

# 2019 STUDY GUIDE

## INSTRUCTIONAL CHAIR VERSION

### KEYS

Team A or Team B is designated as **A or B**

Team A or Team B's 45 yard-lines, example: **A-45 or B-45**

Player A or B's number is 40, example: **A40 or B40**

Second down and 6 yards to go for A at the B 23 yard-line, example: **A, 2/6, B-23**

The Kicking or Receiving teams are designated as **K or R**

Team K or Team R's 45 yard-lines, example: **K-45 or R-45**

Player K or R's number is 65, example: **K65 or R65**

Fourth down and 12 yards to go for K at the R 45 yard-line, for example: **K, 4/12, R-45**

**BSB** - blind side block

**NZ** - neutral zone

**BIB** - block in the back

**UC** – unsportsmanlike conduct

**KCI** - kick catch interference

**PSK** - post-scrimmage kick

**FBZ** - free blocking zone

**UC** – unsportsmanlike conduct

**LOS** - line of scrimmage

**OB** - out of bounds

**OPI / DPI** - offensive / defensive pass interference/

**OB** - out of bounds

**ES** - enforcement spot

**SKF** - scrimmage kick formation

**BBW** - block or blocking below the waist

**EXC** - exception

1. A, 3/15, A-35. The A fullback gets a handoff in his backfield and runs around right end and down the sideline. When the runner is at the A-40, an A player blocks a B player in the back at the A-42 near the runner. The LJ throws his flag for the BIB foul and simultaneously blows his whistle when the runner is at the A-45. B accepts the penalty for A's foul. The ES and down are (4-2-3; 10-6)
  - a. A-35, 3<sup>rd</sup> down
  - b. A-35, 4<sup>th</sup> down
  - c. A-42, 3<sup>rd</sup> down
  - d. A-42, 4<sup>th</sup> down
  - e. A-45, 3<sup>rd</sup> down
  - f. A-45, 4<sup>th</sup> down

ANSWER: c

FOCUS: Acceptance of a penalty during a down in which an IW is blown abrogates the procedure for an IW. Spot foul enforcement for an offensive foul behind the end of the run.

2. A, 3/5, A-30. A is in a shotgun formation, and the snap sails over the quarterback's head. While the quarterback is attempting to recover the ball, an A player blocks a B player below the waist at the A-28. The quarterback recovers the ball and attempts to run around the right end, but he runs out of bounds at the A-15. B accepts the foul, and the ES is the (10-3-1c; 10-4-2b; 10-6)
  - a. A-30
  - b. A-28
  - c. A-15

ANSWER: b

FOCUS: Penalty enforcement for a loose-ball foul by the offense; spot foul behind the previous spot.

3. A, 3/5, A-30. A is in a shotgun formation, and the snap sails over the quarterback's head. The quarterback recovers the ball and attempts to run around the right end, but he runs out of bounds at the A-15. After the quarterback recovered the ball, an A player blocks a B player below the waist at the A-28. B accepts the foul, and the ES is the (10-3-2; 10-4-4)
  - a. A-30
  - b. A-28
  - c. A-15

ANSWER: c

FOCUS: Penalty enforcement for a running play foul by the offense; end of the run.

4. A, 3/5, A-30. A is in a shotgun formation, and the snap sails over the quarterback's head. While the quarterback is attempting to recover the ball, a B player pulls and twists an A player's facemask at the A-28. The quarterback recovers the ball and attempts to run around the right end, but he runs out of bounds at the A-15. A accepts the penalty and the ES is the (10-3-1c; 10-4-2b)
- a. A-30
  - b. A-28
  - c. A-15

ANSWER: a

FOCUS: Penalty enforcement for a loose-ball foul by the defense; previous spot.

5. A, 3/5, A-30. A is in a shotgun formation, and the snap sails over the quarterback's head. The quarterback recovers the ball and attempts to run around the right end, but he runs out of bounds at the A-15. After the quarterback recovers the ball, a B player pulls and twists an A player's facemask at the A-28. A accepts the foul, and the ES is the (10-3-2; 10-4-4)
- a. A-30
  - b. A-28
  - c. A-15

ANSWER: c

FOCUS: Penalty enforcement for a running play foul by the defense; end of the run.

6. B32 intercepts a pass at the B-4, and his momentum carries him into his own end zone. As B32 is about to be tackled in the end zone, he shovel-passes the ball to B26 at the B-6, and B26 is tackled at the B-10. The ES or result of the play is (8-5-2a, Exc; 8-5-2c; 10-6)
- a. B-2
  - b. B-3
  - c. B-4
  - d. B-5
  - e. Touchback
  - f. Safety

ANSWER: f

FOCUS: Momentum dna, as the ball didn't become dead in B's ez; spot foul in B's ez is a safety.

7. K, 4/5, K-5. K's punt is caught at the K-40 and run back to the K-30. K had 5 players in the backfield at the snap. During the runback, an R player illegally holds a K player at the K-35. (10-2-1c; 10-2-2)
- a. If R accepts the penalty for K's foul, it's a double foul; replay the down
  - b. R can retain possession if R declines the penalty for K's foul. ES for R's penalty is the K-40
  - c. R can retain possession if R declines the penalty for K's foul. ES for R's penalty is the K-35
  - d. a and b
  - e. a and c

ANSWER: e

FOCUS: Double-foul procedure; clean hands principle.

