



2026 Football Exam Study Guide

NOTE: In the exam situations, A—refers to the offensive team and B—refers to their opponents the defensive team. K—refers to the kicking team and R—refers to the receiving team. A1, B1, K1 and R1 are players of these teams. If team possession changes during the down, each team retains its identity. In kicking situations, it is not during a try and no fair-catch signal has been given unless specified. Unless stated, acts occur while: the ball is inbounds; a forward pass is legal; any out-of-bounds is between the goal lines. Line means scrimmage line. Reference to a foul is to a player foul which is not unsportsmanlike. There is no foul or change of possession, unless it is mentioned, and penalties are considered accepted for enforcement.

1. No player may use the hand(s) to slap the opponent's head.
 - A. True
 - B. False

2. Play cards may not be worn on the belt.
 - A. True
 - B. False

3. Supplementary equipment to aid in game administration may be used if authorized by the referee.
 - A. True
 - B. False

4. An illegal snap or other snap infraction causes the ball to remain dead.
 - A. True
 - B. False

5. A disqualified player can be permitted to remain in the team box area.
 - A. True
 - B. False

6. A Team B player may use locked hands to ward off an opponent who is blocking him or attempting to block him.
 - A. True
 - B. False

7. A punt may be used as a free kick following a fair catch.
 - A. True
 - B. False

8. A foul is a rule infraction for which a penalty is prescribed.
 - A. True
 - B. False

- 9 . Items that are attached to the tooth and mouth protector that do not serve a purpose and function in protecting the teeth or mouth are not allowed.
- A. True
 - B. False
- 10 . A muff is any loss of player possession other than by handing, passing or legal kick.
- A. True
 - B. False
- 11 . An invalid fair-catch signal may be given by a member of the kicking team.
- A. True
 - B. False
- 12 . A fair catch can be made in or behind K's neutral zone.
- A. True
 - B. False
- 13 . An offensive player is on his line of scrimmage when he is within 1 yard of his scrimmage line at the snap.
- A. True
 - B. False
- 14 . Contacting the opponent's face mask with the hand is not a face-mask foul unless the face mask is grasped.
- A. True
 - B. False
- 15 . If B1 clips A1 and B2 piles on after A2 is tackled, it is a multiple foul.
- A. True
 - B. False
- 16 . Knee braces worn over the pants are legal equipment.
- A. True
 - B. False
- 17 . An offensive player (except the runner) shall not grasp or encircle any teammate to form interlocked blocking.
- A. True
 - B. False
- 18 . A forward pass has gone beyond the neutral zone if at any time during the pass, the entire ball is beyond the neutral zone.
- A. True
 - B. False

- 19 . For any free kick, a free-kick line, corresponding to a scrimmage line, is established for each team.
A. True
B. False
- 20 . A live ball is always in the possession of a team.
A. True
B. False
- 21 . Free-kick lines are always 10 yards apart.
A. True
B. False
- 22 . Any A player on his line of scrimmage may advance a planned loose ball in the vicinity of the snapper.
A. True
B. False
- 23 . The game clock shall start with the snap, if the game clock was stopped because of an inadvertent whistle.
A. True
B. False
- 24 . The penalty for a chop block is 10 yards.
A. True
B. False
- 25 . If R1 blocks K1's punt and just before R1 recovers in K's end zone, there is an inadvertent whistle, the down will be replayed.
A. True
B. False
- 26 . If a game official is out of bounds when he/she is touched by a loose ball, the touching is ignored.
A. True
B. False
- 27 . A player who is eligible at the start of the down remains eligible throughout the down.
A. True
B. False
- 28 . Illegal participation can be a nonplayer foul.
A. True
B. False

- 29 . The referee may call for the head line judge to bring the official line-to-gain equipment on the field for a measurement.
- A. True
 - B. False
- 30 . Effective 2027, arm sleeves, whether attached to a shirt or unattached, manufactured to enhance contact with the football or opponent must meet the SFIA Specification at the time of manufacture.
- A. True
 - B. False
- 31 . A false start is always a dead-ball foul.
- A. True
 - B. False
- 32 . It is a safety when a forward pass is intercepted in B's end zone and becomes dead there in B's possession.
- A. True
 - B. False
- 33 . When a forward fumble goes out of bounds or is ruled out of bounds between the goal lines, the ball shall be returned to the spot of the fumble.
- A. True
 - B. False
- 34 . On all free kicks, the game clock will start when the ball is marked ready-for-play.
- A. True
 - B. False
- 35 . Electronic audio or non-fixed video communication devices used to communicate with a player are not allowed during an outside 9-yard mark conference.
- A. True
 - B. False
- 36 . A safety will be scored when an offensive player commits any foul for which the penalty is accepted, and enforcement is from a spot in his end zone.
- A. True
 - B. False
- 37 . Once the snapper puts his hands on the ball, players on the line of scrimmage and in between the ends are ineligible and remain ineligible.
- A. True
 - B. False
- 38 . A player can fumble before gaining possession.
- A. True
 - B. False

- 39 . The basic spot is the spot of the foul for illegal batting or illegal kicking by A that occurs behind the basic spot.
A. True
B. False
- 40 . No player participating in the game will be allowed to wear any type of audio or video device in order to record or transmit audio or video.
A. True
B. False
- 41 . Items that are a part of the tooth and mouth protector that are a health or risk issue to the player and can pose a danger to themselves or other players, are not allowed.
A. True
B. False
- 42 . A free kick which goes out of bounds belongs to the kicking team.
A. True
B. False
- 43 . All dead-ball fouls are enforced in the order in which they occurred and always from the spot of the foul.
A. True
B. False
- 44 . The uprights on the goal shall extend a minimum of 15 feet above the crossbar.
A. True
B. False
- 45 . A backward pass ends when it is caught or recovered or is out of bounds.
A. True
B. False
- 46 . A fumble is the touching of a loose ball by a player in an unsuccessful attempt to secure possession.
A. True
B. False
- 47 . The kicking tee may not elevate the ball more than 2 inches above the ground.
A. True
B. False
- 48 . When the ball becomes dead following a fourth down, the game clock must be stopped.
A. True
B. False

49. Ball-colored exterior arm covers and undershirts are legal equipment.
- A. True
 - B. False
50. State high school associations may determine the length of halftime intermission, provided it is not less than 10 minutes and not more than 20 minutes.
- A. True
 - B. False
51. As an official I am required to complete the Disqualification (DQ) form within 48 hours?
- A. True
 - B. False
52. After a disqualification has taken place, I must notify the following:
- A. Player
 - B. Coach
 - C. AD/Site supervisor
 - D. All of the above
53. A DQ is the same as a game ejection?
- A. True
 - B. False
54. Coaches/AD's are permitted to terminate a game at any time?
- A. True
 - B. False
55. 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
56. The sportsmanship statement only needs to be read to the captains and coaches at varsity contests.
- A. True
 - B. False
57. 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
58. 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
59. 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
60. When noticing a student wearing illegal jewelry or hair adornments, the Official should immediately talk to the head coach only
- A. True
 - B. False