

NISOA Soccer Rules Practice Test (Sample)

Study Guide



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SAMPLE

Questions

- 1. What should the referee do if a player from the winning team engages in time-wasting behavior?**
 - A. Ignore the behavior to maintain the pace of the game**
 - B. Stop the clock and issue a warning**
 - C. Stop the clock to issue a card**
 - D. Allow the game to continue to avoid disruption**
- 2. What is the primary responsibility of the referee during a match?**
 - A. To keep track of time**
 - B. To enforce the laws of the game**
 - C. To maintain player fitness**
 - D. To manage the score**
- 3. Under what circumstance is a "drop ball" awarded?**
 - A. When a player scores a goal**
 - B. When play is stopped for a reason not covered by the Laws of the Game**
 - C. When the ball goes out for a goal kick**
 - D. When a penalty is called**
- 4. How must a player restart play after a foul is called?**
 - A. By a corner kick**
 - B. By a throw-in**
 - C. By a free kick from the spot of the foul**
 - D. By passing to a teammate**
- 5. What is the role of the assistant referee?**
 - A. To enforce all rules of the game**
 - B. To assist the referee in making decisions regarding offside**
 - C. To keep track of the score**
 - D. To coach players during the match**

- 6. During a penalty shootout, how many players from each team typically participate?**
- A. Five players from each team**
 - B. Three players from each team**
 - C. One player from each team**
 - D. All players from each team**
- 7. Who is allowed to change players during a soccer match?**
- A. Only the coach**
 - B. The referee and the coach**
 - C. The captain of each team**
 - D. The team officials and referees**
- 8. What is indicated by a player receiving a second yellow card in a match?**
- A. The player is cautioned**
 - B. The player is shown a red card and must leave the match**
 - C. The player is allowed to continue playing**
 - D. The player's team receives a free kick**
- 9. What is the standard size of a soccer field according to NISOA?**
- A. 80 to 100 yards long and 40 to 60 yards wide**
 - B. 100 to 120 yards long and 50 to 75 yards wide**
 - C. 90 to 110 yards long and 45 to 65 yards wide**
 - D. 75 to 95 yards long and 35 to 55 yards wide**
- 10. What is the maximum distance allowed for a coaching area from the touch line?**
- A. 3 feet**
 - B. 5 feet**
 - C. 10 feet**
 - D. 15 feet**

Answers

SAMPLE

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

SAMPLE

Explanations

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1. What should the referee do if a player from the winning team engages in time-wasting behavior?

- A. Ignore the behavior to maintain the pace of the game**
- B. Stop the clock and issue a warning**
- C. Stop the clock to issue a card**
- D. Allow the game to continue to avoid disruption**

When a player from the winning team engages in time-wasting behavior, the proper course of action is to stop the clock to issue a card. This is because time-wasting can significantly impact the flow and fairness of the game, especially if the action is intended to prevent the opposing team from having a fair chance to equalize or win. By issuing a card, the referee is taking a firm stance against this unsportsmanlike behavior, which serves both to penalize the player for disruptive actions and to deter others from similar infractions. Not addressing the behavior with appropriate disciplinary action undermines the game's integrity and allows teams to exploit such tactics without consequence. Thus, stopping the clock to issue a card reflects the referee's responsibility to maintain fairness and uphold the rules of the game.

2. What is the primary responsibility of the referee during a match?

- A. To keep track of time**
- B. To enforce the laws of the game**
- C. To maintain player fitness**
- D. To manage the score**

The primary responsibility of the referee during a match is to enforce the laws of the game. This encompasses ensuring that the match is conducted fairly and according to established rules, which includes monitoring player conduct, assessing fouls and infractions, and deciding when to apply disciplinary measures. The referee must be knowledgeable about the rules and consistently apply them to maintain the integrity of the match. Options like keeping track of time, managing the score, and maintaining player fitness are indeed important aspects of officiating, but these fall secondary to the overarching duty to enforce the laws effectively. The enforcement of the laws impacts the flow and fairness of the game, making it the referee's essential function during the match.

3. Under what circumstance is a "drop ball" awarded?

- A. When a player scores a goal
- B. When play is stopped for a reason not covered by the Laws of the Game**
- C. When the ball goes out for a goal kick
- D. When a penalty is called

A "drop ball" is awarded when play is stopped for reasons that are not explicitly covered by the Laws of the Game, ensuring that the game can resume fairly. This typically occurs under situations such as when the referee stops play due to an injury or other unexpected circumstances not outlined in the rules, like an outside interference. In contrast, a goal kick, penalty, or scoring a goal have their own specific methods for restarting play, such as a goal kick being taken from the goal area or a penalty kick being executed directly from the penalty mark. The drop ball serves as a unique mechanism for resuming play, designed to cover those scenarios that fall outside of standard procedures, allowing for a smooth continuation of the match. Thus, the context of how and when a drop ball is applied is crucial in understanding its significance in the game.

