NCAA COACHES PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://ncaacoaches.examzify.com

Copyright © 2026 by Examzify - A Kaluba Technologies Inc. product.

ALL RIGHTS RESERVED.

No part of this book may be reproduced or transferred in any form or by any means, graphic, electronic, or mechanical, including photocopying, recording, web distribution, taping, or by any information storage retrieval system, without the written permission of the author.

Notice: Examzify makes every reasonable effort to obtain accurate, complete, and timely information about this product from reliable sources.

SAMPLE

Table of Contents

Copyright 1
Table of Contents 2
Introduction 3
How to Use This Guide 4
Questions 5
Answers 8
Explanations 10
Next Steps 15

SAMPLE

Introduction

Preparing for a certification exam can feel overwhelming, but with the right tools, it becomes an opportunity to build confidence, sharpen your skills, and move one step closer to your goals. At Examzify, we believe that effective exam preparation isn't just about memorization, it's about understanding the material, identifying knowledge gaps, and building the test-taking strategies that lead to success.

This guide was designed to help you do exactly that.

Whether you're preparing for a licensing exam, professional certification, or entry-level qualification, this book offers structured practice to reinforce key concepts. You'll find a wide range of multiple-choice questions, each followed by clear explanations to help you understand not just the right answer, but why it's correct.

The content in this guide is based on real-world exam objectives and aligned with the types of questions and topics commonly found on official tests. It's ideal for learners who want to:

- Practice answering questions under realistic conditions,
- Improve accuracy and speed,
- Review explanations to strengthen weak areas, and
- Approach the exam with greater confidence.

We recommend using this book not as a stand-alone study tool, but alongside other resources like flashcards, textbooks, or hands-on training. For best results, we recommend working through each question, reflecting on the explanation provided, and revisiting the topics that challenge you most.

Remember: successful test preparation isn't about getting every question right the first time, it's about learning from your mistakes and improving over time. Stay focused, trust the process, and know that every page you turn brings you closer to success.

Let's begin.

SAMPLE

How to Use This Guide

This guide is designed to help you study more effectively and approach your exam with confidence. Whether you're reviewing for the first time or doing a final refresh, here's how to get the most out of your Examzify study guide:

1. Start with a Diagnostic Review

Skim through the questions to get a sense of what you know and what you need to focus on. Your goal is to identify knowledge gaps early.

2. Study in Short, Focused Sessions

Break your study time into manageable blocks (e.g. 30 – 45 minutes). Review a handful of questions, reflect on the explanations.

3. Learn from the Explanations

After answering a question, always read the explanation, even if you got it right. It reinforces key points, corrects misunderstandings, and teaches subtle distinctions between similar answers.

4. Track Your Progress

Use bookmarks or notes (if reading digitally) to mark difficult questions. Revisit these regularly and track improvements over time.

5. Simulate the Real Exam

Once you're comfortable, try taking a full set of questions without pausing. Set a timer and simulate test-day conditions to build confidence and time management skills.

6. Repeat and Review

Don't just study once, repetition builds retention. Re-attempt questions after a few days and revisit explanations to reinforce learning. Pair this guide with other Examzify tools like flashcards, and digital practice tests to strengthen your preparation across formats.

There's no single right way to study, but consistent, thoughtful effort always wins. Use this guide flexibly, adapt the tips above to fit your pace and learning style. You've got this!

SAMPLE

Questions

SAMPLE

1. Which of the following best describes a "Redshirt"?

A. An athlete forced to retire

B. An athlete who competes in a different sport

C. An athlete sitting out to develop skills

D. An athlete receiving a scholarship

2. Is it permissible for a coach to remind a student-athlete to contact a prospective student-athlete from their former high school before the prospective athlete commits to the institution?

A. True

B. False

3. What is the primary purpose of the NCAA eligibility center?

A. To provide academic counseling for student-athletes

B. To determine the eligibility of prospective student-athletes for collegiate competition

C. To manage scholarship distribution

D. To oversee recruitment visits for high school athletes

4. What does the term "compliance" mean in NCAA?

A. Creating new sports programs

B. Adhering to NCAA rules and regulations

C. Promoting athletic events

D. Gathering athletic statistics

5. What is one eligibility requirement for NCAA student-athletes?

A. Maintaining a minimum GPA

B. Participating in community service

C. Receiving athletic training

D. Attending a specific number of practices

6. What defines a permissible family member under NCAA regulations?

A. Only legal guardians

B. Spouse, parent or legal guardian, child, sibling

C. Parents and siblings only

D. Any adult known to the prospective student-athlete

SAMPLE

7. What is the purpose of the NCAA's health and safety initiatives?

A. To cut costs for health insurance for athletes

B. To promote physical and mental well-being of student-athletes

C. To manage the medical staff for all NCAA events

D. To provide scholarships for medical students

8. Can an athletics director send a congratulatory note to a prospective student-athlete after they sign a National Letter of Intent?