8. A, 2/13, A-22. A89 catches a legal forward pass and runs down the sideline. B84 pushes A89 across the sideline and into the team B bench restricted area. A89 throws the ball at B84, and the ball strikes B84 in the chest. (9-1-5a; 9-4; 9-2-3d; 2-11)
- a. Quickly retrieve A89 from the team B bench area and warn A89 about his action
  - b. Personal foul by A89
  - c. Unsportsmanlike Conduct by A89

ANSWER: c

FOCUS: The difference between a personal foul, which generally requires illegal personal contact between players, and UC, which does not involve personal contact between players.

9. Scrimmage play. Slotback A-86 lines up close to the line of scrimmage, facing his opponent's goal. When the ball is snapped, A-86 has neither his head nor foot breaking the plane of an imaginary line parallel to the LOS through the snapper's waist, but A-86's head does break the plane of an imaginary line parallel to the LOS through the waist of the nearest teammate who is legally on the LOS. On their LOS, Team A has five players, numbered 50-79. Team A has four players in their backfield. (2-14-1; 2-25-2; 2-32-9; 2-32-3; 7-2-3, 7-2-5a)
- a. Legal formation
  - b. Dead ball illegal procedure foul
  - c. Live ball illegal procedure foul
  - d. Dead ball illegal formation foul
  - e. Live ball illegal formation foul

ANSWER: a

FOCUS: Rule Change. Until this year this would have been an Illegal formation foul if an A player is neither on the LOS nor in the backfield at the snap. Beginning in 2019, a legal scrimmage formation requires at least five offensive players on their line of scrimmage with no more than four backs. Note Team A is not required to have eleven players on the field if the offense otherwise meets the formation requirements.

10. It is a foul to intentionally use the lower leg or foot to obstruct or tackle a runner below the knee. (2-45; 9-4-3o)
- a. True
  - b. False

ANSWER: a

FOCUS: Rule Change. It is no longer legal to trip the runner.

11. K, 4/5, K-5. K's punt is caught at the K-40 and run back. K had 5 players in the backfield at the snap. During the runback, an R player blocks a K player in the back at the K-35. R fumbles at the K-33, and K recovers the fumble at the K-30. (10-2-1b)
- a. Double foul, replay the down
  - b. K can retain possession if K declines enforcement of R's foul. ES for K's foul is the K-40
  - c. K can retain possession if R declines enforcement of K's foul. ES for K's foul is the K-35
  - d. K can retain possession if R declines enforcement of K's foul. ES for K's foul is the K-30

ANSWER: a

FOCUS: Double foul situation, dirty hands principle.

12. K, 4/5, K-10. K's punt is caught at the K-40 and run back to the K-30. K had 5 players in the backfield at the snap. During the kick, an R player blocks a K player in the back at the K-35. (10-2-3)
- a. Double foul, replay the down
  - b. R can retain possession if R declines enforcement of K's foul. ES for R's foul is the K-40
  - c. R can retain possession if R declines enforcement of K's foul. ES for R's foul is the K-35
  - d. R can retain possession if R declines enforcement of K's foul. ES for R's foul is the K-30

ANSWER: b

FOCUS: Double-foul procedure; clean hands principle, one of the fouls is a PSK foul.

13. To protect his elbow, a player is wearing a metal and plastic brace. The brace extends from his upper arm, over the elbow and onto his forearm. The brace is unaltered from the manufacturer's original design/production. The brace does not need to be padded. (1-5-3b1)
- a. True
  - b. False

ANSWER: b

FOCUS: While an unaltered knee brace does not require specified padding, an elbow brace does.

14. A, 4/8, A-8. A Team A player runs to the A-42. As he is being tackled, he passes the ball forward and underhand to a teammate, who runs to the 50-yard line and is tackled there. After enforcement of the penalty, it will be (7-5-2b; 7-5-3; 5-1-2b; 5-1-3a; 5.2.2B)
- a. B, 1/10, A-4
  - b. B, 1/10, A-37
  - c. B, 1/10, A-45
  - d. A, 1/10, A-37
  - e. A, 1/10, A-45

ANSWER: d

FOCUS: Loss of down foul during fourth down play in which line to gain is reached.

15. A, 4/35, A-12. Team A is properly lined up for a punt. A's bad snap goes into A's end zone, where the punter bats the ball backward over the end line. Time for the first quarter expires during the play. Safety by result and by penalty. (8-5-1a; 8-5-2b; 8-5-2c; 9-7-2)
- a. The safety causes the quarter to be extended, and A will kick off from its old A-20
  - b. The safety does not cause the quarter to be extended. The teams switch sides, and A will kick off from its new A-20
  - c. If B accepts A's penalty for the batting foul, the penalty against A is imposed on the free kick.
  - d. a and c
  - e. b and c

ANSWER: b

FOCUS: Carryover penalty; quarter change procedure. Procedure after safety during the last timed down of the 1<sup>st</sup> or 3<sup>rd</sup> period; extending a period, or not. In this situation, the result is the same, whether the penalty is accepted or declined; penalty yardage is not tacked on.

