

Test: 2026 EMLOA test

Points: 100 points

Name: _____

Score: _____

Date: _____

Signature: _____

Select multiple choice answers with a cross or tick:

Only select one answer

Can select multiple answers

Question 1 of 50

HS rules 2 pts

If a defensive player makes contact with an opponent's helmet with his body then the correct call is:

- A)** Official's discretion whether to call a penalty
- B)** Minimum one minute releasable
- C)** Minimum one minute non-releasable
- D)** Minimum two minutes non-releasable

Question 2 of 50

HS rules 2 pts

Cones should be placed at which of the following locations? (Check all that apply.)

- A)** The four corners of the field
- B)** Where the lines of the substitution box meet the sideline 5 yards from the midfield line
- C)** At the front corners of the team areas 10 yards from the midfield line and 6 yards from the field
- D)** On the midfield line on the bench side of the field
- E)** On the midfield line on the far side of the field
- F)** At the far end of each team's bench area

Question 3 of 50

HS rules 2 pts

Goaltender A1 chases a shot towards the end line but the ball is awarded to Team B. The official should give the goaltender five seconds to get back to his crease before restarting play.

- A) True
- B) False

Question 4 of 50

HS rules 2 pts

A horn is required at the table. Home team A does not have a horn at the table, but does have the ability to sound the scoreboard horn from the table. What is the ruling?

- A) This satisfies the rule.
- B) The horn is not physically at the table - illegal procedure against team A, game starts with team B possession at center X.

Question 5 of 50

HS rules 2 pts

Faceoff man A1 is not positioned properly after the official says "Down". Which of the following is proper officiating?

- A) If this is the first time A1 has done this, the official should fix his positioning.
- B) If A1 has done this before, the official should fix his positioning and warn him that repeated violations can result in a penalty.
- C) If after the warning A1 is again not positioned properly, the official could call A1 for delay of game and award the ball to Team B.
- D) All of the above

Question 6 of 50

HS rules 2 pts

A1 with possession of the ball is body-checked by B1 with direct contact to the head. A1's helmet comes off. Which of the following is correct? (Check all that apply.)

- A) Flag down
- B) Immediate whistle
- C) Slow whistle
- D) B1 serves one minute releasable.
- E) B1 serves one minute non-releasable.
- F) B1 serves a minimum of two minutes non-releasable.
- G) A1 must leave the field until the next dead ball after play restarts.
- H) Because his helmet came off due to a penalty, A1 may stay in the game.

Question 7 of 50

HS rules 2 pts

The ball goes out of bounds directly behind Team A's goal. After the whistle, B1 slashes A1 and is given one minute for slashing. Because the ball was going to restart behind the goal before the dead-ball penalty, the official restarts play at that spot.

- A) Correct ruling - after a dead ball, the restart spot does not move
- B) Incorrect ruling - all restarts after a penalty must be outside the box

Question 8 of 50

HS rules 2 pts

A1 has possession of the ball. Defensive player B1 legally body checks A1 but the impact causes B1's helmet to come off. Which of the following is correct?

- A) Immediate whistle
- B) B1 must leave the field until after the next dead ball
- C) B1 serves 30 seconds for illegal procedure
- D) Ball stays with Team A
- E) All of the above

Question 9 of 50

HS rules 2 pts

A1, without possession, jumps in the air, catches the ball, shoots. The ball enters the goal, and the A1 lands in the crease. What is the correct ruling?

- A) Good goal. A1 did not have possession when he left the ground and so it is not diving.
- B) No goal. A1 shot the ball while in the air and did not land outside the crease.

Question 10 of 50

HS rules 2 pts

Field player A1 is found to be playing without either 1) arm pads; or 2) a mouthpiece. What is the correct call in each case?

- A) Technical foul in either case
- B) Technical foul for arm pads, one minute non-releasable for mouthpiece
- C) One minute non-releasable for arm pads, technical foul for mouthpiece
- D) One minute non-releasable in either case

Question 11 of 50

HS rules 2 pts

Goalkeeper A1 is out of the goal when B1 gains possession. Defenseman A2 runs into the crease to try to stop a goal from being scored. Which of the following are correct? (Check all that apply.)