A. Yes, they can send a note

B. No, that is prohibited

C. Only if the student requests it

D. Only if it's a general note

9. When is it permissible for a head coach to call a prospective student-athlete in their junior year of high school?

A. February

B. March

C. April 15 through May 31

D. Any time during the junior year

10. Can coaches visit multiple high schools in one day?

A. Yes, often

B. Only during competition seasons

C. Not allowed at all

D. As long as they inform the institution

SAMPLE

Answers

SAMPLE

1. C
2. B
3. B
4. B
5. A
6. B
7. B
8. A
9. C
10. C

SAMPLE

Explanations

SAMPLE

1. Which of the following best describes a "Redshirt"?

A. An athlete forced to retire

B. An athlete who competes in a different sport

C. An athlete sitting out to develop skills

D. An athlete receiving a scholarship

A "redshirt" refers to an athlete who is temporarily sidelined from competitive participation, allowing them time to develop their skills or physically mature without using a year of eligibility. This practice is common in college sports, particularly among freshmen who may not yet be ready to compete at the collegiate level. By sitting out for a year, these athletes can focus on training and improving their performance, gaining valuable experience during practices and team activities without the pressure of competing in actual games. This strategy ultimately benefits both the athlete in their development and the team in the long run, as players typically return stronger and better prepared for competition after their redshirt period. This concept is vital for coaches and athletes to understand, as it can influence recruiting strategies and team dynamics. The other options do not accurately capture this specific meaning within the context of NCAA athletics.

2. Is it permissible for a coach to remind a student-athlete to contact a prospective student-athlete from their former high school before the prospective athlete commits to the institution?

A. True

B. False

In NCAA regulations, coaches have specific guidelines regarding their interactions with prospective student-athletes. It is not permissible for a coach to encourage a current student-athlete to contact a prospective student-athlete, especially in relation to recruitment. This type of action can be perceived as a form of indirect communication that could violate the rules set forth by the NCAA regarding recruiting. Coaches are restricted from having any direct or indirect communications with prospective student-athletes outside of the approved recruiting methods. Thus, a coach reminding a student-athlete to reach out to a prospective recruit before that recruit makes a commitment is considered inappropriate and against NCAA regulations. Coaches must adhere strictly to the recruiting guidelines to maintain compliance and integrity within the sport.

3. What is the primary purpose of the NCAA eligibility center?

A. To provide academic counseling for student-athletes

B. To determine the eligibility of prospective student-athletes for collegiate competition

C. To manage scholarship distribution

D. To oversee recruitment visits for high school athletes

The primary purpose of the NCAA Eligibility Center is to determine the eligibility of prospective student-athletes for collegiate competition. This process includes verifying the academic records, test scores, and other criteria necessary to ensure that student-athletes meet the NCAA's eligibility requirements before they can participate in sports at the college level. The NCAA has specific guidelines regarding academic achievement and amateurism that must be met, and the Eligibility Center serves as the governing body that assesses whether these requirements are satisfied. While academic counseling, scholarship distribution, and recruitment oversight are important aspects of the college athletics landscape, they are not the central mission of the NCAA Eligibility Center. Academic counseling typically falls within the purview of individual schools and their academic support staff. Scholarship distribution is managed by athletic departments within each institution, which decide how to allocate financial aid to student-athletes. Recruitment visits and processes are also handled by the institutions themselves, under NCAA guidelines, rather than by the Eligibility Center.

SAMPLE

4. What does the term "compliance" mean in NCAA?

A. Creating new sports programs

B. Adhering to NCAA rules and regulations

C. Promoting athletic events

D. Gathering athletic statistics

The term "compliance" in the context of the NCAA refers to adhering to the rules and regulations set forth by the organization. This encompasses a wide range of responsibilities, including ensuring that student-athletes maintain eligibility, that recruiting practices align with NCAA standards, and that financial aid is distributed according to established guidelines. Compliance is essential for maintaining the integrity of the sport and ensuring that institutions and individuals operate within the established policies that promote fair play and accountability among all member institutions. While creating new sports programs, promoting athletic events, and gathering athletic statistics are important aspects of collegiate athletics, they do not specifically relate to compliance. Compliance focuses on the necessary adherence to the established framework that governs all aspects of college athletics, making it a critical area of focus for coaches, athletic directors, and university administrators.

5. What is one eligibility requirement for NCAA student-athletes?

A. Maintaining a minimum GPA

B. Participating in community service

C. Receiving athletic training

D. Attending a specific number of practices

Maintaining a minimum GPA is a fundamental eligibility requirement for NCAA student-athletes. This criterion ensures that athletes not only excel in their sports but also prioritize their academic responsibilities. The NCAA sets specific academic standards that must be met for student-athletes to participate in their sport, including a minimum grade point average (GPA) and satisfactory completion of designated coursework. This requirement is designed to promote educational attainment and ensure that athletes are progressing toward a degree, reflecting the NCAA's commitment to the academic well-being of its student-athletes. While community service, receiving athletic training, and attending a specific number of practices may benefit the student-athlete's experience and development, they are not universally mandated eligibility criteria set by the NCAA.

