

2024 CCFOA Girls Flag Football Summer Study Guide (8.8.24)

1. 3rd and 10 @ the A-30. 1:50 on the game clock at the end of the play. The result of the play, A33 runs for a first down to the B-30. During the run a flag guarding is penalized at the B-35. The down ended inbounds. The next play will be — (CIF RB pg 9, 11, 16; CIF MECH pg 21)

A. 3rd and 5 @ the A-35, game clock starts on the ready for play

B. 4th and 5 @ the A-35, game clock starts on the ready for play

C. 3rd and 5 @ the A-35, game clock starts on the snap

D. 4th and 5 @ the A-35, game clock starts on the snap

Emphasis - Starting and stopping the game clock under 2:00, penalizing flag guarding

2. Flags must be a contrasting color to the uniform shorts. (CIF RB pg 4)

A. True

B. False

1. 7. 6

3. An incomplete pass thrown backwards or laterally is a live ball and should be considered a fumble. Any player may recover a fumble. (CIF RB pg 6, 8, 17)

A. True

B. False

4. Jewelry is considered illegal equipment and is not allowed. Players may tape over their earrings. (CIF RB pg 5; CIF MECH pg 5)

A. True

B. False

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5. A Flag Belt is to be worn around the waist, is a single piece and has two flags, one to be worn on each hip. All flags must be removable from the belt. (CIF RB pg 4)

A. True

B. False

1. 8. 1-10

6. Only the three players lined up at the line of scrimmage, that have declared themselves as receivers are considered eligible to receive the ball. (CIF RB pg 15)

A. True

B. False

Emphasis — All players are eligible receivers; Requirements of having 4 players on the line of scrimmage

7. Defensive Pass Interference is a 10-yard penalty and an automatic first down. (CIF RB pg 19)

A. True

B. False

Emphasis — DPI is a 10-yard penalty from the previous spot, or the penalty is declined if the result of the play is greater than the penalty. Coaches/captains choice

8. Illegal contact can be any contact deemed unnecessary by the official. It can be committed by the offense or defense and includes bumping receivers at the line of scrimmage (CIF MECH pg 2, 21)

A. True

B. False

Emphasis — Responsibility to avoid contact; Offense v Defense:

9. When a defender grasps the jersey of the ball carrier in an attempt to de-flag and inhibits the progress of the ball carrier it is a defensive holding penalty. (CIF MECH pg 20)

A. True

B. False

Emphasis — Defensive holding, when a defensive player holds up the offensive player while attempting to de-flag that player. 10-yard penalty from the spot of the foul or the end of the run. Physical holding v holding jersey/shorts/pants

10. Team A 1st and 20 from the A-20. After snapping the ball, A55 steps back two yards to the 18 and slides in front of B45 who is legally rushing the quarterback. The quarterback escapes for a 5-yard gain to the 25. If the official calls a moving screen/blocking on A55 your enforcement spot will be- (CIF RB pg 5, 6, 16, 18)

A. Team A 20-yard line

B. Team A 18-yard line

Emphasis- All fouls by the offense that occur behind the LOS are penalized from the previous spot.

11. Shorts or Pants must have no open pockets in order to be considered part of a legal uniform. (CIF RB pg 3)

A. True

B. False

12. All of the following are true except— (CIF RB pg 3; CIF MECH pg 6)

- A. All Varsity games will be two 24-minute halves
- B. A running clock will be used until the final two minutes of each half
- C. Each team will have 3 timeouts per half
- D. The game clock will start on the snap following the notification of the 2-minute warning if the clock was stopped for another reason

13. The play clock begins on the ready for play and is 35 seconds in length. (CIF RB pg 9, 12, 13; CIF MECH pg 8)

- A. True
- B. False

Emphasis — Play clock will be 25 seconds and start on the ready for play whistle after the rush line has been set.

