2019-20 NFHS Volleyball Exam Part I

NOTE: In the exam situations, Team S = serving team; Team R = receiving team. Additionally, LF = left front; CF = center front; RF = right front; RB = right back; CB = center back; LB = left back.

1. One of the second referee’s specific responsibilities during a time-out is to whistle a warning at 45 seconds and instruct the timer to sound the audio signal at 60 seconds to end the time-out.
   A. True
   B. False

2. Once a replay is signaled by the first referee, the following requests may be recognized:
   A. Time-out.
   B. Service order.
   C. Both a time-out and service order.
   D. None of the answers are correct.

3. The visiting team shall call both the pre-match coin toss and the deciding set coin toss, if necessary.
   A. True
   B. False

4. The winner of the pre-match coin toss selects its team bench.
   A. True
   B. False

5. A match shall be forfeited when there is a power failure or when other unforeseen circumstances occur.
   A. True
   B. False

6. Players shall not wear body paint or glitter on their face, hair, uniform or body.
   A. True
   B. False

7. All teammates shall wear:
   A. A like-colored uniform bottom.
   B. The uniform as the manufacturer intended.
   C. A uniform free of hard and unyielding items.
   D. All are uniform requirements.

8. The sleeves of the libero uniform top shall be the same color as the body of the uniform top.
   A. True
   B. False
9. Each player, including the libero, shall be identified by a number that is:
   A. Multi-colored.
   B. Located on the back and lower front of the uniform top.
   C. At least 4 inches tall on the front and at least 6 inches tall on the back of the top.
   D. Located 7 inches down from the shoulder seam.

10. If a visible number is worn on the uniform bottom it does not have to be the same number as the uniform top.
   A. True
   B. False

11. The first referee and second referee:
   A. May use a monitoring or electronic device to review a decision.
   B. May exchange duties for any reason.
   C. Shall begin jurisdiction of the match with the first whistle for serve.
   D. Shall have the authority to make decisions on rule infractions.

12. Which of the following is correct concerning the second referee? The second referee must have:
   A. A coin and a watch.
   B. A lineup card.
   C. A set of red and yellow cards, pen/pencil.
   D. All of the answers are correct.

13. The first referee has the responsibility to:
   A. Inspect the game ball.
   B. Inspect the court markings.
   C. Establish non-playable areas and additional ground rules.
   D. All of the answers are correct.

14. The second referee has the responsibility to:
   A. Conduct the pre-match conference.
   B. Conduct the deciding set coin toss in front of the referee’s stand.
   C. Verify that the starting lineups have been entered correctly on the official scoresheet.
   D. All are second referee responsibilities.

15. The second referee has the responsibility to determine -- and then notify -- the first referee of unsporting conduct violations by players, coaches or other team personnel.
   A. True
   B. False
16. Which of the following is not a responsibility of the second referee?
   A. Determining alignment of players on the receiving team at the moment of contact of the serve.
   B. Determining hand/foot faults at the center line.
   C. Controlling the entry of substitutes onto the playing area.
   D. Watch for foot faults on the server.

17. A line judge shall:
   A. Hold the same position relative to the court throughout the match.
   B. Assist in making illegal alignment calls.
   C. Stand at the center of the end line during time-outs.
   D. Signal when a back-row player makes an illegal play at the net.

18. At the moment of the contact of the serve, the center front may have a foot on but not over the center line.
   A. True
   B. False

19. The server shall:
   A. Serve within the serving area.
   B. Not touch the end line or floor outside the lines marking the width of serving area at the moment of serve.
   C. Serve within five seconds of first referee's whistle to serve.
   D. All of the answers are correct.

20. A tossed ball that contacts a backboard or its supports hanging in a vertical position over the serving area is an illegal serve and not eligible for a re-serve.
   A. True
   B. False

21. For a deciding set, the first serve is determined by:
   A. A coin toss.
   B. The visiting team.
   C. The second referee.
   D. Mutual agreement between head coaches.

22. The following applies to court protocol of electronic devices during the match:
   A. A team may use electronic devices during the match.
   B. The first referee may restrict use of the devices if it is determined the device interferes with the contest.
   C. The location and use of devices shall not be in a restricted area as determined by host management.
   D. All of the answers are correct.

