

NFHS Rule 4 - Play of the Game - 2019

1. Player A1 began serving a one minute for slashing with 20 seconds left in the period. With four seconds remaining in that period, B2 slashes A4, flag down. Time expires with Team A in possession. What is the proper adjudication of B2's foul, and how will the next period start?
 - a. B2 serves one to three-minute penalty, next period commences with A1 and B2 in the penalty box, and there is a face off because the teams have an even number of players on the field.
 - b. B2 serves one to three-minute penalty, next period commences with A1 and B2 in the penalty box, and Team A starts with the ball at the spot where the last period ended.
 - c. B2 serves one to three-minute penalty, next period commences with A1 and B2 in the penalty box, and Team A starts with the ball at midfield.
 - d. B2 serves one to three-minute penalty, next period commences with A1 and B2 in the penalty box, and the ball is awarded by alternate possession.

2. A1 is serving a penalty. A2 throws a pass and the ball is in flight when the horn sounds to end the period. The next period will start with:
 - a. A face-off.
 - b. Team A in possession at the same relative position on the field.
 - c. Team A in possession at midfield.
 - d. None of the above.

3. Any crosse used in a faceoff:
 - a. May not have tape on the plastic throat of the head.
 - b. Must have a handle where the maximum circumference at any point is 3.5 inches.
 - c. The top portion of the handle must be a color that is in contrast to the crosses' head and player's glove as well as be visible.
 - d. All of the above.

4. The correct faceoff procedure is:
 - a. Place the ball on the ground, tell the players to go "down," say "set," and blow the whistle while stationary.
 - b. Place the ball on the ground, tell the players to go "down," adjust the players' body or crosse, say "set," and blow the whistle while stationary.
 - c. Hold the ball, tell the players to go "down," adjust the players' body or crosse, place the ball on the line in between each head, say "set," and blow the whistle while stationary.
 - d. Hold the ball, tell the players to go "down," adjust the players' body or crosse, place the ball on the line in between each head say "set," and blow the whistle (may be stationary or moving).

5. Which of the following are included in a legal faceoff?
 - a. The crosses are perpendicular to the ground and the top of one head, lines up with the throat of the other (top to stop).
 - b. Both hands of each player must be fully wrapped around the handle of his own crosse and touching the ground.
 - c. No hand may touch the head of the crosse.
 - d. All of the above.

6. What is the whistle cadence for a faceoff?
 - a. The cadence should be the same on every faceoff throughout the game.
 - b. The official will wait three seconds after "set" before blowing the whistle.
 - c. The official will vary the cadence with every faceoff.
 - d. The official will wait one second after "set" before blowing the whistle.

7. On a faceoff, a player may:
 - a. Clamp then move the ball from the back of his crosse within one step.
 - b. Clamp then move the ball from the back of his crosse within three steps.
 - c. Clamp and play with the ball in the back of his crosse.
 - d. Clamping is illegal and should be whistled as a faceoff violation.

8. Which of the following are illegal during a faceoff?
- To kick, step on, or place any other body part on his crosse or the crosse of his opponent
 - To use his crosse to hold or pin down his opponent's crosse.
 - Both (a) and (b) are legal.
 - Both (a) and (b) are illegal
9. A2 shoots on goal, the ball is loose in the crease when the official blows the whistle, thinking that a goal was scored. The correct ruling is:
- Stop play, use alternate possession.
 - Stop play, award ball to the defensive team.
 - Stop play, award the ball back to the attacking team.
 - None of the above.
10. Player A1 is awarded the ball after a faceoff violation. Where should play be restarted?
- In Team A's offensive half of the field one step over the center line.
 - Restart play wherever the ball was when play was suspended, players below the restraining line must stay below the line until the whistle.
 - Restart play wherever the ball was when play was suspended and all players are released.
 - None of the above.
11. Team A causes the ball to go out of bounds in the substitution area. How should play be restarted?
- Have Team B player obtain a ball and start play near the sideline.
 - 30 second illegal procedure penalty on Team A.
 - Have Team B player obtain a ball, then move 5 yards into the field of play from the out of bounds spot and restart play.
 - All substitutes must vacate the substitution box prior to restarting play.
12. A1's crosse is dropped or checked out of his hands. His crosse lands on the ground with the ball in, or underneath, the head. Which of the following is the correct call?
- If A1 picks up his crosse with the ball in it, then play continues.
 - Immediate whistle, award ball to Team B.
 - A2 may flip A1's crosse with his crosse to try to get the ball out.
 - B1 may kick A1's crosse to try to get the ball out.
13. A1 shoots, as he follows through the head of his crosse flies off and the ball goes into the goal. What is the correct ruling?
- Goal counts, faceoff.
 - Goal counts, Team B gets ball at Center X.
 - No goal, Team B is awarded possession.
 - No goal, award ball via alternate possession.
14. In which of the following cases would a goal be disallowed?
- The official recognizes a request for a timeout from the head coach of the team in possession before the ball fully crosses the goal line.
 - After the goal, and before play has restarted, it is discovered that the crosse used to score the goal did not have a ball stop.
 - Before the ball enters the goal, any attacking player steps into the crease.
 - Both (a) and (c).