14. At the request of the offense, the ball may be spotted to the left or right along the LOS. If the offense requested this the play clock is reset. (CIF RB pg 13, 15; CIF MECH pg 8)

- A. True
- B. False

15. Team A 4th and 15 at the A-25, Team A allows the play clock to expire before declaring they wish to punt. Which is a possible next spot of the ball? (CIF MECH pg 15)

- A. Team A - 4th and 15 at the A-25
- B. Team B - 1st and 15 at the B-25
- C. Team B - 1st and 20 at the B-20

Emphasis — A punt may be declared at any point until the play clock expires. If there is a delay of game on 4th down and a punt is declared that penalty will be enforced after the ball is moved to the opponents 20-yard line.

16. After a touchdown, during a PAT attempt from the 5-yard line, the defense intercepts a legal forward pass and returns the ball to their opponents end zone. Your call is — (CIF RB pg 14)

- A. 1 point for the defense
- B. The play should have been whistled dead directly after the interception was made
- C. 2 points for the defense

17. The no run zone is — (CIF RB pg 8, 17)

- A. 5 yards in length
- B. Located before each end zone and each line-to-gain
- C. Designed to avoid excessive contacted in short yardage situations
- D. All of the above

18. When inside the no-run-zone Team A runs an option play to the right. Before crossing the line of scrimmage the quarterback elects to pitch the ball 4 yards laterally to the running back and the running back gains the necessary yardage for the first down. Your call is — (CIF RB pg 14)

- A. 1st down
- B. Penalty — Illegal run — 5-yard penalty
- C. Penalty — Illegal run — 5-yard penalty and loss of down
- D. Penalty — illegal quarterback run — 5-yard penalty and loss of down

Emphases — No direct handoff is allowed in the no-run-zone

19. Team A 2nd and goal from the 5. After taking the snap, the quarterback fakes a hand off to the running back that is standing directly to their left side. The quarterback then pitches the ball forward to the center. The center runs and extends the ball over the goal line. Your call is — (CIF RB pg 14)

- A. Illegal forward pass — 5-yard penalty and loss of down
- B. Illegal run — 5-yard penalty
- C. Legal play — Score is good
- D. Unsportsmanlike conduct for deceptive tactics — 10 yard penalty and loss of down

Emphasis — no direct handoff inside the no-run-zone, a forward pass does not need to be an over the hand pass, any runner may extend the ball to gain yardage

20. Team A 2nd down in the no-run-zone. There are two rushers lined up 7 yards off the ball, one of the rushers moves forward 1 yard before the snap of the ball and is only 6 yards from the LOS at the time of the snap. The Quarterback recognizes the movement early by the rusher. After the quarterback receives the snap they turn and directly hands the ball to the running back who runs 4 yards for a 1st down. Neither rusher crosses the LOS. The foul is- (CIF RB pg 14)

- A. Illegal Rush Defense — 5 yards added to the end of the run
- B. Illegal Rush Defense — 5 yards from the previous spot
- C. Illegal Run Offense — 5 yards from the previous spot
- D. Illegal Run Offense — 5 yards from the previous spot and Loss of Down

Emphasis — it is not a rush until the defense crosses the line of scrimmage.

21. Team A 2nd and goal from the B-5. A8 turns and catches a legal forward pass at the 2, A25 runs in front of them at the 3 and takes a direct handoff, which they then run in for a touchdown. Your call is — (CIF RB pg 3, 6, 17)

A. Legal play — Score is good

B. Illegal forward pass — 2nd and goal from the 10

C. Illegal run in the no-run-zone. — 3rd and goal from the 10

D. Illegal run in the no-run-zone — 2nd and goal from the 10

Emphasis — no direct handoff in the no-run-zone, even after a legal forward pass

22. Team A 1st and goal from the 11. Team A runs a Hook and Ladder — Just after A8 turns and catches a legal forward pass at the 4-yard line A25 runs in front of them and takes a direct handoff, which they then run in for a touchdown. Your call is — (CIF RB pg 3, 6, 14, 17)