23. A “joust” is not a fault, and play continues as if the contact was instantaneous.
   A. True
   B. False
24. All of the following are accurate in relation to net play except:
   A. Blocking a served ball is permitted.
   B. Recovering a ball hit into the net shall be permitted.
   C. A player shall not contact a ball which is completely on the opponent’s side of the net unless the contact is a legal block.
   D. A ball contacting and crossing the net shall remain in play provided contact is entirely within the net antennas.

25. For a simultaneous fault during a live-ball play, only one penalty is assessed.
   A. True
   B. False

26. A ball remains playable when it touches a non-team member who is not interfering with a player’s legitimate effort to play the ball.
   A. True
   B. False

27. Unnecessary delay is charged to the offending team when a:
   A. Substitution is delayed.
   B. Team repeatedly uses improper substitution.
   C. Substitution is denied by the second referee after the request has been recognized because the substitute is wearing illegal equipment.
   D. All of the answers are correct.

28. A time-out will last for a maximum of 60 seconds, unless both teams are ready to play prior to the 60 seconds expiring.
   A. True
   B. False

29. The head coach may stand only in the libero replacement zone to coach his/her players. During play, the coach shall be no closer to the court than 6 feet from the sideline.
   A. True
   B. False

30. Unsporting conduct shall be charged to a player for:
   A. Showing disgust with referees’ decisions.
   B. Using profane language to a line judge.
   C. Abusing the re-serve rule.
   D. All of the answers are correct.

31. A fault whistled by the second referee will be indicated by blowing the whistle, showing the nature of the fault and then indicating the player committing the net fault by use of hand signals to indicate player’s number. The first referee, if in agreement, awards the point and serve to the opponent; the second referee will mirror the signal for point.
   A. True
   B. False
32. A player may cross the extension of the center line outside the court at any time provided he/she does not interfere with play by the opposing team.
   A. True
   B. False

33. A double hit occurs when a player's successive or multiple contacts are illegal.
   A. True
   B. False

34. The following action(s) results in an unnecessary delay.
   A. Illegal substitute attempting to enter the set.
   B. A coach not making a decision about an injured player within 30 seconds.
   C. A team requesting a time-out in a set after it has taken its allotted time-outs.
   D. All of the answers are correct.

35. Substitution requests are permitted:
   A. Prior to the start of the set.
   B. After a replay is signalled.
   C. After a re-serve is signalled.
   D. At the beginning of a time-out.

36. When a loss of rally occurs, the team preparing to serve rotates counterclockwise one position.
   A. True
   B. False

37. A single, visible manufacturer's logo and/or single school name or insignia on each visible undergarment shall be:
   A. 4 by 4 inches.
   B. 2½ inches or less.
   C. 2¾ inches.
   D. 3 inches or less.

38. When multiple courts are used, the second referee may end a time-out or interval between sets with a:
   A. Cowbell.
   B. Double whistle.
   C. Beckon for serve.
   D. Whistle.

39. During the set, the scorer shall:
   A. Record individual and team scoring, and supervise the operation of the visual scoring device.
   B. Notify the second referee during the first dead ball when there is a discrepancy with the score.
   C. Verify the serving order to the first referee or second referee.
   D. All of the answers are correct.
40. During the set, each line judge shall assist the referees by:
   A. Determining at the moment of contact for the serve whether the server touches the end line or floor outside the lines marking the width of the serving area.
   B. Indicating when the ball touches the net, net antennas and/or net supports not entirely between the net antennas.
   C. Indicating when a player touches a ball that is going out of bounds on the player's side of the net.
   D. All of the answers are correct.

41. During a dead ball, the playing captain may request the following for his/her team:
   A. Time-out.
   B. Verification of time-outs used.
   C. Verification of serving order.
   D. All of the answers are correct.

42. It is legal for a playing captain or head coach to request a time-out:
   A. After the first referee has signaled for the next serve.
   B. During a dead ball.