16. A, 2/13, A-22. A89 catches a legal forward pass and runs down the sideline. B84 pushes A89 across the sideline and into the team B bench restricted area. A89 throws the ball at B84, and the ball strikes B84 in the chest. (9-1-5a; 9-4; 9-2-3d; 2-11)
- a. Quickly retrieve A89 from the team B bench area and warn A89 about his action
  - b. Personal foul by A89
  - c. Unsportsmanlike Conduct by A89

ANSWER: c

FOCUS: The difference between a personal foul, which generally requires illegal personal contact between players, and UC, which does not involve personal contact between players.

17. A, 1/goal, B-5. Eligible receiver A83 is running a pass route in the end zone. After A83 has gone past B90, B90 pushes A83 to the ground. As A83 goes to the ground, A12 throws a legal forward pass from the A-14 into the area A83 was running to. At the LOS, B-55 tips the pass, and it falls incomplete in the end zone. (7-5-9c; 9-2-3d)
- a. Defensive pass interference by B90
  - b. No DPI, as the ball was tipped by B55, ending pass interference restrictions on B players
  - c. Illegal use of hands by B90

ANSWER: c

FOCUS: DPI restrictions on a legal forward pass end for B players when the pass has been touched by any player. Touching doesn't retroactively make legal an act which was illegal before the touching.

18. The penalty for illegal kicking or batting of the ball is 15 yards. (9-7 Pen)
- a. True
  - b. False

ANSWER: b

FOCUS: Rule Change. The penalty for this foul has been reduced to 10 yards.

19. Kickoff, K-40. After a legal pooch-style kickoff, the ball is beyond the sideline at the R-49. No R player is in a position to catch the ball. A K player jumps from the field of play, catches the kick beyond the sideline and lands out of bounds at the R-47. (6-5-6; 6-5 Pen; 6-1-7; 6-1-9)
- a. Free kick out of bounds; R, 1/10, R-47
  - b. Free kick out of bounds; R, 1/10, R-49
  - c. Kick-catch interference by K with the three choices of KCI
  - d. First touching; R, 1/10, R-49

ANSWER: c

FOCUS: The difference between R's ability to catch a free kick and a scrimmage kick.

20. A, 3/3, A-14. From the A-7, A12 makes a legal forward pass which is caught by A89 at the A-16, where he is immediately tackled. As A12 was throwing the ball, a B player grabbed and released A12's facemask. (9-4-4; 9-4-3; 2-32-11)
- a. Roughing the passer; A, 1/10, A-31
  - b. Roughing the passer; A, 1/10, A-29
  - c. Five-yard facemask; A, 1/10, A-21
  - d. Five-yard facemask; A, 1/10, A-19

ANSWER: d

FOCUS: A five-yard facemask foul does not constitute roughing the passer.

21. A, 4/30, B-40. The QB is back to pass. Immediately after he has passed the ball, he has his face mask grasped and twisted by a defensive player. The pass is completed to an eligible receiver who is immediately downed at the B-35. (2-32-11; 9-4-4; 9-4 Pen; 10-5-1g)
- a. Roughing the passer; A, 1/10, B-25
  - b. Roughing the passer; A, 1/10, B-20
  - c. Personal foul facemask; A, 4/15, B-25
  - d. Roughing the passer; A, 4/15, B-25
  - e. Roughing the passer; A, 4/10, B-20

ANSWER: b

FOCUS: A passer continues to be a passer until the legal forward pass has ended or until the passer moves to participate in the play. If a personal foul facemask foul against the passer occurs, it is roughing the passer, with an automatic tack-on if the result of the play is A in possession of the ball beyond the neutral zone. For tack-on, the pass does not need to be thrown beyond the NZ.

22. A backward pass to A64 in A's backfield is (7-4-2; 7-5-6a)
- a. An illegal pass
  - b. Illegal touching
  - c. Legal

ANSWER: c

FOCUS: Pass eligibility restrictions do not apply to a backward pass.

23. Kickoff. The kicked ball is rolling on the ground and going to die inbounds. An R player, who had inadvertently stepped out of bounds and remained there, reaches in and touches the ball. (6-1-9; 6-1-9 Pen; 6.1.9C)
- a. It doesn't matter whether the ball is over the field of play, K has caused the kick to go out of bounds
  - b. R can request a re-kick after enforcement of a 5-yard penalty from the previous spot
  - c. R can accept a 5-yard penalty from the succeeding spot
  - d. R can put the ball in play at the inbounds spot 25 yards beyond the previous spot
  - e. R can decline the penalty and put the ball in play at the inbounds spot
  - f. All of the above

ANSWER: f

FOCUS: Recent rule change allows for tack-on and R to retain ball after free kick.

24. K, 4/3, K-30. K's low legal scrimmage kick strikes a K player in the back at the LOS and rebounds into K's backfield. A K player recovers the kick at the K-27 and advances to the K-35. (6-2-3; 6-2-5)
- K, 1/10, K-27
  - R, 1/10, K-27
  - A, 1/10, K-35

ANSWER: c

FOCUS: A legal scrimmage kick, untouched by R beyond the NZ, may be recovered by K behind the NZ and advanced. First touching applies only to touching beyond the NZ.

25. K, 4/3, K-30. K's legal scrimmage kick is touched by an R player at the K-35 and rebounds into K's backfield. A K player recovers the kick at the K-27 and advances to the K-32. (6-2-3; 5-1-3f)
- R, 1/10, K-32
  - R, 1/10, K-27
  - K, 1/10, K-32

ANSWER: c

FOCUS: A legal scrimmage kick, touched by R beyond the NZ, may be recovered by K behind the NZ and advanced. It is a first down for K whether K makes the line to gain. Regardless of the down or where the kick is recovered, a new series is awarded to the team in possession at the end of the down if R is first to touch a scrimmage kick while the kick is beyond the expanded NZ.