A. Legal play — Score is good

B. Illegal run in the no-run-zone 2nd and goal from the 16

C. Illegal run in the no-run-zone 1st and goal from the 16

Emphasis — the no-run-zone is only in affect as a penalty if the ball is snapped from inside the no-run-zone

23. Team A 3rd and 7 from the B-27. A25 catches a legal forward pass at the B-23. As A25 turns to run they extend their left arm, at the B-23, contacting B38 attempting a flag pull and pushing B38 away slightly. A25 continues forward to the B-18 before their flag is pulled. Your call is — (CIF RB pg 9, 16)

A. Legal play — 1st and goal from the B-18

B. Flag guarding — 3rd and 17 from the B-37

C. Flag guarding — 4th and 17 from the B-37

D. Flag guarding — 4th and 13 from the B-33

24. With the ball, A35 makes a good football move to avoid a flag pull, however during this they incidentally knocks B15's hand away from the flag. Your call is — (CIF RB pg 9, 16)

A. No Penalty for incidental contact

B. Flag Guarding, 10-yard penalty from the previous spot

C. Flag Guarding, 10-yard penalty from the previous spot and loss of down

D. Flag Guarding, 10-yard penalty from the spot of the foul and loss of down

25. In the previous 1st down play A25, the quarterback for that play, ran the ball for a 5-yard gain to the B-35. It is now Team A 2nd/15 from the B-35. A25 and A34 line up next to each other 3 yards behind the center. A34 receives the snap and begins a run around the left side. A34 reaches the 25 before being de-flagged. Your call is —

- A. Legal play, 3rd and 5 from the B-25
- B. Illegal run, 3rd and 20 from the B-40
- C. Illegal run, 2nd and 20 from the B-40
- D. Illegal run, 3rd and 15 from the B-35

Emphasis - One (1) QB run per series of downs, the QB is the person who receives the snap on that play

26. Team A 1st/15 at the A-25. A33 comes “under center” to receive the snap. They are not crowding the center, they are simply a smaller player and their feet are only 1 1/2 yards away from the LOS.

- A. Legal
- B. Illegal

Emphasis - The rule of 2 yards of the LOS for the QB to receive the snap is only intended to stop teams from crowding the center with multiple player in an attempt to deceive who receives the snap

27. Team A 4th and goal at the B-10. A28 catches a legal forward pass at the 5-yard line and turns to move toward the end zone. While A28 is at the 2-yard line they lose possession of the ball which, with momentum, first contacts the ground in the end zone. Your call is —

- A. Touchdown
- B. Replay down, 4th and goal at the 10
- C. Safety, next play will be team B 1st and 20 at the 20
- D. Team B 1st and 18 at the B-2

Emphasis — A fumble that first contacts the ground in an end zone or out of bounds will be placed at the spot the player lost control of the ball.

28. Team A 2nd and 12 from the B-32. After the snap of the ball as B67 is attempting their legal rush of the quarterback, the center (A46) slides to their right causing contact with B67. Pass complete to A23 who is downed at the B-25. Your call is —

- A. Illegal Contact Team B67, 1st and goal at the B-15
- B. Illegal Block Team A46, 2nd and 22 from the A-38
- C. Illegal Block Team A46, 2nd and 2 from the A-38
- D. No foul, incidental contact

Emphasis — No blocking of moving screens, 10-yard penalty.

29. When running with the ball A25, in their normal running motion, runs through B87, who is not moving their feet, however attempting to grasp a flag. A25 knocks B87 to the ground and continues forward and is de-flagged at the B-24

- A. This is a legal play, incidental contact
- B. Illegal contact A25, 10-yard penalty from the spot of the foul
- C. Illegal contact B87, 10-yard penalty from the end of the run
- D. Illegal contact A25, 10-yard penalty from the previous spot

Emphasis — The offensive player with possession of the ball must attempt to avoid the defense making a play for the flag. The defense must avoid contact with the offense in most all other situations.