15. Play is settled in Team A's offensive end; both teams are full strength and onside; no substitutions are underway. A1 throws an errant pass, which rolls toward the midline. Which of the following results in a penalty for offside?
- B2 steps on—but not over—the center line.
 - A9 pushes B2 from behind; B2 steps on—but not over—the center line.
 - A2 is chasing the rolling ball and leaves the field through the substitution area without crossing the center line.
 - A2 is chasing the rolling ball and leaves the field through the substitution area without crossing midfield; A9 crosses the center line from Team A's defensive side to pick up the loose ball.
16. Team B is clearing and the 20-second count is on. Which of the following does not end the count?
- Team B calls a timeout.
 - Team A gains possession.
 - The ball becomes loose.
 - The ball goes out of bounds.
17. Which of these are criteria for starting a 10-second count for advancing the ball into the goal area?
- After crossing the center line with possession.
 - Every time the ball is taken out of the attack box by the offensive team.
 - After regaining possession in the offensive half of the field (outside the attack box) following a defensive possession.
 - Both (a) and (c).
18. What is the correct definition of the "over and back" rule?
- After the ball has been successfully advanced into the goal area; the offensive team carries, passes or propels the ball to its defensive half of the field.
 - Anytime the ball crosses back over to the defensive half of the field regardless of who last possessed or touched the ball.
 - While a 10 second advancement count is still on and the offensive team carries, passes or propels the ball to its defensive half of the field.
 - Both (a) and (c).
19. What is the penalty for "over and back"?
- Technical foul, illegal procedure, offensive in home serves 30-seconds.
 - Turnover. Play-on or immediate whistle depending on the situation.
 - Unsportsmanlike conduct, offensive player who last touched the ball serves 1-minute.
 - Immediate whistle, award ball by alternate possession.
20. Exceptions to the "over and back" rule include:
- If the ball breaks the plane of the centerline following a shot.
 - If the ball breaks the plane of the centerline following a deflection off a defensive player's body or crosse.
 - If the ball is legally batted (not possessed) by a player in the defensive half of the field to keep it in the offensive half of the field.
 - All of the above are exceptions to the "over and back" rule.
21. Body checking is part of the game of lacrosse. Which of the following are legal checks?
- Body checking with both hands remaining in contact with the crosse.
 - Body checking any opponent whenever the ball is in flight.
 - Body checking of an opponent who has possession or is within 5 yards of a loose ball.
 - Both (a) and (c) are required for a body check to be legal.

