

NILOA NCAA Test 2023

- 1) Regarding players equipment, which of the following is correct?
 - a. Players are required to wear their equipment properly.
 - b. This includes securing helmets and other equipment, including shoulder pads, chest protectors, gloves and arm pads which must be worn as designed.
 - c. The head coach shall certify during the pregame meeting with officials that all players are properly equipped, and that this certification shall act as the team warning.
 - d. All of the above.

- 2) Other than a goalkeeper's crosse, what is the minimum allowable width at the widest point of the crosse head?
 - a. 6"
 - b. 6½"
 - c. 6½" on the front side of the head and 6" on the back of the head.
 - d. 12"

- 3) During a crosse inspection, officials discover a crosse has no end cap. Which of the following is true?
 - a. Officials shall instruct the player that the crosse must have a proper end cap prior to being used again in this contest, and it may be corrected without penalty.
 - b. The crosse is considered illegal. A 3-minute penalty is assessed and the crosse must remain at the table area for the duration of the contest.
 - c. Officials shall instruct the player to fix the end cap. If the player does not correct the crosse and proceeds to use it after this warning, a 1-minute unsportsmanlike conduct penalty shall be assessed.
 - d. Both a and c.

- 4) Prior to the start of the game, who is responsible to determine whether the condition of the field is adequate for competition?
 - a. The Visiting head coach.
 - b. The Home head coach.
 - c. The host Institution
 - d. The Head referee.

- 5) What is the approved procedure for officials to meet with head coaches prior to game?
 - a. To proceed to team locker room and meet there.
 - b. After team introductions and prior to the National Anthem.
 - c. On the field 20 minutes prior to the game.
 - d. On the field 30 minutes prior to the game.

- 6) Team A gains possession and officials signal for a reset of the shot clock. However, the shot clock is not reset, or fails to restart after being reset. Which of the following is true?
 - a. After five seconds the official will stop play to correct the issue, unless an imminent scoring play exists.
 - b. Officials shall continually verbalize and signal for a reset of the shot clock.
 - c. After stopping play, reset the shot clock to the appropriate reset number.
 - d. All of the above.

- 7) What is the proper timing for overtime periods?
- Teams shall play periods of five-minutes each until a goal is scored.
 - Overtime consists of only one session for 10 minutes. If neither team scores the game is declared a tie.
 - Teams shall play two periods of four-minutes each to completion to determine a winner.
 - Teams shall play periods of four-minutes each until a goal is scored.
- 8) On a faceoff there is zero tolerance for a player not positioned properly for a faceoff after the command of "down" from the faceoff official.
- True
 - False
- 9) On a faceoff the proper placement for the crosses and the ball are?
- Heads of crosses are to be straight up and down.
 - Heads of the crosses must be perfectly matched from the top end of head to the ball stop.
 - Center of ball must be 5 inches from end of the head and 5 inches from the ball stop when the players take their position.
 - All of the above.
- 10) On a faceoff, the official conducting the faceoff shall?
- Vary his cadence.
 - Ensure the players crosses rest along and parallel to the center line.
 - Ensure the hand closest to the throat of the crosse shall be in a palm-up position.
 - All of the above.
- 11) Faceoff player A1 moves early during the 1st faceoff of the game. Wing player, A2 jumps the line during the 2nd faceoff of the 1st quarter. Faceoff player, A3 grabs B1's crosse during a faceoff in the 2nd quarter. Which of the following is true?
- Player A3 serves a non-releasable one-minute penalty. Team A is down 1 player.
 - Team A's Inhome serves 30 seconds for the technical foul and player A3 serves a separate non-releasable foul for grabbing the crosse of the opponent. Team A is down 2 players.
 - A3 will serve both fouls. One penalty for the 3rd violation of the half and another penalty for grabbing the crosse of the opponent. Team A is down one player for 90 seconds. The first 60 seconds is non-releasable.
 - A3 shall receive a three-minute foul for these combined infractions.
- 12) For any player taking a faceoff, which of the following is a true statement?
- A sticky substance or product may be used to allow a better grip for the player.
 - Any tape on the shaft must be same color as the head of the crosse.
 - A single wrap of tape or paint, of contrasting color, must be on the top 6" of the shaft, up to the head.
 - All of the above.

