



2024 Boys Lacrosse Exam

1. During running time, penalty time will start with the whistle resuming play after the penalty is administered. If there is time remaining on a non-releasable penalty when a goal is scored, the earliest the penalty will release is when the ensuing faceoff has been completed.
 - A. True
 - B. False

2. In addition to other requirements, a legal faceoff position requires crosses evenly matched 'tops-to-stops' and perpendicular to the ground with both hands gloved and wrapped around the handle of the crosse, and the hand closer to the throat must be palm-up.
 - A. True
 - B. False

3. Of the below, three are unsportsmanlike conduct personal fouls and one is a technical foul. Which of the below is a technical foul?
 - A. Throwing the crosse at the ball which stops a shot.
 - B. Throwing the crosse at an opposing player/other game personnel.
 - C. Throwing a crosse at the ball.
 - D. Throwing the crosse at the ground in personal frustration and not directed at an opposing player/other game personnel.

4. Shoes shall be worn which are designed for the sport of lacrosse. Metal spikes are not permitted.
 - A. True
 - B. False

5. If an attacking player, in possession of the ball and outside the crease area, dives or jumps (becomes airborne of the player's own volition), prior to, during or after the release of the shot (regardless of whether the player is illegally checked into the crease) and lands in the crease, the goal shall be disallowed.
 - A. False
 - B. True

6. After a faceoff and before possession has been declared or the ball crosses the defensive-area line, Player B4, who was behind the defensive-area line at the beginning of the faceoff, comes across the defensive-area line to play the loose ball. What is the correct ruling?
 - A. Technical foul against B, ball awarded to Team A at the spot where the ball was when play was suspended.
 - B. Play is stopped and the faceoff is restarted.
 - C. Team B is offside.
 - D. Conduct foul on Team B.

7. If a defensive player, other than a goalkeeper, enters the crease with perceived intent on blocking a shot, the official shall sound his whistle to stop play as soon as it is noticed as long as the shot is not already in flight.
 - A. True.
 - B. False.

- 8 . Player B1 in clearing the ball upfield (outside the crease) falls, loses the ball, breaks the stick, and appears to be injured outside the scrimmage area. The official should blow the whistle and stop play immediately in which of the below situations:
- A. Player B1 is a defender.
 - B. Player B1 is the goalkeeper.
 - C. Player B1 is an attacker.
 - D. None of the above. Slow whistle should be instituted in all situations where the player involved is outside the scrimmage area. A goalkeeper, while outside the crease, is treated like a field player.
- 9 . Player A1's stick is checked between quarters. Which of the following would constitute a two-minute non-releasable penalty?
- A. The stick has a deep pocket.
 - B. The stick has a shooting string more than 4 inches from the top of the stick.
 - C. The stick fails the rollout test.
 - D. All of the above.
- 10 . A goal will be allowed if the shot is released prior to the end of the period.
- A. True
 - B. False
- 11 . During the final two minutes of regulation play, stalling rules will be in effect. The team that is ahead will be warned to "Get it in/keep it in" in which of the following situations:
- A. The team is ahead by 12 goals and has possession in its offensive half of the field.
 - B. The team is ahead by four goals or less and has possession in its offensive half of the field.
 - C. The team is ahead by four goals or less and has possession in its defensive half of the field.
 - D. All of the above.
- 12 . On a restart, the defender is within 5 yards of the player who has been awarded possession of the ball. Which of the following is correct?
- A. Official withholds whistle and verbally warns defender and begins a visual count.
 - B. Official immediately throws a flag and issues a 30-second technical foul to the defending player.
 - C. Official restarts play and the defender allows a 5-yard separation before engaging the player in possession of the ball.
 - D. Official gives immediate whistle and warns defending player to give 5 yards of space on future restarts.
- 13 . A1 is fouled by B1 while in possession in B1's attack goal area. No stall warning is on. Which of the following would not stop play under the subsequent slow whistle situation?
- A. There is a second foul called on the defense.
 - B. The ball goes out of bounds.
 - C. A1 moves out of the goal area after the foul occurs.
 - D. A goal is scored by the attacking team.
- 14 . The length of the head shall be a minimum of 10 inches from the outside edge of the head to the beginning of the throat of the crosse as measured at the front (face) of the head, regardless of whether a ball stop is used.
- A. True
 - B. False

