warrants a second caution. This understanding aligns with the rules regarding yellow cards in soccer.

5. When a player is cautioned and the referee stops the clock, when is the time restarted?

- A. When the referee decides
- B. When the coach gives permission
- C. When the ball is put back into play**
- D. After a penalty is served

The time is restarted when the ball is put back into play because this aligns with the Laws of the Game established by FIFA and adopted in youth soccer and high school competitions. When a referee stops the clock—often for a player being cautioned or after any stoppage—they do so to maintain accurate game time. The game resumes only after play is appropriately restarted, which typically involves throwing in, kicking off, or restarting after a stoppage due to fouls or other reasons. This approach ensures the integrity and flow of the game, emphasizing that the clock should only run during active play. In this context, options that involve subjective decision-making like permission from a coach or serving a penalty do not directly relate to the official procedure for restarting game time, as these actions depend on specific game scenarios and rules, further highlighting the necessity of the ball being in play as the clear trigger for resuming the match clock.

6. If an attacking player is responsible for an offside infraction, what is the proper action taken by the referee?

- A. Award a direct free kick to the defense
- B. Stop the game and call an offside violation**
- C. Continue play without interruption
- D. Resort to a drop ball restart

When an attacking player is deemed to be in an offside position and becomes involved in active play, the referee's appropriate action is to stop the game and call an offside violation. This is in accordance with the Laws of the Game, specifically Law 11, which defines offside and outlines the conditions under which a player is considered offside. When the referee identifies that an offside offense has occurred, stopping the game is necessary to ensure fair play and that the defending team is not unfairly disadvantaged. Following the stoppage for the offside infraction, a free kick is awarded to the defending team, allowing them to restart the play. The other options, such as awarding a direct free kick to the defense, continuing play without interruption, or resorting to a drop ball restart, do not align with the proper protocol for an offside violation. These actions would not address the rule infringement appropriately and wouldn't uphold the principles of fair play in soccer.

7. What is recommended for substitutes while warming up outside the team area?

- A. Wear regular uniforms
- B. Use distinguishing pinnies**
- C. Wear matching socks
- D. Wear hats to identify their team

Using distinguishing pinnies for substitutes during warm-ups outside the team area is recommended because it aids in identification and ensures that substitutes can be easily recognized by both officials and other players. This is crucial during games, as it helps to prevent any confusion regarding which players belong to which team, especially when multiple teams are warming up in close proximity. Wearing regular uniforms could cause confusion, as it may be difficult to distinguish between players and substitutes, particularly if there are other teams nearby. Matching socks or hats can also help with identification, but they are not as effective as wearing pinnies, which are specifically designed to stand out and differentiate players. By using pinnies, substitutes are clearly marked, promoting safety and organization during the warm-up period.

8. What are "extra time" and when is it played?

- A. Additional time played for substitutions
- B. Additional time before the match starts
- C. Additional time played to determine a winner in knockout rounds after regulation time ends in a draw**
- D. Additional time given for injuries

"Extra time" refers to the additional periods of play that are used to determine a winner in knockout rounds of a tournament when the score is level at the end of the regulation 90 minutes. During knockout matches, if the teams are tied at the end of regular time, they move into extra time, which consists of two 15-minute halves. This format is implemented to avoid leaving the outcome of the game to a penalty shootout unless absolutely necessary. It is a crucial aspect of tournament play because it provides teams with the opportunity to break the tie and continue competing for advancement in the tournament. The other choices do not accurately define "extra time" as recognized in soccer. Additional time for substitutions, time before the match starts, and time given for injuries are all important aspects of the game but do not relate to the specific concept of "extra time" intended to resolve tied games in a knockout format.

9. What is the minimum number of ball holders the home team must provide for a game?

- A. One
- B. Two**
- C. Three
- D. Four

The home team is required to provide a minimum of two ball holders for the game. This requirement ensures that there are sufficient resources available to maintain the flow of play. Having more than one ball holder allows for quick substitutions of the game ball when necessary, reducing delays and ensuring that the game can continue without interruption. This practice is critical for maintaining the pace and excitement of the match, especially during instances of substitutions, injuries, or other stoppages where the ball may go out of play. While having only one ball holder could suffice in some situations, it does not provide the redundancy needed to ensure that the game can resume smoothly. Additional ball holders can facilitate the prompt retrieval of balls from the sidelines and allow for a more organized approach to managing the game equipment. Overall, providing two ball holders is a standard practice in soccer to ensure an efficient and uninterrupted game.

10. What is the ruling when A2 receives a goal kick in the attacking half without opponents near their goal line?

- A. A2 is offside and penalized
- B. Play is allowed to continue**
- C. Indirect free kick is awarded to the opposition
- D. A2 must return to a legal position

When A2 receives a goal kick in the attacking half, without any opponents near their goal line, play is allowed to continue. This situation occurs because a player cannot be offside when receiving the ball directly from a goal kick. The Laws of the Game specify that the offside rule does not apply in instances of a goal kick, corner kick, or throw-in. As a result, A2 can legally play the ball, and no infringement has taken place. The absence of opponents nearby further emphasizes that there is no interference or potential for an offside violation. Since the rules permit this scenario, the game continues without disruption, allowing A2 to engage in play freely without being penalized for offside or any other infractions.

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://nfhssoccer.examzify.com>

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

SAMPLE