- A) Immediate whistle unless a shot is in flight.
- B) Hold the whistle until the shot ends if a shot is in flight.
- C) Technical foul against A2 for illegal procedure.
- D) One minute non-releasable penalty against A2 for unsportsmanlike conduct.
- E) One minute non-releasable penalty against A2 for illegal equipment.

Question 12 of 50

HS rules 2 pts

Goalkeeper A1 leaves the crease and then his crosse breaks. What is the correct procedure? (Check all that apply.)

- A) Immediate whistle.
- B) A1 may go to his bench, get a replacement crosse, and return to his crease.
- C) If A1 returns to his crease without a crosse, immediate whistle unless a shot is in flight, technical foul against A1.
- D) If A1 returns to his crease without a crosse, play continues - a goalkeeper may play without a crosse.
- E) If A1 participates in play outside the crease without a crosse, technical foul against A1 - play on or slow whistle depending on possession

Question 13 of 50

HS rules 2 pts

When and how will running time be used in a high-school game?

- A) When a team leads by 12 or more goals only in the fourth quarter, and once running time starts it does not stop except for a timeout or injury
- B) When a team leads by 12 or more goals only in the fourth quarter, and only while the lead remains 12 or more
- C) When a team leads by 12 or more goals in the second half, and once running time starts it does not stop except for a timeout or injury
- D) When a team leads by 12 or more goals in the second half, and only while the lead remains 12 or more

Question 14 of 50

HS rules 2 pts

A1 has the ball as the quarter is winding down. He shoots the ball, the horn sounds, and the ball goes in the net. In which of these situations is the goal NOT allowed?

- A) The ball deflected off a DEFENSIVE player BEFORE the horn sounded.
- B) The ball deflected off an OFFENSIVE player BEFORE the horn sounded.
- C) The ball deflected off a DEFENSIVE player AFTER the horn sounded.
- D) The ball deflected off an OFFENSIVE player AFTER the horn sounded.

Question 15 of 50

HS rules 2 pts

Team A carries the ball into their offensive half and the 10-second count begins. During the count, A1 passes the ball back into the defensive half of the field. What is the correct call?

- A) Immediate whistle for over-and-back
- B) Legal play but the 10-second count continues
- C) Legal play but begin a 20-second count to clear the ball
- D) Blow the whistle only if a Team A player touches the ball

Question 16 of 50

HS rules 2 pts

In which of these situations should the official NOT restart play?

- A) There is an offensive player within five yards of the player in possession
- B) There is a defensive player within five yards of the player in possession
- C) The goalkeeper is running to get back to the crease
- D) A player on the field has an arm pad that has come loose.

Question 17 of 50

HS rules 2 pts

A1 with possession of the ball and both hands on the crosse deliberately and violently runs over stationary defender B1. What is the correct ruling?

- A) Legal play
- B) Unnecessary roughness
- C) Warding
- D) Illegal procedure

Question 18 of 50

HS rules 2 pts

A1 with possession of the ball and both hands on the crosse uses his arm to push B1's a) body or b) stick. What is the correct ruling?

- A) Legal play in both instances
- B) Warding for contact to the body, legal play for contact to the stick
- C) Warding for contact to the stick, legal play for contact to the body
- D) Warding in both cases

Question 19 of 50

HS rules 2 pts

Which of the following is a slash? (Check all that apply.)

- A) A1 shoots the ball and his follow through accidentally hits B1 on the helmet.
- B) Goalkeeper A1 tries to draw a goalkeeper interference call by changing his follow through to make forcible contact with shoulder.
- C) A1 makes a pass and his follow through accidentally hits B1 in the back of the neck.
- D) B1 attempts to check A1's stick but instead makes slight contact with B1's helmet.
- E) B1 attempts to check A1's stick but instead accidentally strikes B1's helmet with a strong blow.
- F) B1 repeatedly strikes A1's gloved hand which is wrapped around the handle of his crosse.

