



2026 NFHS Soccer Exam Study Guide

1. A second whistle is required to restart play for the following:
 - A. A penalty kick.
 - B. After a substitution.
 - C. After a caution or ejection.
 - D. All of the above.

2. Before the game, the referee inflates the game balls to 11 psi per the manufacturer's recommendation of 10 to 12 psi. The visiting team's coach complains that the balls are too hard. What should the referee do?
 - A. Deflate the balls to the minimum pressure allowed by rule: 8.5 psi.
 - B. Deflate the balls to a pressure that has been mutually agreed upon by both coaches.
 - C. Use the balls at their current inflation.
 - D. Ask the visiting team's coach to provide three different game balls of their choice.

3. A goal may not be scored directly from a:
 - A. Kickoff.
 - B. Dropped Ball.
 - C. Goal Kick.
 - D. Penalty Kick.

4. A forfeit will be scored 1-0 except when:
 - A. Team A does not show up to the contest.
 - B. Team A is ahead 5-0 and Team B can no longer play.
 - C. The game is tied and Team A can no longer continue.
 - D. Team A does not have enough players to start the match.

5. Player A1 kicks off to start the second half of the game. Player A1's kick goes directly into Team B's goal. The referee should:
 - A. Disallow the goal and have Team A retake the kickoff.
 - B. Disallow the goal and have Team A take an indirect free kick from the halfway line.
 - C. Disallow the goal and award Team B a goal kick.
 - D. Award the goal and restart the match with a kickoff for Team B.

6. A3 is in an offside position near the edge of the penalty arc. A2 takes a shot at goal which deflects off B2's hip to A3 who plays the ball. The correct procedure is:
 - A. Award an indirect free kick to Team B at the spot where A3 played the ball.
 - B. Allow play to continue. A1 is not offside because the ball was last touched by B2.
 - C. Award an indirect free kick to Team B at the spot where A2 took a shot.
 - D. None of the above.

7. A player is offside and penalized except when:
 - A. Interfering with play.
 - B. Interfering with an opponent.
 - C. Gaining an advantage by being in the position.
 - D. The defender is deliberately playing the ball (and not a deliberate save).

8. Player A is part of a wall in a free kick. After the ball is kicked, Player A moves their hands toward their face for protection. The ball then hits the hand of Player A. The referee should:
 - A. Stop play and caution Player A for handling and award a new free kick from the spot of the foul.
 - B. Stop play, and red card Player A for DOGSO.
 - C. Allow play to continue with no foul as this is a reflex action and not considered to be deliberate handling.
 - D. Stop play and award a new direct kick from where Player A deliberately handled the ball.

9. Team A is awarded a throw-in near the halfway line. Player A2 stands on the touchline and starts to throw the ball in from behind and over their head. Before releasing the ball, A2 stops, turns in a different direction, and throws the ball in from behind and over their head. The referee:
 - A. Blows the whistle for an illegal throw and awards a throw-in to Team B.
 - B. Whistles for a foul and restarts with a direct free kick to Team B.
 - C. Allows play to continue as this is legal.
 - D. Issues a yellow card to A2 for delay of game.

10. During the taking of a goal kick, the goalkeeper miskicks the ball and it travels a short distance. The goalkeeper immediately kicks the ball again so it exits the penalty area. What should the referee do?
 - A. Have the goalkeeper retake the goal kick as the first kick did not exit the penalty area.
 - B. Award a direct free kick to the opponent at the spot of the second touch by the goalkeeper.
 - C. Allow play to continue as the ball was not in play until it exited the penalty area.
 - D. Award an indirect free kick to the opponent from the nearest point on the goal area line.

11. The referee observes Team A wearing red socks with black tape applied above the ankles. What is the ruling?
 - A. Permitted per NFHS rules.
 - B. Not permitted. The color of the tape must be a similar color of the sock above the ankle.
 - C. Not allowed. Players cannot modify the sock.
 - D. Allowed, as long as the other team agrees.

12. Coach A is observed using a vape pen on the sideline but 50 feet from a player.
 - A. This is permitted as long as the coach has approval from the athletic administrator.
 - B. This is not allowed in any circumstance. Caution the coach and restart with indirect free kick.
 - C. This is permitted with a doctor or trainer's permission for medical reason.
 - D. This is permitted.

