

CF0A Flag Football Summer Study Guide 2025

1. Which of the following best defines a live ball?
 - A. A ball not in play
 - B. A ball in play after a legal snap
 - C. A loose ball after dead ball
 - D. A fumbled ball

2. Blocking is legal if contact is made with the hands to the opponent's chest. (T/F)
 - A. True
 - B. False

3. How long does the play clock run once the ball is ready-for-play?
 - A. 30 seconds
 - B. 40 seconds
 - C. 25 seconds
 - D. 20 seconds

4. A runner who fumbles forward and out of bounds is spotted at:
 - A. The out-of-bounds spot
 - B. The forward-most point of the ball
 - C. The Endzone
 - D. The point of fumble

5. What is the maximum number of captains allowed for a coin toss?
 - A. 2
 - B. 3
 - C. 4
 - D. Unlimited

6. A simultaneous catch results in possession awarded to the defense. (T/F)
- A. True
 - B. False
7. Which of the following is illegal equipment?
- A. Cleats with a single toe cleat
 - B. Glove with visible NOCSAE label
 - C. Jersey with belt loops
 - D. Flag belt with 3 flags
8. What determines the dead-ball spot?
- A. Point of first contact
 - B. Position of feet
 - C. Forward-most point of the ball
 - D. Middle of field
9. A backward pass is thrown in which direction?
- A. Toward opponent's end zone
 - B. Toward own end zone or parallel
 - C. In any direction
 - D. Straight up
10. A loose ball that touches the ground becomes:
- A. A dead ball
 - B. A live ball
 - C. A fumble
 - D. A punt

11. The penalty for fighting includes:

- A. Yardage loss only
- B. Player disqualification
- C. Warning
- D. Retry the down

12. An arm sleeve must display what to be legal after 2027?

- A. NFHS logo
- B. Manufacturer logo
- C. SFIA certification seal
- D. Size tag

13. A defensive player enters the neutral zone before the snap. This is called:

- A. Offside
- B. False start
- C. Incomplete
- D. Encroachment

14. Which of the following is NOT allowed on a jersey?

- A. American flag (2x3 inches)
- B. Player name
- C. Manufacturer logo (3 inches)
- D. School logo

15. Player equipment must be:

- A. Homemade
- B. Altered for comfort
- C. Professionally manufactured and unaltered
- D. Fitted with pads

16. The neutral zone remains until:

- A. Ball is snapped
- B. Ready-for-play is signaled
- C. Ball becomes dead
- D. Time expires

17. A pylon is placed at:

- A. 50-yard line
- B. Intersection of goal line and sideline
- C. 23' apart, outside of each endzone, centered (hash marks)
- D. Bench area
- E. B & C are correct

18. Who may make the final decision on penalty acceptance?

- A. Referee
- B. Coach
- C. Designated team representative
- D. Quarterback

19. Muffing a kick in flight results in:

- A. A new force
- B. Dead ball
- C. No new force
- D. Touchback

20. Touching the ball by a game official is:

- A. Illegal
- B. Considered a foul
- C. Reviewed
- D. Ignored

21. The number of officials required before a game begins is determined by:

- A. Head coach
- B. Referee
- C. State association
- D. NFHS

22. Which foul type offsets if both teams commit live-ball fouls?

- A. Flagrant
- B. Multiple
- C. Double
- D. Personal

23. An untimed down may extend a half if a foul by the defense occurs during the last timed down. (T/F) Rule 3.3.3

- A. True
- B. False

24. How many time-outs is each team entitled to per half? Rule 3.5 & 5.1

- A. 1
- B. 2
- C. 3
- D. Unlimited

25. The game clock stops for a team timeout and resumes: Rule 3.4.3

- A. When the timeout ends
- B. On the snap
- C. On the ready-for-play signal
- D. When the coach signals

26. The clock shall start on the ready-for-play signal after:
Rule 3.4.2

- A. Incomplete pass
- B. Runner goes out of bounds
- C. Team time-out
- D. First down

27. A team is penalized for delay of game if it fails to snap within: Rule 3.6.1

- A. 15 seconds
- B. 20 seconds
- C. 25 seconds
- D. 30 seconds

28. When an injured player is attended to on the field, the player: Rule 3.5.10

- A. May remain in the game
- B. Must leave for at least one down
- C. Must be substituted for the quarter
- D. May only return after halftime

29. The intermission between halves shall be: (By State Adoption 3.1.6)

- A. 2 minutes
- B. 5 minutes
- C. 10 minutes
- D. 15 minutes

30. During a down, a replaced player or substitute who unsuccessfully attempts to leave the field of play, and does not participate, constitutes a - Rule 3.7.4

