



2022 Field Hockey Exam

1. A White team player sends a safe aerial ball to a teammate who is the clear receiver as no other player is within 5 yards. A Blue team player, who is 10 yards away at the time the ball is played in the air, rushes closer than 5 yards toward the White team player about to receive the ball. The official shall:
 - A. Allow play to continue regardless of what happens, using the advantage rule.
 - B. Blow the whistle before the ball falls and give a free hit to the Blue Team where the ball was played in the air.
 - C. Allow the ball to fall to the ground then blow the whistle if danger occurs.
 - D. Blow the whistle before the ball falls and give a free hit to the White Team where the ball landed.

2. The goalkeeper may substitute:
 - A. From the 25-yard line during a stoppage in play and with time stopped.
 - B. From the 50-yard line on the fly.
 - C. From the substitution area with the time stopped.
 - D. Behind the end lines, between the sidelines and the edge of the circle and with time stopped.

3. A player can use a self-pass when:
 - A. Taking a 16-yard hit.
 - B. Taking a center pass.
 - C. Inserting a penalty corner.
 - D. Both A & B.

4. A game shall consist of:
 - A. Two equal halves 30 minutes in length with a 10-minute halftime. No team time-outs permitted.
 - B. Four 15-minute quarters with a two-minute intermission between quarters. No team time-outs permitted.
 - C. Four 15-minute quarters with a 2-minute intermission between quarters. Additionally, one 90-second time-out per team is permitted.
 - D. Four 15-minute quarters, two-minute intermission between quarters 1 & 2, 3 & 4, and a halftime of no more than 10 minutes. Additionally, one 90-second time-out per team is permitted.

5. During the second quarter, due to extreme weather and deteriorating field conditions, a game has to be stopped and cannot be completed. The officials shall:
 - A. Note the time.
 - B. Note the score.
 - C. Recommend the game shall resume at the point of interruption.
 - D. All of the above.

6. Coaches may substitute:
- A. During an injury time-out.
 - B. Only one player at a time.
 - C. Any number of players as long as the correct procedures are followed.
 - D. Both A and C.
7. An attacker races to the sideline to keep the ball from going out of bounds but falls to the knees. While on the knees, the attacker safely plays the ball before it crosses over the sideline. The official shall:
- A. Stop play and give a free hit to the opposing team.
 - B. Allow play to continue.
 - C. Stop play, green card the player for dangerous play, and give a free hit to the opposing team.
 - D. Restart the game with a side-in to the opposing team.
8. The visiting team arrives with only seven eligible players, including a goalkeeper, able to start the game. The officials:
- A. Allow the game to be played but declare a forfeit at the end of the game.
 - B. Declare a forfeit before the game begins.
 - C. Allow the game to be played.
 - D. Assess a misconduct penalty to the head coach using the card progression.
9. An official observes a player wearing a religious medal hanging from the player's neck. The official shall:
- A. Assess a misconduct penalty to the head coach using the card progression. Remove the player from the game and have the player tape the medal under the uniform.
 - B. Assess a misconduct penalty to the player using the card progression. Remove the player from the game and have the player tape the medal under the uniform.
 - C. Do nothing.
 - D. Remove the player from the game and have the player tape the medal under the uniform.
10. A player is wearing a white tooth and mouth protector that also covers the lips. The official shall:
- A. Card the coach and remove the player until the player is able to comply with the rule.
 - B. Do nothing, this is legal.
 - C. Card and remove the player until the player is able to comply with the rule.
 - D. Card the coach and the player and remove the player until the player is able to comply with the rule.
11. The scorer is responsible for:
- A. Maintaining a record of the goals scored and by whom.
 - B. Recording the lineups and rosters for each team, including names and numbers, prior to the game and reviewing them with officials.
 - C. Keeping statistics on shots at goal for each team.
 - D. Both A and B.

12. An official removes a field player for illegal equipment. Who should receive a card for misconduct?
- A. The player.
 - B. The head coach.
 - C. The captain.
 - D. No one.
13. When defending a penalty corner, players who choose to wear a form of face protection may:
- A. Wear a face mask for the duration of the penalty corner.
 - B. Toss the face mask over the end line or sideline after the penalty corner.
 - C. May choose to wear goggles.
 - D. All of the above.
14. A player continues air dribbling as a defender approaches within playing distance. The official shall:
- A. Award the defense a free hit.
 - B. Award a penalty corner.
 - C. Allow the game to be played.
 - D. Card the attack player and award defense a free hit.
15. When a goalkeeper and additional players are in the substitution area, the official shall:
- A. Stop time at the next stoppage in play to allow the goalkeeper substitution.
 - B. Not allow field players to substitute until play restarts.
 - C. Not allow field players to substitute until time-out is called.
 - D. Both A and C.
16. Play has been stopped for an injury time-out while the ball is in the circle during a penalty corner. No foul occurred. The official shall:
- A. Award a bully.
 - B. Award a 16-yard hit to the team defending team.
 - C. Award a 25-yard hit to the attacking team.
 - D. Replay the penalty corner.
17. A defender makes a desperate goal-line save and the ball is deflected over the end line.
- A. Play is restarted with a 25-yard hit for the attacking team.
 - B. A penalty corner is awarded.
 - C. A penalty stroke is awarded.
 - D. Play is restarted with a 16-yard hit for the defending team.
18. A player on the defending team dangerously swings the stick at the attacker who is in the circle about to shoot on goal and who must abort the shot to avoid the defender's stick. The official shall:
- A. Award a penalty corner.
 - B. Award a penalty stroke.
 - C. Let play continue.
 - D. Award a 25-yard hit.