43. When used, a libero:
   A. May not be used as an exceptional substitution for an injured player if no other legal substitute is available.
   B. May replace a disqualified teammate.
   C. May not be designated as the playing captain.
   D. Shall be allowed to serve in one position in the serving order.

44. Due to an injury, Team A will be completing the set with only five players. The vacant position is currently the LF. The LB will be coming up as the back-row setter. Correct procedure is:
   A. The LB must stay behind the 3-meter line until the ball is contacted for the serve.
   B. The LB may go all the way to net before the ball is contacted for the serve.
   C. The LB may start in the RB position before the serve.
   D. The LB may switch with CB before the ball is contacted for the serve.

45. At the moment of the serve for Team S:
   A. Each right-side player on Team R shall have at least part of one foot touching the floor closer to the right sideline than both feet of the center player in the corresponding row.
   B. The center back on Team S may be closer to the right sideline than the serving right back.
   C. Each front-row player on both Team S and Team R shall have at least part of one foot touching the floor closer to the center line than both feet of the corresponding back row player.
   D. All of the answers are correct.

46. The team lineup lists a starting number that no team member is wearing. The team legally substitutes a player with a legal number into that position. The team is charged with a substitution.
   A. True
   B. False
47. If the same player number (not the libero) is listed more than once in the submitted starting lineup, the head coach may correct the error without being charged a substitution if the correction occurs prior to the first serve.

   A. True
   B. False

48. On a re-serve, after the first referee's signal for service, requests for _____ may be recognized.

   A. Time-outs.
   B. Service order.
   C. Substitutions.
   D. None of the answers are correct.

49. A serve is illegal and the ball remains dead if the server:

   A. Hits the ball illegally.
   B. Does not contact the ball to serve within five seconds.
   C. Is touching the end line or the floor outside the serving area when the ball is contacted.
   D. All are correct.

50. When a receiving team player is out of position on the serve and the ball is served illegally, which team is penalized?

   A. Serving team.
   B. Receiving team.

51. For teams with fewer than six players, each time a vacant position rotates to serve in the _____, a loss of rally/point is awarded to the opponent.

   A. Right back position
   B. Left front position
   C. Left back position
   D. Right front position

52. During the set, the _____ is permitted to stand in the replacement zone.

   A. Incoming substitute
   B. Assistant coach
   C. Head coach
   D. Team managers

53. A live ball becomes dead when:

   A. The receiving team makes multiple contacts with a served ball on their first hit.
   B. The serve contacts the net and enters into the receiving team's court.
   C. The ball contacts the ceiling or an overhead obstruction and is not legally played next by the offending team.
   D. After touching the ball on a block, a team contacts the ball three times before returning the ball into the opponent's court.
54. Team R's CF, LF and LB are very close to each other at the net, and all three are reaching higher than the top of the net. The ball is attacked by Team S and contacts LF's hands. Which of the following statements is true?
   A. CF, LF and LB do not meet the definition of a collective block.
   B. Neither CF nor LB contacted the ball, so it is a legal block.
   C. A blocking fault results because LB has participated in a completed collective block.
   D. All of the answers are correct.

55. A back-row setter, when in front of the attack line, may not:
   A. Send the ball into the opponent's court when the ball is partially above the height of the net.
   B. Jump.
   C. Joust with any blocker when the ball is completely above the height of the net.
   D. Contact the ball below the height of the net.

56. Any action other than a block or a serve that directs the ball toward the opponent's court is considered a(n):
   A. Attack.
   B. Pass.
   C. Dig.
   D. Set.

57. Blocking a served ball is permitted.
   A. True
   B. False

58. A referee shall stop play when a player gains an advantage by contacting:
   A. Official's table.
   B. Team bench.
   C. Team members.
   D. All if the answers are correct.

59. A stray volleyball rolls onto the court during the set and disrupts play. The referees:
   A. Give the team that was interfered with the option of either (1) accepting the outcome of the play or (2) a replay.
   B. Stop play and signal a replay.
   C. Allow the rally to continue to its natural end. The rally will be replayed only if players from the team that lost the rally complain that they were distracted by the stray volleyball.
   D. Allow the result of the rally to stand regardless of any distraction, interference or interruption the ball may have caused.

