

# USSF Recertification 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

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- 1. What is the correct procedure for restarting after an injury while the goalkeeper holds the ball in the goal area?**
  - A. Restart with an indirect free kick**
  - B. Restart with a drop ball 6 yards from the goal line**
  - C. Restart with a goal kick for the defending team**
  - D. Restart with a penalty kick for the attacking team**
  
- 2. What is the outcome if a player retrieves the ball from an area outside the field to take a throw-in?**
  - A. The throw-in is awarded to the opposing team**
  - B. The player must return the ball to the field before proceeding**
  - C. The throw-in can still be valid**
  - D. The referee stops play for a violation**
  
- 3. What is the proper procedure for handling dissent from coaches or team staff?**
  - A. The referee should ignore it**
  - B. The referee may issue a warning, yellow card, or dismissal**
  - C. The referee reports it to the league after the game**
  - D. The referee can only give a yellow card**
  
- 4. What is the correct restart if a corner kick hits an overhanging branch and deflects into the goal?**
  - A. Goal kick**
  - B. Indirect free kick**
  - C. Kick-off**
  - D. Drop ball**
  
- 5. What is the role of the fourth official in a soccer match?**
  - A. To officiate the match if the referee is injured**
  - B. To assist the referee with substitutions and manage the technical area**
  - C. To record player statistics**
  - D. To coach the team during stoppages**

- 6. What action is NOT covered under VAR's review capability?**
- A. A goal-scoring incident**
  - B. A missed penalty call**
  - C. A throw-in decision**
  - D. A direct red card incident**
- 7. If an object or person not involved in the game touches the ball and it goes into the goal, what should the referee do?**
- A. Allow the goal**
  - B. Restart play with a dropped ball at the point of contact**
  - C. Ignore the incident**
  - D. Restart with an indirect free kick**
- 8. During a corner kick, how far must the opponents be positioned from the corner arc?**
- A. 5 yards**
  - B. 10 yards**
  - C. 15 yards**
  - D. 20 yards**
- 9. How many players are on the field for each team during a standard match?**
- A. 10 players**
  - B. 11 players**
  - C. 12 players**
  - D. 13 players**
- 10. If a player is injured but the game continues, what should the referee focus on?**
- A. The injured player only**
  - B. The outcome of the play**
  - C. The position of the ball**
  - D. The other players on the field**

## Answers

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

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## **Explanations**

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**1. What is the correct procedure for restarting after an injury while the goalkeeper holds the ball in the goal area?**

- A. Restart with an indirect free kick**
- B. Restart with a drop ball 6 yards from the goal line**
- C. Restart with a goal kick for the defending team**
- D. Restart with a penalty kick for the attacking team**

When play is stopped due to an injury while the goalkeeper is holding the ball in the goal area, the correct procedure is to restart with a drop ball. This is true especially when the injury prevents safe continuation of play, and no foul has been committed that would warrant another type of restart. In this scenario, since the goalkeeper has possession of the ball within the goal area, a drop ball effectively allows for the game to resume in a way that reduces the likelihood of further injury. Setting the drop ball 6 yards from the goal line is standard practice, providing the defense and offense a clear understanding of the restart point. The other options do not apply in this circumstance because an indirect free kick does not account for the unique situation of a goalkeeper holding the ball, a goal kick is unrelated since the ball has not exited play, and a penalty kick is not applicable because no foul has occurred that would justify such a restart. Therefore, the choice of a drop ball is the most appropriate and aligned with the Laws of the Game for restarting play after an injury in this context.

