



2026 Field Hockey Study Guide

1. As players take the field, after coaches have verified players are properly attired and legally equipped, the official notices the home team goalkeeper's shirt does not have a visible number. The team cannot correct the issue. The official shall:
 - A. Issue a card to the coach.
 - B. Issue a green card to the goalkeeper and remove a field player to serve the suspension and notify the state association after the game.
 - C. Issue a card to the player, and if not corrected, the team shall forfeit the game.
 - D. Do nothing.

2. An athletic trainer enters the field to tend to an injured goalkeeper. What is the correct course of action?
 - A. An official's time-out is taken and the injured goalie must be substituted.
 - B. An official's time-out is taken and the injured goalie is able to resume play if the medical personnel clear the goalie to resume play.
 - C. A time-out is charged to the team with the injured goalie if the coach or medical personnel clear the goalie to resume play.
 - D. A time-out is charged to the team with the injured goalie and the goalie must be substituted.

3. Upon restarting play after a goal has been scored:
 - A. All players must be 10 yards from the ball until it is played.
 - B. On the official's whistle, the player taking the center pass has seven seconds to put the ball into play.
 - C. Until the ball is played, all players, except the player taking the center pass, shall be in the team's own half of the field.
 - D. On the official's whistle, all players may begin moving.

4. An attacker drives the ball toward the goal from outside the circle. A defender tips the ball in the goal without an attacker touching the ball inside the circle. The official shall:
 - A. Award a penalty corner.
 - B. Award a 16-yard hit for defense in line with where the ball crossed the goal line.
 - C. Award a 25-yard hit for the attack in line with where the ball crossed the goal line.
 - D. Award a goal.

5. An official signals a goal for the Blue team. As the teams are running back to set up for the center pass, the official observes the Blue scorer did not have a mouthguard in at the time the goal was scored. The official shall:
 - A. Call back the goal and award a 16-yard hit to the defense.
 - B. Allow the goal and issue the appropriate card to the player.
 - C. Allow the goal and issue the appropriate card to the coach.
 - D. Call back the goal and replay the corner.

6. A player who had not fully served a suspension entered the field of play right before the player's team scored. The ineligible player was not discovered until after the subsequent center pass. The official determines:
- A. The goal stands as the ineligible player was not discovered until after the center pass.
 - B. The goal does not stand even if the ineligible player was discovered after the center pass.
 - C. The goal is called back after the center pass and the game is restarted with a 16-yard hit to the defense.
 - D. The goal does not stand and the center pass is retaken by the opposing team.
7. A Blue Team defender unintentionally causes the ball to go over the end line and a 25-yard hit is awarded to the Red Team. The Red Team places the ball on the 25-yard line on the opposite side of the goal cage from where the ball went out of bounds. What call should the official make?
- A. Allow play to continue. The ball can be placed anywhere on the 25-yard line.
 - B. Award a free hit for the defense on the 25-yard line when the official sees the Red Team has placed the ball in the wrong location.
 - C. Correct the Red Team and have the Red Team place the ball in line with where the ball went over the end line.
 - D. Award a 16-yard hit to the defender.
8. A dangerous ball is:
- A. A foul for any high ball.
 - B. Not a foul in the field of play, only called inside the circle.
 - C. A foul if it causes legitimate evasive action by players.
 - D. All of the above.
9. In an attempt to avoid a loose ball being shot on goal by an attacker, a defender hits the ball over the end line to get it out of play.
- A. A 25-yard hit is awarded to the attack.
 - B. A 16-yard hit is awarded to the defense.
 - C. A penalty stroke and green card is awarded to the attack.
 - D. A penalty corner is awarded to the attack.
10. A member of the defending team throws their corner mask, and it doesn't make it over the end line as intended. An attacker passes the ball across the circle, and it hits the mask. What is the correct penalty?
- A. A penalty stroke is awarded to the attacking team.
 - B. A penalty corner is awarded to the attacking team.
 - C. No call shall be made.
 - D. A 25-yard hit is awarded to the attacking team.
11. While playing near the 45-yard line, a player on the defending team deliberately and repeatedly strikes the opponent's stick while trying to take the ball. The official shall:
- A. Award a penalty stroke to the attacker.
 - B. Award an appropriate card to the defender and restart play with a free hit by the attacker.
 - C. Award possession to the defender since several unsuccessful tackling attempts were made.
 - D. Award a penalty corner to the attacker.