22. A1 takes a shot from midfield. While the ball is within 5 yards of A2, B1 legally checks A2 into the crease. After A2 contacts the crease, the ball enters the goal. What is the ruling?
- Flag down for illegal body-check on B1; goal counts.
 - Legal check by B1; crease violation on A2; no goal.
 - Legal check by B1; goal counts.
 - Flag down for illegal body-check on B1; crease violation on A2; no goal.
23. Goalkeeper B1 is within his crease when a shot is taken. He catches the ball in his hand and immediately drops it into his crease. What is the correct ruling?
- No call; legal play.
 - Illegal touching of the ball.
 - Unsportsmanlike conduct.
 - None of the above.
24. The ball is loose in front of the crease, and as goalkeeper B1 reaches out of the crease for the ball, A1 checks the part of B1's crease that is outside of the crease. The correct ruling is:
- No foul – legal play.
 - Play-on; if Team B does not gain possession, blow the whistle and award Team B the ball.
 - Play-on; if Team B does not gain possession, blow the whistle and award Team B a free clear.
 - Flag down technical foul.
25. A1 makes a shot while diving and the ball enters the goal. The goal will only be allowed if:
- A1's body lands in the crease before the ball enters the goal.
 - A1's body lands in the crease after the ball enters the goal.
 - A1's body passes through the airspace of the crease without touching the crease, goal, or goalkeeper, and then lands outside of the crease.
 - Both (a) and (b).
26. What is true about substitutions?
- They may take place without the necessity of waiting for the official to suspend play.
 - The player leaving the field must exit via the substitution area.
 - The player coming on the field must be properly equipped.
 - All of the above are true.
27. Substitutions may take place while play is suspended under which conditions?
- During time-outs.
 - During an equipment adjustment.
 - After a time serving penalty is reported.
 - All of the above.
28. The defending team commits a violation while the ball is loose in their defensive goal area. How will play restart?
- Award possession to the defensive team nearest to the spot when play was suspended, 20 yards laterally outside the goal area.
 - Award possession to the offensive team nearest to the spot when play was suspended, 20 yards laterally outside the goal area.
 - Award possession in accordance with the alternate possession rule.
 - None of the above.

29. The attacking team (with possession or while ball is loose) commits a technical violation while the ball is in their offensive goal area. How will play restart?
- Award a free clear for the defense.
 - Award possession to the defensive team and play may restart in the goal area.
 - Award possession to the defensive team and play may restart in the crease.
 - Both (b) and (c).
30. An official may suspend play at his/her discretion for an injured player. The injured player must leave the field. When may the player return to the game?
- Immediately after play has resumed.
 - After the next dead ball following the resumption of play.
 - As soon as the coach says he is able to return to the field of play.
 - Once he is evaluated by professional medical staff and has written clearance to play.
31. Ball is loose outside the crease. Goalkeeper B1's throat protector falls off.
- Illegal procedure on B1, play-on.
 - Stop play immediately, allow B1 to repair his throat guard, and award the ball by alternate possession.
 - Stop play immediately, allow B1 to repair his throat guard, and award the ball to Team B in the alley.
 - Stop play when B1 attempts to participate in the play, Assess a 1:00 non-releasable equipment penalty against B1 and Award possession to Team A in the alley.
32. Any player who exhibits signs or symptoms of a concussion shall be:
- Removed from the game for one whistle.
 - Removed from the game and cannot return until cleared by a head coach.
 - Removed from the game and cannot return until cleared by a health-care professional.
 - Allowed to stay in the game.
33. Where will restarts following a time-out be conducted?
- Where the ball was at the time the whistle was blown if outside the goal area.
 - If the ball was in the goal area at the whistle, laterally outside the goal area.
 - At the spot where the ball went out of bounds on the end line.
 - All of the above.
34. During random equipment inspections, officials are required to check which of the following?
- Only the crosse of the player selected.
 - All equipment for the player selected to insure it is legal and properly worn (including mouthpiece), and the crosse.
 - Only check to insure the mouthpiece and crosse are legal.
 - It is optional to check equipment, other than the crosse during an equipment inspection.
35. The officials use "Get It In/Keep It In" in which of the following situations?
- The team in possession of the ball steps out of the box.
 - Under two minutes left in the game, Team A is leading by less than five goals, and possesses the ball in their offensive half of the field.
 - Team B possesses the ball is considered stalling outside of the box.
 - Both (b) and (c).
36. Defensive player A1, who is not a properly equipped goalkeeper, has entered his own crease with the perceived intent of blocking a shot or acting as a goalie. Which of the following is correct?
- Legal play.
 - Stop play immediately or upon the conclusion of a shot already in flight and assess a conduct foul on player A1.
 - Stop play immediately or upon the conclusion of a shot already in flight and assess a team conduct foul on Team A to be served by the in-home.
 - None of the above.