- 13) Finish the sentence, during a faceoff a player may:
- Trap the ball with the crosse and gain control of the ball, while looking around for several seconds to find a teammate to direct the ball to.
 - Carry the ball more than 1 step in the back of the crosse.
 - Delay moving down to his position until the official says "set".
 - Control the ball with the back of the crosse, but the ball shall be moved, raked, or directed immediately within one step.
- 14) On a faceoff a player shall have which of the following?
- All fingers of both hands gloved and wrapped around the crosse.
 - The crosse and head and gloved hands shall be touching the ground.
 - The hand closer to the throat shall be in a palm-up position.
 - All of the above.
- 15) For the 2023 season the officials shall follow which of the following procedures for the faceoff?
- The single side official will place the ball on the ground at the midfield spot.
 - The single side official will instruct the players verbally to take their positions with the command of down.
 - Officials and players shall remain motionless until the whistle is blown to begin play.
 - All of the above.
- 16) On a faceoff, A1 face-off player moves early. At the same time, Team B wing player B2 is over the wing line when the face-off official blows the whistle to start play. The correct ruling is?
- Violations on both teams. Award the ball by using the alternate possession rule.
 - These are simultaneous technical fouls, as one player from each team has violated at the same time. The fouls cancel out. Reface the ball at center.
 - Penalize A1 and B2 for 30 seconds each and reface at center. Both Teams will begin play with only 9 players on the field.
 - Ignore the wing area violation. Award the ball to Team B, as the face-off has not taken place. Count this as a faceoff violation against Team A.
- 17) Team A has a player in the penalty area for a faceoff. Which of the following is true?
- Team B may place both wing players on one wing area line.
 - Team A may bring an attack player up to the wing line for the faceoff.
 - Team A may bring a defensive player up to the wing line for the faceoff.
 - One of Team A's wing areas must be left unoccupied.
- 18) In an extra man situation at the end of a period. Team A takes a valid shot. While the ball is in flight and prior to the goalkeeper saving and gaining possession, the horn sounds ending the period. How is the next period started?
- Since goalkeeper B1 had possession after the end of the play, Team B shall be awarded possession to begin the next period.
 - Team A shall be awarded the ball to begin the next period, as they were the last to have possession prior to the ending of the previous period.
 - This play should be treated the same as a pass at the end of the quarter during a man up situation. No possession at the end of the quarter results in a faceoff to begin the next period.
 - This situation does not apply during overtime.

- 19) A1 is awarded possession on an out of bounds play. Which of the following would result in a time serving foul against defender B1?
- B1 steps aside and allows A1 a direct path downfield.
 - B1 steps aside allowing A1 a straight path, then follows and plays A1 without ever creating a 5-yard separation.
 - B1 allows A1 to gain a 5-yard separation, then follows A1 up the field, catching and playing A1 after 30 yards.
 - All of the above are legal plays.
- 20) A1 takes a shot and the ball enters the goal. However, A1 is called for stepping in the crease prior to the release of the shot. The goal is disallowed. How may the restart be handled?
- The goalkeeper, B1, may pull the ball out of the net and be given a quick restart while he's still within the crease and no other player on team B is within 5 yards of the ball.
 - Defender B2 picks up the ball near the goal and has no other Team B player within five yards of the ball. Player B2 may be given a quick restart.
 - Team B is awarded the ball at midfield and given a free clear.
 - Both a and b.
- 21) A team not entitled to possession may not take a timeout in which of the following?
- Stoppage of play at the end of a flag down situation.
 - A ball goes out of bounds as the result of an errant pass.
 - During a dead ball when the stoppage of play was within the field of play and a quick restart is pending for the offended team.
 - A ball goes out of bounds as a result of a missed shot.
- 22) Player B1 is Offside in which of the following situations? Assume player B1 in pursuit of a player from Team A on a transition play and that riding attack players B2 and B3 are still onside.
- Player B1 is chasing player A1 towards the center line, cannot stop in time and jumps out of bounds without touching the field of play across the midline. B1 quickly returns, from out of bounds, to the proper half of the field.
 - Team B has not more than 10 players on the field and more than 6 players in the offensive half of the field.
 - Team B momentarily has fewer than the required numbers of players on either end of the field, while players are exiting and entering the field through the substitution area.
 - Player B1 exits the field through the substitution area on his side of midfield and reenters the field from the substitution box several seconds later.
- 23) Team A takes a shot that misses wide with 21-seconds remaining on the shot clock, the ball goes out of bounds on the end line. The ball is awarded back to Team A. Before the restart and during the dead ball, Team B calls a timeout. What happens to the shot clock on the restart?
- The shot clock is reset to 80 seconds.
 - The shot clock is set to 60 seconds.
 - The shot clock remains at 21 seconds.
 - None of the above.