**2. What is the outcome if a player retrieves the ball from an area outside the field to take a throw-in?**

- A. The throw-in is awarded to the opposing team**
- B. The player must return the ball to the field before proceeding**
- C. The throw-in can still be valid**
- D. The referee stops play for a violation**

In the scenario where a player retrieves the ball from an area outside the field to take a throw-in, the correct outcome reflects the regulations governing throw-ins in soccer. When a player takes the throw-in, it is essential that they use the correct ball that is in play. If the player fetches the ball from outside the field, it indicates that they are not complying with the established procedure, as the ball must be in the vicinity of the area to ensure a proper throw-in. When the attempted throw-in is initiated with a ball that was not properly returned to the field of play, it results in a disruption of the game. Thus, the throw-in is not awarded to the team and instead is given to the opposing side, as they retain the right to benefit from the infractions or mistakes of the other team. This ensures fair play and adherence to the game's rules, maintaining the integrity of the match. Understanding this context highlights why the correct choice accurately describes the outcome when rules regarding throw-ins are not followed properly.

**3. What is the proper procedure for handling dissent from coaches or team staff?**

- A. The referee should ignore it
- B. The referee may issue a warning, yellow card, or dismissal**
- C. The referee reports it to the league after the game
- D. The referee can only give a yellow card

In the context of handling dissent from coaches or team staff, the proper procedure involves a range of disciplinary actions that the referee may take, which includes issuing a warning, a yellow card, or even dismissal from the match if the behavior warrants it. When a referee encounters dissent, it's crucial to maintain authority and ensure that the match operates smoothly and respectfully. A warning can be an appropriate first step for minor instances of dissent. If such behavior continues or escalates, the referee has the authority to issue a yellow card as a formal acknowledgment of misconduct. In severe cases of persistent dissent, the referee may choose to dismiss the individual from the match altogether. This layered approach empowers the referee to address inappropriate behavior effectively while also allowing for the potential for de-escalation before resorting to more severe penalties. Options such as ignoring dissent would undermine the referee's role and authority, while limiting responses to only issuing a yellow card does not allow for the necessary flexibility in addressing varying levels of dissent. Reporting after the game does not address the immediate context and can lead to unresolved issues during the match itself. Therefore, the correct approach includes the options of a warning, a yellow card, or dismissal, recognizing the importance of managing the game environment actively.

**4. What is the correct restart if a corner kick hits an overhanging branch and deflects into the goal?**

- A. Goal kick
- B. Indirect free kick
- C. Kick-off**
- D. Drop ball

When a corner kick is taken and hits an overhanging branch before entering the goal, the goal cannot be counted. According to the laws of the game, any external interference that affects the play necessitates a restart. In this situation, since the ball hit an object outside of the field of play (the branch), the correct procedure would be to have a kick-off. A kick-off is used to restart the game after a goal is scored or at the beginning of a half. Since the ball did not legally go into the goal due to the interference, the game is restarted with a kick-off from the center of the field.

**5. What is the role of the fourth official in a soccer match?**

- A. To officiate the match if the referee is injured**
- B. To assist the referee with substitutions and manage the technical area**
- C. To record player statistics**
- D. To coach the team during stoppages**

The role of the fourth official in a soccer match is primarily to assist the referee with substitutions and manage the technical area. This involves overseeing the team benches, ensuring that the coaches and substitutes adhere to the Laws of the Game regarding behavior, and managing the flow of substitutions during the match. The fourth official is essential for maintaining order and communication between the teams and the match officials. In addition to facilitating substitutions, the fourth official has important responsibilities for signaling any additional time added at the end of each half and can assist the referee in communicating decisions to the teams and supporters. This support plays a crucial role in ensuring the match runs smoothly and is conducted fairly. Other roles mentioned in the options, such as officiating the match if the referee is injured, are typically handled by assistants, while recording player statistics and coaching during stoppages fall outside the designated duties of the fourth official. These responsibilities are clearly defined in the Laws of the Game, reflecting the specific role the fourth official plays in maintaining the structure and management of the match.

