
2025 NFHS Football Exam Part 1

A 4-inch-wide broken restraining line shall be placed around the outside of the field, at least 2 yards from the sidelines and end lines, as an extension of the line limiting the team box area, except in stadiums where the total playing enclosure does not permit. - ✓ ✓ True: 1-2-3d

A backward pass in flight may be batted in any direction by the passing team. - ✓ ✓ False: 9-7-3

Any pass in flight may be batted in any direction, by an eligible receiver unless it is a backward pass batted forward by the passing team.

A backward pass out of bounds is an illegal pass. - ✓ ✓ True: 7-4-3

A ball without stripes is legal for use if both coaches agree to use it. - ✓ ✓ False: 1-3-1c

A block in the back is defined as a block with contact inside the shoulders, below the helmet and above the waist. - ✓ ✓ False: 2-5-2

Blocking in the back is a block against an opponent when the initial contact is in the opponent's back, inside the shoulders and below the helmet and above the waist, and not against a player who is a runner or pretending to be a runner.

A chop block is a legal block within the 6x8-yard free-blocking zone. - ✓ ✓ False: 2-3-8

Chop block is a combination block by two or more teammates against an opponent other than the runner, with or without delay, where one of the blocks is low (at the knee or below) and one of the blocks is high (above the knee).

9-3-6

A player shall not chop block.

A defensive player is considered to be on his scrimmage line when he is within 1 yard of his line of scrimmage at the snap. - ✓ ✓ True: 2-25-3

A disqualifying foul during the down causes the covering official to sound his whistle immediately. - ✓ ✓ False: IX-1

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**National Federation of State High
School Associations. Officials
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