15. A shot is released before the end of a period and enters the goal after the whistle/horn has sounded to end the period. In which case is the goal counted? Assume all the events listed occur after the period has ended.
- A. The shot deflects off the goalkeeper and then off another defender before entering the goal.
 - B. The shot deflects off a defender and then off the goal post and enters the goal.
 - C. The shot deflects off the crossbar and then off the goalkeeper and enters the goal.
 - D. The goal counts in both B and C.
16. Which of the following are requirements for the stringing of the pocket/net on a crosse?
- A. The pocket/net must be completely attached to the head and have no gaps larger than 1.68 inches (42.2 millimeters) in diameter as measured by a spherical-shaped object that is equivalent in diameter (i.e. an American Golf ball).
 - B. The pocket/net must have at least one shooting string.
 - C. The pocket/net must be made of gut, rawhide, linen, or a synthetic material that is roughly triangular in shape.
 - D. Both (a) and (c) are required.
17. B1 body-checks A2 who is defenseless. What is the correct penalty for B1?
- A. A one-minute, two-minute or three-minute releasable penalty.
 - B. A two-minute or three-minute non-releasable penalty at the officials' discretion.
 - C. If the contact is an excessively violent violation, the penalty may result in an ejection.
 - D. Both B and C are correct.
18. The official is backing up toward the sideline and backs into a coach from Team A who is on the field. What is the correct ruling?
- A. The coach is assessed a one-minute, two-minute or three-minute releasable penalty for unsportsmanlike conduct.
 - B. The coach is assessed a loose-ball technical foul and the ball is awarded to Team B.
 - C. Play continues with no foul. The official needs to be aware of where the coach is and avoid the coach.
 - D. None of the above is the correct call.
19. Which of the following are legal during live ball play?
- A. Two players on the field exchange crosses while the ball is in either crosse.
 - B. A player on the field exchanges crosse with a coach in the substitution/table area.
 - C. A player on the field exchanges crosse with a coach in the coaches area.
 - D. Both B and C are legal.
20. A1 has possession and is cross-checked by B1. Officials throw a flag and withhold the whistle. A1 passes to A2 who drops the ball. Flag down/slow whistle then continues, at which point B2 pushes A2 from behind without possession where no scoring play is in progress. Which of the following is correct?
- A. Flag down/slow whistle continues until B1 gains possession. B1 and B2 are assessed time-serving penalties.
 - B. Flag down/slow whistle continues until Team A commits a foul. B1 and B2 are assessed time-serving penalties.
 - C. The official throws another flag and sounds whistle; B1 and B2 are assessed time-serving penalties.
 - D. The official throws another flag and sounds whistle immediately; only B1 is assessed time-serving penalties.
21. The substitution/table area should be marked with two lines drawn 5 yards on either side of the center line and extending past the scorer's table.
- A. True
 - B. False

22. B1 slashes A1 and a flag is thrown. During the slow whistle, B2 pushes A2 from behind who now has possession of the ball, and a scoring play is in progress. The proper procedure is:
- A. Immediate whistle for the second time-serving penalty. B1 serves a one-, two- or three-minute penalty. B2 serves a 30-second penalty. Team A awarded the ball in its offensive half of the field.
 - B. Slow whistle continues until the advantage given to the scoring play in progress has ended. Once the scoring play is no longer in progress, assess B1 a one-, two- or three-minute penalty. B2 serves a 30-second penalty. Team A is awarded the ball in its offensive attack/goal area.
 - C. Immediate whistle. B2 serves one-, two- or three-minute penalty. B2 serves no time. Team A awarded the ball in its offensive half of the field.
 - D. Immediate whistle. B1 and B2 will serve one-, two- or three-minute fouls because all penalty time served is based on the most severe penalty.
23. Player A1 is apparently injured. The official sounds the whistle to stop play and beckons Coach A and/or medical personnel onto the field. The coach is advised by the official that Player A1 shall leave the game until the next opportunity to substitute. What is the correct ruling?
- A. A1 can enter the game at any time as long as determined by the coaching staff.
 - B. Team A can ask for a time-out in an attempt to leave A1 in the game.
 - C. A1 receives a technical foul.
 - D. A1 must be removed from the field and wait until the next dead ball or later to return.
24. While participating in a faceoff, Player A1 inadvertently touches the ball with a hand while still grasping the crosse with both hands.
- A. Legal Play.
 - B. Unsportsmanlike conduct on A1. Minimum one-minute non-releasable foul.
 - C. Immediately blow the whistle and restart the faceoff.
 - D. A1 is disqualified from the game.
25. While inspecting A1's crosse, the official finds that the pocket is too deep. What is the proper penalty?
- A. A1 serves a one-minute non-releasable penalty.
 - B. A1 serves a two-minute non-releasable penalty.
 - C. A1 serves a three-minute non-releasable penalty.
 - D. If Team A was in possession or due possession, award the ball to Team B. Otherwise, A1 serves a 30-second penalty.
26. Which of the following would remove the stall warning from a team that has been warned to Get It In / Keep It In the offensive box?
- A. A shot taken from above the goal-line extended hits the goalkeeper, the goalkeeper's equipment, the vertical post or crossbar of the goal.
 - B. The defense gains possession.
 - C. 30 seconds of time expires.
 - D. Both A and B.
27. B1 is defending A1. B1's stick is between A1's arm and his body. A1 clamps down on B1's stick. What is the correct call?
- A. Holding by A1. Award the ball to Team B.
 - B. Legal play unless A1 pulls the stick out of B1's hands.
 - C. B1 must drop his stick for holding by A1 to be called.
 - D. Simultaneous technical fouls for holding on both A1 and B1. Each serves a 30-second non-releasable penalty.