**6. What action is NOT covered under VAR's review capability?**

- A. A goal-scoring incident**
- B. A missed penalty call**
- C. A throw-in decision**
- D. A direct red card incident**

The action that is not covered under VAR's review capability is related to a throw-in decision. VAR, or Video Assistant Referee, is primarily focused on key incidents that can significantly affect the outcome of a match, such as goal-scoring situations, penalty calls, and direct red card incidents. The concept behind VAR is to minimize clear and obvious errors in these crucial moments to ensure fair play. Throw-in decisions, however, are considered to be less significant in the context of the overall match, hence they do not fall under the scope of VAR reviews. The VAR protocol emphasizes that its intervention should be reserved for situations where there is a possible wrong decision impacting the game's result, and simple infractions like throw-ins don't meet that threshold. In contrast, goal-scoring incidents, missed penalty calls, and direct red card incidents are precisely the types of situations VAR is designed to assist with, as they can alter the dynamics and outcome of the match significantly. This distinction is critical to understanding the limitations and intended focus of VAR's review capabilities.

7. If an object or person not involved in the game touches the ball and it goes into the goal, what should the referee do?
- A. Allow the goal
  - B. Restart play with a dropped ball at the point of contact**
  - C. Ignore the incident
  - D. Restart with an indirect free kick

When an object or person not involved in the game contacts the ball and it subsequently enters the goal, it is treated as an external interference. In this scenario, the rules dictate that the proper course of action is to halt the game and restart play with a dropped ball at the point of contact. This approach is aligned with the Laws of the Game, which seek to ensure fairness and uphold the integrity of the match. Allowing the goal would mistakenly validate a goal scored through means not permitted under the rules, while ignoring the incident would disregard the impact of the interference on the game's flow. Restarting with an indirect free kick would also not be applicable, as the type of interference does not warrant that specific form of restart. Thus, a dropped ball serves as the most appropriate resolution in accounting for the interference caused by the external factor.

8. During a corner kick, how far must the opponents be positioned from the corner arc?
- A. 5 yards
  - B. 10 yards**
  - C. 15 yards
  - D. 20 yards

During a corner kick, the Laws of the Game dictate that opponents must be positioned at least 10 yards away from the corner arc. This rule is in place to ensure that the team taking the corner kick can perform the action without immediate pressure from the opposing team, allowing for a fair opportunity to execute the play. The distance of 10 yards provides enough space for the ball to be kicked and potentially play to develop, while still allowing the defending team to react and organize their defense once the kick is taken. Hence, the correct understanding of this distance is crucial for maintaining the flow and fairness of the game.

**9. How many players are on the field for each team during a standard match?**

- A. 10 players**
- B. 11 players**
- C. 12 players**
- D. 13 players**

During a standard match in soccer, each team has 11 players on the field. This includes 10 outfield players and 1 goalkeeper. The number of players is established by the Laws of the Game, which state that a team consists of a maximum of 11 players participating in a match at any given time. This structure ensures that the game maintains a balanced and competitive format, allowing for strategic play and teamwork among the players. Options that present fewer players, such as 10 or 12, do not align with the official rules recognized by governing bodies like FIFA, which oversees the Laws of the Game. Similarly, stating that there are 13 players would exceed the maximum allowed, further confirming that each team must consist of exactly 11 players in a standard match.

**10. If a player is injured but the game continues, what should the referee focus on?**

- A. The injured player only**
- B. The outcome of the play**
- C. The position of the ball**
- D. The other players on the field**

In situations where a player is injured but the game continues, it is essential for the referee to maintain focus on the outcome of the play. This means that the referee should pay attention to the ongoing dynamics of the game, including any goals, fouls, or significant actions that are occurring as the match progresses. Keeping an eye on the play ensures that the game is officiated fairly and that any necessary decisions can be made in real-time regarding the outcome. While the condition of the injured player is important and requires attention, the referee's primary responsibility is to oversee the game. If the game has not been stopped for the injury, focusing solely on the injured player could lead to missing critical events on the field, which could have implications for the match's outcome. Additionally, monitoring the other players is also crucial, but it should pertain to their engagement in the play, which directly correlates to the flow of the game. Hence, the best course of action, given that the play continues, is for the referee to concentrate on the play's outcome to ensure that all game-related incidents are appropriately adjudicated.

## 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://ussfre certification.examzify.com>**

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

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