30. A66, A47 and A33 line up on the line of scrimmage near the ball. All other offensive players remain 2-3 yards off the ball standing near the quarterback.

- A. Unsportsmanlike conduct Team A, deceptive tactics
- B. Illegal formation Team A, live ball foul — 5-yard penalty
- C. Illegal formation Team A, dead ball foul — 5-yard penalty
- D. Illegal formation Team A, live ball foul — 10-yard penalty

Emphasis — Illegal formation, no more than 3 in the backfield, live ball foul, 5-yard penalty.

31. Team A 1st/ 20 on the A-20. A45 catches a legal forward pass at the A-28. As A45 turns to run up field A35 stops their receiving route and stands stationary at the 30 blocking the path of B33 attempting to grasp the flag of A45. A45 continues to the A-35 where they are de-flagged. If the stop of A35 is deemed to be intentional in the path of B33, Your call is —

- A. Legal play, incidental contact, Team A 2nd and 5 at the 35
- B. Illegal blocking Team A, 1st and 30 on the 10
- C. Illegal blocking Team A, 1st and 20 from the 20
- D. Illegal contact Team B, 1st and 20 at the 40

Emphasis - No blocking by A beyond the LOS.

32. Team A 1st and 20 at the A-20. B35 establishes position at the 7-yard rush line and at the snap begins their legal rush of the quarterback. The center, A45, recognizes the path that B35 is taking to the quarterback and, while B35 is still 3 yards away, takes one step to the left and stands still in the path of B35. There is a mild collision which knocks both players to the ground. The pass is complete to A22 who is downed at the A-28. Your call is —

- A. Illegal blocking Team A, 1st and 30 from the 10
- B. Illegal blocking Team A, 1st and 22 from the 18
- C. Illegal Contact Team B, 1st and 10 from the 30
- D. Illegal Contact Team B, 1st and 2 from the 38

Emphasis- Illegal contact fouls will be enforced from the end of the related play.

33. Team A 1st and 20 at the A-20. The quarterback hands the ball off to A28 who begins to run around the left side. A28 then directly hands the ball off to A35 for a reverse to the right. Being unaware that A28 no longer has the ball, B77 pull the flag of A28. A28 then sprints to the 25 yard line on the right side where she catches a legal forward pass from A35. Your call is —

- A. Illegal touching — A28 is no longer eligible to touch the ball after being de-flagged
- B. Illegal touching — A28 is no longer an eligible receiver because they already possessed the ball
- C. Illegal Flag pull — B77 cannot pull the flag of a player not in possession of the ball
- D. Legal play — the de-flagged runner can now be downed by a one hand tag between the shoulders and knees

Emphasis — Tagging, to touch a ball carrier whose flag belt came off before possession of the ball. Tag between the knees and the shoulders is a legal way to down to player with no flag. The tag must be on the body of the player. A defensive player may not intentionally pull the flags of a player who had not touched the ball.

34. Team A 1st and 20 at the A-20. Receiver A33 and Defender B45 line up facing each other 1 yard apart at line of scrimmage. At the snap, A33 begins a receiving route to the inside and B45 steps in front of A33 pushing them off their route. A33 recovers and continues to the A-28 where they catch a legal forward pass and are immediately de-flagged by the defense. Your call is —

- A. Defensive Pass Interference, 1st and 2 at the 38
- B. Defensive Pass Interference, 1st and 10 at the 30
- C. Illegal Contact Team B, 1st and 10 at the 30
- D. Illegal Contact Team B, 1st and 2 at the 38

Emphasis — Illegal Contact, Receivers are allowed free release from the line of scrimmage, no bump and run. The penalty is enforced from the end of the run on running plays and completed pass plays, or the previous spot on incomplete pass plays.