26. K, 4/7, K-20. K's legal scrimmage kick is touched by an R player at the K-30 and rebounds into K's backfield. A Team K player kicks the ball as it is rolling on the ground at the K-14. The ball goes out of bounds at the K-35. (9-7-1; 6-2-7)
- R, 1/10, K-35
  - K, 4/20, K-7
  - K, 1/10, K-35
  - a or b

ANSWER: d

FOCUS: Foul for illegal kicking.

27. A, 3/6, A-30. An A player fumbles behind the line of scrimmage. While the ball is rolling on the ground at the A-20, a B player kicks the ball toward A's goal. An A player recovers the ball at the A-6. If B's penalty is accepted, the ES is (9-7-1; 10-3-1c; 10-4-2b)
- A-30
  - A-20
  - A-6

ANSWER: a

FOCUS: The ES is the previous spot for a foul by B during a loose ball play. A may decline the penalty resulting in A, 4/30, A-6.

28. Runner A12 is running down the sideline. B83 grabs the name plate area of A12's jersey, directly below the back collar, but B83 does not grab the inside of A12's jersey. Both players continue out of bounds, where B83, still holding the name plate area of A12's jersey, pulls him down sideways in the team box area. (9-4-3k; 9.4.3P; 9.4.3R)
- Foul occurred out of bounds; no foul unless flagrant
  - Dead ball horse-collar foul
  - Live ball horse-collar foul

ANSWER: c

FOCUS: Horse-collar foul is a live ball foul though the take-down occurred when the ball is dead. Rule Change: It is illegal to grab the name plate area outside of the runner's jersey and pull the runner to the ground sideways or backwards, even if possession is lost.

29. A, 3/4, A-20. In a shotgun formation, the snap goes over the quarterback's head. While the ball is loose behind the line of scrimmage, A56 blocks B74 in the back at the A-8. A23 recovers the ball and runs to the A-22, where he is tackled. If B accepts the penalty, the ES is (9-4-2b; 9-6)
- A-22
  - A-8
  - A-20

ANSWER: b

FOCUS: ES for loose ball play; foul by the offense behind the basic spot.

30. A, 3/4, A-20. In a shotgun formation, the snap goes over the quarterback's head. A23 recovers the ball at the A-8 and runs to the A-22, where he is tackled. During the run, A56 blocks B74 in the back at the A-18. If B accepts the penalty, the ES is (9-4-4; 9-6)
- A-22
  - A-18
  - A-20

ANSWER: b

FOCUS: ES for running play; foul by the offense behind the basic spot.

31. The basic spot may, at the option of the offended team, be the succeeding spot for fouls by K during a free kick down (other than KCI) when K will not be the next to put the ball in play. (10-4-2 Exc)
- True
  - False

ANSWER: a

FOCUS: Recent rule change allows R to retain the ball and accept the penalty on kick plays.

32. B12 enters the field to substitute for B15. B15 attempts to leave the field but hasn't gotten across his sideline when A starts the play, and the flank throws a flag. The play results in a TD for A. After the flank reports the foul to the referee, the referee immediately signals the penalty is declined and then signals a TD. A should have been given the opportunity to accept or decline the penalty. (8-2-2)
- True
  - False

ANSWER: a

FOCUS: On a TD scoring play which would be followed by a kickoff, a penalty by B, other than for unsportsmanlike conduct or a non-player foul, can be enforced on the try or the kickoff.

33. The use of a 40-second play clock is an optional mechanic for 2019. (3-6-1; 2-35-1a; 3-6-2a; 7-2-1)
- True
  - False

ANSWER: New Rule. A 40-second play clock is mandatory, except for the start of a period, including an overtime period or an administrative stoppage, in which case a 25-second clock shall be used.

34. During a legal punt, a kicker commits kick catch interference which causes the potential receiver to muff the kick. A receiver recovers the kick and time for the first quarter expires during the down. (3-3-3, 6-5-6 Pen, 3.3.3G)
- The period will be extended for an untimed down under any circumstance
  - The period will be extended for an untimed down only if team R chooses to have a yardage penalty enforced or chooses an awarded fair catch at the spot of the kicker's interference
  - The period cannot be extended for an untimed down under any circumstance

ANSWER: b

FOCUS: Scenario in which a period is not extended for an untimed down.

35. At the ready on a kickoff, the kicking team has 5 players on either side of the kicker. After the ready, all players shift to the kicker's left and an onside kick is attempted. (6-1-4)
- a. Free kick infraction
  - b. Encroachment
  - c. Live ball foul
  - d. Dead ball foul
  - e. a and c
  - f. a and d

ANSWER: f

FOCUS: Free kick infraction foul for positioning on the kickoff.