19. A player on the defending team deliberately strikes the opponent's stick while attempting to tackle inside the 25-yard line. The official shall:

- A. Award a 16-yard hit.
- B. Award a penalty corner.
- C. Award a penalty stroke.
- D. Award a 25-yard hit.

20. Obstruction occurs when:

- A. A player's body or stick keeps an opponent from attempting to play the ball.
- B. A player with the ball prevents an opponent's tackle by shielding the ball with the stick.
- C. A third player takes a position between an opponent and the ball so the player's teammate has the opportunity to play the ball.
- D. All of the above.

21. The attacking team is awarded a free hit below the 25-yard line. A player of the defending team is 3 yards from the player taking the free hit, but makes no attempt to play the ball or influence play. The official shall:

- A. Allow play to continue.
- B. Award a penalty corner to the attacking team.
- C. Award a penalty corner to the attacking team and card the defender.
- D. Award a free hit to the defending team.

22. In open-field play, an attack player enters the circle and is 7 yards from the goalkeeper defending in front of the goal, with no defense players between the attack player and the goalkeeper/goal. The player flicks the ball into the upper right corner of the goal cage past the goalkeeper's helmet. The official shall:

- A. Disallow the goal because the flick was dangerous.
- B. Allow the goal.
- C. Disallow the goal because it did not cross the goal line at 18 inches or less.
- D. Card the attack player for dangerous play.

23. A penalty corner is awarded when:

- A. The defending team commits a foul inside the circle.
- B. The attacking team commits a foul inside the 25-yard line.
- C. A player from the defending team intentionally hits the ball over the end line.
- D. Both A and C.

24. A penalty stroke shall be awarded when in the official's opinion:

- A. A defending team player intentionally plays the ball over the end line, inside and near the edge of the circle.
- B. A deliberate foul is committed by a defender inside the circle which stops a potential goal or deprives an attacker of actual or likely possession of the ball.
- C. Flagrant unsportsmanlike conduct is displayed by a coach or nonplaying team personnel.
- D. Both B and C.

25. An assistant coach is moving along the sideline in a distracting manner and commenting loudly about what the coach believes are fouls that are occurring on the field. The official shall:
- A. Issue a red card to the head coach.
 - B. Issue the appropriate card to both the assistant coach and head coach.
 - C. Issue the opponent a free hit.
 - D. Remove the assistant coach from the team area.
26. A spectator for the Red Team starts screaming profanities at the coach of the Blue Team. The official shall:
- A. Remove the spectator from the venue.
 - B. Stop the clock and request assistance from the game manager/administrator.
 - C. Allow play to continue.
 - D. Award the Red Team coach a red card.
27. After a goal is scored in the first two minutes of overtime by the Blue Team, it is determined that the Blue Team was playing with a player who was given a five-minute yellow card with 45 seconds left in regulation.
- A. The official disallows the goal and awards the Red Team a 16-yard free hit.
 - B. The official stops the game clock, removes the ineligible player from the field to serve out the suspension and cards the Blue Team's head coach.
 - C. The goal is allowed, and suspensions of players do not carry over from regulation to overtime.
 - D. Both A and B.
28. When awarded a 16-yard hit a player can pass the ball to teammates using all of the following except:
- A. An aerial ball.
 - B. A forehand sweep.
 - C. A chip hit, to raise the ball far upfield.
 - D. A reverse push.
29. During the game, the head coach paces in front of the team line, from the center line to the 25-yard line. The official shall:
- A. Do nothing. The coach is permitted in this area.
 - B. Wait for the next stoppage of play and issue the appropriate card to the head coach.
 - C. Stop play and immediately issue the appropriate card to the head coach.
 - D. Wait for the next stoppage of play, eject the coach.
30. Before the game, when meeting with captain(s) and head coach from each team, the umpire shall proceed with all of the following EXCEPT:
- A. Introductions.
 - B. Coin toss for choice of goal or possession of ball.
 - C. Review of ground conditions.
 - D. Review cardable offenses.

