

Soccer Rules 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. When is a player shown a yellow card in soccer?**
 - A. For scoring a goal**
 - B. For making a substitution**
 - C. For a disciplinary action**
 - D. For conducting a fair play**
- 2. Can a player be considered offside while in their own half?**
 - A. Yes, always**
 - B. No, always**
 - C. Yes, if they are receiving the ball**
 - D. No, unless they are in the opponent's half**
- 3. What is the consequence of a player receiving a red card in soccer?**
 - A. The player is ejected from the game**
 - B. The player becomes the goalkeeper**
 - C. A penalty kick is awarded**
 - D. The player receives a warning**
- 4. Which term is used when all of the ball must be outside all of the sideline?**
 - A. Hand ball**
 - B. Dead ball**
 - C. Clear**
 - D. Ball in and out of play**
- 5. In what scenarios can a player receive a red card?**
 - A. For minor fouls only**
 - B. For offside violations**
 - C. For violent conduct, serious foul play, or a second yellow card**
 - D. For dissenting referee's decision**
- 6. How is a foot trap used in soccer?**
 - A. To receive a pass kicked by an opponent**
 - B. To control a high bouncing ball**
 - C. To control a rolling or low bouncing ball**
 - D. To delay a free kick**

- 7. What is the minimum number of players required for a team to start a soccer match?**
- A. 5 players**
 - B. 6 players**
 - C. 7 players**
 - D. 8 players**
- 8. When is a direct free kick awarded in soccer?**
- A. For offside violations**
 - B. For fouls that result in a caution (yellow card)**
 - C. For handling the ball deliberately**
 - D. For misconduct after the game has ended**
- 9. In what situation is a goal kick awarded?**
- A. When the ball goes out of play over the goal line and was last touched by a defending player**
 - B. When the ball goes out of play over the goal line and was last touched by an attacking player**
 - C. When the ball is intentionally played out of bounds by a player**
 - D. When the match is temporarily stopped by the referee**
- 10. Which type of kick results in a goal only if another player touches the ball before it enters the goal?**
- A. goalpost**
 - B. indirect kick**
 - C. defending third**
 - D. holding**

Answers

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

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Explanations

1. When is a player shown a yellow card in soccer?

- A. For scoring a goal
- B. For making a substitution
- C. For a disciplinary action**
- D. For conducting a fair play

A player is shown a yellow card in soccer for a disciplinary action. This usually occurs when a player commits a cautionable offense, such as unsporting behavior, dissent, delaying the restart of play, or committing a tactical foul. The yellow card serves as a warning to the player and their team that further misconduct may result in a red card, leading to the player being sent off the field. It is essential for players to adhere to the rules of the game and show good sportsmanship to avoid receiving a yellow card and potentially putting their team at a disadvantage.

2. Can a player be considered offside while in their own half?

- A. Yes, always
- B. No, always**
- C. Yes, if they are receiving the ball
- D. No, unless they are in the opponent's half

A player cannot be considered offside while in their own half of the field. The offside rule specifically applies to a player's position related to the second-to-last opponent when that player is in the opponent's half during active play. Since a player in their own half cannot interfere with play in this manner, they are not subject to being penalized for being in an offside position. This means that regardless of the player's position or actions, as long as they are in their own half, they cannot be ruled offside. The other choices imply scenarios where offside could be considered while the player is still in their own half, which is not applicable according to the Laws of the Game. Understanding this aspect is important for accurately interpreting the offside rule within the context of soccer.

3. What is the consequence of a player receiving a red card in soccer?

- A. The player is ejected from the game**
- B. The player becomes the goalkeeper
- C. A penalty kick is awarded
- D. The player receives a warning

The consequence of a player receiving a red card in soccer is that they are ejected from the game. This is a significant rule in soccer, as the issuance of a red card indicates that the player has committed a serious offense, such as violent conduct or a foul that denies an obvious goal-scoring opportunity. Once ejected, the player must leave the field of play immediately and cannot participate in the remainder of the match. This also results in their team playing with one fewer player for the rest of the game, which can have serious implications for the team's performance. In this context, the other options do not accurately describe the consequence of receiving a red card. For instance, becoming the goalkeeper is not a consequence of a red card; rather, it involves a specific situation where a player might take on that role due to injury or ejection of the goalkeeper. Similarly, a penalty kick is only awarded for specific fouls committed inside the penalty area, not simply as a result of a red card. Lastly, receiving a warning would pertain to a yellow card, which is far less severe than a red card and does not lead to ejection from the match.

4. Which term is used when all of the ball must be outside all of the sideline?

- A. Hand ball**
- B. Dead ball**
- C. Clear**
- D. Ball in and out of play**

The term used when all of the ball must be outside all of the sideline is "Ball in and out of play." This phrase is crucial in soccer as it clearly indicates whether the ball is considered in play or out of play based on its position relative to the field boundaries. For a ball to be out of play, it must fully cross the sideline, either on the ground or in the air. This is important for decisions related to throw-ins, corner kicks, or goal kicks, which are only awarded when the ball is fully out of play. In contrast, the terms hand ball, dead ball, and clear have specific meanings that do not relate directly to the ball's position concerning the sidelines. Hand ball refers to an infraction involving a player intentionally handling the ball with their hands or arms, dead ball indicates a stoppage in play for various reasons, and clear typically refers to a player kicking the ball away from danger, rather than addressing the ball's status regarding the field's boundaries.