- 13 . Player A is taking a penalty kick. When struck, the ball hits the post rebounding to Player A, who then gathers the ball and kicks the ball into the goal. What is the proper restart?
- A. This is a goal and restart for Team B with kickoff.
 - B. This is a drop ball to the goalkeeper.
 - C. This is an indirect free kick from the spot of the infraction.
 - D. This is an infraction and a retake of the penalty kick.
- 14 . Player A spits at Player B during a verbal altercation.
- A. Players A and B are both cautioned and shown the yellow card for the verbal altercation.
 - B. Player A is ejected and shown the red card for spitting at Player B.
 - C. Player A is cautioned and shown the yellow card for spitting at Player B.
 - D. Players A and B are both ejected and shown the red card for violent conduct.
- 15 . When determining whether an obvious goal-scoring opportunity (DOGSO) has been denied, the following must be considered and present:
- A. Direction of play and distance between the offense and the goal.
 - B. Likelihood of keeping or gaining control of the ball.
 - C. Location and number of defenders.
 - D. All of the above.
- 16 . Player A1 is attacking Team B's goal. Multiple players on team B are between the goal and A1. Player B5 fouls Player A1 by pulling at the jersey, stopping a promising attack (SPA). The referee shall:
- A. Allow the play to continue.
 - B. Eject Player B5.
 - C. Caution Player B5.
 - D. Caution the Team B coach for unsporting conduct.
- 17 . Attacker A10, who is in an offside position, receives the ball directly from a goal kick by A2. What should happen next?
- A. The assistant referee waves the flag to indicate an offside violation.
 - B. The referee stops play and awards an indirect free kick to Team B.
 - C. Play is allowed to continue because there is no offside violation.
 - D. The referee stops play and orders the goal kick to be retaken.
- 18 . The ball goes out of play over the touchline. The referee signals to award Team B the throw-in. Player B12 quickly picks up the ball and throws it in. After the ball was legally put into play, the referee realizes that the throw-in should have awarded to Team A. The referee must:
- A. Allow play to continue.
 - B. Stop play and have Team A take the throw-in.
 - C. Caution B12 for delaying the restart and have Team A take the throw-in.
 - D. Stop play and restart with a drop ball for Team A.

- 19 . Team A is awarded a penalty kick. Player A2 runs up to the ball and kicks it. A loud pop is heard and the ball deflates before entering the goal. What is the correct restart?
- A. Award the goal and restart with a kick-off for Team B.
 - B. Disallow the goal and award a goal kick to Team B.
 - C. Disallow the goal and restart with a drop ball to Team B's goalkeeper.
 - D. Disallow the goal and retake the penalty kick.
- 20 . The referee beckons the coach or appropriate health-care provider onto the field after the goalkeeper and a teammate collide. Both players remain on the ground holding their heads. The referee shall:
- A. Allow both players to remain in the game if requested by their coach.
 - B. Only allow both players to stay in the game if cleared by the athletic trainer.
 - C. Only allow the goalkeeper to remain in the game after being checked out.
 - D. Ensure that both players leave the field with the option to be substituted.
- 21 . A goalkeeper is cautioned (yellow card) during the taking of a penalty kick:
- A. The goalkeeper leaves the field and must be replaced by a substitute from the bench or a field player.
 - B. The goalkeeper remains on the field and a field player is removed in their place until the next legal substitution.
 - C. The goalkeeper must be replaced by a field player that is currently on the field of play.
 - D. None of the above.
- 22 . A substitute may enter the game without be beckoned by the official:
- A. At the beginning of the period.
 - B. When a player is injured.
 - C. When a goal is scored.
 - D. All of the above.
- 23 . The referee observes Player B6 is wearing illegal equipment on the field while the ball is in play. This is the first occurrence of illegal equipment being worn by Team B and the referee determines there is no immediate danger. The correct ruling is:
- A. Stop play and caution (yellow card) Team B's head coach.
 - B. Stop play and caution (yellow card) B6.
 - C. At the next stoppage, caution (yellow card) Team B's head coach.
 - D. At the next stoppage, caution (yellow card) B6.
- 24 . The referee observes Player A10 who is improperly equipped. The violation is not immediately correctable, so the referee, at the next stoppage in play, instructs A10 to leave the field of play. Team A elects to play shorthanded while A10 is off the field correcting their equipment. When can A10 re-enter?
- A. Since Team A elected to play shorthanded, A10 can return during the run of play.
 - B. At the next dead ball.
 - C. At the next legal substitution opportunity for Team A.
 - D. Any of the above.

