
Football NFHS Exam Study Guide Questions and Answers 2025/2026

100% Correct

1. Targeting is an act by any player who takes aim and initiates contact against an opponent above the shoulders with the helmet, forearm, hand, fist, elbow or shoulders. T/F: True
2. No defensive player shall commit any illegal personal contact foul listed in rule 9-4-3 against the passer. T/F: True
3. The game officials shall assume authority for the contest, including penalizing unsportsmanlike acts, 15 minutes prior to the scheduled game time - an earlier time if required by the state association. T/F: False
4. Face tackling is an act by any player who initiates contact against an opponent at the shoulders or below with the crown (top portion) of his helmet. T/F: False
5. The referee shall have the authority to correct the number of the next down prior to the ball becoming live after a new series of downs is awarded. T/F: True
6. Illegal helmet contact may not be judged a flagrant act by the game official. T/F: False
7. No player or nonplayer shall make any other contact with an opponent, including a defenseless player, which is deemed unnecessary or excessive and which incites roughness. T/F: True
8. The accidental touching of a loose ball by a player who was blocked into the ball is ignored and does not constitute a new force. T/F: True
9. A defenseless player is a player who, because of his physical position and focus of concentration, is especially vulnerable to injury. T/F: True
10. When the ball is loose following an illegal kick, it does not retain the same status as prior to the illegal kick. T/F: False
11. If a free kick goes out of bounds between the goal lines touched inbounds by R, the ball is put in play by R at the inbounds spot. T/F: True
12. Blocking is obstructing an opponent by contacting him with any part of the blocker's body. T/F: True
13. Initial force results from a carry, fumble, kick, pass, snap or muff. T/F: False
14. Any act that is clearly intended to cause B to encroach is an unsportsmanlike foul.

Nfhs Football Study Guide

Yi-Tong Ma



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