

NFHS Edition

Excellent Quiz by Goht Van Den Brink

1. If a player is disqualified, injured, or directed to leave the game, How many seconds does the Head Coach have to replace them with a sub?

- a. 10
- b. 15
- c. 20
- d. 30

2. How many seconds is a player allowed to address minor blood on their body or uniform without having to leave the game?

- a. 10
- b. 15
- c. 20
- d. none

3. Between quarters, at halftime, and during a timeout, when should a substitute report or be in position to report to the scorer relative to the warning sound before the end of the intermission or timeout?

- a. Prior to the 15-second warning
- b. After the 15-second warning
- c. Prior to the 20-second warning
- d. After the 20-second warning

4. The American flag may be worn anywhere on the team jersey provided it does not exceed X inches and does not interfere with the visibility of the player's number. What is the maximum size the flag can be?

- a) 1 x 2 inches
- b) 2 x 3 inches
- c) 3 x 4 inches
- d) 4 x 5 inches

5. What is the maximum legal width for a headband?
- a. 2¼"
  - b. 2½"
  - c. 3"
  - d. 3½"

Answers:

- 1. b. 15 seconds (Rule 10-6-2)
- 2. c. 20 seconds Rule 3-3-7(NFHS rule change 2024-2025)
- 3. a. Prior to the 15-second warning (Rule 3-3-1a)
- 4. b. 2 x 3 inches (per rule 3-4-2b).
- 5. c. 3 inches wide