- a. No Foul - Officials will ignore this
- b. Foul - Illegal Participation
- c. Live Ball Foul - Illegal Substitution
- d. Dead Ball Foul - Illegal Substitution

31. A fumble that hits the ground results in: Rule 4.2.2g

- A. A live ball
- B. A dead ball
- C. A replay of the down
- D. A penalty

32. The ball is considered out of bounds when: 4.2.2d

- A. It crosses the sideline
- B. Any part of the ball or player touches the ground out of bounds
- C. The runner dives
- D. It hits a pylon

33. A down ends when: Rule 4.2.2b

- A. The play clock expires
- B. The runner is "tackled" or their flag is legally removed
- C. A player calls timeout
- D. The referee signals

34. If an inadvertent whistle sounds during a down and the ball is in player possession, the result is: Rule 4.2.3

- A. Loss of down
- B. Replay the down or take result of play
- C. Automatic first down
- D. 5-yard penalty

35. The ball becomes dead when: Rule 4.2.2d

- A. A backward pass is touched by the opponent
- B. A catch is made
- C. The runner runs out of bounds
- D. A flag belt breaks during a legal tag

36. If a ball carrier falls to the ground and no flag is removed, the ball is: Rule 4.2.2a

- A. Dead
- B. Live
- C. Returned to the previous spot
- D. Turned over

37. If a ball is snapped and hits the ground before a player touches it: Rule 4.2.2g

- A. It remains live
- B. It is a fumble
- C. It becomes dead immediately
- D. It is replayed

38. When a player's flag is inadvertently removed before possessing the ball, the player- Rule 4.2.2c

- a. Is down immediately when possessing the ball
- b. Is downed by a one-handed touch between the shoulders and the knees
- c. A player without two legal flags attached to their belt may never possess the ball, and a foul is called
- d. None of the above

39. During a point after try, B intercepts the ball. The ball is - Rule 4.2.2j

- a. Live
- b. Dead

40. A team has how many downs to advance to the next zone line to gain? Rule 5.1.1

- A. 2
- B. 3
- C. 4
- D. 5

41. The line-to-gain is always located at a fixed yard line. (T/F) Rule 5.1 & 1.2.3b & 5.3

- A. True
- B. False

42. If a team fails to gain the required yardage in four downs: Rule 5.1.3c

- A. The series repeats
- B. The ball is returned to the previous spot
- C. The opposing team gains possession
- D. The play is replayed

43. The zone line-to-gain is considered reached when: Rule 5.1.3a

- A. Any part of the ball crosses it while in player possession
- B. The player's feet pass the line
- C. The referee signals
- D. The ball crosses the sideline

44. The ball is always spotted at: Rule 5.3.1

- A. The center of the field
- B. The point where the flag was pulled
- C. The forward-most point of the ball when declared dead
- D. Behind the original line of scrimmage

45. Following a penalty that results in a first down, the series: Rule 5.2.2b

- A. Continues with the same down
- B. Is restarted with first down
- C. Ends the possession
- D. Is replayed

46. A punt must be declared before the snap. (T/F) Rule 6.1.1

- A. True
- B. False

47. Once a punt is declared, it may not be withdrawn. (T/F) 6.1.1

- A. True
- B. False

48. If the kicking team touches a punt before the receiving team, the result is: Rule 6.1.7 & 6.1.3

- A. Touchback
- B. Dead ball at spot of touch
- C. Automatic first down
- D. Replay of down

49. A punt becomes dead when: Rule 6.1.5

- A. It is muffed
- B. It touches the ground after being untouched
- C. It is caught by any player
- D. It is kicked too high

50. Who is allowed to advance a punt? Rule 6.1

- A. Only the kicking team
- B. Only the receiving team
- C. Any player
- D. No one

51. The receiving team may return a punt unless: Rule 6.1.5

- A. It is kicked too short
- B. It hits the ground
- C. It is muffed
- D. A fair catch is made

52. A muffed punt is: Rule 6.1.5

- A. A live ball
- B. A dead ball
- C. A touchdown
- D. A delay of game

53. A punt that strikes the ground before being touched is:
Rule 6.1.2

- A. A muff
- B. A dead ball
- C. A live ball
- D. A safety

54. If a punt crosses the plane of the receiving team's goal line untouched: Rule 6.2

- A. It is a touchdown
- B. It is a touchback
- C. It is a safety
- D. It must be re-kicked

55. The ball must be snapped to the punter in legal kicking situations. (T/F) Rule 7.1.7

- A. True
- B. False

56. The snap must be one quick and continuous motion backward. (T/F) Rule 2.34.2

- A. True
- B. False

57. It is illegal for the snapper to simulate a snap to draw the defense offside. (T/F) Rule 7.1

- A. True
- B. False

58. A player's feet, who is receiving the snap, must be at least: Rule 2.12.1

- A. 1 yard behind the snapper
- B. 2 yards behind the Line of Scrimmage
- C. 3 yards behind the snapper
- D. In motion