6. What defines a permissible family member under NCAA regulations?

A. Only legal guardians

B. Spouse, parent or legal guardian, child, sibling

C. Parents and siblings only

D. Any adult known to the prospective student-athlete

A permissible family member under NCAA regulations is defined as a spouse, parent or legal guardian, child, and sibling. This definition encompasses a broad range of familial relationships that the NCAA recognizes for the purposes of regulations involving recruitment, benefits, and eligibility. Understanding this classification is important as it ensures that student-athletes receive and interact with appropriate support systems during their recruitment process and while they are competing. The inclusion of a spouse, legal guardians, children, and siblings acknowledges the varied family structures that exist and their roles in a student-athlete's life. This clarity helps avoid any potential confusion regarding who can be involved in certain NCAA-related activities, ensuring compliance with the organization's rules and the student-athlete's eligibility.

SAMPLE

7. What is the purpose of the NCAA's health and safety initiatives?

A. To cut costs for health insurance for athletes

B. To promote physical and mental well-being of student-athletes

C. To manage the medical staff for all NCAA events

D. To provide scholarships for medical students

The purpose of the NCAA's health and safety initiatives is primarily to promote the physical and mental well-being of student-athletes. These initiatives are designed to ensure that athletes are cared for in a holistic manner, addressing not just their physical health but also mental health concerns associated with the rigors of competition, practice, and academic life. By focusing on well-being, the NCAA aims to create a safe and supportive environment that encourages student-athletes to thrive both on and off the field. While managing medical staff and addressing health insurance costs might be aspects of a broader health and safety strategy, they are not the core purpose of these initiatives. Additionally, the provision of scholarships for medical students does not align with the primary goals of directly caring for student-athletes' health.

8. Can an athletics director send a congratulatory note to a prospective student-athlete after they sign a National Letter of Intent?

A. Yes, they can send a note

B. No, that is prohibited

C. Only if the student requests it

D. Only if it's a general note

An athletics director can indeed send a congratulatory note to a prospective student-athlete after they have signed a National Letter of Intent. This action is permissible because once a student-athlete has signed the National Letter of Intent, they have officially committed to a particular institution, and this sets a positive tone for the future relationship between the student and the institution. Sending a congratulatory note is not considered a recruiting violation; rather, it serves to acknowledge and celebrate the student's decision to join the program. The ability to offer such recognition helps in fostering goodwill and building rapport, which are essential in the dynamic of college athletics. It is a way for the athletics department to express support and enthusiasm for the student-athlete's commitment.

9. When is it permissible for a head coach to call a prospective student-athlete in their junior year of high school?

A. February

B. March

C. April 15 through May 31

D. Any time during the junior year

The correct answer is that a head coach may call a prospective student-athlete during the period from April 15 through May 31 of their junior year in high school. This timeframe is established by NCAA regulations, which govern when coaches can initiate contact with recruits. Before April 15, coaches are restricted from making phone calls or initiating such contact, allowing student-athletes some time to focus on their academic and athletic commitments without the pressure of recruitment activities. After the designated date, the NCAA rules permit communication, thus ensuring a structured and fair recruiting process. This policy is in place to help maintain a balance between the athletes' high school experiences and the college recruitment process.

SAMPLE

10. Can coaches visit multiple high schools in one day?

A. Yes, often

B. Only during competition seasons

C. Not allowed at all

D. As long as they inform the institution

Coaches are generally not allowed to visit multiple high schools in a single day due to NCAA regulations designed to promote fairness and maintain the integrity of the recruiting process. The rules around recruiting visits aim to ensure that the evaluation and recruitment of prospects are conducted in a manner that does not give an unfair advantage to any school or program. The restrictions also prevent the potential for overzealous recruiting practices that could detract from the educational environment of high schools. Each institution must adhere to these regulations to foster equitable treatment of student-athletes and uphold the standards set forth by the NCAA. While some choices suggest various allowances or conditions under which visits could occur, the overarching rule is that visiting multiple schools on the same day is prohibited to maintain a level playing field. This aligns with the notion of providing equal opportunities for all programs rather than allowing a select few to dominate the recruiting landscape through excessive contact.

SAMPLE

Next Steps

Congratulations on reaching the final section of this guide. You've taken a meaningful step toward passing your certification exam and advancing your career.

As you continue preparing, remember that consistent practice, review, and self-reflection are key to success. Make time to revisit difficult topics, simulate exam conditions, and track your progress along the way.

If you need help, have suggestions, or want to share feedback, we'd love to hear from you. Reach out to our team at hello@examzify.com.

Or visit your dedicated course page for more study tools and resources:

https://ncaacoaches.examzify.com

We wish you the very best on your exam journey. You've got this!

SAMPLE