- 12 . The attacking team is awarded a free hit just inside the 25-yard area. A teammate is 2 yards behind the free hit, but outside the 25-yard area. The player passes back to this teammate. The official shall:
- A. Award the opposing team a free hit, since both teams need to be 5 yards away from any free hit inside the 25-yard area.
 - B. Re-take the free hit, explain to these players what was wrong in this situation and then restart play.
 - C. Allow play to continue because the teammate was outside the 25-yard area, so the rule does not apply to the teammate.
 - D. Do nothing and allow the play to continue.
- 13 . The Red Team is taking a 16-yard hit, and the opposing team is only 4 yards from the free hit. The ball is put into play with a self-pass and the opponent pressures right away and takes the ball from the Red Team player. This takes away a clear counterattacking opportunity for the Red Team. The official shall:
- A. Allow play to continue because the opponent was pretty close to 5 yards away.
 - B. Award the Red Team a penalty corner on its attacking end of the field.
 - C. Loud whistle, award the Red Team a free hit again at the 16-yard line.
 - D. Whistle to stop time, give a green card to the opponent who wasn't 5 yards away. Award the Red Team a free hit at the spot of the infraction.
- 14 . A defender intentionally hits the ball over the end line. The official shall:
- A. Award a 25-yard free hit to the attack.
 - B. Award a penalty stroke to the attack.
 - C. Award a 16-yard hit to the defense.
 - D. Award a penalty corner to the attack.
- 15 . A penalty corner is considered complete by all of the following except when:
- A. The ball travels more than 5 yards from the circle.
 - B. A free hit is awarded to the defending team.
 - C. The ball leaves the circle multiple times, never traveling beyond the broken circle markings.
 - D. A goal is scored.
- 16 . During a penalty stroke, the goalkeeper throws a glove at the ball which is heading toward the goal. The glove deflects the ball away from the goal. The official shall:
- A. Signal the stroke is over.
 - B. Signal goal.
 - C. Reset the stroke.
 - D. Card the coach.
- 17 . A spectator has been warned by the site administrator or the coach about abusive language being used toward the official during the first quarter. During the second quarter, the abusive language continues. The official shall:
- A. Stop the game and talk to the spectator.
 - B. Stop the game to notify a site supervisor or coach of the situation and suspend the game.
 - C. At the next dead ball, notify a site supervisor or coach of the situation and not restart the game until the spectator has been removed.
 - D. At the next dead ball, notify a site supervisor or coach of the situation and suspend the game.

- 18 . A goalkeeper clears the ball toward an opponent's head inside the circle. What call shall be made by the official?
- A. A penalty corner is called for the attacking team.
 - B. A penalty corner is called for the defending team.
 - C. A penalty stroke is called for the attacking team.
 - D. A 25-yard hit is awarded to the attacking team.
- 19 . A player has been warned that the mouthguard must be worn properly. A few minutes later, the official notices the same player, about to take a free hit, again is not wearing the mouthguard properly. The official shall:
- A. Do nothing.
 - B. Issue the appropriate card to the player and award a free hit to the opponent.
 - C. Issue a card to the coach and award a free hit to the opponent.
 - D. Eject the player.
- 20 . A defender puts on a mask for a penalty corner. The umpire allows play to continue due to the following criteria:
- A. It is a wire-caged-style penalty corner face mask.
 - B. It is a smooth, transparent mask.
 - C. It is a rounded, single-colored mask.
 - D. All of the above.
- 21 . A defender intercepts the ball during a penalty corner while wearing a wire-caged penalty corner face mask and dribbles it out across the 25-yard line. The official shall:
- A. Allow play to continue.
 - B. Call a foul against the player with the wire-caged penalty corner face mask and award the ball to the other team at the 25-yard line.
 - C. Call a foul against the player with the wire-caged penalty corner face mask and award a penalty corner to the other team.
 - D. Award a penalty stroke.
- 22 . On a penalty stroke in the last minute of the game, the defending team, which is leading the game by a single goal, is taking an unreasonable amount of time to set up as a delay tactic. The official may:
- A. Award a penalty stroke.
 - B. Allow the defense to take as much time as it wants.
 - C. Award a penalty card to one of the defending players who is delaying.
 - D. Award a penalty card to the coach.
- 23 . A player substitutes during the insertion of a penalty corner. The official shall:
- A. Award a penalty card to the head coach of the offending team, using the card progression.
 - B. Award a penalty card to the player, using the card progression.
 - C. Award a penalty card to the captain of the offending team, using the card progression.
 - D. Always stop play immediately and issue a card.