- 25 . During play, the referee observes a player with a glucose monitor attached to their arm outside the coverings of their jersey. The referee should:
- A. Instruct the player to leave the field of play at the next stoppage as this is illegal equipment. If this is the first instance of illegal equipment for the team, the referee should caution (yellow card) the head coach. If this is not the first instance of illegal equipment, the referee should caution (yellow card) the player.
 - B. Instruct the player to leave the field of play at the next stoppage of play as this is improper equipment due to not being covered by the jersey. No caution (yellow card) is required.
 - C. Allow play to continue. This is a medical appliance/device which is not considered wearable technology.
 - D. Since this is considered wearable technology and wearable technologies cannot be on the arm, ask the player to move the monitor.
- 26 . The time of the first half has expired and the game is at halftime. What is not permitted?
- A. An unlimited number of substitutions for each team.
 - B. The referee beckoning the head coach of a team to explain a situation and provide clarity.
 - C. The coach, a player, or another member of team personnel (other than the captain) confronting an official without permission or being beckoned.
 - D. The halftime interval is extended by mutual agreement of opposing coaches
- 27 . The referee blows the whistle to signal Team A to take a kickoff. Before Player A1 kicks the ball, teammate A2 moves into Team B's half of the field. What should the referee do?
- A. This is legal, allow play to continue.
 - B. This is illegal, order the kickoff to be retaken.
 - C. This is illegal, award Team B a direct free kick.
 - D. This is illegal, award Team B an indirect free kick.
- 28 . Team A is awarded a drop ball. The referee drops the ball to Player A10. After the ball is in play, A10 kicks the ball directly into the opponent's goal. What is the correct call?
- A. Goal is awarded to Team A; play restarts with a kickoff for the opposing team.
 - B. No goal. The ball must touch at least two players before a goal can be scored. Play restarts with a goal kick for the opposing team.
 - C. No goal; Team A is awarded an indirect free kick from the spot where Player A10 shot the ball.
 - D. Retake the dropped ball because the ball was not in play when the shot was taken.
- 29 . Team A is awarded a corner kick. Player A6 removes the flag and throws it to the side and then proceeds to take the corner kick. What should the referee do?
- A. Legal, allow play to continue.
 - B. Illegal, award an indirect free kick to Team B.
 - C. Illegal, award a goal kick to Team B.
 - D. Illegal, order the flag to be replaced and retake the corner kick.
- 30 . During the taking of a goal kick, the goalkeeper mistakenly kicks the ball directly to an opponent who is located within the penalty area. The opponent's back is to the goalkeeper, and the opponent is attempting to exit the penalty area when the ball hits them. What should the referee do?
- A. Blow the whistle and have the goal kick retaken.
 - B. Blow the whistle, caution the attacker for delaying the restart, and award an indirect free kick to the defense where the attacker touched the ball.
 - C. Blow the whistle, caution the attacker for delaying the restart, and award a direct free kick to the defense where the attacker touched the ball.
 - D. Allow play to continue. This is legal.