59. All players must be motionless for how long prior to the snap? Rule 7.1

- A. 1 second
- B. 2 seconds
- C. Until the snap
- D. 3 seconds

60. Which of the following is legal during a forward pass? Rule 7.5

- A. Throwing a pass from beyond the line of scrimmage
- B. A second forward pass in the same down
- C. Throwing a pass from behind the line of scrimmage
- D. A lateral forward pass

61. A backward pass is: 7.4 & 2.26.5

- A. Always illegal
- B. Thrown or handed parallel or away from the opponent's goal line
- C. Thrown toward the opponent's goal line
- D. Treated as a fumble

62. A player may hand the ball forward to a teammate: Rule 7.3.2

- A. At any time
- B. Only once per play
- C. Behind the line of scrimmage
- D. Inside the neutral zone

63. A fumbled snap that hits the ground results in: Rule 7.4.3

- A. Dead ball
- B. Safety
- C. Replay of down
- D. Live ball

64. When a penalty for an Illegal Forward Pass is accepted - Rule 7.5.3

- a. The offended team may decline the distance and have the down counted
- b. The penalty is enforced from the spot of the forward pass
- c. The offended team may have the ball put in play as determined by the result of the play
- d. All of the above

65. It is always forward pass interference when any player contacts another player during a forward pass. (T/F) Rule 7.5.11

- A. True
- B. False

66. All players are eligible receivers. (T/F) Rule 7.5.6

67. If the defense intercepts a pass during the try and returns it for a score, the result is: Rule 8.3

- A. No points
- B. 1 point
- C. 2 points
- D. 3 points

68. A touchback is awarded when: Rule 8.5

- A. A punt hits the ground
- B. A pass is incomplete
- C. A ball becomes dead in the opponent's end zone, not in possession of the opponent
- D. A kickoff is returned

69. The ball is spotted at which yard line following a touchback? Rule 8.5

- A. 10
- B. 14
- C. 20
- D. 25

70. A safety is awarded when: Rule 8.5

- A. A runner fumbles forward into the end zone
- B. A backward pass lands in A's end zone and becomes dead
- C. A punt is returned for a touchdown
- D. A pass is intercepted

71. A successful run from the 3-yard line during the try is worth how many points? Rule 8.1

- A. 1
- B. 2
- C. 3
- D. 6

72. A successful run from the 10-yard line during the try is worth how many points? Rule 8.1

- A. 1
- B. 2
- C. 3
- D. 6

73. When B commits a foul during a scoring play: Rule 8.2.2
- a. The penalty is automatically declined
 - b. A has the option to decline the penalty and accept the score
 - c. The penalty will be enforced on the Try or Subsequent Spot at the option of A.
 - d. All of the above

74. When B commits a foul during a Try: (Rule 8.3.
- a. The try is replayed from the same spot
 - b. The try is replayed after the enforcement of the penalty. The declaration may not be changed.
 - c. The try is replayed after the enforcement of the penalty. The declaration may be changed before the enforcement of the penalty.
 - d. None of the above

75. Following a safety, the ball will - Rule 8.5.5
- a. Belong to the defense at the 14 yard line
 - b. Belong to the offense at the 14 yard line
 - c. Belong to the defense at the 30 yard line
 - d. Belong to the offense at the 30 yard line

76. When a player intercepts the ball in their own endzone and is downed - (Rule 8.5.2 Exc.)
- a. It is a safety
 - b. It is a touchback
 - c. It is ignored and treated as an incomplete pass
 - d. None of the above

77. It is illegal for a player to remove their flag belt and throw it on the ground. (T/F) (Rule 8.5)
- A. True
 - B. False

78. A disqualified player must leave the field and: (Rule 9.6)

- A. Sit quietly on the bench
- B. Be replaced within one down
- C. Cannot re-enter during that game
- D. Return only for extra points

79. Which of the following is considered unsportsmanlike conduct? (Rule 9.5)

- A. Delaying the game
- B. Excessive celebration
- C. Spiking the ball
- D. All of the above

80. Flag guarding is defined as: (Rule 9.2.2)

- A. Using the hands, arms, or ball to prevent a flag pull
- B. Standing still when being approached
- C. Jumping away from a defender
- D. Pulling another player's flag

81. Contact with an opponent that is not incidental and affects the play is: (Rule 9.4)

- A. Encouraged
- B. Ignored
- C. Legal
- D. A personal foul

82. A player who deliberately removes a flag belt and hides it is guilty of: (Rule 9.9)

- A. A warning
- B. Delay of game
- C. An unfair act
- D. A technical foul

83. All unsportsmanlike conduct fouls carry a penalty of:(9.5)

- A. 5 yards
- B. 10 yards
- C. 15 yards
- D. Loss of down

84. Multiple unsportsmanlike conduct fouls by the same player can result in: (9.5)

- A. A team disqualification
- B. A warning
- C. The player's disqualification
- D. An automatic loss