31. A suspended player:
- A. Shall serve the suspension at the scorer's table on the same side as the player's team bench.
 - B. Is a player who has received a green or yellow card.
 - C. May be coached during the time the player is suspended.
 - D. All of the above.
32. If a field player is seriously injured and unable to resume play the official shall:
- A. Stop time and take an official's time-out.
 - B. Replace the injured player immediately.
 - C. Tend to the player.
 - D. Allow play to continue.
33. During a legal substitution:
- A. Substituting players can enter the field from any access point.
 - B. The game clock is stopped.
 - C. A team may substitute any number of players.
 - D. A substitute may enter the field before the player being replaced has left the field of play.
34. There shall be no substitutions prior to a penalty corner. Exceptions include:
- A. A substitution for a player who is ill or injured.
 - B. A substitution for a player who is out with a yellow card.
 - C. A substitution for a disqualified or suspended goalkeeper. Note: the team shall reduce the number of field players by one.
 - D. Both A and C
35. The attacker drives the ball on goal but as it is halfway across the line, a defender safely clears the ball out with the stick while laying on the ground. The official shall:
- A. Administer a penalty stroke. The defender is not allowed to play the ball while on the ground.
 - B. Signal a Goal. As long as the ball touches the goal line it is a goal.
 - C. Administer a green card to defense for playing the ball while on the ground.
 - D. Play on. The whole ball must cross the goal line to be a goal and no foul was committed.
36. The attack team has been awarded a 25-yard hit and places it just above the 25-yard line. The player immediately hits the ball into the circle. The official shall:
- A. Allow play to continue since the attacker took it above the line.
 - B. Administer a free hit to the defense at the location where it entered the circle.
 - C. Allow attack to reset the 25-yard hit in the correct place.
 - D. Award free hit to the defense at the 25-yard line.

37. A defender uses the edge of the stick to sweep the ball away from an attacker ready to shoot on goal, depriving the attacker of possession. The official shall:
- A. Award the attack a penalty stroke.
 - B. Award the attack a penalty corner and card the defender.
 - C. Award the attack a penalty corner.
 - D. Allow play to continue.
38. A Red Team player executes an aerial pass to a teammate 25 yards away. Midway in flight, the ball is intercepted by a White Team player. The official shall:
- A. Card the White Team player for a deliberate foul.
 - B. Allow play to continue.
 - C. Whistle immediately and award a free hit to the Red Team at the spot of the interception.
 - D. Whistle immediately, warn the White Team player, and award a free hit to the Red Team at the spot of the intended Red Team receiver.
39. Very early in the game, a Red Team attacker with the ball outside the 25-yard area, is approaching a White Team defender who has the stick on the ground ready to tackle. The attacker pushes the ball past the defender and runs into the player who didn't have time to move. The attacker showed no attempt to run around the defender. The official shall:
- A. Allow play to continue.
 - B. Award a free hit to the Red Team.
 - C. Award a free hit to the White Team.
 - D. Award a free hit to the White Team and a warning to the Red Team player that it is illegal to charge through a player.
40. A free hit is awarded to the White Team. After the official has blown the whistle, the ball travels 10 yards forward and a White Team player takes the hit from there. The official shall:
- A. Allow play to continue.
 - B. Give the White Team player taking the free hit a yellow card.
 - C. Make the White Team retake the free hit to allow the Blue Team to get set.
 - D. Make the White Team retake the free hit back 10 yards, where the foul occurred.
41. A Blue team attacker enters the circle on a breakaway and hits the ball high toward the goal. The ball crosses the goal line at shoulder height between the goalkeeper and a defender who was standing alone in goal to help. The official shall:
- A. Award a 16-yard free hit to the defense for dangerous ball.
 - B. Award a penalty corner.
 - C. Award a goal to the Blue team.
 - D. Award a free hit to the Blue team just outside the circle.
42. The Red Team is awarded a free hit just inside the 25-yard line. Player A pulls the ball back, less than 1 yard over the 25-yard line, then changes direction toward the goal. One yard inside the 25-yard line, Player A drives the ball into the circle. The official shall:
- A. Award a 16-yard free hit to the opposing team at the point where the ball crossed the circle.
 - B. Allow the play to continue.
 - C. Award a free hit to the opposing team where the free hit was taken by Player A.
 - D. Reset the free hit and allow the Red Team to start again.

