

# NISOA Soccer Rules Practice Test (Sample)

## Study Guide



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

**This is a sample study guide. To access the full version with hundreds of questions,**

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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. Don't worry about getting everything right, 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, and take breaks to retain information better.**

## 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.**

## 7. Use Other Tools

**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!**

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## **Questions**

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- 1. 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**
  
- 2. What is the maximum size for additional logos and patches on players' uniforms?**
  - A. 2 square inches**
  - B. 2 and 1/4 square inches**
  - C. 3 square inches**
  - D. 3 and 1/2 square inches**
  
- 3. What should a player do if they receive a second yellow card in a match?**
  - A. Continue playing**
  - B. Receive a red card and be sent off**
  - C. Take a temporary timeout**
  - D. Speak to the referee**
  
- 4. What is allowed anytime during the game?**
  - A. Substitutions**
  - B. Bands and artificial noisemakers**
  - C. Time-outs**
  - D. Water breaks**
  
- 5. What happens if the center referee fails to appear for the match?**
  - A. The match is canceled**
  - B. The assistant referee takes charge**
  - C. A dual-referee system is utilized**
  - D. The game is played without a referee**

**6. How long is typical overtime in a soccer match?**

- A. 10 minutes**
- B. 15 minutes each half**
- C. 30 minutes, divided into two halves**
- D. 5 minutes**

**7. What is the action taken if a player commits a foul inside the penalty area?**

- A. A free kick is awarded to the opposing team**
- B. A penalty kick is awarded to the opposing team**
- C. The game continues without stopping**
- D. A yellow card is shown to the player**

**8. What results in a player being offside?**

- A. When they are past the last defender when the ball is played to them**
- B. When they receive the ball in their own half**
- C. When they are near the sideline**
- D. When they delay the restart of play**

**9. When can a player who has been substituted back into the game after being injured?**

- A. Only after receiving medical clearance**
- B. If they are not substituted for another player**
- C. After notifying the referee but can replace any player**
- D. Only in the next period of play**

**10. What happens to a player who receives a red card during a match?**

- A. The player is warned**
- B. The player is substituted**
- C. The player is sent off and cannot be replaced**
- D. The player must sit out for 10 minutes**

## **Answers**

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

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## **Explanations**

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## 1. 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.

## 2. What is the maximum size for additional logos and patches on players' uniforms?

- A. 2 square inches**
- B. 2 and 1/4 square inches**
- C. 3 square inches**
- D. 3 and 1/2 square inches**

The maximum size for additional logos and patches on players' uniforms is 2 and 1/4 square inches. This regulation ensures a standardization across uniforms, promoting uniformity while allowing for some personalization through logos and patches. Adhering to this limit helps maintain the integrity and professionalism of the sport, as oversized logos could distract from team identification or create an uneven playing field where certain brands or sponsors could dominate the visual space on uniforms. It's important for players and teams to comply with these regulations, as failure to do so can result in penalties or having to replace uniforms. Teams often find ways to showcase sponsors and support without exceeding size limits, thus balancing compliance with individual expression.

**3. What should a player do if they receive a second yellow card in a match?**

- A. Continue playing**
- B. Receive a red card and be sent off**
- C. Take a temporary timeout**
- D. Speak to the referee**

When a player receives a second yellow card in a match, the appropriate action is to receive a red card and be sent off. This rule is in place to ensure fair play and is a critical aspect of maintaining discipline within the game. The first yellow card serves as a warning for misconduct, and if a player commits a second offense that warrants another yellow, it escalates to a red card. This results in the player being removed from the match, and they cannot be replaced, leaving their team with one fewer player for the remainder of the game. This automatic dismissal reinforces the importance of adhering to the rules and encourages players to play within the spirit of the game.

**4. What is allowed anytime during the game?**

- A. Substitutions**
- B. Bands and artificial noisemakers**
- C. Time-outs**
- D. Water breaks**

The correct answer states that bands and artificial noisemakers are allowed anytime during the game. This is because such items can enhance the atmosphere of the match by providing entertainment and support for the teams. These devices are not regulated by the rules governing game play, which means they can be used freely by fans and supporters as long as they do not interfere with the match or the officials. In contrast, substitutions may have specific regulations concerning when they can occur, such as during stoppages in play. Time-outs are generally not a part of soccer unless specified for particular competitions or situations, and water breaks are typically only allowed under certain conditions, such as extreme heat, and are not universally applicable during the game. Each of these alternatives is subject to specific guidelines that dictate when and how they may occur during play.

**5. What happens if the center referee fails to appear for the match?**

- A. The match is canceled**
- B. The assistant referee takes charge**
- C. A dual-referee system is utilized**
- D. The game is played without a referee**

When the center referee fails to appear for the match, the assistant referee takes charge of the game. This is in accordance with the protocols established to ensure that a game can proceed smoothly despite the absence of the main official. In this scenario, the assistant referee has the experience and the authority to step into the role of the center referee, allowing the match to continue while also ensuring that the laws of the game are upheld. This action maintains the flow of the game and provides the necessary control to enforce rules, manage player conduct, and make crucial decisions during the match. The other choices present situations that are not standard practice in such an event.