85. Using abusive or insulting language is considered: (Rule 9.5)

- A. A warning
- B. Legal if not excessive
- C. A personal foul
- D. Unsportsmanlike conduct

86. When rushing the passer and attempting to de-flag the QB, it is considered a foul when (Rule 9.4.4)

- a. The defense contacts the body of the passer and affects the play
- b. The defense does not make a definite effort to avoid charging into the passer
- c. The defense contacts the arm or head of the passer
- d. The defense contacts the ball while still in player possession
- e. All of the above

87. If a foul by A behind the LOS occurs during a running play, the penalty is enforced from: (Rule 10.4)

- A. The previous spot
- B. The spot where the play ends
- C. The spot of the foul
- D. The end zone

88. A dead-ball foul is enforced: (Rule 10.4)

- A. From the succeeding spot
- B. From the spot of the foul
- C. From the previous spot
- D. After a timeout

89. If both teams commit a foul during a live-ball play, the result is: (Rule 10.2)

- A. Both are penalized
- B. Offset and the down is replayed
- C. Automatic first down
- D. Enforcement on both sides

90. A foul by the offense behind the end of the related run is enforced from: (10.4.4)

- A. The previous spot
- B. The goal line
- C. The spot of the foul
- D. The line to gain

91. An automatic first down is awarded for: (Rule 10.1.1 & 9.4.4)

- A. Any defensive penalty
- B. Roughing the passer
- C. Delay of game
- D. Flag guarding

92. If a penalty results in a loss of down, the offense: (Rule 10.1.6)

- A. Replays the down
- B. Loses possession
- C. Loses the right to replay a down
- D. Is disqualified

93. If a dead-ball foul by the defense follows a live-ball foul by the offense, how are penalties enforced? (Rule 10.2)

- A. Offset
- B. Only live-ball foul is enforced
- C. Both are enforced in order
- D. Replay the down

94. Substitution infractions in which a replaced player does not go immediately to their team box are considered: (Rule 10.4 & 3.7.2)

- A. Personal fouls
- B. Live-ball fouls
- C. Dead-ball fouls
- D. Non-enforceable

95. When A commits a foul in its endzone, the enforcement spot is

- a. The previous spot
- b. The succeeding spot
- c. The spot of the foul
- d. These fouls are ignored

96. Team A 2nd & 10 at the B10 Following an interception in the endzone, B (the team now in possession) commits a foul at the 5-yard line during live ball play. The play ends when B fumbles the ball in their endzone. The enforcement spot is (Rule 10.4.7)

- a. The previous spot, A retains possession
- b. The endzone
- c. The 5 yard line
- d. The 14 yard line

97. Team A 2nd & 10 from the B30 - Pass complete and the receiver is downed at the B22. B-55 commits an illegal use of hands by initiating contact with a blocker at the B33. The penalty is -- (Rule 9.2.3 & 10.4.6)

- a. 10 yards enforced at the B30
- b. 10 yards enforced at the B22
- c. 5 yards enforced at the B30
- d. 5 yards enforced at the B22

98. Team A 2nd and 10 from the B30 - As the passer scrambles, they throw a completed pass from the B28 yard line. Your ruling is - (7.5.2)

- a. Illegal forward pass, 5-yard penalty enforced from the 28-yard line
- b. Illegal forward pass, 10-yard penalty enforced from the 30-yard line, loss of down
- c. Illegal forward pass, 5-yard penalty enforced from the 28-yard line, loss of down
- d. Illegal forward pass, 5-yard penalty enforced from the 30-yard line, loss of down

99. Team A 2nd and 10 from the B30 - The passer, who has moved outside "the tackle box", throws an incomplete pass to the B18 to avoid a flag pull. It is determined that there was no receiver around the incomplete pass. Your ruling is - (10.4.4 & 7.5.2)

- a. Intentional Grounding, 5-yards, LOD, previous spot
- b. Intentional Grounding, 10-yards, LOD, spot of the foul

- c. Intentional Grounding, 5-yards, LOD, spot of the foul
- d. Intentional Grounding, 10-yards, LOD, previous spot

100. Team A 2nd and 10 from the B30 - The legal forward pass is complete to the B10. While attempting to grab the flag, B commits a holding foul at the B10. The flag is finally pulled at the B8. Your ruling is - (10.4.6)

- a. A 1st and goal from the 10
- b. A 1st and goal from the 5
- c. A 1st and goal from the 8
- d. A 1st and goal from the 4