35. Team A 2nd and 20 on the A-20. While A45 is attempting to catch a legal forward pass at the 35, B67 extends their arm across the front of A45's body stopping A45's arms from extending to receive the pass. A45 is able to get their arms free, but as B67 turns to look for the pass they intercept the ball and return it for a touchdown. Your call is —

- A. No foul, Team B touchdown is good, A45 was able to get their arms free
- B. Defensive pass interference, Team A 2nd and 10 from the A-3
- C. Defensive pass interference, Team A 1st and 10 from the A-30
- D. Defensive pass interference, Team A 1st and 15 from the B-35



36. Team A 2nd and 10 from the B-30. 00:35 on the clock in the 2nd half, Team A down by 6 points. A25 receives the snap and rolls out to their right. B40, a legal rusher is close to grasping the flag belt in bounds, however A25 tosses the ball backwards out of bounds, in an effort to stop the game clock, at the 34-yard line where it contacts the ground, in an effort to stop the clock. Your call is —

- A. Delay of game, Unfair tactics to conserve clock time, 2nd and 15 from the 35, the game clock will start on the ready for play.
- B. Intentional grounding, 3rd and 14 from the 34
- C. Fumble out of bounds, 3rd and 14 from the 34
- D. Fumble out of bounds, 3rd and 10 from the 30

Emphasis — The referee may order the game clock stopped or started whenever in their opinion a team is trying to conserve or consume playing time by tactics obviously unfair. Delay of game, 5 yards from the previous spot.

37. The official primarily responsible for designating the 7-yard rush line, the play clock and much of the play in the defensive backfield is -

- A. The Referee
- B. The Head Line Judge
- C. The Rush Line Judge

38. The official primarily responsible for knowing if legal and illegal rushers cross the line of scrimmage is —

- A. The Referee
- B. The Head Line Judge
- C. The Rush Line Judge

39. Team A 1st/15 at the A-25. A33 and A45 come “under center”, both crowding the center in an attempt to deceive who will be receiving the snap.

- A. Legal
- B. Illegal

Emphasis - The rule of 2 yards of the LOS for the QB to receive the snap is only intended to stop teams from crowding the center with multiple players in an attempt to deceive who receives the snap

40. When running with the ball A66 drops their shoulder and crunches their side toward the defender attempting to grasp the flag. Your call is —

- A. No Penalty for incidental contact
- B. Flag Guarding, 10-yard penalty from the previous spot
- C. Flag Guarding, 10-yard penalty from the previous spot and loss of down
- D. Flag Guarding, 10-yard penalty from the spot of the foul and loss of down

Emphasis - Dropping the shoulder is flag guarding

41. When illegal contact/bump and run on receivers at the line of scrimmage happens, which official is primarily responsible to make that call?

- A. The Referee
- B. The Head Line Judge
- C. The Rush Line Judge
- D. The Head Line and the Rush Line Judges

42. After catching a legal forward pass, A54 has the ball stripped away by B22. B22 begins to run with the ball. You should-

- A. Continue to officiate, good play by B22
- B. Whistle the play dead, spot the ball for Team A at the spot B22 stripped it
- C. Whistle the play dead. Penalty B22, enforcement spot is the end of A54's run
- D. Whistle the play dead. Penalty B22, enforcement spot is the previous spot

43. Team B takes over after a 4th and goal try at their own B-3. The officials should move the ball to the 20 for B 1st and 20.

- A. True
- B. False

44. Team A is snapping the ball from the A-4. Standing in their own end zone, the QB (A43) prepares to receive the snap. The ball is snapped over their head and contacts the ground in the end zone. Your call is-

- A. Because A43 never possessed the ball, the next snap will be the previous spot with a loss of down
- B. Turnover, Team B 1st and 20 from the B-20
- C. Safety, 2 points for B, team B takes possession at the B-20
- C. Safety, 2 points for B, team B takes possession at the A-4

45. Team A 3rd and 10 at the A-30. A23 is lined up as a receiver to the left and is on the LOS. Prior to the snap, A23 turns and begins to jog along the LOS in motion to the right. This a legal play-