60. A team has been assessed a second administrative unnecessary delay. The penalty is:
   A. A second administrative yellow card.
   B. An administrative red card, loss of rally/point.
   C. The head coach must remain seated during play for yellow or red administrative cards.
   D. All of the answers are correct.
61. The head coach must remain seated during play after being assessed any unsporting conduct card.
   A. True
   B. False

62. Unnecessary delay occurs when:
   A. An illegal replacement attempts to enter the set.
   B. A team repeatedly uses an improper substitution procedure.
   C. A coach does not make a decision about an injured player within 30 seconds.
   D. All of the answers are correct.

63. The first unnecessary delay by a coach, player, substitute, replacement or team results in a warning (administrative yellow card), but shall not result in the head coach being required to remain seated during play.
   A. True
   B. False

64. To signal an unnecessary delay, raise the hand on side of the offending team beside head, palm facing in, hold the appropriate card on the wrist of the raised hand.
   A. True
   B. False

65. During a time-out, when should a substitute enter the set?
   A. When beckoned by the scorer's table.
   B. When beckoned by the first referee.
   C. When team is released by the coach.
   D. After the time-out when both teams have returned to the court.

66. The player and substitute shall remain in the substitution zone until the second referee releases them.
   A. True
   B. False

67. A team is allowed ______ substitutions per set.
   A. 15
   B. 18
   C. Unlimited
   D. 12

68. The libero cannot serve for:
   A. A middle blocker who has rotated to the back row.
   B. A designated back row player.
   C. The first server.
   D. Multiple positions in the serving order.
69. Between sets, teams may:
   A. Serve into the opponent's court.
   B. Hit into opponent's court.
   C. Warm up with volleyballs on their own side of the playing area.
   D. Jog around the entire playing surface.

70. If using an intermission during a best three-of-five set match, it shall occur between the first and second set.
   A. True
   B. False

71. After an injury a coach has 30 seconds to:
   A. Request a substitution for the player.
   B. Leave the player in the set with play beginning immediately.
   C. Take a team time-out if the team has not used its allotted time-outs.
   D. All of the answers are correct.

72. When a team member seated on the bench receives a yellow card for conduct, the head coach must:
   A. Have the team member escorted out.
   B. Remain seated during play for the rest of the match.
   C. Remain seated for the rest of the set.
   D. None of the answers are correct.

73. Prior to entry into the set, it is legal for a teammate to leave the team bench to warm up in a nonplayable area without volleyballs.
   A. True
   B. False

74. At the end of the first set, Team A is angry after losing. Team A refuses to follow end-of-set procedures for changing team benches. An unsporting conduct card is issued to the head coach.
   A. Correct procedure.
   B. Incorrect procedure.

75. A spectator becomes unruly and disruptive to the orderly progress of the set. The individual responsible for resolving the situation is:
   A. The first referee.
   B. The second referee.
   C. Host management.
   D. Official scorer.

76. An attack line shall be drawn across each playing area from sideline to sideline and shall be:
   A. A solid color.
   B. One clearly visible color.
   C. 2 inches (5 centimeters) wide.
   D. All of the answers are correct.
77. Assistant coaches shall remain seated on the bench during a set except to:
   A. Ask the second referee, during a dead-ball situation, to verify the proper server for the opponent.
   B. Confer with players during time-outs.
   C. Spontaneously react to an outstanding play by a player(s) of their own team.
   D. All of the answers are correct.

78. All cards issued for unsporting conduct carry over from set to set throughout the match.
   A. True
   B. False

79. During the set, the libero tracker shall:
   A. Enter on the tracking sheet the starting players in the proper service order.
   B. Record libero replacements and substitutions.
   C. Notify the second referee during first dead ball when there is a discrepancy with a replacement.
   D. All of the answers are correct.

