

## 2024 HIGH SCHOOL BOYS LACROSSE EXAM

The goal of this exam is to help you learn and understand the rulebook. Use the exam as a tool to help you prepare for the upcoming season. The exam consists of 50 questions. For each question, choose the best response. Assume the level of play is high school varsity unless stated otherwise.

### Exam Instructions:

- Read the following criteria carefully to complete this exam:
- You must score at least a 90% to achieve a passing score and to mark this exam as complete.
- You can take the exam as many times as you need to achieve the 90% passing score.
- After selecting your answer, you must press the Submit button in the lower left corner on each question for your answer to be recorded.
- After receiving feedback, press the Close button to return to the assessment.
- If you answered the question incorrectly, you will be given 2 more opportunities to answer correctly.
  - Click on the RESET button to re-attempt the question.
- If you obtain a 90% or better after completing the assessment, a small hamburger icon will appear in the upper right corner of your screen. Press this button to download your completion certificate.

Exit out of the course by selecting the Exit Course Button located in the upper right corner of your screen. You must complete this step to retain your progress in the course and record your final score.

## QUESTION 1

After the faceoff whistle starting play, the ball goes out of bounds between the restraining lines and the officials do not know who last touched the ball. How should play be restarted?

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Choose one option then select Submit.

- By alternate possession
- With a re-face
- The home team is awarded possession
- Ask the players who touched the ball last



## QUESTION 2

On the faceoff, upon the whistle starting play, faceoff player A1 does not play the ball and initiates a body check against B1. Ruling:

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Choose one option then select Submit.

- Interference; award the ball to Team B
- Illegal procedure; award the ball to Team B
- Illegal procedure; A1 serves a 30-second penalty
- Illegal body check; A1 serves a 1:00 to 3:00 personal foul penalty



### QUESTION 3

On the faceoff whistle A1 clamps and controls the ball. What can he legally do after the clamp?

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Choose one option then select Submit.

Pick up the ball in the back of the head and run to the top of the attack area with the ball still in the back of the head

✓ Within one step, rake the ball to a teammate

Keep the ball pinned to the ground and rotate around it, looking for a teammate to rake the ball to.

Kick the opponent in the leg to create space



### QUESTION 4

Team A coach requests a stick check on Goalie B1. The stick has multiple shooting strings, a very deep pocket and is 48 inches long. What is the correct call?

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Choose one option then select Submit.

A 1:00 non-releasable penalty for a deep pocket plus a 3:00 non-releasable penalty to cover the illegal length (no foul for the shooting strings)

A 1:00 non-releasable penalty for a deep pocket plus a 3:00 non-releasable penalty to cover the illegal length plus a 1:00 non-releasable foul for the multiple shooting strings; B1 has fouled out of the game

A 2:00 non-releasable penalty to cover all violations

✓ No foul



## QUESTION 5

On a restart, A1 has the ball and B1 is nearer than 5 yards from A1 and intending to play A1. The official blows his whistle. What should the official do next?

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Choose one option then select Submit.

This was an improper restart by the official; he should have given B1 five seconds to move back at least 5 yards before blowing the whistle to start play. Stop play and restart.

Immediately throw a flag because B1 was within 5y of A1 when the official blew the whistle.

- ✓ No Foul; Legal Play but the official should observe B1 to confirm that he first gives up a distance of 5 yards or a direct path to the goal before playing defense against A1.

Immediate whistle and adjudicate a Delay of Game penalty against B1.



## QUESTION 6

In the scrimmage area, A1's helmet comes off after legal contact from an opposing player. Ruling:

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Choose one option then select Submit.

Stop play immediately. A1 is assessed an illegal procedure foul.

Allow play to continue, but assess an illegal procedure foul to A1 if he continues to participate in the play.

Stop play immediately. A1 must leave the field and cannot return until he gets a new helmet.

- ✓ Stop play immediately. A1 must leave the field and cannot return until play restarts and then there is another stoppage of play.



## QUESTION 7

In the scrimmage area, A1's helmet comes off after illegal contact from an opposing player. Ruling:

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Choose one option then select Submit.

Stop play immediately. A1 is assessed an illegal procedure foul.

Allow play to continue, but assess an illegal procedure foul to A1 if he continues to participate in the play.

Stop play immediately. A1 must leave the field and cannot return until he gets a new helmet.

- ✓ Stop play immediately. A1 must leave the field and cannot return until play restarts and then there is another stoppage of play.