36. Team A is out of timeouts and is attempting to kick a 45-yard field goal as the half is expiring. With the clock running and less than 2 minutes remaining in the half, the referee holds the ready to allow the line judge to get to the goalpost. The ball is snapped before the ready. (3-6-2d, 3-4-6, 3-4-7)
- a. A 15-yard penalty for unsportsmanlike conduct
  - b. A 5-yard penalty for delay
  - c. No foul because the officials held up the game
  - d. The defense has the option to start the clock on the snap
  - e. b and d

ANSWER: e

FOCUS: Recent rule change. Enforcement of delay by the offense when the team attempts to consume time illegally; offended team has the option to start the clock on the snap.

37. It is legal for a player to execute a BSB outside the FBZ with forceful contact if initiated with open hands or initiate a screening-style block which is not forceful. (2-3-10, 9-4-3n, 9-4 Pen)
- a. True
  - b. False

ANSWER: a

FOCUS: Recent rule change. It's a foul to initiate a BSB with anything other than open hands.

38. A, 4/15, A-10. The score is A 27, B 26, with 24 seconds remaining in the fourth quarter; the clock is running. The back judge raises his hand. An offensive lineman false-starts with 20 seconds remaining in the quarter. After the penalty is imposed, the referee marks the ball ready for play and starts the clock. Time in the fourth quarter runs out before the offense puts the ball in play. (3-4-7)
- a. The game is over
  - b. The R should have asked the B coach if he wanted the game clock to start on the snap. If the B coach so chooses, it is A, 4/20, A-5, 20 seconds remaining; the game clock starts on the snap

ANSWER: b

FOCUS: When a team attempts to conserve or consume time illegally, the referee shall order the clock started or stopped. Additionally, per a recent rule change, when there are fewer than two minutes remaining in the game, the offended team of any foul will have the option to start the game clock on the snap when it would have normally started on the ready for play.

39. During an attempted pass play, the QB is tackled behind the line of scrimmage. During the play, an eligible receiver is held beyond the line of scrimmage by a defensive player. The ES is the (10-3-2; 10-4-4)
- a. Dead ball spot
  - b. Previous spot
  - c. Spot of the foul

ANSWER: a

FOCUS: Enforcement spot for a running play.

40. A "pop-up" free kick is illegal and enforced as a live ball foul. (2-24-10, 6-1-11, 6-1-3, 6-1 Pen)

- a. True
- b. False

ANSWER: b

FOCUS: Recent rule change. A “pop-up” kick is a kick in which the kicker immediately drives the ball directly to the ground, causing the ball to pop high into the air. A pop-up kick is illegal, and is enforced as a dead ball foul like other K free-kick fouls.

41. On 3<sup>rd</sup> down, the QB drops back to attempt a pass. As his arm is moving forward, he is hit; and the ball pops backward into the air. A defensive player tries to catch the ball and muffs it; A56 catches the ball behind the line of scrimmage and is tackled immediately. (2-31-2 Note, 7-5-6b, 7-5- 13)
- a. 5-yd penalty for illegal touching by A, ES previous spot
  - b. 5-yd penalty for illegal touching by A, ES spot foul
  - c. 4<sup>th</sup> down for A at the previous spot
  - d. 4<sup>th</sup> down for A where A56 was tackled

ANSWER: d

FOCUS: A forward pass occurs if the passer’s arm is moving forward, regardless of direction of the pass; all offensive players are eligible to touch a forward pass after the pass has been touched by a defensive player.

42. During the Pregame Conference with the Referee and Umpire, the home head coach verified all his players are legally equipped. During a down, a home team player wears an illegal jersey which ends just below the numbers, exposing his midriff above his pants. (1-5-1b (1); 1.5.1C; 1-5-4; 1-5-6; 3-6-2d; 9-8-1h; 9.8.1H-J; 9-9)
- a. Foul on the home head coach for unsportsmanlike conduct for failing to have his player wear or use required equipment
  - b. Foul on the player for failing to properly wear required equipment during a down
  - c. An official’s timeout is taken, and the player must be replaced for at least one down unless halftime or an overtime intermission occurs
  - d. b and c
  - e. a and c

ANSWER: e

FOCUS: Any time the play clock is interrupted for improperly worn or missing equipment by a player, the player must be removed for at least one play. Also, in this case the coach allowed a player to use illegal equipment, which is a UC against the head coach.

43. On a run, a linebacker dives to tackle the runner. The runner jumps feet-first over the airborne linebacker and continues running downfield. The runner has committed a hurdling foul. (2-22)
- a. True
  - b. False

ANSWER: b

FOCUS: Hurdling is a foul only if the would-be tackler is contacting the ground with no part of his body except one or both feet; here the linebacker was not contacting the ground at all.

44. As time for the first period expires, an offensive player holds in his end zone. The defense accepts the penalty and scores a safety. The period is extended by an untimed down, and the offensive team kicks off from its 10-yard line as part of the first quarter. (3-3-4b, 8-5-2c)
- a. True
  - b. False

ANSWER: b

FOCUS: A period is not extended in the case of a foul for which enforcement results in a safety.

45. A, 2/5, A-35. An eligible receiver goes out of bounds at the A-45 to avoid contacting an official. He immediately returns inbounds at the A-48 and catches a legal forward pass at the B-45, where he is downed. (9-6-1, Penalty; 9.6.1A)
- a. Legal play
  - b. Illegal participation; 15 yds; ES A-35
  - c. Illegal participation; 5 yds; ES A-35
  - d. Illegal participation; 5 yds; ES A-45
  - e. Illegal participation; 15 yds; ES A-48

ANSWER: b

FOCUS: Voluntarily going out of bounds is a live-ball foul; loose ball play; previous spot.