- A. True, motion is allowed by any team A player
- B. True, motion is only allowed by team A receivers
- C. False, motion is never allowed by team A
- D. False, motion is only allowed by team A players that are "off" (1 yard or more) the LOS

46. Team A 1st and 20 from the A-20. After the snap of the ball A77 and A33 stand still at the line of scrimmage. B45 when legally rushing the quarterback attempts to split between them knocking A77 to the ground at the 18-yard line. The quarterback escapes and is downed at the 25 for a 5-yard gain. An Illegal Contact foul is called on B45. The enforcement of this penalty will be from the— (CIF RB pg 18; CIF MECH pg 20)

- A. Previous spot — the 20-yard line
- B. The line gained by the quarterback — the 25-yard line
- C. The spot of the foul — the 18-yard line

Emphasis - The penalty enforcement spot for fouls by B on running plays will be the end of the run

47. 4th and 6, Team A comes to the line of scrimmage preparing to run a play. The coach realizes it is 4th down with 5 seconds remaining on the play clock and the coach and captain suddenly declare they wish to punt. Your call is - (CIF RB pg 18; CIF MECH pg 20)

- A. The declaration to punt must be made before the ready for play whistle.
- B. They must run a play.
- C. The declaration to punt must be made before they come to the line of scrimmage and appear ready to run a play. They must run a play.
- D. The punt is allowed, and the ball is moved. B team 1st and 20 at the 20 They should allow the play clock to expire and declare punt after the delay of game penalty is enforced.

Emphasis — A punt may be declared at any point until the play clock expires. If there is a delay of game penalty on 4th down and a punt is declared that penalty will be enforced after the ball is moved to the opponents 20-yard line. 1st and 15 from the 25.

48. Team A 2nd and 10 at the A-30. The QB runs a sweep right with an option to pass or toss to A33. B34, who was at the A-34, at the time of the snap crosses the LOS and de-flags the QB at the A-27. Your call is-(CIF RB pg 7, 18; CIF MECH pg 20)

- A. Illegal rush defense, A 2nd and 5 at the A-35
- B. Illegal rush defense, A 2nd and 8 at the A-32
- C. Legal play, A 3rd and 13 at the A-27
- D. Illegal flag pull defense, 2nd and 5 at the A-35

49. While still standing in nearly the same spot as they received the snap the quarterback throws the ball into the ground just behind the line of scrimmage to avoid a sack by the two defensive rushers. Your call is — (CIF RB pg 6, 17)

- A. No foul
- B. Intentional grounding, 10-yard penalty, loss of down
- C. Intentional grounding, 5-yard penalty from the spot of the foul, loss of down
- D. Intentional grounding, ball is placed at the spot of the foul, loss of down

Emphasis — the quarterback may intentionally ground the ball to avoid a sack. If the ball is thrown laterally or backwards it is considered a fumble and fumble rules apply.

50. Team A 2nd and 15 at the A-25. After the snap, two legal rushers come towards the quarterback. As the quarterback releases the pass, the follow through motion of the throwing arm contacts the rusher attempting to deflect the pass. Your call is — (CIF RB pg 19; CIF MECH pg 20, 21)

- A. No Foul, unintentional contact
- B. Roughing the passer, Team A 1st and 5 from the 35
- C. Roughing the passer, Team A 1st and 20 from the 40
- D. Illegal Contact, Team A 2nd and 5 from the 35

Emphasis — Rushers must avoid hitting the quarterback's arm, even on the follow through.

51. When a fumble at the sideline first contacts the ground out of bounds, the ball will be placed (CIF RB pg 19; CIF MECH pg 21)

- A. At the spot of the fumble when the ball contacts the ground in front of the spot possession was lost
- B. At the spot of the fumble when the ball contacts the ground behind the spot possession was lost
- C. At the spot of the ball contacts the ground when it is behind the spot possession was lost

1 & 3

1 & 2