## QUESTION 8

A1 hits B2 with a legal body check but then slides up into or follows through into B2's head or neck. Ruling:

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Choose one option then select Submit.

By rule, this must be at least a 2-minute non-releasable penalty.

- ✓ 1-minute non-releasable penalty for indirect contact a 2 or 3 minute penalty based on intent and severity.

By rule, the offending player **MUST** be ejected.

Legal play. The body check was legal and the follow-through is not considered.



## QUESTION 9

A1 has possession. While spinning and dodging through the scrimmage area, B1 attempts a stick check, and B1's stick makes a light, glancing contact with A1's helmet. Ruling:

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Choose one option then select Submit.

1 minute non-releasable.

Slashing by B1

✓ No call

Play-on, of advantage gained, play-off.



## QUESTION 10

Which of the following is part of the correct procedure for checking a crosse?

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Choose one option then select Submit.

Place ball in the pocket and ensure that you cannot see any space over the top of the ball and under the sidewalls.

With the ball in the crosse, horizontal to the ground at the deepest point of the pocket, tip the head of the crosse toward the ground 90 degrees to ensure that the ball rolls out of the scoop of the crosse when the shaft is vertical.

Hold the crosse perpendicular to the ground, place the ball in the throat of the head, rotate the head forward and ensure that the ball rolls freely out of the throat of the head.

✓ All of the above



## QUESTION 11

A1 in the offensive box passes to A2 near midfield. A2 misses the pass and the ball is rolling to the center line. Before the ball reaches the center line, defenseman A3 BATS the ball with his stick to keep it in Team A's offensive end of the field. Ruling:

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Choose one option then select Submit.

- Legal Play
- Illegal procedure, Team B ball at midfield
- Illegal Procedure, play-on advantage to Team A
- Illegal procedure, flag-down, Team A serves 30-seconds.



## QUESTION 12

A1 in the offensive box, passes to A2 near midfield. A2 misses the pass, and the ball is rolling to the center line. Before the ball reaches the center line, defenseman A3 KICKS the ball to keep it in Team A's offensive end of the field. Ruling:

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Choose one option then select Submit.

- Legal Play
- Illegal procedure, Team B ball at midfield
- Illegal Procedure, play-on advantage to Team A
- Illegal procedure, flag-down, Team A serves 30-seconds.



### QUESTION 13

The correct faceoff procedure is:

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Choose one option then select Submit.

Place the ball on the ground, tell the players to go "down," say "set," and blow the whistle while stationary.

Place the ball on the ground, tell the players to go "down," adjust the player's crosse or body, say "set," become stationary, and blow the whistle.

Place the ball on the ground, tell the players to go "down," adjust the players but not the sticks, become stationary and blow the whistle.

- ✓ Place the ball on the ground, tell the players to go "down," adjust the player's cross or body, say "set," and blow the whistle while stationary or moving.



### QUESTION 14

While the ball is in play, who may call a timeout?

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Choose one option then select Submit.

Only the head coach of the team who has possession

Only a player on the field of the team that has possession.

- ✓ The head coach or any player on the field of the team that has possession.

Either team's head coach if the ball is loose.





## QUESTION 15

A1 is penalized one minute for slashing with 20 seconds left in the period. With 4 seconds left in the period, B1 slashes A3, flag down. Period ends with A3 in possession of the ball. No other players are serving penalties. How is the next period started?

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Choose one option then select Submit.

Faceoff

Team A starts with the ball at the spot when period ended.

Team A starts with the ball at midfield

Ball is awarded by alternate possession at midfield



## QUESTION 16

A1 with possession falls to his knees and continues to play as two defenders attempt to check his stick. The on official should:

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Choose one option then select Submit.

Blow whistle immediately, turnover. A1 cannot play while not on his feet.

Throw flag. Defenders cannot play a person who is not on his feet.

Throw flag, blow whistle immediately for dangerous situation, penalize defenders.

Wait, watch and see what develops; everything legal up to this point.



## QUESTION 17

A1 with possession, falls to his knees and continues to play as B1 attempts to check his stick. A1 clamps his stick to his chest to maintain possession. The official should:

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Choose one option then select Submit.

✓ Blow whistle, withholding, award ball to Team B.

Blow whistle, throw flag, unsportsmanlike foul on A1.

No foul, no call, let play continue.

