



2023 USA LACROSSE NFHS RULES EXAM

1. With a hand fully wrapped around his stick, A1 bats the ball into the goal with his knuckles or kicks a loose ball into the goal. Ruling?
 - A. In both cases, goal is good.
 - B. No goal in both cases.
 - C. Good goal if he bats ball in, no goal if he kicks ball in .
 - D. Good goal if he kicks loose ball in, no goal if he bats ball in with his stick.

Rule Reference: Rule 1-1

2. The home team's field does not have a clearly marked, complete center line and/or continuous side and end lines. Ruling?
 - A. No Foul. Not your problem.
 - B. Illegal procedure. Visiting team is awarded the ball to begin the game.
 - C. Field unplayable - no game.
 - D. One-minute unsportsmanlike penalty on home team.

Rule Reference: Rule 1-2-1

3. A2 is in the penalty box. A1 throws a pass. When the ball is in flight, the clock shows :00 and the horn sounds ending the period. A3 catches the ball before the official blows his whistle. How is the next period started?
 - A. A3 in possession at the spot where he caught the ball.
 - B. Face off.
 - C. Alternate Possession to Team B
 - D. Additional Penalty to A1 for Illegal Procedure

Rule Reference: Rule 1-2-1

4. Team B is man down. A1 shoots the ball. The ball is in flight as the clock shows :00 and the horn sounds ending the period. The goalie catches the ball after the horn sounds. How is the next period started?
 - A. Team A has possession.
 - B. Team B has possession.
 - C. Face off.
 - D. Alternate Possession

Rule: 4-5-3



5. Non-goaliekeeper A1 has possession in his own crease. B2, who is standing outside of the crease, checks the crosse of A1 and the ball enters the goal. Ruling?
- A. No goal. B2 serves 30 seconds for interference.
 - B. No goal. Team A ball.
 - C. No goal. B2 serves a one-minute unsportsmanlike penalty.
 - D. Goal is good.

Rule 4-18-2 SITUATION G

6. The ball is loose outside the crease and the goalie, while in the crease, loses a piece of mandatory equipment. What is the correct procedure?
- A. Play on.
 - B. Stop play immediately and award the ball by alternate possession.
 - C. Stop play immediately and award the ball to the defensive team.
 - D. Stop play immediately and award the ball to offensive team.

Rule 4-24-7

7. Team B Goalie is outside of the crease and playing a loose ball. A1 legally checks the goalie's stick, breaking the stick. What is the correct procedure?
- A. Immediate whistle, The goalie has lost mandatory equipment.
 - B. Let play continue. The goalie must obtain another goalie stick before he can continue to play.
 - C. Flag Down on A1

Rule: 4-24-1

8. A1 makes contact with the goalie's crosse that is inside the crease while the ball is loose. The official calls play-on and then the goalie accidentally knocks the ball into his goal. What is the correct call?
- A. No goal. Award ball to Team A outside the box.
 - B. No goal. Award the ball to the Goalie in the crease.
 - C. No goal. Award the ball to Team B at midfield.
 - D. Goal is good. Face off.

Rule: 4-24-8

9. A1 is looking to pass the ball to A2 in front of the crease. Before the ball is thrown, B1 checks A2's crosse out of his hands. What is the correct call?
- A. Immediate whistle. B1 serves a 30-second penalty.
 - B. Flag down. Interference on B1
 - C. Flag down. Slashing on B2
 - D. No call. Let them play.

Rule: 6-7



10. During play, A1 (not a goalie), has the ball stuck in the front or back of his stick. What is the correct call?
- A. Immediate whistle. Award the ball to Team B.
 - B. Play-on. Allow A1 one attempt to dislodge the ball.
 - C. Immediate whistle. Allow A1 to correct the issue, A1 maintains possession.
 - D. Immediate whistle. Award the ball by alternate possession.

