

NFHS Rule 5 – Personal and Ejection Fouls - 2019

1. A1 is in possession of the ball as B1 initiates a body check. Just before contact is made, A1 turns his back to avoid B1. Which of the following would not result in a penalty against B1?
 - a. B1 hits A1 below the waist.
 - b. B1 cross checks A1, delivering a blow with the handle of his crosse.
 - c. B1 hits A1 from behind.
 - d. None of the above would result in a penalty.

2. Which of the following would be considered body checking a defenseless player?
 - a. Body checking a player who has his head down in an attempt to play a loose ball.
 - b. Body checking a player from his blind side.
 - c. Body checking a player whose head is turned away to receive a pass, even if that player turns toward the contact immediately before the body check.
 - d. All of the above.

3. A two or three-minute, non-releasable penalty or ejection if excessively violent should be called on which of the following fouls:
 - a. A player initiates contact to an opponent's head or neck with a cross-check or with any part of his body, including what would have been a legal check that slides up into or follows through to the head/neck.
 - b. A player delivers an excessive, violent, or uncontrolled slash to the head/neck.
 - c. A player, including an offensive player in possession of the ball, blocks an opponent with the head or initiates contact with the head (known as spearing).
 - d. All of the above.

4. If a crosse does not conform to required specifications, the proper penalty is:
 - a. Any and all crosse violations result in a three-minute non-releasable penalty and the crosse will remain in the table area for the remainder of the game.
 - b. A deep pocket will result in a three-minute non-releasable penalty and the crosse will be held at the table area for the remainder of the game.
 - c. Any crosse violation, except a deep pocket, will result in a three-minute releasable penalty and the crosse may return to the game once the problem is corrected.
 - d. Any crosse violation, except a deep pocket, hanging strings or missing end cap, will result in a three-minute non-releasable penalty and the crosse will remain in the table area for the remainder of the game.

5. B3 scores a goal and the official sees him adjust the strings before the official is able to ask him for his crosse. What is the correct ruling?
 - a. One-minute releasable penalty and the goal is disallowed.
 - b. One-minute non-releasable penalty and the goal is disallowed; the equipment check continues.
 - c. One-minute releasable penalty and the goal is allowed; the equipment check continues.
 - d. One-minute non-releasable penalty and the goal is allowed.

6. During an equipment inspection on A1, officials find a crosse that measures 6 inches across the top of the head and the pocket is too deep. What is the correct ruling?
 - a. A1 serves a 30 second technical foul and the crosse is not allowed back in the game.
 - b. A1 serves a one-minute non-releasable foul and once corrected, the crosse is allowed back in the game.
 - c. A1 serves a 3-minute non-releasable foul and the crosse must remain at the table for the rest of the game.
 - d. A1 serves a 4-minute releasable foul and the crosse is allowed back in the game.

7. During play or during an equipment check, it is discovered that B1 (not the goalie) is not wearing shoulder pads. What penalty should be applied?
 - a. 30-second technical foul.
 - b. 1-minute releasable foul.
 - c. 1-minute non-releasable foul.
 - d. 3-minute non-releasable foul.

8. Striking an opponent with the crosse anywhere other than the crosse or gloved hands holding the crosse is a "slash," except when committed by the player in the act of:
- Passing
 - Shooting
 - Attempting to scoop.
 - All of the above.
9. Goalkeeper B1 makes a save. B1, while still in the crease, throws a pass and changes his natural follow through and violently strikes A1 on the helmet. What is the correct call?
- Interference against A1; the goalkeeper is entitled to a follow-through; free clear for Team B.
 - Interference against A1; the goalkeeper is entitled to a follow-through; Team B restarts 20 yards laterally from the goal.
 - Flag down, B1 slashed and will serve a one, two, three-minute personal foul.
 - No foul
10. Unnecessary roughness includes which of the following?
- Excessively violent holding or pushing.
 - Deliberate and violent contact against an offensive player who has established a screening position.
 - Delivering a check with a punching blow.
 - All of the above.
11. During a dead ball, players A1 and B1 enter into an argument severe enough to draw a flag on both players. The result will be:
- Offsetting conduct fouls.
 - No penalty since it was a dead ball situation.
 - Unsportsmanlike conduct fouls on A1 and B1.
 - Either (a) or (c).
12. A player is considered to have fouled out of the game and not considered ejected in which situation(s)?
- A player who accumulates five minutes of personal fouls.
 - A player who accumulates five fouls.
 - A player who receives a second, non-releasable, unsportsmanlike conduct foul.
 - Answers (b) and (c).
13. Which of the following would result in the assessment of an ejection foul on a coach or player?
- He receives two non-releasable unsportsmanlike conduct penalties.
 - He leaves the bench area during a fight.
 - He deliberately strikes another player after the end of the game.
 - All of the above.
14. Team A is leading with 1:40 remaining in the fourth period. B1 slashes A1 and a flag is thrown. Team A has the ball in the goal/attack area and then B2 cross-checks A2. What is the proper procedure?
- Flag down on the cross-check and play continues until Team A loses possession or takes the ball out of the goal/attack area.
 - Flag down and an immediate whistle unless Team A scoring is imminent.
 - Immediate whistle and the game is over regardless of the time remaining on the clock.
 - B2 will be ejected from the game.
15. A player initiates a check, including one made with the crown of the helmet, that intentionally targets the head/neck of an opponent for the purpose of making violent contact. What would be adjudication?
- Two of three-minute non-releasable foul.
 - Three-minute non-releasable foul.
 - Ejection if excessively violent.
 - Either (b) or (c).

True/False

- A. An offensive player in possession of the ball cannot use his head to initiate contact with a defensive player.
- B. Any contact to the head/neck that is deliberate or reckless will draw a minimum of two minutes non-releasable.
- C. During a faceoff, it is an unsportsmanlike conduct foul to deliberately play the ball with the hands or fingers.
- D. During a faceoff, it is a technical foul to deliberately grab an opponent's crosse.
- E. During a faceoff, inadvertent touching of the ball when the hand is grasping the crosse is not an unsportsmanlike foul.
- F. A player who accumulates five minutes of personal foul time will be disqualified.
- G. Use of an illegal crosse is a non-releasable foul.
- H. The use of tobacco or smokeless tobacco results in a one-minute releasable foul.
- I. The penalty for fighting is a three-minute non-releasable ejection foul.
- J. A coach who has been ejected from a contest will receive a one-minute non-releasable foul and must leave the premises for the remainder of the game.
- K. The fingers/palms of a player's hands must be completely covered by his gloves and the gloves may not be altered in a way that compromises their protective features.
- L. While inspecting a player's crosse, the official finds that the pocket is too deep. This causes the player to receive a one-minute non-releasable penalty. The stick may be corrected and used again in the game.
- M. A goal will be disallowed if an opposing coach requests a stick check and the scorer's stick is found to be illegal before the next live ball.
- N. Failure to wear shoulder pads is a three-minute non-releasable foul.
- O. If a coach obstructs play while on the field, he may be adjudicated a one to three-minute releasable unsportsmanlike conduct foul.
- P. It is illegal to body-check an opponent while he has one knee on the ground.
- Q. It is a slashing foul to strike an opponent with the crosse, including with the end cap.
- R. It is not a personal foul when a player who is about to be legally checked turns his back and is hit from the rear.
- S. When a second non-releasable, unsportsmanlike foul is assessed against a coach, that coach shall be ejected from the game.
- T. Taunting of an opposing player is not permitted after scoring a goal.
- U. Failure to have a proper mouth piece is one-minute non-releasable foul.
- V. It is legal to body-check an opponent if the ball is in flight within five yards of that opponent.