Slashing foul on B1 for checking a player who is "grounded"



## QUESTION 18

A1 has possession and is closely guarded by B1. A2 sets a pick and is stationary and motionless. As B1 makes contact with A2, A2 pushes B1 off his path and then A2 rolls away from contact. The official should:

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Choose one option then select Submit.

Allow play to continue, incidental contact.

✓ Blow whistle, illegal screen, award ball to Team B.

Say "Play on", potential interference on B1.

Flag down, immediate whistle. A2 serves 30-seconds for interference



## QUESTION 19

A1 has possession and is guarded by B1. Both players are running full speed. A2 sets a pick and B2, who does not see the pick, unintentionally runs full speed into A2, causing both A2 and B1 to fall on the ground. The official should:

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Choose one option then select Submit.

- Throw flag, unnecessary roughness penalty on B1.
- Blow whistle, throw flag, unnecessary roughness penalty on A2.
- ✓ Wait, watch, make sure both A2 and B1 are ok, allow play to continue.
- Stop play, confirm players are not injured and use Alternate Possession



## QUESTION 20

A1 has possession behind the goal. Away from the ball, midfielder A2 checks B1's stick out of B1's hands, cuts to the goal, receives a pass from A1 shoots and scores. The official should:

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Choose one option then select Submit.

- Signal goal and prepare for the next faceoff.
- Signal goal, warn A2 to knock that stuff off, prepare for the next faceoff.
- Signal no goal. Throw flag, one-minute unsportsmanlike penalty on A2.
- ✓ Signal no goal, interference on A2, award ball Team B.



## QUESTION 21

On a restart, A1 has possession. B1 is 3 yards from A1. On the whistle, B1 steps aside to allow A1 a path to the goal. A1 veers into B1 and initiates contact. B1 does not do anything that could be construed as "defending" A1.  
Ruling:

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Choose one option then select Submit.

- Flag down, illegal procedure on B
- No violation on B1, possible unnecessary roughness on A1 if A1 actions were deliberate and excessive.
- Referee error. Stop play and restart with player 5 yards apart.
- Blow whistle and award ball to Team B.



## QUESTION 22

On a restart, A1 has possession. B1, waving his stick, is 3 yards away from A1. After the whistle restarting play, A1's pass is deflected by the stick of B1.  
Ruling:

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Choose one option then select Submit.

- No call. A player's stick is not considered part of a player's body.
- Flag-down, slow-whistle for Illegal Procedure on B1, 30-second penalty.
- Illegal procedure on B1, award ball to A1 as ball was in the air and therefore a loose ball.
- One-minute nonreleasable unsportsmanlike penalty on B1.



### QUESTION 23

A1, in possession of the ball, is running down the field with no player from Team B near A1. A1 loses a piece of mandatory equipment. The official should:

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Choose one option then select Submit.

- ✓ Stop play immediately to prevent a potential injury even if a scoring play is in progress. Ball is awarded to Team A

Instruct the player to pass the ball and fix the problem.

Allow play to continue unless it is something really important like a helmet.

Wait, watch and only blow the whistle when A1 gets into a scrimmage situation.



### QUESTION 24

A1 scores the game winning goal in overtime. The head coach of Team B immediately requests a stick check on the player who scored the goal. The officials should:

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Choose one option then select Submit.

Immediately get the player's stick so the player cannot adjust or switch sticks with a teammate.

Inspect the stick and, if the stick is illegal, disallow the goal and assess a 2-minute non-releasable penalty on A1, then restart play with Team B in possession at midfield.

Blow the table horn to alert the teams that they may not leave the field until the stick check has been completed.

- ✓ Inform the coach that the game is over, so no stick check is permitted.



## QUESTION 25

B1 is in his defensive half of the field and throws the ball across midfield and into the attack area. The ball makes contact within the attack area and then the ball rolls into the alley, where B2 picks it up. Has the offensive ten count been satisfied?

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Choose one option then select Submit.

Yes, because the ball touched the ground inside of the attack area box.

- ✓ No, because the offensive team must have initial possession in the offensive half of the field before a ten count can be started or satisfied.



## QUESTION 26

When is a 20-second count NOT restarted?

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Choose one option then select Submit.

After a timeout by the clearing team.

- ✓ The clearing team loses possession and then regains possession as play continues.

The ball goes out of bounds and the clearing team is awarded possession.

The riding team commits a loose ball technical foul and after the play-on, the clearing team regains possession.



## QUESTION 27

A1 attempts to check B1's stick but instead of hitting A1's stick makes slight contact with B1's head or neck area. Ruling:

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Choose one option then select Submit.

