

# NFHS Practice Test Questions and Answers

**1. What is the maximum number of timeouts each team is allowed in NFHS basketball?**

- A) 3 full timeouts and 2 30-second timeouts
- B) 5 full timeouts
- C) 4 full timeouts and 2 30-second timeouts
- D) 6 timeouts of any length

**2. In NFHS football, how many points is awarded for a safety?**

- A) 1 point
- B) 2 points
- C) 3 points
- D) 6 points

**3. What is the regulation length of a high school soccer field according to NFHS rules?**

- A) 100-120 yards
- B) 100-130 yards
- C) 90-120 yards
- D) 110-120 yards

**4. In NFHS track and field, what is the standard height for hurdles in the boys' 110-meter hurdle race?**

- A) 39 inches
- B) 42 inches
- C) 36 inches
- D) 33 inches

Answers: 1-A 2-B 3-A 4-A

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