- 24 . During play, two players from opposing teams collide accidentally with no foul and an injury time-out is taken. The official shall:
- A. Restart the play with a bully.
 - B. Award possession to the team that touched the ball last.
 - C. Award a free hit to the defense.
 - D. Award a free hit to the offense.
- 25 . The goalkeeper's uniform is the same color as the rest of the team and the goalkeeper has no replacement jersey. The umpire shall:
- A. Award a penalty stroke and the goalkeeper may continue in the game.
 - B. Award a penalty corner.
 - C. Award a penalty card to the goalkeeper, and the coach shall remove the goalie from the game.
 - D. Award a penalty card to the goalkeeper, and the coach shall remove one field player to serve the suspension while the goalie remains in the game.
- 26 . On a penalty corner, an attacker on the circle breaks early. The official stops the play and shall:
- A. Send the breaking player back to the 50-yard line.
 - B. Verbally caution the breaking player and reset the penalty corner.
 - C. Send the inserter to the 50-yard line.
 - D. Award the defense a 16-yard hit.
- 27 . A suspended player:
- A. May not be coached while suspended.
 - B. Must serve the suspension on the team bench.
 - C. Is a player who has received a yellow or green card.
 - D. Must serve the suspension away from the field and team area.
- 28 . A game is suspended during the first quarter due to circumstances beyond the responsible administrator's control. What should be the next course of action?
- A. The game is considered complete and score recorded.
 - B. The game is considered a forfeit to the home team due to the circumstance occurring at the home site.
 - C. The game will be rescheduled to a later date from the beginning of the game.
 - D. The game will be rescheduled to a later date and resume at the point of interruption.
- 29 . The ball hits the official. What should be the next course of action?
- A. The ball is no longer in play and the official awards a free hit to the team that last touched the ball.
 - B. The ball is still in play, play on.
 - C. The ball is no longer in play and the official awards a free hit to the team that did not touch the ball last.
 - D. The ball is no longer in play and a bully is used to restart play.

- 30 . A defender situated outside the circle hits the ball in the air toward the sideline where it creates danger in the area of several players from both teams. The official shall:
- A. Award a free hit to the opposing team where the ball lands in the area of the players.
 - B. Award a bully.
 - C. Award a free hit to the opposing team just outside the circle where the defender initiated clearing of the ball.
 - D. Play on.
- 31 . An attacker within the circle turns their back to the defender while continuously moving the ball. The official shall:
- A. Award the attacking team a penalty corner.
 - B. Award the defending team a 25-yard hit.
 - C. Award the defending team a free hit at the top of the circle.
 - D. Allow play to continue.
- 32 . The Blue Team has been awarded a free hit inside the attacking 25-yard line. The Blue Player takes the free hit quickly and the defender is within 5 yards but not influencing play. The official shall:
- A. Allow play to continue.
 - B. Instruct the attacker to wait for the defense to set up.
 - C. Award the defender a free hit.
 - D. Retake the free hit and make sure every player is 5 yards.
- 33 . The Red Team is given a free hit 5 yards outside the attacking circle. The Red Team player self-starts quickly and a defender who is retreating engages when 3 yards away. The official shall:
- A. Allow play to continue.
 - B. Instruct the attack to allow the defense to get 5 yards away before the self-start.
 - C. Award the defender a free hit.
 - D. Award attack a penalty corner.
- 34 . On a short corner, the ball is inserted and the offensive player stops the ball outside the circle, pushes it into the circle to another offensive player, who flicks the ball high into the goal. The ball hits a defender standing on the goal line next to the goalkeeper and goes into the goal. What should the umpire do?
- A. Umpire blows the whistle and awards a free hit to the defense.
 - B. Umpire blows the whistle and awards a penalty stroke.
 - C. Umpire blows the whistle and awards a corner.
 - D. Umpire blows the whistle and awards a goal.
- 35 . The game clock shall be stopped by the official's signal and whistle for all the following situations EXCEPT:
- A. Penalty strokes.
 - B. A penalty corner.
 - C. Team time-out.
 - D. Subbing a goalkeeper.