- 31 . Both teams have a substitute waiting to enter the game. The referee stops play for a foul committed by Team A and awards a direct free kick to Team B. No player is injured and there was no misconduct. Which of the following statements is true?
- A. Only Team A's substitute is allowed to enter the game.
 - B. Only Team B's substitute is allowed to enter the game.
 - C. Both teams' substitutes are allowed to enter the game.
 - D. Neither teams' substitutes are allowed to enter the game.
- 32 . A penalty kick is awarded and it is a legal substitution opportunity. Which of the following statements is true?
- A. There can never be a substitution opportunity when a penalty kick is awarded.
 - B. A substitute goalkeeper entering the game cannot defend against the penalty kick.
 - C. A substitute entering the game cannot take the penalty kick.
 - D. None of these statements are true.
- 33 . When an indirect free kick is taken and the ball goes directly into the opponent's goal, what is the correct restart?
- A. Award a goal.
 - B. Retake the kick.
 - C. Goal kick.
 - D. Indirect free kick for the defending team.
- 34 . A free kick is awarded to the defending team inside its own goal area. Where may the kick be taken?
- A. From the nearest point on the goal area line.
 - B. From anywhere inside the goal area.
 - C. From the penalty mark only.
 - D. From the location of the offense only.
- 35 . During the inspection of the field, the referee determines the penalty areas are 44 yards wide and extended 18 yards into the field. What should a referee do?
- A. Start the game. The field is legally marked.
 - B. Do not start the game until the penalty areas are corrected.
 - C. Start the game and pretend the penalty areas are marked correctly.
 - D. Start the game and use the incorrect lines, then report the problem afterward.
- 36 . Both teams have a substitute waiting to enter. The referee stops play for a normal foul by Team A and awards a direct free kick to Team B. No one is injured and there is no misconduct.
- A. Only Team A may substitute.
 - B. Only Team B may substitute.
 - C. Both teams may substitute.
 - D. Neither team may substitute.

- 37 . A goalkeeper is cautioned (yellow card) during the taking of a penalty kick:
- A. The goalkeeper leaves the field and must be replaced by a substitute from the bench or a field player.
 - B. The goalkeeper remains on the field and a field player is removed in their place until the next legal substitution.
 - C. The goalkeeper must be replaced by a field player that is currently on the field of play.
 - D. None of the above.
- 38 . An official's jurisdiction begins:
- A. 10 minutes prior to play.
 - B. Following the coin toss.
 - C. Once the game begins.
 - D. Upon arrival at the field/immediate surroundings.
- 39 . A player is wearing a heart rate monitor under the uniform, securely fastened, and not visible. Is this legal?
- A. Yes — wearable technology may be worn if securely fastened and under the uniform.
 - B. Yes — but only if the referee gives written approval.
 - C. No — players may not wear any electronic devices.
 - D. No — technology must be worn only on the arm.
- 40 . Player A3 is cautioned, shown a yellow and leaves the field. The head coach of Team A chooses not to replace A3 immediately. The referee should:
- A. Require the coach of Team A to replace A3 with a substitute
 - B. Allow Team A to play shorthanded. The cautioned player may not re-enter until next legal substitution opportunity.
 - C. Allow A3 to return the next time that A kicks the ball out of bounds.
 - D. Allow Team A to substitute an unlimited number of players when A3 is sent off.
- 41 . During the game, the referee cautions a player for unsporting conduct. How should the referee display the yellow card?
- A. Hold the yellow card at chest height, announce the misconduct and restart play.
 - B. Hold the yellow card fully extended above the head and indicate who is being cautioned.
 - C. Show the card only to the player and record it.
 - D. Hold the yellow card above the head, then notify the official, the scorer or head coach of the team receiving the card.
- 42 . Team A is awarded a corner kick. Player A3 takes the kick and the ball enters the goal without touching any other player. What should the referee do?
- A. Permit the corner kick to be retaken.
 - B. Restart with an indirect kick for Team B.
 - C. Goal. Restart the game with a kickoff for Team B.
 - D. Restart the game with a goal kick for Team B.
- 43 . Attacker A1 stops abruptly while taking a penalty kick. Simultaneously the goalkeeper jumps forward off the goal line.
- A. Caution the goalkeeper and kicker A1 and retake the kick.
 - B. Caution Attacker A1 and restart with an indirect free kick for Team B.
 - C. Retake kick.
 - D. Allow play to continue to determine next step.