Contact to the head or neck, one-minute non-releasable penalty.

Contact to the head or neck, one-minute releasable penalty.

✓ Minimal contact, no intent, brush, no call.

Any contact to the head is a slash, one minute, releasable.



## QUESTION 28

A1 attempts to check B1's stick but instead of hitting A1's stick strikes B1's head or neck area.

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Choose one option then select Submit.

Contact to the head, one-minute non-releasable penalty.

✓ Slashing, one-minute releasable penalty. If the slash was excessive, violent or uncontrolled, at least a two-minute non-releasable foul shall be called.

Slashing, two-minute releasable penalty due to contact with the head or neck area.

Defenseless player, 2-to-3-minute nonreleasable with possible ejection.



## QUESTION 29

A crosse that is found to be illegal can be corrected and can return to the game.

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Choose one option then select Submit.

False, it must remain at the table for the rest of the game.

True for a deep pocket, false for a stick that was found to be illegal for any other reason.

True, but only after the stick is re-inspected and approved by the Referee.

- ✓ True, after the penalty has expired the stick may be returned to the game, but it is subject to inspection again.



## QUESTION 30

A1, in the act of passing the ball, deliberately strikes the body of B1, with his follow through motion. Ruling:

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Choose one option then select Submit.

No foul, A1 has a right to his follow-through regardless of intent.

- ✓ Slashing, one-minute to three-minute penalty depending on severity.

Slashing, two-to-three-minute penalty depending on severity

Defenseless Player





### QUESTION 31

Which of the following are examples of a player in a defenseless position?

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Choose one option then select Submit.

A1's head was down looking to scoop the ball, and A1 was unaware that he was about to be body checked by B1.

A1 was running to catch a pass, looking at the ball, and unaware that he was about to be body checked by B1.

B1 entered the field from the substitution area and body checked an unsuspecting A1.

- ✓ All are examples of a player in a defenseless position and must be assessed at least a 2-minute non-releasable penalty.



### QUESTION 32

How does a player foul out of a game?

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Choose one option then select Submit.

The player accumulates five minutes of total penalty time during the game.

The player accumulates two unsportsmanlike conduct penalties during the game.

- ✓ The player accumulates five minutes of personal fouls during the game.

The player accumulates three minutes of personal fouls during the game.



### QUESTION 33

A1 commits a flagrant unsportsmanlike act after the game has ended and the officials observe the violation. Ruling:

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Choose one option then select Submit.

Game is over, no foul, no call.

A1 is assessed a conduct foul by the officials and sternly admonished.

✓ A1 is ejected from the game and noted in the scorebook.

Report to the game administrator. This is now an internal team issue.



### QUESTION 34

A1 receives a second unsportsmanlike penalty for repeatedly committing the same technical foul. Ruling:

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Choose one option then select Submit.

A1 is ejected from the game and in-home serves one-minute releasable penalty..

✓ One-minute releasable penalty. Player remains in the game.

One, two or three-minute non-releasable penalty.

Three-minute releasable penalty.



### QUESTION 35

B1 is clearing the ball in the defensive alley when A1 runs through the crease.  
Ruling:

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Choose one option then select Submit.

- Flag down, technical foul.
- Flag down, unsportsmanlike conduct foul.
- No call, ball was not in the crease.
- Play-on. If the clear is successful, no call, play-on is over.



### QUESTION 36

On the faceoff, A1 clamps the ball to the ground with his crosse. B1 then pins A1's stick to the ground with B1's stick. Ruling:

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Choose one option then select Submit.

- Stalemate, allow play to continue.
- Holding on A1. A1 did not move the ball immediately.
- Holding on B1 even though the ball is loose and both players are within 5 yards of the loose ball.
- Stalemate, reface.



### QUESTION 37

A1 has possession of the ball. B1 pins the crosse of A1 to the ground with his own crosse, preventing A1 from performing a normal function. Ruling:

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Choose one option then select Submit.

Flag-down, slow-whistle for holding by B1.

✓ No call, legal play.

Immediate whistle for holding by B1. A1 ball.

Immediate whistle for holding by B1. B1 serves 30-seconds. Ball awarded to Team A.



### QUESTION 38

Which of the following would NOT be considered illegal procedure.

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Choose one option then select Submit.

Take part in the play of the game in any manner without the crosse.

✓ Throwing the crosse at an opposing player.

Throwing the crosse to a coach for a stick exchange.

Entering the field with a fifth long pole.