Question 20 of 50

HS rules 2 pts

A1 is defending B1. B2 is stationary but has his stick parallel to the ground sticking out in front of him. A1 runs around B2's stick and continues defending B1. Is this an illegal screen?

- A) Yes, because B2 was not in legal screening position
- B) No, because there was no contact

Question 21 of 50

HS rules 2 pts

Within 5 yards of a loose ball, A1 has both hands on his crosse and B1 has his stick on A1's stick preventing A1 from reaching down to scoop the ball. What is the correct ruling?

- A) Illegal procedure
- B) Holding
- C) Cross-checking
- D) No call, legal play

Question 22 of 50

HS rules 2 pts

B1 is serving a releasable penalty and re-enters the game on his own (not told he is released by the table) before his penalty is over. Team A scores a goal. What is the correct ruling?

- A) No goal. Play should have stopped when the player entered the field early. B1 serves the remainder of his time plus 30 seconds, ball awarded to Team A.
- B) Goal. B1's original penalty is wiped out, and he serves 30 seconds for illegal procedure, faceoff.
- C) Goal. Both the original penalty and the penalty for leaving early are wiped out by the goal, faceoff.
- D) Goal. B1 serves one minute for unsportsmanlike conduct, faceoff.

Question 23 of 50

HS rules 2 pts

B1 is serving a releasable penalty and re-enters the game (on his own, not told he is released by the table) before his penalty is over. Team B has possession. Team B scores a goal, at which time the officials are notified that B1 re-entered early. What is the correct ruling?

- A) Goal. B1 serves the remainder of his time plus 30 seconds, faceoff.
- B) No goal. B1 serves the remainder of his time plus 30 seconds, ball awarded to team A.
- C) No goal. B1 serves the remainder of his time but no additional time, ball awarded to team A.
- D) No goal. B1 serves the remainder of his time but no additional time, ball stays with team B.

Question 24 of 50

HS rules 2 pts

B1 pushes A1, play on. While the ball is still loose, A1 slashes B1. What is the correct ruling?

- A) Simultaneous fouls. A1 serves one minute, B1's technical foul occurred during a loose ball so no time served. Award the ball to Team A.
- B) Simultaneous fouls. A1 serves one minute, B1's technical foul occurred during a loose ball so no time served. Award the ball to Team B.
- C) Simultaneous fouls. A1 serves one minute, B1 serves 30 seconds, first 30 seconds for A1 and all 30 seconds for B1 is nonreleasable, award the ball to Team B.
- D) A1's slash is ignored because it took place during a play-on where A was going to get the ball. No penalty time is served, award the ball to team A.

Question 25 of 50

HS rules 2 pts

Which of the following are a minimum of two minutes nonreleasable, with the option of three minutes or even ejection if egregious?

- A) Body-checking a player bent over to scoop a loose ball
- B) Body-checking a player whose head is turned away to receive a pass
- C) Body-checking a player from his blind side
- D) All of the above

Question 26 of 50

HS rules 2 pts

B1 slashes A1, flag down, slow whistle. A2 interferes with B2. What is the correct ruling?

- A) Immediate whistle. Simultaneous fouls. B1 serves one minute, team A serves no penalty time. Team A ball.
- B) Immediate whistle. Simultaneous fouls. B1 serves one minute, A2 serves 30 seconds, award the ball to team A since the flag down denotes possession.
- C) Immediate whistle. Simultaneous fouls. B1 serves one minute, A2 serves 30 seconds, award the ball to team B since the last foul was on team A.
- D) Let play continue as the personal foul overrides any technical fouls.

Question 27 of 50

HS rules 2 pts

B1 slashes A1, flag down, slow whistle. Ball comes loose and then A1 slashes B1. Both get one minute. What is the correct ruling?

- A) Immediate whistle. B1 serves one minute, team A serves no penalty time. Team A ball.
- B) Immediate whistle. Simultaneous fouls. Both players serve one minute, award the ball to team A since penalty times are the same and the flag down denotes possession.
- C) Immediate whistle. Simultaneous fouls. Both players serve one minute, award the ball to team B since the last foul was on team A.
- D) Let play continue as the conditions have not been met to end the slow whistle.