46. Time for the first half expires as the runner advances to the B-33, where he is tackled. After the runner gets up but before the Referee holds the ball in one hand over his head, a defensive player punches the runner. The offensive team accepts the penalty. (3-3-6; 9-4-3j Penalty)
- a. A, 1/10, B-18; the period is extended for one untimed down; B45 is disqualified
  - b. A, 1/10, B-18; the period is extended for one untimed down
  - c. The period is over; enforce the penalty on the second-half kickoff; B45 is disqualified
  - d. The period is over; enforce the penalty on the second-half kickoff
  - e. The period is over; the penalty cannot be enforced

ANSWER: c

FOCUS: A period is not extended if the foul did not occur during the last timed down of the period.

47. The following is true regarding authorized team conferences: (2-6-2; 9-8-1f; 9.8.1A)
- a. In an "Outside 9-Yard Mark Conference," one or more team members and one or more coaches may confer directly in front of the team box within 9 yards of the sideline
  - b. In a "Between 9-Yard Mark Conference," one coach may be on the field to confer with no more than 11 players at his team's huddle between the hash marks
  - c. An "Outside 9-Yard Mark Conference," may be held at the 15-yard line
  - d. All the above
  - e. a and b only

ANSWER: e

FOCUS: Permitted locations for coaches and players during conferences.

48. A Team B player intercepts a pass and runs it in for a TD. At the A-5, he turns back to an opponent who is pursuing the runner. The runner holds the ball out toward the opponent. Still holding ball out to the opponent, the runner crosses the goal line. (9-5-1a; 8-2-4)
- a. Live-ball unsportsmanlike conduct foul. Nullify the score and penalize B from the A-5
  - b. Live ball unsportsmanlike conduct foul. Touchdown for B. Enforce the foul on the try
  - c. Live ball unsportsmanlike conduct foul. Touchdown for B. Enforce the foul on the kickoff
  - d. Dead ball unsportsmanlike conduct foul
  - e. Either b or c

ANSWER: e

FOCUS: A live-ball UC foul is treated as a dead-ball foul for enforcement purposes.

49. Fourth down. The punter is in position 7 yards behind the line of scrimmage, in position to receive the long snap. On the line of scrimmage are three K players numbered 50-79 and four K players numbered 80-99. Legal formation. (7-2-5b, Exception 1; 2-14-2b)
- a. True
  - b. False

ANSWER: b

FOCUS: Definition of SKF; numbering exceptions for fourth-down SKF

50. Between downs, an official sees an A player is not wearing hip pads. (1-5-1d (1); 9-9; 9-8-1h)
- The official calls an official's timeout, and the offending player is required to leave the game for at least one down
  - 15-yard unsportsmanlike foul charged to the A head coach if during the pre-game conference, the head coach has verified all his players are legally equipped. The player must leave the field until he is legally equipped
  - 5-yard non-contact foul charged to the player

ANSWER: a

FOCUS: Recent rule change. The player is missing required equipment; he is not wearing illegal equipment. UC fouls on the head coach are reserved (1-5-3) for players wearing illegal equipment such as long spikes on shoes, tear-away jerseys, sticky substances, adornment, hard pads or braces not properly padded, extra short "illegal" jerseys, etc. The requirement to properly wear mandatory equipment v. the failure wear mandatory equipment; there is no provision in the Rules for a warning prior to enforcing the rule. Also see *2018 Simplified & Illustrated*, pp. 15-16, Part 2, 2018 NFHS Points of Emphasis, "Proper Wearing and Use of Required Equipment."

51. A, 3/10, A-30. The runner is tackled at the A-36. During the tackle, he fumbles. While the ball is loose, an official blows his whistle. The ball is subsequently recovered by an offensive player at the A-43. The succeeding spot will be (4-2-3b)
- A-30
  - A-36
  - A-43
  - a or b
  - a or c

ANSWER: d

FOCUS: Inadvertent whistle; A's options: replay down or take the ball where possession was lost.

52. From behind the line of scrimmage, the QB throws a forward pass which is caught by A57 beyond the line of scrimmage. An eligible receiver is in the vicinity of A57. This is one of the five types of illegal forward passes. (7-5-2; 7-5-13)
- True
  - False

ANSWER: b

FOCUS: What constitutes an illegal forward pass, illegal touching, intentional grounding.

53. An offensive lineman contacts a defensive player at the line of scrimmage and drives him back 4 yards beyond the line of scrimmage, when the QB throws a legal forward pass to an eligible receiver beyond the line of scrimmage. No foul for ineligible A player downfield or for offensive pass interference because the offensive lineman had continuous contact. (7-5-12; 7-5-10)
- True
  - False

ANSWER: b

FOCUS: Ineligible downfield criteria; cannot be beyond the ENZ even if in continuous contact.

54. During a legal scrimmage kick, a K player commits a blind side block on R67 beyond the expanded neutral zone. R81 makes a valid fair catch. To retain the ball, R must decline K's foul. (10-4-2 Exc)
- True
  - False

ANSWER: b

FOCUS: Recent rule change allows R to retain ball and have the K penalty enforced.