Canceling the match would be an extreme measure, and using a dual-referee system or playing without a referee altogether would jeopardize the integrity of the game and could lead to player disputes and confusion. Therefore, having the assistant referee take charge is the most practical and accepted solution in such circumstances.

**6. How long is typical overtime in a soccer match?**

- A. 10 minutes**
- B. 15 minutes each half**
- C. 30 minutes, divided into two halves**
- D. 5 minutes**

In soccer, when a match ends in a tie, particularly in knockout tournaments or specific league rules that require a winner, overtime is employed. The standard duration for this overtime period is indeed 30 minutes, split into two equal halves of 15 minutes each. This format allows both teams a fair and equal opportunity to score during the extra time, which may ultimately determine the outcome of the match. This approach is designed to maintain the excitement of the game while providing a structured time frame for play. To clarify, while some options may suggest shorter overtime periods, like 10 minutes or 5 minutes, or even varying lengths for each half, the established rule is consistently 30 minutes total—this ensures that the teams have sufficient time to potentially break the deadlock without detracting from the integrity of the match.

**7. What is the action taken if a player commits a foul inside the penalty area?**

- A. A free kick is awarded to the opposing team**
- B. A penalty kick is awarded to the opposing team**
- C. The game continues without stopping**
- D. A yellow card is shown to the player**

When a player commits a foul inside the penalty area, the appropriate action is to award a penalty kick to the opposing team. This rule is in place to ensure that fouls committed by the defending team within their own penalty area are penalized with a chance for the attacking team to score directly from the spot. The penalty kick is taken from the penalty mark, which is 12 yards from the goal line, giving the attacking player a clear opportunity to score while the defending goalkeeper is the only opponent they face. This rule emphasizes the significance of protecting attacking players' right to fair play within critical scoring zones. It serves as a deterrent for defenders, as fouls in this area can lead to severe consequences on the outcome of the game. A penalty kick is one of the most impactful decisions in a match, as it could potentially change the tide of the game. The other options do not apply in this scenario, as free kicks are awarded for fouls outside the penalty area, the game does not continue without addressing the foul, and a yellow card is not automatically shown unless the foul warrants disciplinary action.

**8. What results in a player being offside?**

- A. When they are past the last defender when the ball is played to them**
- B. When they receive the ball in their own half**
- C. When they are near the sideline**
- D. When they delay the restart of play**

A player is considered to be offside when they are in an offside position at the moment the ball is played to them by a teammate. Specifically, a player is deemed to be in an offside position if they are nearer to the opponent's goal line than both the ball and the second-to-last opponent (usually the last outfield player) when that teammate makes the play. This rule is designed to prevent players from gaining an unfair advantage by positioning themselves closer to the opponent's goal than the defenders at the moment the ball is played. Being in their own half and receiving the ball does not constitute being offside because a player is only penalized for being offside when they are in the opposing half of the field. Similarly, proximity to the sideline does not affect offside status, as the rule is concerned solely with the positioning related to the opponents and the ball. Delaying the restart of play is unrelated to offside positioning and pertains instead to different rules governing player conduct. Thus, answering that a player is offside when they are past the last defender at the time the ball is played accurately captures the essence of the offside rule.

## 9. When can a player who has been substituted back into the game after being injured?

- A. Only after receiving medical clearance
- B. If they are not substituted for another player
- C. After notifying the referee but can replace any player**
- D. Only in the next period of play

The assertion that a player may re-enter the game after notifying the referee but may replace any player highlights the procedure for substitutions, particularly in the case of a player returning from an injury. Soccer rules stipulate that once a player has been substituted out due to an injury, they can be allowed back into the game under certain conditions. Notifying the referee is essential, as it ensures the match officials are aware of the change, maintaining the integrity of the game and the flow of play. When it comes to which player the injured player can replace, this typically applies to players who are currently on the field in their designated positions. The key point is that the injured player may come back into the match, but the original substitution's integrity must be preserved. The player must not only notify the referee but also ensure they're re-entering correctly, and clarity about the substitution rule in context helps prevent confusion on the field. The other options do not fully encapsulate the procedural requirements and restrictions when a player is substituted back in after an injury, especially concerning the notification and replacement dynamics on the field.

## 10. What happens to a player who receives a red card during a match?

- A. The player is warned
- B. The player is substituted
- C. The player is sent off and cannot be replaced**
- D. The player must sit out for 10 minutes

A player who receives a red card during a match is sent off the field and cannot be replaced, which means that the team must continue the game with one fewer player. This is a significant disciplinary action intended to maintain the spirit of the game and ensure safety. Receiving a red card typically indicates a severe foul or an infringement that goes against the laws of the game, showing that such actions are not tolerated. The other choices do not accurately reflect the consequences of receiving a red card. For instance, warning a player is more appropriate for minor offenses that do not warrant such a serious penalty. Substitution is not applicable in the case of a red card because the team cannot replace the player who was sent off. The suggestion that a player must sit out for 10 minutes aligns more closely with a temporary dismissal, like a yellow card, rather than the permanent dismissal that occurs with a red card. Thus, the action of sending off the player and not allowing a replacement is fundamental to the rules governing the conduct of players during a match.

# 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://nisoasoccerrules.examzify.com>**

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

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