- 28 . What is the correct procedure during the last two minutes of a game?
- A. The team that is leading by four or fewer goals must get it in and keep it in.
 - B. No matter what the score, neither team must automatically get it in and keep it in.
 - C. If the score is tied, both teams must keep it in.
 - D. Both A and C.
- 29 . A1 leaves the feet while taking a shot (that enters the goal) and while over the crease, contacts the goalkeeper in the process of shooting. What is the correct ruling?
- A. No goal. Award the ball to Team B. (Possible personal foul on A1)
 - B. If the contact is after the ball enters the goal, the goal is good.
 - C. No goal. A1 serves a 30-second penalty for goalkeeper interference. Award the ball to Team B at the center.
 - D. No goal. A1 serves a one-minute penalty for unnecessary roughness. Award the ball to Team B at the center.
- 30 . During the second half, Team A scores to lead by 12 goals. Running time begins with the next faceoff. Team B scores and the differential drops to 11 goals. Which of the following is true?
- A. The clock goes back to stop/start time since the differential dropped below 12 goals.
 - B. Running time continues.
 - C. Running time continues until the differential drops to six goals.
 - D. The game ends at the end of the third period if the differential is still 12 or more.
- 31 . A1 sets up for a faceoff and the hand closer to the throat of the crosse is in a palm down or in a ("moto-grip") position. This is legal.
- A. True.
 - B. False.
- 32 . Which of the following steps is proper faceoff procedure?
- A. The official asks the players to go down for the faceoff together, then places the ball between the crosses.
 - B. The official places the ball in the faceoff spot, then asks the players to go down for the faceoff.
 - C. The official asks the players to go down for the faceoff, then drops the ball initiating the faceoff.
 - D. The official asks the home team player to go down first. When both players are down, the official places the ball between the crosses.
- 33 . During a faceoff, which of the following are not allowed to touch the ground prior to the whistle?
- A. Feet.
 - B. Gloves.
 - C. Knees.
 - D. Crosse.
- 34 . During a faceoff, the wing players are released on the whistle. Which of the following is true.
- A. Wing players may back up and take a running start as long as they have not crossed the wing line before the whistle.
 - B. Wing players must avoid body-checking the faceoff players battling for control of the ball in the initial faceoff spot.
 - C. Wing players must avoid intentional forceful contact as they line up for the faceoff.
 - D. All of the above are true.

- 35 . A ball in the air on a pass or a shot is a loose ball at all times, including after the horn sounds to end a period.
- A. True.
 - B. False.
- 36 . A protective cup or pelvic protector is required for all players.
- A. True.
 - B. False.
- 37 . The home team must wear white jerseys and away team must wear non-white jerseys.
- A. True
 - B. False
- 38 . The coaches' area shall be located on either side of the substitution/table area. Each coaches' area shall extend from the substitution/table area 20 yards parallel to the sideline. It shall be bounded by the sideline, the substitution/table area, a dotted line 6 yards from and parallel to the sideline, and a dotted line extending from the sideline, parallel to and 20 yards from the substitution/table area.
- A. True
 - B. False
- 39 . All equipment worn by players must be worn as intended by the manufacturer.
- A. True
 - B. False
- 40 . The proper wearing of a helmet includes:
- A. Two-point chin strap properly fastened.
 - B. Four-point chin strap properly fastened.
 - C. Chin cup seated on the chin.
 - D. Both b and c.
- 41 . Player A1 and B1 go down for the faceoff. Which of the following moves is illegal?
- A. Not moving after set is called.
 - B. Having both gloved hands on the ground.
 - C. Body-checking opponent while the opponent is crouched.
 - D. Both players remain motionless until a whistle is sounded.
- 42 . A player who fails to provide 5 yards on the restart shall be charged with illegal procedure.
- A. False
 - B. True