43. A defender hit the ball intentionally over the endline and a penalty corner is given. Prior to the insertion of the ball on a penalty corner:
- A. The official shall stop the clock, then restart it when the teams are ready to play.
 - B. The goalkeeper must stand with both feet touching the goal line.
 - C. The inserter must place the ball on the mark 10 yards from the goal cage on the side of the goal where the defender hit the ball over the endline.
 - D. A defender may stand outside the goal cage with feet, hands, and stick behind the endline, and be at least 5 yards away from the inserter.
44. An attack player in the circle contacts the ball with the round side of the stick, scoring a goal. The official shall:
- A. Allow the goal.
 - B. Award the defending team a free hit.
 - C. Award the attacking team a penalty corner.
 - D. Give the attacking player a green card.
45. Prior to the insertion of the ball on a penalty corner, the goalkeeper shall:
- A. Stand behind the end line with the stick, hands and feet not touching the ground inside the circle.
 - B. Indicate readiness to play to the official.
 - C. Elect to go to the 50-yard line and have a field player come to the goal cage to defend on the corner.
 - D. Ask the official to explain why the penalty corner was given, to later explain it to the coach.
46. The White Team inserts the ball on a penalty corner, but it does not completely come out of the circle. The official shall:
- A. Blow the whistle and reset the penalty corner.
 - B. Blow the whistle and award the Red Team a 16-yard free hit.
 - C. Allow play to continue.
 - D. Verbally tell the players the ball did not come out of the circle.
47. When the ball is inserted on a penalty corner, the ball travels beyond the broken circle. The ball is then played into the circle. The shot at goal crosses the goal line above the 18-inch boards without posing a danger to any players. The official shall
- A. Award a 25-yard hit to the attacking team.
 - B. Allow the goal.
 - C. Award a 16-yard hit to the defending team.
 - D. Reset the penalty corner.
48. During a penalty corner, the inserter feints at inserting the ball, causing a defensive player on the end line to enter the field of play. The official shall:
- A. Send the inserter to the center line. Allow a new inserter.
 - B. Send the defender to the center line. Allow a replacement at the end line.
 - C. Award a card to the inserter and send that player to the center line. Allow a new inserter.
 - D. Award a card to the coach, send the inserter to the center line, and allow a new inserter.

49. Prior to the penalty stroke, the goalkeeper and stoker have indicated readiness. The stoker fails to take the stroke within five seconds of the official's whistle. The official shall:

- A. Replace the stoker.
- B. End the penalty stroke.
- C. Card the coach for misconduct.
- D. Card the player for misconduct.

50. Well into the game, a penalty corner is awarded. The inserter runs up to the end line and has both feet on the playing field as the ball is inserted. The team had been warned and corrected earlier in the game about proper foot placement on a penalty corner. The official shall:

- A. Allow play to continue.
- B. Card the inserter for delay of game.
- C. Award the defending team a 16-yard hit.
- D. Send the offending inserter to the center line and call for a new inserter.

Video Question 51 Link - - <https://nfhs.box.com/s/uarw4ke9hwvmd6v1ku9bjfrxohf0bab>

51. A goal has been scored and the ball has been brought to the center of the field. What call should the official make?

- A. Legal play, whistle starts the game.
- B. Reset center pass for the White Team, caution players to remain inside until the ball is played.
- C. White Team foul, hold whistle for Blue Team possession/advantage.
- D. White Team violation, free hit for Blue Team at center.

Video Question 52 Link - - <https://nfhs.box.com/s/p05wcu134lsgs23evcqfihguqi7dZX239>

52. Grey Team is awarded a free hit. An aerial pass is used to restart play. What call should the official make?

- A. Free hit for Grey Team at the spot where the ball would land.
- B. Free hit for White Team at the spot where the ball would land.
- C. Free hit for Grey Team at the spot of the lift.
- D. Bully, both players are playing dangerously.

Video Question 53 Link - - <https://nfhs.box.com/s/ug6ukcijo8pqu7j98mwl3ldyieg8p2m>

53. A Green Team attack player takes a side in at the 5-yard line. What call should the official make?

- A. Side-in violation below the 25, free hit for White Team at the spot of the hit.
- B. Side-in violation below the 25, free hit for the White Team up to 16 yards in line with the spot of the foul.
- C. Green Team stick interference foul in the circle, White Team free hit up to 16 yards from the spot of the foul.
- D. No fouls, play on.

Video Question 54 Link - - <https://nfhs.box.com/s/862ob04xb5fkqdm0k40h66c9y5cnj37x>

54. White Team is awarded a free hit. An aerial pass is used to restart play. What call should the official make?

- A. No foul, play on.
- B. White Team free hit at the spot where the ball landed.
- C. Blue Team free hit at the spot where the ball landed.
- D. Blue Team free hit at the spot of the lift.

55. White Team is awarded a free hit. An aerial pass is used to restart play. What call should the official make?

- A. No foul, play on.
- B. Free hit for Blue Team at the 16-yard line.
- C. Free hit for White Team at the 16-yard line.
- D. Award a penalty corner.