

NILOA Test 2024

- 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 the above.

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

- 3) What is the approved procedure for officials to meet with head coaches prior to the 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 30 minutes prior to the game.
 - d. On the field 20 minutes prior to the game.

- 4) 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 the above.

- 5) What is the proper timing for overtime periods?
 - a. Teams shall play periods of five-minutes each until a goal is scored.
 - b. Overtime consists of only one session for 10 minutes. If neither team scores the game is declared a tie.
 - c. Teams shall play periods of four-minutes each until a goal is scored.
 - d. Teams shall play two periods of four-minutes each to completion to determine a winner.

- 6) Regulation play ends in a tie. To begin the overtime period, which of the following is true?

- a. Officials get one captain from each team for a coin toss. The winner of the toss may choose both the goal to defend and alternate possession.
 - b. Officials get one captain from each team for a coin toss. The winner of the toss may only choose alternate possession, as the teams must defend the same goal as at the end of regulation.
 - c. The goals to defend and alternate possession stay as they were at the end of regulation play.
 - d. Officials get one captain from each team for a coin toss. The winner of the toss may choose the goal to defend. Alternate possession shall stay as it was at the end of regulation play.
- 7) On a faceoff the proper placement for the crosses and the ball are?
- a. The Heads of the crosses are to be straight up and down.
 - b. The Heads of the crosses must be perfectly matched from the top end of head to the ball stop.
 - c. The center of the ball must be 5 inches from end of the head and 5 inches from the ball stop when the players take their position.
 - d. All the above.
- 8) On a faceoff, the official conducting the faceoff shall?
- a. Ensure the players crosses rest along and parallel to the center line.
 - b. Ensure the hand closest to the throat of the crosse shall be in a palm-up position.
 - c. Vary the cadence of the whistle.
 - d. All the above.
- 9) 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?
- a. 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.
 - b. 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.
 - c. Player A3 serves a non-releasable one-minute penalty. Team A is down 1 player.
 - d. A3 shall receive a three-minute foul for these combined infractions.
- 10) On a faceoff a player shall have which of the following?
- a. All fingers of both hands gloved and wrapped around the crosse.
 - b. The crosse and head and gloved hands shall be touching the ground.
 - c. The hand closer to the throat shall be in a palm-up position.
 - d. All the above.

- 11) For the 2024 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 the above.
- 12) Team A has a player in the penalty area for a faceoff. Which of the following is true?
- One of Team A's wing areas must be left unoccupied.
 - 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.
- 13) 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.
 - 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.
 - 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 situation does not apply during overtime.
- 14) True or False? The scrimmage area is defined as the area within 5 yards of the ball or part of active play.
- True
 - False
- 15) 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 allows A1 to gain a 5-yard separation, then follows A1 up the field, catching and playing A1 after 30 yards.
 - B1 steps aside allowing A1 a straight path, then follows and plays A1 without ever creating a 5-yard separation.
 - All the above are legal plays.
- 16) 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.

- 17) 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
- 18) 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. The shot clock will remain at 24 seconds upon restart.
- 19) The shot clock shall be reset or start at 80 seconds in which of the following situations?
- Upon the initial possession after a faceoff.
 - The defensive team calls a dead ball timeout after a shot leaves the field of play with 57 seconds remaining on the shot clock.
 - When possession changes from one team to the other.
 - Both a. and c.
- 20) 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 last touched by the offensive team and the shot clock is above 60 seconds.
 - 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.
 - Both a. and c.

- 21) 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. Team A must immediately move the ball back across the midline and into their offensive end.
 - 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.
 - 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.
 - The shot clock is reset to 80 seconds when Team A gains possession.
- 22) Which of the following will 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.
- 23) How shall officials monitor a team's attempt to advance the ball into their offensive half of the field?
- Start their beeper when clearing team gains possession of the ball.
 - Use the shot clock as the indicator of time.
 - Use a visual 20-second count by using their arm.
 - Signal towards the ground when the clearing team has satisfied the clear.
- 24) Which of the following is a false statement regarding the goalkeeper?
- The goalkeeper may stop, block, or bat the ball in any manner with the crosse or body, while within the crease area.
 - If the ball is outside the crease, the goalkeeper may not touch the ball with his free hand even if the goalkeeper is within the crease.
 - The goalkeeper may catch the ball with his free hand.
 - The designated goalkeeper is allowed to cover, clamp, and rake a loose ball inside the crease area.
- 25) True or False? During a Video Review for Contact to the Head and/or Neck officials shall review only contact to the Head and/or Neck?
- True.
 - False
- 26) Which of the following is true for video review?
- The home team shall provide the video review.
 - Conclusive evidence must be present for the call on the field to be overturned.
 - Any artificial device (e.g., television or graphic) may be used.
 - Both a. and b.