5. In what scenarios can a player receive a red card?

- A. For minor fouls only**
- B. For offside violations**
- C. For violent conduct, serious foul play, or a second yellow card**
- D. For dissenting referee's decision**

A player can receive a red card primarily for serious infractions that compromise the well-being of other players or the integrity of the game. The specific scenarios include violent conduct, which involves aggressive actions such as punching or kicking another player, serious foul play that endangers the safety of an opponent, and receiving a second yellow card in the same match which automatically results in a red card. Receiving a red card is a significant disciplinary action intended to address serious breaches of the rules, ensuring player safety and maintaining fair play during a match. Other scenarios, such as minor fouls or offside violations, typically do not warrant such severe punishments and are addressed through less severe penalties. Additionally, dissenting a referee's decision can lead to a yellow card; however, repeated dissent or serious acts of dissent can escalate to a red card, but that is not the primary reason for receiving a red card. Thus, the comprehensive understanding of misconduct leading to a red card emphasizes the need for a player to act within the spirit of the game.

6. How is a foot trap used in soccer?

- A. To receive a pass kicked by an opponent
- B. To control a high bouncing ball
- C. To control a rolling or low bouncing ball**
- D. To delay a free kick

A foot trap in soccer is used to control a rolling or low bouncing ball. When a player performs a foot trap correctly, they use their foot to stop the ball's movement and bring it under their control. This technique is essential in maintaining possession and setting up plays during a game. Option A is incorrect because a foot trap is not typically used to receive a pass kicked by an opponent, as that would more likely involve trapping the ball with different parts of the body like the chest or thigh. Option B is not the best choice because a foot trap is usually utilized for balls on the ground, not high bouncing balls. Option D is not accurate either. The purpose of a foot trap is not to delay a free kick but rather to control the ball.

7. What is the minimum number of players required for a team to start a soccer match?

- A. 5 players
- B. 6 players
- C. 7 players**
- D. 8 players

In order for a soccer match to commence, a team must have at least seven players on the field. This rule is in place to ensure that there are enough players to form a competitive match and to maintain the integrity of the game. If a team fields fewer than seven players, the match cannot start, as it would not be viable from a gameplay perspective. This standard is set by governing bodies of soccer, such as FIFA, to ensure that matches are played in a fair and orderly manner. The options that suggest fewer than seven players would not meet the required minimum for a match kickoff, as they would significantly diminish the capacity for teamwork and strategic plays that are essential to the sport. Thus, the requirement of at least seven players is critical for regulations and the overall dynamics of soccer.

8. When is a direct free kick awarded in soccer?

- A. For offside violations
- B. For fouls that result in a caution (yellow card)
- C. For handling the ball deliberately**
- D. For misconduct after the game has ended

A direct free kick is awarded in soccer for handling the ball deliberately. This means that a player cannot use their hands or arms deliberately to touch the ball, except for the goalkeeper within their own penalty area. A deliberate handling of the ball results in giving the opposing team a direct free kick, where they can shoot directly at the goal without any other players touching the ball. The other options are incorrect: - A direct free kick is not awarded for offside violations. Offside is a different rule related to the positioning of players when a pass is made. - A direct free kick is not awarded for fouls that result in a caution (yellow card). While a foul may result in a caution, the type of free kick given is determined by the nature of the foul. - A direct free kick is not awarded for misconduct after the game has ended. Any misconduct after the game has ended falls under disciplinary action rather than gameplay during the match.

9. In what situation is a goal kick awarded?

- A. When the ball goes out of play over the goal line and was last touched by a defending player**
- B. When the ball goes out of play over the goal line and was last touched by an attacking player**
- C. When the ball is intentionally played out of bounds by a player**
- D. When the match is temporarily stopped by the referee**

A goal kick is awarded specifically in situations where the ball has gone out of play over the goal line, and the last touch on the ball was made by a player from the attacking team. This means that if a player from the offense last touched the ball before it crossed the goal line, the defending team is granted the opportunity to Restart the game with a goal kick from within the goal area. This rule is crucial as it protects the defending team from an unfair advantage gained by the attacking team trying to score a goal. In the context of the options provided, the correct understanding aligns with the rules of soccer that govern how play is resumed after the ball leaves the field of play in these specific circumstances. The awarding of a goal kick serves as a method to give the defending team the chance to clear the ball from their defensive area and regain control of the match.

10. Which type of kick results in a goal only if another player touches the ball before it enters the goal?

- A. goalpost**
- B. indirect kick**
- C. defending third**
- D. holding**

The concept behind an indirect kick is that it must be touched by another player before a goal can be scored. In soccer, this type of kick is typically awarded for certain fouls and infringements. When a player takes an indirect kick, the ball must make contact with someone else—either a teammate or an opponent—before it can legally enter the goal. This system is designed to promote teamwork and prevent goals being scored directly from specific situations. In contrast, a goalpost involves the framework of the goal and does not pertain to kicking situations. The defending third refers to a particular area of the field rather than a type of kick, and holding does not represent a recognized type of kick in the context of scoring. Thus, the indirect kick is the only option that aligns with the condition specified in the question.

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://soccerrules.examzify.com>

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