80. Players on the serving team may take action to prevent receivers from seeing contact of the serve or path of the served ball.
   A. True
   B. False

81. The libero can replace a disqualified player.
   A. True
   B. False

82. The official scorer collects the rosters from the head coaches.
   A. True
   B. False

83. After the referee’s recognition of a substitution request, a substitute shall:
   A. Proceed without delay to the substitution zone.
   B. Be ready to enter the substitution zone once the preceding substitute has been released to enter the court when more than one substitution is requested.
   C. Remain in the substitution zone until the second referee releases the substitute and the replaced player.
   D. All of the answers are correct.

84. If a player removes part of the uniform top or bottom while in the playing area, the coach is assessed:
   A. No penalty.
   B. A verbal warning - no card given.
   C. An unsporting conduct card.
   D. An unnecessary delay.
85. A time-out may be requested:
   A. By the head coach during a dead ball.
   B. By the playing captain during a dead ball.
   C. Prior to the start of a set.
   D. All of the answers are correct.

86. If using an intermission, it shall be no longer than three minutes.
   A. True
   B. False

87. A player shall not re-enter to the set during the same dead ball in which that player was substituted.
   A. True
   B. False

88. If a substitute fails to immediately report to the second referee after the substitution request is recognized, that team is charged with unnecessary delay, and the substitution is granted by the second referee.
   A. True
   B. False

89. Blocking a ball which is entirely on the opponent’s side of the net is permitted when the opposing team has had an opportunity to complete its attack. The attack is considered complete when the:
   A. Attacking team has completed its three allowable hits.
   B. Attacking team has had the opportunity to complete the attack or, in the referee’s judgment, directs the ball toward the opponent’s court.
   C. Ball is falling near the net and, in the referee’s judgment no legal member of the attacking team could make a play on the ball.
   D. All of the answers are correct.

90. A libero is allowed to:
   A. Block or attempt to block.
   B. Set the ball using overhead finger action while behind the attack line extended, resulting in a completed attack above the height of the net.
   C. Complete an attack from anywhere if, at the moment of contact, the ball is entirely above the height of the net.
   D. Rotate to the front row.

91. In order to review a decision made by the first referee, the head coach requests and is granted a time-out during the dead ball immediately following the situation in which a possible incorrect decision occurred. The team has already used its allotted time-outs. The referee’s decision prevails. A loss of rally/point shall be awarded to the opponent.
   A. True
   B. False

92. A coach shall submit a roster to the second referee at the prematch conference.
   A. True
   B. False
93. Prematch duties for the first referee shall include:
   A. Verifying with each head coach that all teammates are wearing legal uniforms and equipment.
   B. Calling a captain(s) and the head coach from each team together for a prematch conference by sounding a double whistle and raising a coin in the air.
   C. Establishing nonplayable areas and defining any additional ground rules which may be necessary.
   D. All of the answers are correct.

94. The libero uniform can be made up of the same predominant color(s) of the team uniform top if placed differently on the uniform top.
   A. True
   B. False

95. A player's uniform number may be comprised of two digits including 00.
   A. True
   B. False

96. Beginning in 2023, each player, including the libero, shall be identified by a number that:
   A. Is located on the uniform top and bottom.
   B. Clearly contrasts from the body of the uniform top, regardless of trim.
   C. Is outlined by a contrasting trim measuring not less than 3/4 inch in width.
   D. Measures not less than 1/4 inch in width at its narrowest point.

97. All of the following are accurate in relation to a re-serve except:
   A. Each player may have only one re-serve during the team's term of service.
   B. A server is allowed a new five seconds for the re-serve.
   C. After the first referee's signal for re-serve, no request for a time-out, substitution or libero replacement may be granted until after the ball has been served.
   D. All of the answers are correct.

98. The following equipment/accessories are not permitted:
   A. Medical-alert medals taped to the body.
   B. Padded hard and unyielding items on the hand, finger, wrist or forearm.
   C. Knee braces which are unaltered from the manufacturer's original design/production.
   D. Religious medals worn under the uniform and taped to the body.

99. If the host school does not pad the standards, floor/wall cables and first referee’s platform according to the rules, the match shall not be played.
   A. True
   B. False

100. A loss of rally/point is awarded each time a vacant position rotates to serve in the right back position. This is recorded on the scoresheet as a penalty loss of rally/point.
    A. True
    B. False