- 36 . The home team coach confirms their team is properly equipped and wearing the approved uniform. During the first quarter, the official notices that one of the players is wearing number 25 on their uniform bottoms and number 26 on their uniform top.
- A. The player is substituted and not allowed to return to play.
 - B. The player is given a misconduct penalty at the first stoppage of play.
 - C. The player is allowed to play with a warning.
 - D. The coach is given a penalty card.
- 37 . On a free hit, an attacking player aerials the ball to their teammate who has no one within 5 yards and is clearly the initial receiver. The ball lands and bounces chest high when a defending player now approaches to defend and take the ball while it is still mid bounce, creating danger. The official shall:
- A. Do nothing, let play continue.
 - B. Award a free hit to the attacking team and restart play where the aerial landed and defender encroached.
 - C. Award a free hit to the attacking team and restart play where the aerial was taken from.
 - D. Award a free hit to the defending team.
- 38 . A defender inside the circle accidentally hits the ball in the air to clear it out of the circle. The ball hits an attacking player in the body, above the knee, while inside the circle, and the ball drops to the ground, where the attacking player then scores the ball in the goal. The official shall:
- A. Award a 16 yard free hit to the defending team because it hit the attacker's body.
 - B. Award the goal to the attacking team because of advantage.
 - C. Award a penalty corner to the attacking team because the initial foul was caused by the defender's dangerous lift.
 - D. Take a bully 5 yards outside the circle with appropriate procedures because both teams fouled.
- 39 . During play inside the Blue Team's own circle, the ball becomes lodged in the protective equipment of the Blue Team's goalkeeper. The umpire shall:
- A. Award a penalty stroke.
 - B. Award a penalty corner.
 - C. Award a 25-yard hit for the attack in line where the ball became lodged in the goalkeeper's equipment.
 - D. Issue a green card to the goalkeeper and restart with a penalty corner.
- 40 . At the start of the game, the visiting team wins the coin toss and elects to start the game with the ball and attack the goal at the south end of the field. The official shall:
- A. Accept both of the visiting team's choices and proceed to start the game.
 - B. Retake the coin toss.
 - C. Inform the visiting team that they have the option to either choose the center pass or which goal to attack or defend in the first two quarters, not both, and ask them to clarify their choice.
 - D. Allow the home team the choice instead.
- 41 . An attacker is dribbling inside the shooting circle and is about to take a shot on goal when a defender approaches from behind and deliberately hits the attacker's stick, making contact with the stick and preventing a clear shot on goal. What is the correct call?
- A. No call; the defender played the stick and did not hit the attacker.
 - B. Free hit for the attacking team.
 - C. Penalty corner for the attacking team.
 - D. Penalty stroke for the attacking team.

- 42 . An attacker is dribbling the ball near the 50-yard line when a defender approaches from behind and hits the attacker's stick first, then the ball. There are no defensive players in front of the attacker within 30–33 yards, and the attacker had a clear opportunity to advance up the field. What is the correct call?
- A. No call; allow play to continue.
 - B. Foul on the attacking player.
 - C. Foul on the defender and issue a green card for a breakdown foul because an advantage was taken away.
 - D. Foul on the defender.
- 43 . An incoming player enters the field from the team area, 15 yards from the center line as the outgoing player exits at the center line. What steps should be taken next?
- A. Initiate card progression on the team captain a green card.
 - B. No foul, play on.
 - C. Initiate card progression issuing a green card to the closest coach to the player entering the field.
 - D. Initiate card progression to the head coach issuing a green card.
- 44 . During a corner, a defender wearing a wire-caged mask obtains the ball and carries it outside the circle. Prior to the 25 yard line, the player passes the ball to a teammate and then takes off their mask discarding it on the sideline. Which of the following is correct?
- A. Foul with a free hit for the offense at the 25 yard line.
 - B. Foul with a free hit for the offense at the spot where the defender made the pass.
 - C. Play on, no foul.
 - D. Foul with a free hit at the dotted circle line.
- 45 . After a defended penalty corner, the ball is cleared toward midfield. A defender still wearing a wire-caged penalty corner mask controls the ball and dribbles across the 25-yard line into open field. The official shall:
- A. At the next dead ball, issue a misconduct to the defender. Award a free hit to the opponent at the nearest point on the 25-yard line.
 - B. Whistle immediately and issue a misconduct to the defender. Award a free hit to the opponent at the nearest point on the 25-yard line.
 - C. At the next dead ball, issue a misconduct to the coach. Award a free hit to the opponent at the nearest point on the 25-yard line.
 - D. Whistle immediately and issue a misconduct to the coach. Award a free hit to the opponent at the nearest point on the 25-yard line.
- 46 . A player on the Blue team has received a five-minute yellow card. The Blue team player re-enters the field after serving three minutes of suspension time. The official notices the Blue team player re-entered early and at the next stoppage the official shall:
- A. Remove the Blue team player from the game to serve the remaining two minutes.
 - B. Remove the Blue team player from the game to serve the remaining two minutes plus an additional five-minute penalty.
 - C. Remove the Blue team player from the game to serve the remaining two minutes and issue a card to the head coach for violation of the substitution rule.
 - D. Remove the Blue team player from the game to serve the remaining two minutes plus an additional five-minute penalty and issue a card to the head coach for violation of the substitution rule.

