NCAA SOCCER RULES PRACTICE TEST (SAMPLE)

STUDY GUIDE



SAMPLE STUDY GUIDE WITH LIMITED QUESTIONS

VISIT US ONLINE FOR THE FULL VERSION STUDY GUIDE

https://ncaasoccerrules.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. What is the penalty for a player receiving a second yellow card in the same game?

A. The player receives a warning

B. The player is shown a red card

C. The player is substituted

D. The player must leave the team bench

2. When can a referee stop the match?

A. For a substitution to occur.

B. For various reasons, including serious injury, weather conditions, or crowd trouble.

C. Whenever a goal is scored.

D. When a player is in an offside position.

3. What should happen when a player requires medical attention on the field?

A. Play continues while assessed

B. The game is stopped for evaluation, and they must be cleared by a medical professional

C. A goal kick is awarded to restart the game

D. The player is substituted immediately without assessment

4. How does the referee handle a violent conduct review initiated by a teammate's report?

A. It must be ignored.

B. The referee should conduct the review regardless.

C. Only teammates' reports can be considered for a red card.

D. Teammate reports are irrelevant.

5. What is the primary objective of a corner kick?

A. To allow the defensive team to regain possession

B. To put the ball back into play from out of bounds

C. To provide an opportunity to score from a set piece

D. To restart play after a goal is scored

SAMPLE

6. How many players are on the field for each team during a match?

A. 10 players

B. 12 players

C. 11 players

D. 15 players

7. What is the consequence for a player who delays the restart of play?

A. The player receives a red card

B. The player is cautioned with a yellow card

C. The player must leave the field temporarily

D. The player is given a free kick against them

8. If an incident occurs that the referee did not witness, can video footage be used later for additional clarity?

A. No, video footage has no bearing on referee decisions.

B. Yes, it can be evaluated after the match.

C. Yes, but it requires a referee's approval.

D. No, it can only be used during the match.

9. What is a goal kick and when is it awarded?

A. A goal kick is awarded for a foul inside the penalty area

B. A goal kick is awarded when the ball goes out of play over the goal line, last touched by a defending player

C. A goal kick is awarded when the ball goes out of play over the goal line, last touched by an attacking player

D. A goal kick is awarded for an offside violation

10. When must a player leave the field if they receive a yellow card?

A. A player must leave the field immediately

B. A player does not have to leave the field

C. A player leaves the field but can return after one minute

D. A player leaves the field for a substitution only

SAMPLE

Answers

SAMPLE

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

SAMPLE

Explanations

SAMPLE

1. What is the penalty for a player receiving a second yellow card in the same game?

A. The player receives a warning

B. The player is shown a red card

C. The player is substituted

D. The player must leave the team bench

When a player receives a second yellow card in the same match, it results in a red card being issued to that player. This action signifies that the player is immediately disqualified from participating in the remainder of the game. This rule is in place to ensure that players who engage in repeated misconduct, or accumulate two yellow cards, are appropriately penalized for their actions on the field. The issuance of a red card not only removes the player for the rest of that match but also often leads to additional disciplinary measures, such as a subsequent suspension in future games. The other options do not accurately reflect the rule: a warning does not exist in this context once a player has received a yellow card, substitution is not a penalty for receiving yellow cards, and leaving the team bench is unrelated to receiving a second yellow card. Thus, a red card is the necessary consequence for a player with two yellow cards.

2. When can a referee stop the match?

A. For a substitution to occur.

B. For various reasons, including serious injury, weather conditions, or crowd trouble.

C. Whenever a goal is scored.

D. When a player is in an offside position.

The referee has the authority to stop the match for various reasons that are essential for the safety and integrity of the game. This includes instances of serious injury to players, adverse weather conditions that may compromise player safety or the ability to play effectively, or disturbances caused by crowd trouble that could jeopardize the match environment. Each of these scenarios necessitates an immediate halt to the game to protect the well-being of all participants and ensure that the match can continue safely and fairly. While substitutions and goals are important aspects of the game, they do not inherently require the referee to stop play unless unusual circumstances arise. Stopping play for a substitution is typically a straightforward process that does not necessitate a formal stoppage by the referee unless there are specific conditions that warrant it. Similarly, a goal naturally requires a brief stoppage for the restart, but it is not at the same level as the serious circumstances represented in the correct answer. An offside infraction results in an indirect free kick, but the match does not need to be stopped for this reason; rather, the play continues until a decision is reached by the referee.

SAMPLE

3. What should happen when a player requires medical attention on the field?

A. Play continues while assessed

B. The game is stopped for evaluation, and they must be cleared by a medical professional

C. A goal kick is awarded to restart the game

D. The player is substituted immediately without assessment

When a player requires medical attention on the field, the game must be stopped for evaluation, and the player must be cleared by a medical professional before they can re-enter the match. This protocol is in place to ensure the safety and well-being of the players. Stopping the game allows medical staff to appropriately assess the player's condition without the risk of ongoing play complicating the situation or further endangering the injured player. Moreover, a player who has received medical attention cannot return to the field until they have received clearance, which guarantees that only healthy players are participating in the game.

4. How does the referee handle a violent conduct review initiated by a teammate's report?

A. It must be ignored.

B. The referee should conduct the review regardless.

C. Only teammates' reports can be considered for a red card.

D. Teammate reports are irrelevant.

The correct response highlights that the referee is obligated to conduct a review when a report of violent conduct is made by a teammate. This is important because the referee must maintain the integrity of the game and ensure that all acts of misconduct, especially those involving violence, are addressed appropriately. By undertaking the review, the referee ensures that they are informed of any serious infractions that may have occurred on the field, allowing them to uphold the safety of all players and the spirit of fair play. This process is essential not only for the accountability of players but also for the overall management of the match, contributing to a safe environment for all participants. In this context, the other options are not suitable since ignoring reports of such serious misconduct or dismissing them as irrelevant undermines the referee's authority and the safety protocols established in the rules of the game. It is vital that all reports of violent conduct be treated seriously to uphold the standards of sportsmanship and safety in soccer.