- 43 . Player A1's helmet comes off while on the field. What is the proper procedure?
- A. Stop play, have the player replace helmet and resume play.
 - B. Stop play, remove the player unless coach wishes to use a time-out to keep the player in the game.
 - C. Stop play, have the player leave the field immediately. The player can return after the next dead ball situation following the resumption of play.
 - D. Stop play and have player leave the field. Player may return as soon as the helmet is properly attached.
- 44 . A ball goes out of bounds after a shot or pass. What is the proper procedure?
- A. The official must determine possession using alternate possession.
 - B. The official must make a decision as to whom the ball is to be awarded.
 - C. The official must have a faceoff if possession cannot be determined.
 - D. The official awards the ball to the team which is currently behind in the score.
- 45 . During the faceoff, A1 (who is not a face-off player), uses his hand to grab the ball or re-direct it. This is a technical foul against A1.
- A. True
 - B. False
- 46 . A ball that directly enters the goal prior to the sounding of the whistle shall count.
- A. False
 - B. True
- [https://exam-creator.s3.amazonaws.com/lacrosse-boys/NFHS Video Rules Exam - Deep Pocket \(1\)-e87ef6e90766432bb0e0b7d916415a1c.mp4](https://exam-creator.s3.amazonaws.com/lacrosse-boys/NFHS%20Video%20Rules%20Exam%20-%20Deep%20Pocket%20(1)-e87ef6e90766432bb0e0b7d916415a1c.mp4)
- 47 . What is the correct penalty for the stick in the following picture?
- A. 1-minute non-releasable (Crosse is removed from game)
 - B. 1-minute non-releasable (Crosse is allowed to be fixed after penalty)
 - C. 2-minute non-releasable (Crosse is allowed to be fixed after penalty)
 - D. No penalty (Instruct player to correct before returning to game)

[https://exam-creator.s3.amazonaws.com/lacrosse-boys/checks knocks off helmet-35fafb2392a249a6b8b9e5c45fd2f462.mp4](https://exam-creator.s3.amazonaws.com/lacrosse-boys/checks%20knocks%20off%20helmet-35fafb2392a249a6b8b9e5c45fd2f462.mp4)

- 48 . What happens when a player's helmet comes off during play?
- A. The play will be suspended immediately. The player may remain on the field.
 - B. The play will be suspended immediately. The player will then need to leave the field until after the next dead ball following the resumption of play.
 - C. Play continues.

[https://exam-creator.s3.amazonaws.com/lacrosse-boys/Crosscheck to FDSW to Goal-3a696b28a5ff4734b37f2d4dfa92fe06.mp4](https://exam-creator.s3.amazonaws.com/lacrosse-boys/Crosscheck%20to%20FDSW%20to%20Goal-3a696b28a5ff4734b37f2d4dfa92fe06.mp4)

- 49 . A player who makes indirect contact to an opponent's head and/or neck when the initial force of the contact is to the body of the opponent then slides up to the head and/or neck area will result in:
- A. One-minute non-releasable foul. An excessively violent violation may result in a longer non-releasable penalty or an ejection.
 - B. At least a two-minute non-releasable foul. An excessively violent violation may result in a longer non-releasable penalty or an ejection.
 - C. Three-minute non-releasable foul. An excessively violent violation may result in an ejection.

[https://exam-creator.s3.amazonaws.com/lacrosse-boys/BLAX 24 Helmet Question-8c06ceaabe44455086e149bab58cbf2b.mp4](https://exam-creator.s3.amazonaws.com/lacrosse-boys/BLAX%2024%20Helmet%20Question-8c06ceaabe44455086e149bab58cbf2b.mp4)

- 50 . The protective helmet chin strap must be worn under the chin and:
- A. Shall remain firmly attached at all of the helmet's manufactured attachment points, securely enough so that the helmet is unable to be removed without detaching the chin strap from the attachment points.
 - B. Shall remain firmly attached at all of the helmet's manufactured attachment points, but the helmet may be removed without unbuckling any of the attachment points.
 - C. Must be attached to at least three of the helmet's manufactured attachment points at all times.