37. Earlier in the game, defensive player A1, who is not a properly equipped goalkeeper, entered his own crease with the perceived intent of blocking a shot or acting as a goalie. Later on, defensive player A2, who too is not the properly equipped goalkeeper, enters his own crease with the perceived intent of blocking a shot or acting as a goalie. Which of the following is correct?
- Legal play.
 - Stop play immediately or upon the conclusion of a shot already in flight and assess a conduct foul on player A2.
 - Stop play immediately or upon the conclusion of a shot already in flight and assess a non-releasable unsportsmanlike foul on A2.
 - Stop play immediately or upon the conclusion of a shot already in flight and assess a releasable unsportsmanlike foul on A2.
38. When is a team considered offside?
- A team has more than six players in its offensive half of the field including players in the penalty box.
 - A team has seven or less players in their defensive half of the field, including players in the penalty box.
 - A team has more than seven players in its defensive half of the field, including players in the penalty box.
 - Both (a) and (c).
39. Team A is in possession of the ball in its offensive half of the field when it is called for offside. Which of the following is correct?
- Team A is assessed a 30-second technical foul.
 - Team B is awarded possession of the ball in their offensive half of the field (free clear).
 - Team B is awarded the ball at the spot where the ball was when play was suspended.
 - Both (a) and (b).
40. Which of the following scenarios would result in a turnover.
- The offensive team creates a loose ball situation where the ball neither touches nor crosses the center line.
 - A defensive player reaches over the center line and bats a ground ball with his crosse to keep it in his team's offensive half.
 - A defensive player reached over the center line and kicks a ground ball with his foot to keep it in his team's offensive half.
 - Both (b) and (c).

True/False

- A. In order to be considered a shot, an offensive player must propel the ball toward the goal with the intent of scoring by either it being thrown from a crosse, kicked, or through some form of physical direction, from a point parallel to or above the goal line extended.
- B. A team is not considered offside if the team has too few players at either end of the field because the player(s) in question is/are off the field of play, as long as an advantage has not been gained.
- C. A team shall bring the ball into the goal area within 10 seconds after crossing the center line with possession.
- D. An injured player shall be replaced but can return on the next whistle.
- E. A goal shall be disallowed if a player from the attacking team has released early from the penalty area and the officials are notified of the error prior to the next faceoff.
- F. Once the horn sounds to signal the end of a period, a goal will be allowed only if the shot was released prior to the termination of the period.
- G. Upon gaining possession of the ball in the defensive half of the field, a 20-second clearing count will start for the ball to be advanced across the center line.
- H. When a team possesses the ball in its offensive half of the field is offside, the ball is awarded to the opposing team at the spot of the ball when play was suspended.

- I. If a ball that has not crossed the defensive-area line goes directly out of bounds on a faceoff, it shall be re-faced if it is not known which team either caused the ball to go out of bounds or last touched the ball.
- J. Goalie B1 is in the crease and the ball is also loose in the crease. A1 checks goalie B1's crosse and the official, after a play-on, calls interference on A1.
- K. The goalie, while in the crease, deliberately creates a loose-ball situation. The official should begin a new four-second count.
- L. If a shot is released just prior to the end of a period breaks the plane of the goal, that goal will be allowed even if the ball makes contact with an offensive player or any player after hitting the goal keeper, his equipment, or any part of the cage.
- M. An official mistakenly blows his/her whistle. An attack player shoots and scores. The official must disallow the goal.
- N. Play must be stopped if the goalie's required headgear becomes broken during play.
- O. The goalie in the crease is the only player who may bat the ball with his hand.
- P. Goalie B1 places his crosse over a ball that is on the ground outside of the crease. A1 may check the goalie's crosse outside the crease.
- Q. Teams are allowed two time-outs in each overtime period.
- R. In overtime, the teams shall play periods of four minutes each until a goal is scored.
- S. When regulation play ends in a tie, captains meet for a coin toss and the winner of the toss chooses goal for first overtime as well as first alternate possession.
- T. During a random equipment check, the official should only inspect a player's crosse.
- U. When a shot goes out of bounds, the ball is awarded to the team that had an inbounds player's body nearest to where the ball went out of bounds when it went out of bounds.
- V. In the event of lightning, play must not be resumed until at least 30 minutes after the last flash is seen or thunder is heard.
- W. In the event of a foul prior to any faceoff, the ball will be award to the offended team in its offensive side of the field at the Center.