- 24) B1 slashes A1 with 72 seconds on the shot clock. Flag down and play continues under a “slow-whistle” situation. The play is whistled dead when Team B gains possession with 57 seconds remaining on the shot clock. Which of the following is true upon the restart?
- The shot clock will remain at 57 seconds upon the restart.
 - The shot clock is reset to 80 seconds, because the flag was thrown with 72 seconds on the shot clock.
 - The shot clock is reset to 80 seconds, because Team B gained possession of the ball to end the slow whistle.
 - The shot clock is reset to 60 seconds upon the restart
- 25) Team A has possession in their offensive half of the field with the shot clock under 60 seconds. The ball becomes loose and defender B1 pushes player A1 in the back. Officials signal for a play-on as play continues. Team A regains possession in their offensive half of the field with 24 seconds remaining on the shot clock. Which of the following is true?
- The shot clock shall continue with no reset until it expires.
 - The shot clock is reset to 80 seconds and play continues without stoppage.
 - The shot clock resets to 60 seconds and play continues without stoppage.
 - A flag is thrown for a technical foul and play is whistled dead immediately. 24 seconds remains on the shot clock.
- 26) The shot clock will be reset to 80 seconds and the team gaining possession will have 20 seconds to advance (clear) the ball in which of the following?
- A valid shot that leaves the offensive half of field and is retained by the offensive Team.
 - A loose ball that leaves the offensive half of the field caused by the defense and the defense is called for a loose ball violation (play on) while the ball is still in the defensive end of the field.
 - A loose ball that leaves the offensive half of the field last touched by the offensive team and the shot clock is above 60 seconds.
 - Both a and b.
- 27) When play is stopped for an injury. The shot clock will be handled as follows:
- For stoppage of play for an injured offensive player the shot clock continues from the point of stoppage.
 - For stoppage of play for an injured defensive player the shot clock will reset to 60 seconds if the shot clock was below 60 seconds at the point of stoppage or reset to 80 seconds if the shot clock was above 60 seconds at the time of stoppage.
 - The shot clock is immediately reset to 60 seconds and continues to run even though neither team has gained possession.
 - Both a and b.