55. A legal scrimmage kick is muffed by R-12, and the ball rolls away. As R-12 is attempting to recover the kick, K-9 pushes R-12 on his upper back in an attempt by K-9 to recover the kick. (2-3-4a; 9-2-1; 9-4; 9-2-3b; 9-3-5b)
- BIB foul by K-9
  - Legal play

ANSWER: b

FOCUS: A player may use his hands or arms against an opponent to recover a loose ball if the contact is not OPI, a personal foul or illegal use of hands.

56. The QB's forward pass is intercepted by a B player and run back for a touchdown. During the runback, an A player uses his shoulder to blindside a B player. (8-2-3; 9-4-3b; 9-4, Pen)
- To accept the result of the play, B must decline the penalty
  - Team B can accept the result of the play and have the penalty enforced on the try or the subsequent kickoff
  - The offensive blocker who fouled shall be disqualified if the foul is deemed to be flagrant
  - a and c
  - b and c

ANSWER: e

FOCUS: A legal BSB must be made with open hands. If a foul by the non-scoring team is after a change of possession; scoring team can accept the results of the play and the penalty.

57. The QB comes to the line and goes under center. The umpire notices the QB's chin strap is not attached properly. (3-5-10e; 3-5-2b; 3-5-5b; 3-5-7e; 3-5-10d)
- An official's timeout will be declared and the QB will be replaced for one down
  - The umpire blows his whistle, stops the clock if running and instructs the QB to attach his chin strap properly
  - If the chin strap is defective and cannot be repaired without delaying the ready-for-play signal for more than 25 seconds, the QB must leave the game for at least one down, unless halftime or an overtime intermission occurs

ANSWER: a

FOCUS: Recent rule change. The requirement to properly wear mandatory equipment v. the failure to wear mandatory equipment; there is no provision in the Rules for a warning prior to enforcing the rule. Also see *2018 Simplified & Illustrated*, pp. 15-16, Part 2, 2018 NFHS Points of Emphasis, "Proper Wearing and Use of Required Equipment."

58. In a shotgun, an offensive lineman is in a 3-point stance. Immediately after the snap, without rising, the lineman blocks a defensive lineman below the waist between his body's frame. (2.17.2E)
- Illegal block because the ball has left the free-blocking zone, and the zone has disintegrated
  - Legal block

ANSWER: b

FOCUS: Rules interpretation allows this block if made immediately after the snap without rising.

59. Kick try. The line is balanced and has 6 linemen numbered 50-79. The holder receives the snap from K1. The holder rises and passes from behind the LOS complete to K1 in the end zone. (4-2-2a, Exc)
- Legal play, as K1 was in the game under the numbering exception
  - Foul for illegal touching; the try is not replayed
  - Foul for pass interference; the try is not replayed
  - Foul for illegal formation; the try is not replayed
  - b and c

ANSWER: b

FOCUS: Foul for ineligible receiver touching a forward pass beyond the NZ.

60. K, 4/12, K-20. With 8 seconds left in the first quarter and the clock running, Team K is facing a strong wind and commits a false start foul. The Referee deems Team K tried to consume time by fouling so the period would end before Team K had to kick into the wind. After administering the penalty, the Referee orders the game clock to start on the (3-4-6)
- a. ready for play
  - b. snap

ANSWER: b

FOCUS: Timing options when a team attempts to conserve or consume time illegally.

61. A, 1/10, B-20. Runner A7 is at the B-10 when B67 grasps A7's facemask and pulls his helmet completely off. A7 continues to run into the end zone. (4-2-2k; 9-6-4g; 9-4-3h; 3-5-10d)
- a. TD for A; the penalty for a facemask personal foul may be assessed on the try or the kickoff
  - b. A, 1/goal, B-5
  - c. A7 must be replaced for one down unless halftime or an overtime intermission occurs

ANSWER: b

FOCUS: Ball is dead when a runner's helmet comes completely off; a helmetless player cannot continue to participate.

62. A, 1/5, B-30. As B67 is attempting to tackle the runner at the B-25, B67's helmet comes completely off not due to a foul. The runner fumbles the ball at the B-26 and the ball rolls away to the B-20, where B67 recovers it. (4-2-2k; 9-6-4g; 9.6.4H; 3-5-10d)
- a. B, 1/10, B-20
  - b. A, 1/10, B-13
  - c. A, 1/10, B-10
  - d. B67 must be replaced for one down unless halftime or an overtime intermission occurs
  - e. a and d
  - f. b and d

ANSWER: f

FOCUS: Illegal participation foul by helmetless player continuing to participate beyond the immediate action in which the player is engaged.

63. The ball is dead and the down has ended: (4-2-2; 2-29)
- a. When an illegal forward pass is incomplete or is simultaneously caught by opposing players
  - b. When any loose ball is simultaneously caught or recovered by opposing players
  - c. If a runner or the ball in player possession touches anything, other than another player or game official that is on or outside a sideline or end line
  - d. If a loose ball touches anything, including a player or game official that is out of bounds
  - e. If a place-kick holder muffs the snap or fumbles and recovers after his knees have been off the ground, and he then touches the ground with other than hand or foot while in possession of the
  - f. All the above

ANSWER: f

FOCUS: Actions causing a live ball to become dead.

64. A, 1/10, A-9. At the A-5, the QB throws a backward pass toward a teammate. A Team B player bats the pass, which goes over the end line and lands out of bounds. (8-5-2b; 9-7-2; 9-7-3)
- a. Touchback
  - b. Safety

ANSWER: b

FOCUS: The muffing or batting of a pass in flight is not considered a new force; thus, the offense supplied the force which put the ball out of bounds over the end line.