Rule: 4-7-1

11. During play, A1 (not a goalie), has the ball stuck in his uniform. What is the correct call?
- A. Immediate whistle. Award the ball to Team B.
 - B. Play-on. Allow one attempt to dislodge the ball.
 - C. Immediate whistle. Allow A1 to correct the issue, A1 awarded possession.
 - D. Immediate whistle. Award the ball by alternate possession.

Commented [1]: good catch Keith!! Thx!

Rule 4-7-2

12. During play, the ball becomes lodged in the goalie's equipment while he is in the crease. What is the correct call?
- A. Immediate whistle. Award the ball to Team B.
 - B. Play-on. Allow one attempt to dislodge.
 - C. Immediate whistle. Allow the goalie to correct the issue. Defensive team awarded possession in the crease.
 - D. Immediate whistle. Award the ball by alternate possession.

Rule 4-7-2

13. Team B Goalie, in his crease, picks up a loose ball with his hand and places it in his stick. What is the correct call?
- A. Illegal procedure, 30 second penalty. Award the ball to Team A.
 - B. Illegal procedure. Award the ball to Team A laterally outside the offensive box.
 - C. No call. Goalie was in his crease.
 - D. One-minute unsportsmanlike conduct penalty on the Goalie.

Rule: 4-18-1

14. After the whistle to start play, Team A face-off player grabs the ball with his hand and directs it to his wing teammate. What is the correct call?
- A. Illegal procedure, 30 second penalty. Award the ball to Team B.
 - B. Illegal procedure. Award the ball to Team B.
 - C. No call.
 - D. One-minute unsportsmanlike conduct penalty on Team A face-off player.

Rule: 4-3-1



15. A1 has possession and is ready for the whistle to restart play. A2 is standing next to him and B2 is standing three yards from A1. Should the official restart play?
- A. Yes. Get the game moving, legal restart.
 - B. No. A2 and B2 cannot be closer than five yards from A1.
 - C. No. A2 cannot be closer than 5 yards from A1. B2 can remain but cannot play A1 until he has created a five yard separation from A1.
 - D. Yes. Blow whistle and throw flags on both teams.

Rule: 4-22-1

16. A1 passes to A2 and the head of A1's crosse comes loose and falls to the ground. What is the correct ruling?
- A. Immediate whistle, penalize A1 for playing with an illegal crosse.
 - B. Play may continue, A1 may not participate in play.
 - C. Silent play-on. If Team A shoots, then Team B gets a free clear.
 - D. Immediate whistle, Team B ball.

Rule: 1-8

17. An Unnecessary Roughness call may be called on an otherwise legal body check if the act was avoidable, deliberate and excessively violent.
- A. True.
 - B. False

Rule: 5-9-3

18. A1 has possession. B1 initiates an excessive, violent, or uncontrolled slash to A1's head or neck area. What is the correct call?
- A. One minute slash - releasable - on B1.
 - B. Brush.
 - C. One minute slash - non-releasable - on B1.
 - D. 2-minute or 3-minute non-releasable slashing penalty. If the player intentionally targeted the head or neck area (not a lacrosse play) with an excessively violent slash, it may result in an ejection on B1.

Rule: 5-4-2

19. B1 initiates a body check (targeting) that intentionally takes aim at the head or neck area of A1 for the purpose of making violent contact. What is the correct call?
- A. Stern, heartfelt and severe warning.
 - B. 1-minute unnecessary roughness on B1.
 - C. 2-minute non releasable penalty on B1.
 - D. 3-minute non releasable penalty on B1 with possible ejection.

Rule: 5-4-7



20. A1, with possession of the ball, advances toward a stationary defender B1, and with a bull dodge, runs over B1. What is the correct call?
- A. Legal play if A1 does not use his head, arm or shoulder to move B1 and his actions were not deliberate and excessively violent.
 - B. Ward if A1 used head, arm, or shoulder to move B1.
 - C. Unnecessary Roughness if A1's actions were deliberate and excessively violent.
 - D. Any of the above, depending on the situation

Rule: 5-9-3-E

21. The home team's coach is setting up his field for the game. He asks you where he should place the cones delineating the substitution box. What is the correct call?
- A. On the bench-side sideline, 10-yards on each side of the midline.
 - B. Anywhere between 5-10 yards from the midline, depending on how close the scores table is to the field.
 - C. On the bench-side sideline, 5 yards on each side of the midline.
 - D. Ask my partner.