- 27) 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.
- 28) The use of Video Review is a permissive rule and is not required. However, if used, which of the following are allowable under this rule?
- To determine if an offensive player's body made contact with or landed in the crease prior to the ball crossing the goal line.
 - To review if a shot at the end of the period is deflected off a defensive player or an offensive player before it enters the goal.
 - Officials, after making an on-field call for illegal Contact to the Head and/or Neck area, may review four options for the severity of the contact.
 - All the above.
- 29) True or False? The penalty for a player using gloves with the palms cut out by the player or during the manufacturing process is a one-minute non-releasable foul.
- True
 - False
- 30) Which of the following answers regarding the statement "No player, substitute, nonplaying member of a squad, coach, or anyone officially connected to a team shall" is true.
- Enter into an argument with an official or in any way attempt to influence the decision of an official.
 - Use threatening, profane, or obscene language or gestures at any time before, during or after a game.
 - Bait, taunt, call undue attention to oneself, or commit any other act considered unsportsmanlike by the officials.
 - All the above.
- 31) Player A1 is closer to the ball than player B2 on a shot that missed the goal and has gone out of bounds. However, player A1 has dropped the crosse and is without it as the ball crosses the endline. Possession of the ball is awarded to which player?
- Player A1
 - Player B2

- 32) During an equipment inspection, the official places the ball in pocket of the crosse. As it is rotated 90 degrees the ball does not come out, due to the stringing. The correct ruling is?
- No penalty.
 - One-minute non-releasable penalty.
 - Three-minute non-releasable penalty.
 - None of the above.
- 33) 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 the above.
- 34) 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 the hands.
 - B1 with the gloved hand over the end of the crosse, is exerting equal pressure from the rear against A1.
 - B1 uses the crosse in a thrusting motion away from their body and into A1.
 - B1 uses the crosse holding it extended from their body restricting movement from A1.
- 35) 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.
- 36) 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 the above.

- 37) 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 the above.
- 38) Which of the following is true when a helmet comes off a player during a live ball scenario within the scrimmage area.
- Officials shall stop play immediately.
 - That player is required to leave the field of play.
 - That player shall not return to the field until the next dead ball after the restart of play.
 - All the above.
- 39) Which of the following is true for fouls involving goalkeepers?
- Goalkeepers cannot be called for a foul.
 - All fouls involving goalkeepers will be served by their teams in-home.
 - Goalkeepers must serve all of their own penalty times.
 - Goalkeepers will only serve penalty time if the total time is more than two minutes.
- 40) During a loose ball, players A1 and B1 are contesting the ground ball. Player B1 loses the helmet due to legal contact within the scrimmage area. Which of the following is true?
- Officials shall stop play immediately and award the ball by alternate possession.
 - Officials shall stop play immediately and award the ball to Team A.
 - Player B1 must leave the field of play.
 - Both b. and c.
- 41) Which of the following statement, or statements, are False?
- 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.
 - None of the above.

- 42) During a loose ball situation which of the following is considered to be withholding the ball from play and results in a turnover?
- A player lies on the ball.
 - A player traps the ball with his crosse longer than is necessary for him to control the ball and pick it up with one continuous motion.
 - A Player picks up the ball up by jamming the reverse side of the crosse on top of the ball.
 - All the above.
- 43) True or False? Simultaneous fouls can occur in live ball situations or in dead ball situations whenever sequence cannot be determined.
- True.
 - False.
- 44) During a slow whistle, in Team A's offensive half of the field, A1 throws a bounce pass to teammate A2. How should play continue under the slow whistle rule?
- Officials should allow play to continue under the slow whistle rule.
 - Officials should stop play as soon as the ball hits the ground.
 - Officials should stop play if Player A2 gains possession outside the attack area.
 - Officials should stop play if Team B touches or deflects the loose ball.
- 45) 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 does not count. Administer the penalty on B1 and play will begin 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 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.
- 46) During an inadvertent flag situation, while the ball is in the middle of the field, the officials should?
- Pick up flag wave off and allow play to continue.
 - Stop play immediately and award the ball by alternate possession.
 - Stop play at earliest opportunity that does not interfere with an imminent scoring opportunity.
 - Stop play and restart play with a faceoff at the center of the field.
- 47) Any shooting strings or laces must be located within ____ inches from the top of the crosse in an arc.
- Two inches.
 - Three inches.
 - Four inches.
 - Five inches.

- 48) When the Team awarded possession does not pick up the ball and move to the position of the restart within five seconds of when the officials are ready to start play, the proper call is:
- a. A team warning.
 - b. Technical foul.
 - c. Personal foul.
 - d. No penalty.
- 49) True or False: There is a signal for Video replay in the online version of the 2023-2024 Men's Lacrosse Rules Book?
- a. True
 - b. False
- 50) For the 2024 Men's Lacrosse season which of the following statements is accurate regarding Goal Nets?
- a. The mesh may not exceed 1 ½ inches.
 - b. It may be of varying shapes, including square, octagon, hexagon, etc.
 - c. Only institutional, commercial, and memorial logos are permitted to be affixed to the back center of the goal nets no higher than three feet.
 - d. All the above.