Question 28 of 50

HS rules 2 pts

B1 slashes A1, flag down, slow whistle. The ball comes loose. During the loose ball, B2 pushes A2. What is the correct ruling?

- A) Play on
- B) Immediate whistle, B1 serves one minute. B2's push awards the ball to team A.
- C) Second flag down, continue the slow whistle. When the whistle blows, B1 serves one minute and B2 serves 30 seconds.
- D) Second flag down, immediate whistle. B1 serves one minute and B2 serves 30 seconds.

Question 29 of 50

HS rules 2 pts

A1 passes to A2. While the ball is in flight B2 commits a personal foul. What is the correct ruling?

- A) Flag down, immediate whistle - foul occurred during a loose ball.
- B) Flag down, slow whistle - a passed ball is considered to still be in possession for this purpose

Question 30 of 50

HS rules 2 pts

B1 holds A1, flag down. As A1 is attacking the goal, B1 slashes A1 again, second flag down. A1 shoots and scores. What is the correct ruling?

- A) No goal. Second flag kills the play. B1 serves 90 seconds releasable. Ball awarded to Team A.
- B) Goal is good. An imminent scoring opportunity overrides the whistle for the second flag down until the opportunity is complete. B1 serves 90 seconds releasable. Faceoff.
- C) Goal is good. An imminent scoring opportunity overrides the whistle for the second flag down until the opportunity is complete. Goal wipes out the hold. B1 serves one minute releasable. Faceoff.
- D) Goal is good. An imminent scoring opportunity overrides the whistle for the second flag down until the opportunity is complete. Goal wipes out the hold. B1 serves one minute releasable. Ball awarded to Team A one step over midfield.

Question 31 of 50

HS rules 2 pts

After the whistle stops play, B1 slashes A1 and then A1 slashes B1. What is the correct ruling?

- A) A1 and B1 both serve one-minute penalties. The team that had possession or was entitled to possession keeps possession; if no possession, award via A.P.
- B) A1 and B1 both serve one-minute penalties. Award the ball to team A.
- C) A1 and B1 both serve one-minute penalties, Award the ball to team B.
- D) Offsetting penalties cancel each other out. Team that had possession or was entitled to possession keeps possession; if no possession, award via A.P.

Question 32 of 50

HS rules 2 pts

After the whistle stops play, A1 and B1 swing their sticks at each other at the same time. What is the correct ruling?

- A) A1 and B1 both serve one-minute penalties. The team that had possession or was entitled to possession keeps possession; if no possession, award via A.P.
- B) A1 and B1 both serve one-minute penalties. Award the ball to team A.
- C) A1 and B1 both serve one-minute penalties, Award the ball to team B.
- D) Offsetting penalties cancel each other out. Team that had possession or was entitled to possession keeps possession; if no possession, award via A.P.

Question 33 of 50

HS rules 2 pts

A1 holds B1, flag down, then A1 swears at the official and gets a one-minute non-releasable unsportsmanlike conduct penalty. 15 seconds after A1 starts serving his penalty time, Team B scores a goal. What is the correct ruling?

- A) The goal releases A1
- B) The goal ends the 30-second hold but there is still 45 seconds left on the USC
- C) The goal ends the 30-second hold but the full minute of the USC is still served.
- D) There is still 45 seconds left on the USC, and the 30-second hold will be served after it ends

Question 34 of 50

HS rules 2 pts

B1 slashes A1 recklessly, flag down, slow whistle. A1 retaliates with a slash, flag down, immediate whistle. B1 is given two minutes for slashing, A1 is given one minute for slashing. What is the correct administration of the penalties?

- A) All penalties are releasable, ball awarded to Team A because Team B has more penalty time.
- B) All penalties are releasable, ball awarded to Team B because Team A's penalty came last.
- C) A1's full minute and the first minute of B1's penalty are non-releasable. Ball awarded to Team A because Team B has more penalty time.
- D) A1's full minute and the first minute of B1's penalty are non-releasable. Ball awarded to Team B because Team A's penalty came last.

Question 35 of 50

HS rules 2 pts

A1 is awarded the ball and is ready to start. B1 is within 5 yards of him. Which of these is proper administration? (Check all that apply.)