Rule: 1-2-7

22. What is the rule regarding how the pocket is attached to the head of the stick?
- A. Legal as long as the lacrosse ball does not fall through the mesh
 - B. The pocket only needs to be attached to the top of the head so the player is able to throw the ball.
 - C. The pocket/net shall be completely attached to the head and side walls, having no holes or gaps larger than 1.68 inches in diameter (i.e. an American golf ball).
 - D. none of the above

Rule: 1-7-1

23. B1 is serving a penalty and he re-enters the game before the timekeeper releases him. Play stops when Team B scores a goal. Officials are notified prior to the next faceoff. What is the correct call?
- A. No goal. B1 returns to serve his remaining time, but no additional time. Team A ball, restarted in the crease with the goalie.
 - B. No goal. B1 returns to serve his remaining time plus an additional 30 seconds. Team A ball.
 - C. Goal is good. B1 returns to serve his remaining time plus 30 seconds. Team A ball at center X
 - D. No goal. B1 returns to serve his remaining time plus 1 minute unsportsmanlike. Team A ball.

Rule: 7-2-B

24. Goalie B1 is called for an illegal body check. Who serves his penalty?
- A. Team B's in-home.
 - B. Goalie B1.
 - C. Defender designated by Team A Coach.
 - D. Team B's backup Goalie.

Rule: 7-9



25. A1 is serving time in the penalty area before a faceoff. When may he be released?
- A. When his penalty time expires.
 - B. When "possession" is declared.
 - C. When the whistle sounds to start the faceoff.
 - D. Both A and B must be true before he may be released.

Rule: 7-1

26. If there is thunder or visible lightning, What is the correct call??
- A. Warn both Coaches to be prepared to clear the field if it begins to rain.
 - B. Clear the field as soon as the "flash to bang" is less than 30 seconds.
 - C. Clear the field immediately. Return to the field no sooner than 30 minutes after the last thunder or visible lightning.
 - D. Terminate the game immediately and notify the assigning authority.

Rule: Appendix E

27. While Team A has possession, goalie A1 subs out of the game and is replaced by a field player. What is the correct call?
- A. Unsportsmanlike conduct Team A.
 - B. Technical foul on Team A. Team B is awarded possession. Play shall not restart until Team A has a properly equipped goalkeeper on the field
 - C. Continue play- no call.
 - D. Technical foul on Team A. In-Home serves 30 seconds.

Rule: 6-5-2

28. A1 has possession, and B1's stick is under A1's arm. A1 clamps down on B1's stick so that B1 cannot free it.
- A. Legal play, both players competing.
 - B. Holding on B1.
 - C. Holding on A1.
 - D. Unsportsmanlike conduct on A1.

Rule: 6-3-2-f

29. Just prior to the face-off, midfielder A1 steps over the wing line. What is the correct call?
- A. Immediate whistle and reface.
 - B. Immediate whistle Team B ball.
 - C. Play-on. If Team B gains immediate possession, continue play. Otherwise stop play and award the ball to Team B.
 - D. Either B or C are correct. Officials have the discretion whether to play this on or to stop play immediately and award the ball.

Rule: 4-



30. Team B is man down and has possession. A1 commits a foul, flag down, and Team B maintains possession as the period ends. The next period will start with:
- A. A face-off.
 - B. Team A in possession.
 - C. Team B in possession.
 - D. Alternate possession.