- 44 . When does a kickoff become in play?
- A. When the referee blows the whistle.
 - B. When the ball is kicked and clearly moves in any direction.
 - C. When both teams are lined up correctly.
 - D. When the ball is touched by two players.
- 45 . How many seconds does the goalkeeper have to release the ball after gaining control with their hands inside their own penalty area?
- A. 4 seconds.
 - B. 6 seconds.
 - C. 8 seconds.
 - D. 10 seconds.
- 46 . As halftime begins, the coach for Team B approaches the officials without being beckoned and states their feeling that several players for Team A have committed fouls that have not been called. The referee shall:
- A. Permit the coach to approach the officials to get an explanation.
 - B. Caution the coach for Team B.
 - C. Eject the coach for Team B.
 - D. Ignore the coach.
- 47 . If the goalkeeper takes longer than the allowed time to release the ball into play, what is the correct restart?
- A. Indirect free kick.
 - B. Goal kick.
 - C. Corner kick for the opposing team.
 - D. Dropped ball.
- 48 . The home team shall provide at least:
- A. Two ball holders.
 - B. Three ball holders.
 - C. Four ball holders.
 - D. Ball holders are not required.
- 49 . The head referee calls a foul and signals a direct free kick is to be taken by Team B. Before the kick is taken, the head referee recognizes that the kick should have been awarded to Team A. Before the restart, the referee shall:
- A. Allow the kick to be taken by Team B.
 - B. Restart the play with a dropped ball.
 - C. Correct the decision and signal and allow the kick to be taken by Team A.
- 50 . The referee stops the game because a substitute uses offensive and abusive language toward an opponent. No other foul occurred. What is the correct restart?
- A. Direct free kick.
 - B. Indirect free kick for the opposing team.
 - C. Penalty kick.
 - D. Goal kick.

<https://nfhs-exam-creator-prod.s3.amazonaws.com/soccer/Question 1-61d699334eba403f9074f6bc02c787cd.mp4>

- 51 . You make the Call: In this clip, the referee observes the following play:
- A. The Blue Team player fairly challenges for the ball, let the play continue.
 - B. The Blue Team player carelessly attempts to tackle the ball and fails to make any contact with the ball. This is a foul. Play is restarted with a direct free kick for the White Team.
 - C. The Blue Team player impedes the White Team player and prevents them from playing the ball. Play is restarted by indirect free kick for White.
 - D. The Blue Team player carelessly attempts to tackle the ball and fails to make any contact with the ball. In doing so, blue stops a promising attack for the White Team. Play is restarted with a direct free kick for White and the Blue player shall be cautioned (yellow card).

<https://nfhs-exam-creator-prod.s3.amazonaws.com/soccer/Question 2-e06a6b8e90874353b532d6c033cdb22b.mp4>

- 52 . You make the call: In this clip, the referee observes the following play:
- A. The Green Team player fairly challenges for the ball. Play will be restarted with a drop ball to the Green goalkeeper.
 - B. The White Team player makes an unfair, careless tackle. This is a foul. Play is restarted with a direct free kick for the Green Team.
 - C. The Green Team player makes an unfair, reckless challenge from behind. This is a foul. Play is restarted with a direct free kick for the White Team and a caution is issued (yellow card) to the Green player.
 - D. The Green Team player makes an unfair challenge that endangers the safety of the opponent. This is a foul. Play is restarted with a direct free kick for the White Team and the Green player is ejected (red card).

<https://nfhs-exam-creator-prod.s3.amazonaws.com/soccer/Video Question 3-0005e927167b4033aab1cb56e52fe717.mp4>

- 53 . You make the Call: In this clip, the referee observes the following play:
- A. Direct Kick.
 - B. Indirect Kick.

<https://nfhs-exam-creator-prod.s3.amazonaws.com/soccer/Question 5-83fb40bed4164b68ad60b82b69a17b30.mp4>

- 54 . White uniform player jumps at the back of the player in Black to play the ball. The referee should:
- A. No offense occurred.
 - B. Award an indirect free kick to black.
 - C. Award a direct free kick.
 - D. Award a drop ball.

<https://nfhs-exam-creator-prod.s3.amazonaws.com/soccer/Question 4-b5e58b64387d47ebb725890507d6ada3.mp4>

- 55 . Player in White passes the ball forward but the ball strikes the arm/hand of a player in Blue. The referee should:
- A. Allow play to continue as the player in Blue had no time to react and the ball was deflected near a player in White.
 - B. Award an indirect free kick to the team in white for incidental handling.
 - C. Award a direct free kick to the team in white.
 - D. Award a drop ball to the team in white.

- 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