- A) Hold the restart until B1 moves 5 yards away.
- B) Restart as soon as the officials are ready.
- C) Give B1 an immediate penalty for delay of game.
- D) Give B1 a penalty for illegal procedure only if he engages with A1 before moving 5 yards away.

Question 36 of 50

HS rules 2 pts

Team A has cleared the ball and touched the ball into the box. A1 tries to pass to A2 and it deflects off B1 and goes back into Team A's defensive half. A3 scoops it up in his defensive half. How is the timing handled?

- A) Team A has 10 seconds to touch the ball back into the box in the offensive half.
- B) Team A has 20 seconds to clear the ball across midfield and then 10 seconds to touch it into the box.
- C) Team A can keep the ball in their defensive half as long as they want, but must then touch it in within 10 seconds once they cross midfield.
- D) Team A can do whatever they want with no timing restrictions until Team B gains possession.

Question 37 of 50

HS rules 2 pts

Team A is ahead by two goals with 90 seconds left in the game and A1 has possession. Which of the following will NOT result in a turnover for stalling?

- A) A1 runs through the corner of the box
- B) A1 carries the ball across midfield and then throws (not shoots) the ball so that it rolls through the box into the alley
- C) A1 crosses midfield and throws (not shoots) the ball so that it hits teammate A2, who is standing in the box, and then bounces out of the box
- D) A1 passes the ball from his defensive half and it rolls untouched into the box, and then A2 kicks it out of the box.

Question 38 of 50

HS rules 2 pts

A1 body checks B1 but the initial contact is to the head or neck. What is the correct call?

- A) Legal play
- B) One minute releasable for illegal body check
- C) One minute non-releasable for indirect contact to the head or neck
- D) Two minutes non-releasable for contact to the head or neck, with the option of three minutes or ejection if excessive or targeted

Question 39 of 50

HS rules 2 pts

The ball is loose outside the crease. Goalkeeper B1, with one foot inside the crease, reaches out with his crosse to try to get it. Which of these will NOT result in goalkeeper interference? (Check all that apply.)

- A) A1 checks the portion of B1's crosse that is inside the crease.
- B) A1 checks the portion of B1's crosse that is outside the crease.
- C) A1's stick makes light contact with B1's leg that is inside the crease.
- D) A1's stick makes light contact with B1's leg that is outside the crease.
- E) B1 initiates contact with A1.

Question 40 of 50

HS rules 2 pts

In which of these situations can the attacking team restart inside the box? (Check all that apply.)

- A) A pass is deflected off of the defense out of bounds behind the net.
- B) A shot goes out of bounds behind the net and the offense is closest to it when and where it goes out.
- C) The defense is called for a push behind the net.
- D) The offense calls a live-ball timeout while the ball is in their possession behind the net.
- E) The offense calls a timeout after the ball went out of bounds behind the net off the defense.

Question 41 of 50

HS rules 2 pts

On the faceoff A1 clamps the ball and the ball becomes stuck in the back of A1's crosse. What is the correct call?

- A) Reface
- B) Award the ball via alternate possession
- C) Stop play and give the ball to Team A
- D) Stop play and give the ball to Team B

Question 42 of 50

HS rules 2 pts

A1 has possession and is being guarded by B1 when A1's glove comes off. What is the correct procedure?

- A) Immediate whistle. Team A keeps the ball.
- B) Immediate whistle. Award the ball to Team B.
- C) Immediate whistle. A1 serves one minute for playing without a glove.
- D) Allow play to continue, have A1 put his glove back on at the next dead ball.

Question 43 of 50

HS rules 2 pts

A1 has possession and is being guarded by B1. B1's glove falls off. What is the correct administration?

- A) Immediate whistle. Team A keeps the ball.
- B) Immediate whistle. B1 serves 30 seconds for illegal procedure.
- C) Immediate whistle. B1 serves one minute for not having required equipment.
- D) Continue play. B1 puts his glove back on at the next dead ball.