Rule: 4-3-1

31. A1, with possession, has both hands on his crosse. B2 beats repeatedly on A1's lower gloved hand with no attempt to dislodge the ball. What is the correct call?
- A. Legal play. Gloved hand wrapped around the shaft is part of the crosse.
 - B. B. Official must warn B1 to get stick.
 - C. B1 is slashing, flag down.
 - D. Both A and B

Rule: 5-7-3-B

32. A1 has possession as B1 attempts to body check him. Just before contact, A1 turns his back to B1. Which of the following would NOT result in a penalty against B1?
- A. B1 hits A1 below the waist.
 - B. B1 pushes A1 from behind.
 - C. B1 hits A1 with a violent blow.
 - D. All of the above would result in a penalty.

Rule: 5-3-4

33. Which of the following would result in a penalty for a cross-check?
- A. B1 holds the portion of his crosse between his hands against A1's back, preventing A1 from advancing.
 - B. B1 thrusts his crosse into A1, hitting with the portion between his hands.
 - C. B1 holds his crosse extended and runs into A1 with the portion between his hands.
 - D. Both B and C.

Rule: 5-2

34. Which of the following is a slash?
- A. A1 shoots the ball and his follow through hits B1 in the helmet.
 - B. B1 attempts to scoop a loose ball and hits A1 in the facemask.
 - C. B1 swings his crosse and strikes A1- who has both hands on his crosse- with a violent blow to the elbow.
 - D. All are legal plays, no slash in any situation.

Rule: 5-1



35. In which of the following scenarios is A1 NOT guilty of warding off?
- A. A1 is reaching out with his free hand in a swatting motion, but is not making contact with the stick or body of B1.
 - B. A1 holds his free arm in a stationary position relative to his body and runs so that the free arm drives against the crosse of B1.
 - C. A1 does a swim move, using his free arm against the shoulder of B1 to gain separation.
 - D. All of the above are examples of warding.

Rule: 6-11

36. B1 Goalie makes a save. A1 covers him while he is in his crease. In an attempt to gain a free clear, B1 throws a pass over A1's head and deliberately and violently strikes A1 on the helmet. What is the correct call?
- A. Interference against A1. Free clear.
 - B. No foul, A1 was just standing there.
 - C. Interference against A1. A1 serves 30 seconds.
 - D. Slashing on Goalie B1.

Rule: 4-18-1-D

37. An official, thinking a team is offside, , throws a flag. When the officials realize the flag is inadvertent, What is the correct call??
- A. The whistle is blown at the earliest opportunity that does not interfere with an imminent scoring opportunity.
 - B. The team with possession when the flag was thrown maintains possession.
 - C. If the ball was loose outside of the crease at the time the flag was thrown, award the ball by alternate possession.
 - D. All of the above.

Rule: 7-13-4

38. The criteria for a 10-second count to begin include:
- A. After crossing midline with possession.
 - B. After initially gaining possession in the offensive half of the field.
 - C. After regaining possession in the offensive half of the field following a defensive possession.
 - D. All of the above.

Rule: 4-14-1



39. An official suspends play for an injured player. The injured player must leave the field. When may that player re-enter the game?
- A. Immediately after play has resumed.
 - B. After the next dead ball following resumption of play.(AKA two whistles after he leaves the field)
 - C. As soon as he is cleared by the Referee.
 - D. Only after he is evaluated by medical staff and has written clearance.

Rule: 4-24-3

40. A1 has possession and is being closely played by B2 when A1 loses a glove. What is the correct call??
- A. Warn B1 to stay off A1's ungloved hand.
 - B. Stop play, have A1 put the glove back on, award ball to Team B
 - C. Stop play, have A1 put the glove back on and award the ball to Team A.
 - D. Tell A1 to pass the ball and continue play.

Rule: 4-24-7

41. A1 is called for a 2-minute illegal hit. A1 already has two, 1-minute slashes and two 30-second technical fouls. What is the official's ruling?
- A. A1 has accumulated 5 total minutes of penalty time, A1 is ejected.
 - B. A1 has accumulated 5 total minutes of penalty time, A1 is disqualified (fouled out).
 - C. A1 must serve the penalty, but is still eligible to play in the game as he has accumulated only four minutes of personal foul time.
 - D. Team A in home must serve the penalty.