### QUESTION 39

Goalkeeper B1 leaves the field to serve a penalty. B2 enters the crease properly equipped but with a midfield crosse instead of a goalkeeper's crosse. Ruling:

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Choose one option then select Submit.

- B2 is properly equipped, restart the game.
- B2 must have a Goalkeeper's crosse; do not restart game until B2 has a legal goalkeeper's crosse.
- B1 may re-enter the game and the in-home may serve the penalty.
- Goalkeepers do not have to serve their own penalties.



### QUESTION 40

A1 in possession of the ball, with both hands on the crosse, raises a forearm and directs B1's crosse away from A1, creating space. Ruling:

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Choose one option then select Submit.

- Warding off, award ball to Team B.
- No call, legal play.
- Immediate whistle, crosscheck on A1.
- Immediate whistle, A1 serves 30 seconds for warding off.



## QUESTION 41

A1 in possession of the ball, with both hands on the crosse, raises a forearm and directs B1's body away from A1, creating space. Ruling:

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Choose one option then select Submit.

- ✓ Warding off, award ball to Team B.

Legal play, no call.

Immediate whistle, A1 serves 30 seconds for warding off.

Immediate whistle, A1 serves one-minute for a crosscheck



## QUESTION 42

During play, B1 slashes A1, flag down. After the whistle to stop play, A1 and A2 commit conduct fouls. Ruling:

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Choose one option then select Submit.

B1 serves a 1-minute releasable penalty. A1 and A2 serve 30 second releasable penalties, Team A is awarded the ball.

B1 serves a 1-minute releasable penalty, A1 serves no penalty, A2 serves a 30-second releasable penalty, Team B is awarded the ball.

B1 serves 1 minute (first 30 seconds non-releasable), A1 and A2 each serve 30-second non-releasable penalties, Team A is awarded the ball.

- ✓ B1 serves 1 minute (with the first 30 seconds non-releasable), A1 serves no time, A2 serves 30 seconds non-releasable, and Team B is awarded the ball.



### QUESTION 43

A1, with possession is slashed by B1. During the flag down, A2 interferes with B2, whistle stops play. Ruling:

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Choose one option then select Submit.

B1 serves 1 minute releasable, A2 serve 30 second releasable, Team A retains possession.

✓ B1 serves 1 minute releasable, A2 serves no penalty time, Team A retains possession.

B1 serves 1 minute (first 30 seconds non-releasable), A2 serves 30 seconds non-releasable, Team A retains possession.

B1 serves 1 minute (first 30 seconds non-releasable), A2 serves 30 seconds non-releasable, Team B awarded the ball.



### QUESTION 44

A1 with possession in the goal area is slashed by B1. What would end the flag down slow whistle situation?

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Choose one option then select Submit.

The player with possession steps out of the goal area.

The ball becomes loose.

✓ Team A commits a technical foul.

All of the above



#### QUESTION 45

A1 and B1 continue to push, shove and talk at each other after the whistle. Both players are penalized. Ruling:

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Choose one option then select Submit.

Offsetting conduct fouls, and a warning to each player.

1-minute unnecessary roughness on each player, penalty time is non-releasable.

1-minute non-releasable unsportsmanlike foul on each player.

- ✓ Any of the above depending on the severity of the actions, language and tone of the game as judged by the officials.



#### QUESTION 46

An opposing player may NEVER contact the stick of the goalkeeper while the goalkeeper's feet are in within the crease.

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Choose one option then select Submit.

TRUE

- ✓ FALSE



#### QUESTION 47

Officials should penalize unruly spectators in the stands.

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Choose one option then select Submit.

TRUE

- ✓ FALSE



QUESTION 48



If during any time in the game a team cannot put ten players on the field, the game is a forfeit.

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Choose one option then select Submit.

TRUE

FALSE



QUESTION 49

The only official who should ever explain anything to the Coaches is the Referee.

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Choose one option then select Submit.

TRUE

FALSE



QUESTION 50

An official should never interact or answer the question of an Assistant Coach.

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Choose one option then select Submit.

TRUE

FALSE



## EXAM RESULTS

You have taken the exam 1 time(s).

Your score on this attempt is 100% which means that you received a passing score. Go to the Certificate button (three dots) in the upper right corner of your screen. After receiving your certificate which will pop up in another tab, be sure to go back to the exam and exit out of the course by selecting the Exit Course button also located in the upper right corner of your screen. You must complete this step to retain your passing score.