- 28) Team A has possession in their offensive half with less than 60 seconds on the shot clock. The ball goes over midfield after last being touched by Team B. Team A recovers the ball in their defensive half. What would be the correct ruling?
- The shot clock continues to run and team A has another 20 seconds from the time they gain possession to advance (clear) the ball over the midline.
 - The shot clock is reset to 80 seconds when Team A gains possession.
 - The shot clock continues. Team A must immediately move the ball back across the midline and into their offensive end.
 - Team A has no obligation to re-clear the ball within 20 seconds, but once the ball returns to the offensive half, then over and back is in force with no reset of the shot clock.
- 29) Which of the following will not result in an over and back violation against Team A?
- A valid shot that leaves the offensive half of field.
 - A loose ball that leaves the offensive half of the field caused by the defense.
 - A loose ball that returns to the defensive half of the field last, as caused by the offensive team and the shot clock is under 60 seconds.
 - Both a and b.
- 30) True or False? An offensive player shall not enter the opposing teams goal mouth under any circumstances.
- True
 - False
- 31) True or False? In order for a reset of the shot clock to occur, the goalkeeper must be physically inside the crease area when the save occurs?
- True
 - False
- 32) Player A1, in possession of the ball, dives, or jumps and while in the air, is illegally body checked (personal foul) by B1 into the goal mouth. The ball enters the goal prior to any contact with the crease area by player A1. The correct Ruling is?
- The goal does not count, as player A1 entered the goal mouth as part of the play.
 - The goal does not count, as the momentum of the play carried player A1 into the crease area.
 - The goal counts, as player B1 illegally checked A1 on the play.
 - The goal does not count. Player A1 cannot enter the crease area or goal mouth at any time or for any reason. Player B1 serves penalty time regardless of the length of time.
- 33) Offensive player, A1, in possession of the ball and outside the crease area, initiates direct or deliberate contact with the goalkeeper while the goalkeeper is within the goal mouth. Penalty enforcement shall be?
- A1 could receive a minimum of a one-minute personal foul.
 - A1 could be penalized a minimum of a one-minute foul, and the penalty shall be non-releasable.
 - A1 could be penalized a three-minute non-releasable foul.
 - All of the above.

- 34) A1, in possession of the ball, dives, jumps, and is legally checked by defender B1. In which of the following situations does the goal count?
- A1 lands in the crease prior to the ball entering the goal.
 - A1 lands in the crease after the ball enters the goal, and the momentum of the play carries him into the goal mouth.
 - A1 lands and runs through the crease, but not the goal mouth, after the ball has entered the goal.
 - A1 lands in the goal mouth but makes no contact with the goalkeeper or the pipes.
- 35) Illegal body checking includes which of the following?
- Initiating contact with an opponent who has any part of their body other than their feet on the ground.
 - Body checking of an opponent who is not in possession of the ball or within 5 yards of a loose ball.
 - Initiating contact of an opponent at or below the waist.
 - All of the above.
- 36) During the game an official inspects the equipment of player A1 and finds the pocket depth of the crosse is too deep. The penalty for this is?
- A one-minute foul and the crosse is removed from the game.
 - A three-minute foul and the crosse is removed from the game.
 - A one-minute foul. The pocket may be readjusted and the crosse may be allowed back in the game.
 - A three-minute foul. The crosse may be readjusted and allowed back in the game.
- 37) Which of the following are examples of contact to the Head/Neck?
- A player that extends the arm, elbow, forearm, or shoulder to initiate contact to the head and/or neck area of the opponent.
 - A player that uses the crosse in any way to initiate contact to the head and/or neck area.
 - A player that follows through with the body (head, elbow, shoulder, etc.) and makes contact with the opponent's head and/or neck area.
 - All of the above.
- 38) An official shall call a cross check violation against B1, in all of the following examples, except?
- B1 checks A1 with the portion of the handle of the crosse that is between his hands.
 - B1 uses his crosse in a thrusting motion away from his body and into A1.
 - B1 with his gloved hand over the end of his crosse, is exerting equal pressure from the rear against A1.
 - B1 uses his crosse holding it extended from his body restricting movement from A1.