Rule: 5-11

42. B1 slashes A1, flag down, slow whistle. Team A scores. Immediately after the whistle, officials realize that Team A was offside when the goal was scored. What is the correct call?
- A. No goal. B1 serves a 1-minute penalty. Ball awarded to Team A.
 - B. Goal is good. B1 serves a 1-minute penalty. Face off.
 - C. No goal. Simultaneous fouls. B1 serves 1 minute, Team A in-home serves 30 seconds. Team A ball.
 - D. Goal is good. B1 serves a 1-minute penalty, ball awarded to Team B.

Rule: 7-6-4-B

43. A1 is within 5 yards of a loose ball. B1 holds A1's crosse with his crosse, preventing A1 from participating in play. What is the correct call?
- A. Holding on B1, 30-second penalty, Team A ball.
 - B. Loose-ball hold on B1, Team A ball.
 - C. Interference on B1, Team A ball
 - D. No call, legal play.

Rule: 6-3-3-A



44. After the face off, but before possession, A1 commits a personal foul. What is the correct procedure?
- A. Flag down, slow whistle.
 - B. Immediate whistle, A1 serves penalty, reface.
 - C. Immediate whistle, A1 serves penalty. Team B ball.
 - D. Alternate Possession.

Rule: 4-3

45. With possession, A1 is slashed by B1, flag down, slow whistle. A2 then interferes with B2. What is the correct call?
- A. 2nd flag down slow whistle.
 - B. Immediate whistle. B1 serves 1 minute, A2 serves 30 seconds. Team A ball.
 - C. Immediate whistle. B1 serves 1 minute. Team A ball.
 - D. Immediate whistle. B1 serves 1 minute. Team B ball.

Rule: 7-6-3-D

46. "Over and back" is penalized as a technical foul. What is the correct procedure?
- A. Turnover. Immediate whistle and a quick restart for the offended team at the spot where the ball was when the officials blew the whistle.
 - B. Turnover. Play-on, allow the offended team to pick up the ball and maintain advantage.
 - C. Flag down slow whistle, 30-second penalty on the team committing the foul.
 - D. Either A or B.

Rule: 4-14-3

47. B2 enters his own crease with the perceived intent of blocking a shot or acting as a goalie. A shot is not in flight. This is the second time a player on Team B has done this. What is the correct call?
- A. Play-on
 - B. Flag down slow whistle. B2 serves a 30 second penalty.
 - C. Immediate whistle. B2 serves a 1-minute releasable unsportsmanlike conduct penalty.
 - D. Immediate whistle. B2 serves a 1-minute non-releasable unsportsmanlike conduct penalty.

Rule: 4-14-3

48. How may a player set his feet when establishing a legal screening position?
- A. Feet may be spread as wide as possible.
 - B. Feet must be together.
 - C. Feet may be no wider than shoulder width.
 - D. Feet may be moving at time of contact.

Rule: 6-4



49. B1 is penalized 1 minute for slashing. After the whistle stopping play, he receives an additional 1 minute releasable penalty for unnecessary roughness. Play is restarted and Team A scores. What is the correct procedure for B1's penalty time after a goal by Team A?
- A. All of B1's penalty time is released.
 - B. The slashing penalty is released, but B1 must still serve the second penalty for unnecessary roughness.
 - C. B1 remains in the penalty area for the remainder of both penalties.
 - D. B1 remains in the penalty area but Team B is at full-strength.

Rule: 7-2-1

50. B1 commits a live ball technical foul (30 seconds to be served), and officials have sounded a whistle to stop play. Before play is resumed, A1 commits a technical foul. What is the correct call?
- A. B1 serves 30 seconds. Ball is awarded to Team B.
 - B. Simultaneous fouls. Both teams serve 30 seconds non-releasable.
 - C. Technical fouls cancel, Team A ball
 - D. Technical fouls cancel. Award ball by alternate possession.

Rule: 7-6-1-A