- 47 . A penalty corner is awarded to the Blue Team. Blue Team #8 is sitting out for a five-minute yellow card. During the penalty corner, #8's penalty expires and they run on after the insert, while the corner is being played. The official shall:
- A. Do nothing, let play continue.
 - B. Whistle immediately and remove Blue #8 from the field and issue a card to the head coach of the offending team, using the card progression. If a first infraction, issue a green card to the head coach and no additional players need to be removed for the coach's card.
 - C. Whistle immediately and remove Blue #8 from the field and issue a card to the head coach of the offending team, using the card progression. If a first infraction, issue a green card to the head coach and the team plays down for two minutes.
 - D. Give a red card to the Blue Team head coach.
- 48 . A penalty corner is awarded to the Blue Team. After the official whistles to start the penalty corner, Blue #12 enters the circle before the insert is taken. The official shall:
- A. Award a 16 yard free hit to the defending team because the attacker entered the circle early.
 - B. Do nothing, let play continue to see if it affects play.
 - C. Whistle and send the Blue Team's inserter to the center line and restart the penalty corner.
 - D. Whistle and send Blue team #12 to the center line and restart the penalty corner.
- 49 . The timer shall:
- A. Time all team time-outs.
 - B. Turn off the visible clock and horn on extended corners.
 - C. Audibly count down the last 10 seconds of a carded player's suspension.
 - D. All of the above.
- 50 . After the official has blown the whistle to award a free hit to the White Team, the ball travels 10 yards forward and a White Team player takes the hit from there. The official shall:
- A. Allow play to continue.
 - B. Give the White Team player taking the free hit a yellow card.
 - C. Make the White Team retake the free hit to allow the Blue Team to get set.
 - D. Make the White Team retake the free hit back 10 yards, where the foul occurred.

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- 51 . You Make the Call:
- A. Legal, play on.
 - B. Free hit awarded to the Black Team at the 30-yard line.
 - C. Free hit awarded to the White Team at the 30-yard line.
 - D. Free hit awarded to the White Team at the 35-yard line.

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- 52 . You Make the Call:
- A. Legal, play on.
 - B. Free hit awarded to the Black Team.
 - C. Free Hit awarded to the White Team.
 - D. Penalty Corner.

- 53 . You Make the Call:
- A. Legal, play on.
 - B. Free hit awarded to the Black Team.
 - C. Reset a free hit for the White Team.
 - D. Award penalty corner to the White team.

- 54 . You Make the Call:
- A. Penalty Corner.
 - B. Penalty Stroke.
 - C. Side In for the Green Team.
 - D. Side In for the White Team.

- 55 . You Make the Call:
- A. Legal, play on.
 - B. Free hit awarded to the White Team.
 - C. Penalty Corner.
 - D. Free hit awarded to the Blue Team.

- 56 . As an official I am required to complete the Disqualification (DQ) form within 48 hours?
- A. True
 - B. False

57. After a disqualification has taken place, I must notify the following:
- A. Player
 - B. Coach
 - C. AD/Site supervisor
 - D. All of the above

58. A DQ is the same as a game ejection?
- A. True
 - B. False

59. Coaches/AD's are permitted to terminate a game at any time?
- A. True
 - B. False

60. Which of the following eligibility checks do I need to complete before I can officiate a contest?
- A. Register with the NJSIAA
 - B. Background Check
 - C. Pass the officials test
 - D. Complete the concussion course
 - E. Completed the Implicit bias course
 - F. All of the above
61. The sportsmanship statement only needs to be read to the captains and coaches at varsity contests.
- A. True
 - B. False
62. According to the NJSIAA rules regarding leaving the bench area, if an official sees a player that has left the bench but does not participate in any unsportsmanlike behavior, the player should not receive a DQ.
- A. True
 - B. False
63. The NJSIAA will use video from a contest for the following reasons:
- A. To ensure that disqualifications are correctly identified
 - B. To identify if a violation of our sportsmanship policy has occurred
 - C. To correctly identify players that have left the bench
 - D. All of the above
64. Based on the NJSIAA's Conflict of Interest Policy, Officials should not accept any assignments if the following applies to them:
- A. You are currently employed in the school district
 - B. You have been employed in the school district within the past 10 years
 - C. You have a close relative who is employed in the school district
 - D. You have a child attending any school within the district
 - E. All of the above
65. When noticing a student wearing illegal jewelry or hair adornments, the Official should immediately talk to the head coach only
- A. True
 - B. False