- 39) Team A's Head Coach has previously called for an unsuccessful equipment inspection. Later in the game, Team A's Head Coach requests another equipment inspection on player B2. Which of the following statements is true?
- Team A coach may not request a second equipment check and is penalized with unsportsmanlike conduct.
 - If player B2 has the fingers of the gloves cut out, player B2 shall be penalized a one-minute non-releasable foul.
 - If player B2's equipment is legal, and Team A is out of timeouts, a technical foul will be charged to Team A.
 - Both b and c.
- 40) Which of the following statements is true when related to contact to the Head/Neck?
- Indirect** contact to an opponent's head and/or neck shall receive a nonreleasable one-minute penalty.
 - Players who make **direct** contact to an opponent's head and/or neck area shall receive a two-minute nonreleasable penalty.
 - Players who make **excessive or flagrant** contact to an opponent's head and/or neck area shall receive a three-minute nonreleasable penalty and/or possible expulsion from the game.
 - All of the above.
- 41) B1 is penalized 3 minutes for an illegal crosse. Later in the game, B1 is penalized 2 minutes for an illegal body check. Which of the following is true?
- B1 will foul out after 3 more personal fouls.
 - B1 is ejected and must sit out the next game.
 - B1 has fouled out.
 - B1 will foul out after 3 more, either personal or technical fouls.
- 42) Player B1 has possession of the ball in the defensive end of the field and starts to attempt to clear the ball. Attack player A1, who is in pursuit of B1, runs through the goal crease in pursuit. The correct call is:
- Flag down, personal foul on A1 and play continues.
 - No fouls have occurred at this point. Allow play to continue, because player A1 was more than 5 yards from player B1.
 - Flag down, technical foul on A1, and play continues.
- 43) To perform a legal screen, the screener must?
- Not lean into the path of an opponent.
 - Stay within his vertical plane (including the crosse) with a stance in which the inside of screener's feet is not wider than shoulder-width apart.
 - Not extend his hips into the path of an opponent, even if his feet are stationary.
 - All of the above.

- 44) An on-field player (A1) objects to a call by arguing or gesturing (non-maligning), which of the following penalties could result?
- Only an unsportsmanlike conduct foul may be called against an on-field player.
 - A warning should be issued to Team A and all subsequent fouls of this nature are unsportsmanlike conduct fouls for Team A.
 - A conduct foul may be called in this situation.
 - The players who complain shall always be removed from play with a 3-minute penalty.
- 45) Which of the following statement, or statements, are True?
- A player in possession of the ball may block or grab the crosse of an opponent while attempting to dodge the opponent.
 - A player in possession of the ball may not use their free hand or the arm of their hand not on the crosse, to hold, push or control the direction of the movement of the crosse.
 - A player with possession of the ball may hold, push, or control the direction of movement of the crosse or body (not the head and neck) of an opponent if both hands of the player with possession of the ball are grasping their own crosse.
 - Both b and c.
- 46) Simultaneous fouls can occur in which of the following situations.
- Live ball situations.
 - Dead ball situations whenever sequence cannot be determined.
 - Both a and b.
 - None of the above.
- 47) B1 slashes A1 in the defensive half of the field. Flag down and play continues under the slow whistle rule. Clearing player A1 throws the ball back to his goalkeeper. The goalkeeper misses the pass and the ball enters the goal. Which is the correct Ruling?
- The goal counts. Administer the penalty on B1 and award the ball to Team A at midfield.
 - The goal counts. Administer the penalty on B1 and play begins with a faceoff. Team B is short one player.
 - The goal does not count. Administer the penalty on B1 and award the ball to Team A at midfield.
 - The goal does not count. Administer the penalty on B1 and play will begin with a faceoff. Team B is short one player.
- 48) B1 is serving a one-minute penalty. After 30 seconds B1 is released by the timekeeper or returns to play without being released. During the ensuing play, Team B scores. Before the start of the ensuing faceoff, Team A protests. The correct ruling is?
- The goal counts as this play is not a correctable error.
 - The goal does not count. Player B1 must return to the penalty area and serve another one-minute nonreleasable foul on top of the remaining 30 seconds.
 - The goal does not count. The error is correctable as it was brought to the attention of officials before the second live ball or the start of the ensuing faceoff.
 - None of the above.

- 49) For an inadvertent whistle which of the following is true?
- a. The team in possession or entitled to possession shall restart with possession.
 - b. Play is immediately stopped.
 - c. If neither team has or is entitled to possession at the time of the whistle. The ball shall be awarded by the alternate possession rule unless a faceoff is pending.
 - d. All of the above.
- 50) Is the following statement True or False? The officials signal for a shot clock reset for 60-seconds and for 80-seconds is the same signal.
- a. True
 - b. False