65. K, 4/6, R-40. K makes a legal scrimmage kick which is caught by an R player at the R-6 and run back to the R-36. During the kick, an R player held a K player at the R-20.
- K, 1/10, R-30
  - K, 1/10, R-10
  - R, 1/10, R-3
  - R, 1/10, R-10
  - R, 1/10, R-26

ANSWER: c

FOCUS: PSK enforcement from the end of the kick.

66. K, 4/6, R-40. K makes a legal scrimmage kick which is caught by an R player at the R-6 and run back to the R-36. During the run, an R player held a K player at the R-20.
- K, 1/10, R-30
  - K, 1/10, R-10
  - R, 1/10, R-3
  - R, 1/10, R-10
  - R, 1/10, R-26

ANSWER: d

FOCUS: Non-PSK enforcement during the run after a catch.

67. A, 3/4, B-34. A Team A runner is tackled just beyond the line to gain in Team A's side zone. The Referee signals a first down; the chains are moved and the Referee signals ready-for-play. The Team A head coach thinks an official missed a foul, then verbally abuses his flank official and is charged with a UC foul. The penalty is enforced, and it is (5-3-1; 5-1-2e; 5-1-2a)
- A, 1/10, B-45
  - A, 1/25, B-45

ANSWER: b

FOCUS: One of the few situations when a team begins a series other than 1/10.

68. Kickoff, K-40. At the K-33, the kicker starts his approach to the ball and then kicks the ball. (6-1-3b)
- Dead ball free kick foul
  - Live ball free kick foul
  - Dead ball illegal procedure foul
  - Live ball illegal procedure foul
  - Encroachment
  - Legal play

ANSWER: f

FOCUS: The kicker may be more than 5 yards behind his free-kick line.

69. Runner A12 is running down the sideline. B83 grabs the inside of A12's jersey from the side. Both players continue out of bounds, where B83, still holding the inside of A12's jersey, pulls him down from the side in the team box area. (9-4-3k; 9.4.3P; 9.4.3R)
- Foul occurred out of bounds; no foul unless flagrant
  - Dead ball horse-collar foul
  - Live ball horse-collar foul

ANSWER: c

FOCUS: Horse-collar foul is a live ball foul though the take-down occurred when the ball is dead.

70. A, 2/8, A-30. At the A-20, QB A-6 throws a screen pass to A12. At the A-28, A12 muffs the ball, and the pass travels to the A-35, where A65 catches it and is downed immediately. (7-5-12; 7-5-13)
- Legal play
  - Ineligible offensive player down field
  - Illegal touching
  - Offensive pass interference
  - b and c
  - b and d

ANSWER: e

FOCUS: Pass restrictions for A end when a pass is touched by B, not by A; on a pass which crosses the neutral zone, touching by A does not make ineligible receivers eligible.

71. A6 is running up the middle when B79 grabs the inside of A6's shoulder pad from behind. A6 does not go down from the grabbing of the jersey, but he continues downfield for 5 more yards, where B54 tackles A6 to the ground while he is still in B79's grasp. (9-4-3k; 9.4.3N)
- Horse-collar foul by B79
  - Legal play

ANSWER: b

FOCUS: The runner did not go down because of the horse-collar.

72. Scrimmage kick formation. A Team R player rushes the kicker and makes only slight contact with the kicker, causing the kicker to spin around. (9-4-5c; 9.4.5F)
- Roughing the kicker foul
  - Running into the kicker foul
  - Legal play

ANSWER: c

FOCUS: There is no foul if the contact is slight and partially caused by movement of the kicker.

73. A Team A receiver inadvertently steps on the sideline, returns inbounds and catches a forward pass. (9-6-1;
- Illegal participation foul
  - Live ball foul; basic spot
  - Spot of the foul is where the receiver returned
  - Spot of the foul is where the receiver caught the pass
  - a, b and c
  - a, b and d

ANSWER: e

FOCUS: Penalty for illegal participation; in a loose-ball play, the basic spot is the previous spot.

74. While a fight is taking place in the middle of the field, 2 substitutes of Team A and 3 substitutes of Team B leave their respective team box and then proceed to the top of their respective 9-yard marks. None of the 5 substitutes participates in the fight. (9-8-1I; 9.8.1J)
- Each of the 5 substitutes has committed a UC foul
  - Irrespective of other penalties for fighting, the penalties of the 2 Team A substitutes are cancelled by the penalties of 2 of the Team B substitutes.
  - The penalty of the third Team B substitute is assessed in conjunction with any penalties for fighting.
  - All 5 substitutes are disqualified
  - All the above

ANSWER: e

FOCUS: Procedure when substitutes leave the team box area during a fight but do not participate.

75. A, 3/3, B-25. QB A7 is roughed after throwing a legal forward pass complete to A89 at the B-3. From the B-3, A89 then fumbles the ball into the end zone, where it is recovered by a Team B player. The ES is (9-4-4 Pen, 10-4-5d)
- a. B-20
  - b. B-3
  - c. Goal line
  - d. B-25

ANSWER: **d**

FOCUS: **In this specific situation, the ES is simply the basic spot, the previous spot.**