5. What is the primary objective of a corner kick?

A. To allow the defensive team to regain possession

B. To put the ball back into play from out of bounds

C. To provide an opportunity to score from a set piece

D. To restart play after a goal is scored

The primary objective of a corner kick is to provide an opportunity to score from a set piece. When the ball goes out of play over the goal line, and it was last touched by a defending player, the attacking team is awarded a corner kick. This situation creates a strategic set play for the attacking team to attempt to score, as players can position themselves to receive the ball in a structured manner. Typically, the execution of a corner kick involves delivering the ball into the penalty area where teammates can attempt to direct it toward the goal, capitalizing on the defensive positioning and trying to convert the opportunity into a goal. The corner kick is specifically designed to enhance the scoring chances of the attacking team, making it a crucial aspect of the game. In contrast, the other options either do not accurately describe the specific function of a corner kick or misrepresent the context in which it occurs within the rules of soccer. For example, while putting the ball back into play from out of bounds is correct in a general sense, it does not capture the primary purpose of attempting to score directly from a corner kick.

SAMPLE

6. How many players are on the field for each team during a match?

A. 10 players

B. 12 players

C. 11 players

D. 15 players

In a standard NCAA soccer match, each team is allowed to have 11 players on the field. This includes 10 outfield players and 1 goalkeeper. This structure is a fundamental aspect of the game's rules, designed to create a balanced contest while allowing for strategies that involve various formations and play styles. While 10, 12, and 15 players may be numbers associated with other sports or modified games, they do not align with the established rules for standard soccer matches at the NCAA level, where 11 players per team is the requirement. Thus, the correct answer reflects the baseline of competitive play in NCAA soccer.

7. What is the consequence for a player who delays the restart of play?

A. The player receives a red card

B. The player is cautioned with a yellow card

C. The player must leave the field temporarily

D. The player is given a free kick against them

In soccer, delaying the restart of play is considered unsportsmanlike behavior and is addressed within the rules of the game to maintain the flow and fairness of the match. When a player intentionally stops or slows down the game after a stoppage, the proper action taken by the referee is to issue a caution. This caution is represented by showing a yellow card to the player. By issuing a yellow card, the referee is signaling that the player's action was inappropriate, and the card serves as a warning. Accumulating multiple yellow cards can lead to more severe consequences, such as being ejected from the match, but for a single instance of delaying the restart, a yellow card is the appropriate response. Other choices don't align with the established rules of the game regarding player misconduct for delaying the restart of play, as a red card indicates a severe infraction that usually involves violent behavior, and the other options involve actions that aren't relevant to the specific situation of delaying play.

8. If an incident occurs that the referee did not witness, can video footage be used later for additional clarity?

A. No, video footage has no bearing on referee decisions.

B. Yes, it can be evaluated after the match.

C. Yes, but it requires a referee's approval.

D. No, it can only be used during the match.

Video footage can indeed be used after the match to provide additional clarity on incidents that the referee did not witness. This practice aligns with the evolving nature of officiating in soccer where the use of technology, such as video review systems, helps enhance the accuracy and fairness of decisions. By reviewing recorded footage, referees and officials can analyze critical moments to ensure that appropriate actions, such as issuing a suspension or correcting a decision, are taken if necessary. The ability to evaluate video footage after the match provides teams and governing bodies with a method to understand and review the game's events more thoroughly, fostering transparency. This practice is part of initiatives to use technology to improve the overall quality and integrity of officiating in soccer.

SAMPLE

9. What is a goal kick and when is it awarded?

A. A goal kick is awarded for a foul inside the penalty area

B. A goal kick is awarded when the ball goes out of play over the goal line, last touched by a defending player

C. A goal kick is awarded when the ball goes out of play over the goal line, last touched by an attacking player

D. A goal kick is awarded for an offside violation

A goal kick is a method of restarting play in soccer that occurs when the ball goes out of play over the goal line, specifically after having been last touched by an attacking player. This means that if an attacking player kicks the ball and it then goes out of bounds past the goal line without resulting in a goal, the defending team is awarded a goal kick. When the goal kick is taken, it must originate from within the goal area, and the ball must be stationary. The defending team can use this opportunity to clear the ball from their defensive zone and reestablish control of play. Understanding this scenario helps in distinguishing between other situations that lead to different methods of restarting play, such as corner kicks or fouls.

10. When must a player leave the field if they receive a yellow card?

A. A player must leave the field immediately

B. A player does not have to leave the field

C. A player leaves the field but can return after one minute

D. A player leaves the field for a substitution only

A player who receives a yellow card does not have to leave the field. The yellow card serves as a caution for unsporting behavior or a violation of rules, but it does not necessitate the player's departure from the game. The player is allowed to continue participating in the match unless they receive a second yellow card, which would result in a red card and subsequent removal from the game. This allows the team to maintain its player strength on the field unless further disciplinary action is warranted. The other options suggest scenarios that conflict with the established rules regarding yellow cards. For instance, requiring a player to leave the field immediately or to leave for a substitution are not applicable in this context, as neither is a requirement following a yellow card.

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://ncaasoccerrules.examzify.com

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

SAMPLE