4. How must a player restart play after a foul is called?

- A. By a corner kick
- B. By a throw-in
- C. By a free kick from the spot of the foul**
- D. By passing to a teammate

A player must restart play after a foul is called with a free kick from the spot of the foul because the Laws of the Game dictate that certain infractions lead to immediate stoppage and require the non-offending team to be awarded a free kick. This free kick allows the team to take an opportunity to advance the ball or create a scoring opportunity while also penalizing the player who committed the foul. Corner kicks and throw-ins are other methods of restarting play but are applicable in different situations—corner kicks are awarded when the ball goes out of play over the goal line after being last touched by a defensive player, and throw-ins occur when the ball leaves the field of play over the sideline. Passing to a teammate is not a recognized method to restart play following a foul; rather, the specific circumstance of the foul directly dictates the need for a free kick restart. Therefore, the correct procedure following a foul is to initiate the game again with a free kick taken from the location where the foul was committed.

5. What is the role of the assistant referee?

- A. To enforce all rules of the game**
- B. To assist the referee in making decisions regarding offside**
- C. To keep track of the score**
- D. To coach players during the match**

The role of the assistant referee primarily revolves around supporting the referee, particularly in making decisions regarding offside. Assistant referees have a crucial responsibility to monitor the positions of players during the match, especially when the ball is played. Their vantage point allows them to determine if an attacking player is in an offside position relative to the second-to-last defender at the moment the ball is played. This is vital for maintaining the flow of the game and ensuring the correct application of the offside law, which is designed to prevent unfair advantages. While assistant referees may also have other minor duties, such as signaling for throw-ins or corner kicks, their main focus in terms of decision-making consistency is on offside situations. Their input can significantly affect the game's outcomes, making their role essential in ensuring fair play. The other choices do not accurately reflect the primary responsibilities assigned to an assistant referee.

6. During a penalty shootout, how many players from each team typically participate?

- A. Five players from each team**
- B. Three players from each team**
- C. One player from each team**
- D. All players from each team**

In a penalty shootout, the standard practice is for five players from each team to participate. This format allows each team to have an equal opportunity to score goals and determine the outcome of the match in a fair manner. The process typically alternates between the two teams, with each of the five designated players taking one penalty kick. This structured approach ensures that the shootout is not only exciting but also gives each team a chance to directly compete under the same conditions. While other variations exist in different formats or informal games, in official competitions governed by the Laws of the Game, the five participants rule is the one widely acknowledged and employed. The shootout continues until one team has scored more goals than the other after all five attempts, or until all players from one team have taken their shots if they score equally after the same number of tries.

7. Who is allowed to change players during a soccer match?

- A. Only the coach**
- B. The referee and the coach**
- C. The captain of each team**
- D. The team officials and referees**

In a soccer match, the responsibility to change players primarily rests with the coach, who makes tactical decisions about substitutions based on the game's flow and the players' performance. The rules designate the coach as the individual authorized to request substitutions. While referees play a critical role in overseeing the match and ensuring the rules are followed, they do not initiate player changes themselves; they simply recognize and facilitate the player's entry and exit based on the coach's request. Team captains may have significant roles in managing their team on the field, but they do not have the authority to make substitution decisions. Team officials may assist with the substitution procedure, but the decision-making power lies primarily with the coach. Thus, the correct answer reflects the established protocol whereby the coach has the authority to manage player changes during a match.

8. What is indicated by a player receiving a second yellow card in a match?

- A. The player is cautioned**
- B. The player is shown a red card and must leave the match**
- C. The player is allowed to continue playing**
- D. The player's team receives a free kick**

When a player receives a second yellow card during a match, it leads to the issuance of a red card. This red card indicates that the player is being shown the consequences of receiving two cautions, which results in their ejection from the game. Consequently, the player must leave the field and cannot continue participating in the match. This rule is designed to maintain discipline on the field and discourage misconduct by penalizing players who repeatedly commit fouls. In contrast, receiving either a single yellow card or having a team receive a free kick for an infringement does not lead to ejection. The yellow card serves as a warning, while a red card signifies that the player must exit the match entirely.

9. What is the standard size of a soccer field according to NISOA?

- A. 80 to 100 yards long and 40 to 60 yards wide**
- B. 100 to 120 yards long and 50 to 75 yards wide**
- C. 90 to 110 yards long and 45 to 65 yards wide**
- D. 75 to 95 yards long and 35 to 55 yards wide**

The standard size of a soccer field according to NISOA is defined within the dimensions set for regulation play. A field that measures between 100 to 120 yards in length and 50 to 75 yards in width is appropriate for competitive matches, accommodating the requirements of both players and game play effectively. These dimensions are designed to suit various levels of play, making it possible for teams to engage in play that is fair and competitive. The longer length aids in maintaining the pace and flow of the game, while the width allows for strategic formations and movement. Other options provided do not meet the required regulation sizes established for continuous play in official matches, thus making them unsuitable answers.

10. What is the maximum distance allowed for a coaching area from the touch line?

- A. 3 feet**
- B. 5 feet**
- C. 10 feet**
- D. 15 feet**

The correct answer indicates that the maximum distance allowed for a coaching area from the touch line is 5 feet. This regulation is in place to ensure that coaches and team personnel maintain an appropriate distance from the sideline while still being close enough to effectively communicate with their players during the game. This distance helps create a clear delineation between the playing area and the coaching area, reducing the chance of interference with the match and promoting a better atmosphere for both players and officials. In soccer matches, maintaining a specific coaching area distance helps to ensure that coaches manage their teams without disrupting the flow of the game and allows officials to maintain control over the match environment. By adhering to this regulation, it promotes fair play and sportsmanship, keeping all individuals involved in the game focused on the action on the field.