Question 44 of 50

HS rules 2 pts

Team A is man down and A1 has possession as the quarter is winding down. B1 slashes A1, flag down, then the quarter ends. How is possession awarded to start the next quarter?

- A) Team A's ball
- B) Team B's ball
- C) Alternate possession
- D) Faceoff

Question 45 of 50

HS rules 2 pts

The teams are at equal strength as the quarter is winding down. B1 slashes A1, flag down, the ball comes loose and while it is loose the quarter ends. How is possession awarded to start the next quarter?

- A) Team A's ball
- B) Team B's ball
- C) Alternate possession
- D) Faceoff

Question 46 of 50

HS rules 2 pts

After a faceoff, in which of these situations are the players (other than the wing players) NOT released

- A) The ball goes out of bounds and it can be determined who last touched it.
- B) The ball crosses a restraining line.
- C) The whistle blows because a player commits a technical foul.
- D) The whistle blows because a player commits a personal foul.
- E) A player gets possession of the ball.

Question 47 of 50

HS rules 2 pts

Faceoff man A1 wins the faceoff, passes the ball, and runs to the sideline to exchange his stick. Which of these is a LEGAL stick exchange? (Check all that apply.)

- A)** Someone on Team A stands in the substitution box and exchanges sticks with A1.
- B)** Someone on Team A stands in the coaches' area in front of Team A's bench and exchanges sticks with A1.
- C)** Someone on Team A runs down to the coaches' area in front of Team B's bench and exchanges sticks with A1.
- D)** A1 runs through the substitution box to the bench area and picks up a new stick.
- E)** A1 runs through the coaches' area to the bench area and picks up a new stick.
- F)** Someone on Team A steps onto the field and exchanges sticks with A1.
- G)** A1, while 5 yards from the sideline, tosses his stick to someone on the sideline, who tosses a new stick to A1.

Question 48 of 50

HS rules 2 pts

A1 is bent over with his head down to scoop a loose ball when B1 approaches from the side and body checks A1, without excessive contact, shoulder to shoulder. What is the correct call?

- A)** Legal play - any non-excessive body check from the side with contact from shoulder to hip is legal
- B)** Pushing - technical foul, ball awarded to Team A
- C)** Illegal body-check - one-minute releasable penalty
- D)** Check on a defenseless player - one-minute non-releasable penalty
- E)** Check on a defenseless player - minimum two-minute non-releasable penalty

Question 49 of 50

HS rules 2 pts

A1 with possession is clearing the ball in his defensive half of the field. In which of these situations does the 20-second count reset? (Check all that apply.)

- A)** The ball comes loose and remains in the defensive half and is picked up by A2.
- B)** A1 passes to A2. The ball is deflected by B1 but A2 catches it, still in the defensive half.
- C)** A1 passes to A2. The ball is deflected by B1 and goes out of bounds in the defensive half, ball awarded to Team A.
- D)** The ball comes loose and B1 pushes A1, causing a play-on which ends when A2 picks up the ball, still in the defensive half.
- E)** B1 slashes A1, flag down, slow whistle.
- F)** Team A calls a timeout.
- G)** The ball comes loose, crosses the midfield line, and then is kicked back into the defensive half by A4 and picked up by A1.

Question 50 of 50

HS rules 2 pts

In which of the following situations does A1 NOT have to leave the field until after the next dead ball?

- A)** A1 is legally checked in the chest by B1, causing A1's helmet to come off.
- B)** A1 is pushed from behind by B1 and falls down, causing A1's helmet to come off. B1 is given 30 seconds for pushing.
- C)** B1 slashes A1 causing A1's helmet to come off. B1 is given one minute releasable for slashing.
- D)** B1 checks A1 in the chest and the check rides up to the head causing A1's helmet to come off. B1 is given one minute nonreleasable for an illegal check with indirect contact to the head.
- E)** A1 is defending B1 when B1 runs over him, causing A1's helmet to come off. B1 is called for unnecessary roughness, one minute releasable.
- F)** B1 launches himself at A1's head, causing A1's helmet to come off, and is called for targeting and given three minutes non-releasable and ejected.
- G)** A1 must leave the field until the next dead ball in ALL of the above situations.