

## 2025 NFHS Football Rule 2 Exam

### Multiple Choice Questions

1. What is the definition of a "catch"?

- A. Securing possession of a live ball in flight with one hand only.
- B. Securing possession of a live ball in flight and returning to the ground inbounds.
- C. Hitting a ball in flight with the hand.
- D. Recovering a grounded ball.

[Rule 2-4-1]

2. Which of the following is a legal forward pass?

- A. A pass thrown from behind the line of scrimmage to a teammate behind the passer.
- B. A pass thrown after the runner has crossed the neutral zone.
- C. A pass thrown from behind the neutral zone to a teammate beyond the neutral zone.
- D. A backward pass caught in the air.

[Rule 2-31-2]

3. A "muff" is best defined as:

- A. An unsuccessful attempt to catch or recover a ball that is touched.
- B. A fumble that rolls out of bounds.
- C. A kick that is not caught cleanly.
- D. A pass that is intentionally dropped.

[Rule 2-27]

4. Which best describes a "fumble"?

- A. A ball intentionally grounded by the quarterback.
- B. The accidental loss of player possession when the ball is live.
- C. A backward pass.
- D. A legal handoff.

[Rule 2-18]

5. The neutral zone is established:

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- A. By the players on each team.
- B. Once the quarterback begins the cadence.
- C. After the snap.
- D. When the ball is marked ready for play and extends from sideline to sideline.

[Rule 2-28-2]

6. Blocking below the waist is legal:

- A. Anywhere on the field.
- B. Only by linemen in the free-blocking zone during specific conditions.
- C. During kickoffs.
- D. On a pass play beyond the line of scrimmage.

[Rule 2-17-2]

7. A 'chop block' is defined as:

- A. A high block followed by a low block by any players.
- B. Any block at or below the waist.
- C. A delayed hit to the back of the leg.
- D. A block that occurs after the whistle.

[Rule 2-3-8]

8. When is a player considered 'down'?

- A. When their helmet comes off.
- B. When the ball is fumbled.
- C. When any part of the body except hands or feet touches the ground while in possession of the ball.
- D. When the player is pushed out of bounds.

[Rule 2-41-1]

9. A 'scrimmage kick' includes all of the following except:

- A. A punt on fourth down.
- B. A drop kick on second down.
- C. A place kick used for a field goal.

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D. A free kick after a safety.

[Rule 2-24-1]

10. A 'series' is defined as:

- A. The act of lining up for a play.
- B. Three downs to gain a first down.
- C. A maximum of four consecutive downs.
- D. All plays between kickoffs.

[Rule 2-40-1]

11. A 'live ball' becomes dead when:

- A. It is recovered by the offense.
- B. It is fumbled.
- C. The runner is tackled and the ball is not loose.
- D. The play is in progress.

[Rule 2-16-1]

12. Which of the following best describes 'batting' the ball?

- A. Throwing the ball forward.
- B. Slapping or striking it with the hand or arm.
- C. Letting the ball drop and bounce.
- D. Catching the ball and dropping it.

[Rule 2-2]

13. A 'forward pass' is considered complete when:

- A. It is caught and controlled by a player of the passing team while inbounds.
- B. It is touched by a defender.
- C. It is muffed.
- D. It hits the ground.

[Rule 2-31-4]

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14. What defines a 'blindside block'?

A. A block delivered while facing the opponent.

B. A block against an opponent who does not see it coming and is forcibly contacted outside the free-blocking zone.

C. Any block from behind.

D. A block during a timeout.

[Rule 2-3-10]

15. The free-blocking zone disintegrates when:

A. The ball is snapped.

B. The quarterback receives the snap.

C. The ball leaves the zone.

D. A player is in motion.

[Rule 2-17-1]

### True/False Questions

16. A player is considered to have possession of the ball when it is first touched. [Rule 2-2]

17. A backward pass is considered a fumble if not caught. [Rule 2-18, 2-31-5]

18. Clipping is defined as blocking a player from the front below the waist. [Rule 2-5]

19. A player who catches a forward pass and is immediately downed has made a legal catch. [Rule 2-4]

20. A player can legally bat a ball forward to gain an advantage. [Rule 2-2]

21. A backward pass may be batted in any direction by any player. [Rule 2-2]

22. Blocking a player in the back is always legal in the free-blocking zone. [Rule 2-5]

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23. A kick ends when a player gains possession or the ball becomes dead. [Rule 2-24]

24. A player may advance a muffed kick. [Rule 2-27]

25. An intentional grounding results in a fumble. [Rule 2-18]