

California Football Officials Association

**2023 Summer Study Guide**

Instructor Version

**KEYS**

Team A (Offense) or Team B (Defense) 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, example: **K, 4/12, R-45**

**ACRONYMS**

**BBW** block or blocking below the waist

**BSB** blind side block

**ENZ** expanded neutral zone

**EXC** exception

**FBZ** free blocking zone

**KCI** kick catch interference

**NZ** neutral zone

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

**PSK** post-scrimmage kick

**SKF** scrimmage kick formation

**UC** unsportsmanlike conduct

**BIB** block in the back

**DNA** does not apply

**ES** enforcement spot

**EZ** end zone

**HC** head coach

**LOS** line of scrimmage

**OOB/IB** out of bounds/ in bounds

**PF** personal foul

**QB** quarterback

**SS** succeeding spot

**RB** running back

When referring to Rule 2, Section 29, Article 1 of the NFHS Rule Book, this will be noted as 2-29-1 (with dashes). When listed as 2.29.1 (with periods), please refer to the NFHS Case Book.

Most questions contain rule references, others will require officials to get a bit into the NFHS Rule and Case book.

On behalf of all California's officials, a special thank you to the following for their input and time reviewing during their offseason: Diego Renteria, Tim Glasgow, Mike Vail, and Chris Daste (Channel Coast), Bobby Kennedy (Los Padres), Jim Atkinson and Jon Stein (San Fernando Valley), Art Andrade (Foothill Citrus), Steve Coover (San Diego), Mark Andrews (Orange County) and Jerry Trautman.

Additional instructional resources can be found at: [www.YouTube.com/@CFOAFootball](http://www.YouTube.com/@CFOAFootball)

**Section 1 – Definitions**

Reviewing definitions and key terms is a great start to a new season. As you read and answer questions, you might also think about how you are going to report a foul to your Referee during a game. Using the correct definition language will make communicating with your crew and coaches, as well as penalty enforcement, much easier, clearer and effective.

1. A, 1/10, A-20. B93 is in the neutral zone at the snap. (7-1-6a)
  - A. Live-ball foul, Team A has a "free play"
  - B. Dead-ball foul, covering official blows their whistle to kill the play
  - C. No foul, B93 did not make contact with a Team A player or cause an A player to move

California Football Officials Association

**2023 Summer Study Guide**

Instructor Version

2. Tripping is illegal in all cases unless it is against the runner, the player in possession of the live ball. (2-32-13; 2-45)
  - A. True
  - B. False
  
3. A muff and a fumble are two different terms that define how a ball became loose. A muff is the touching of a loose ball by a player in an unsuccessful attempt to secure position. A fumble refers to any loss of player possession other than by handing, passing or legal kick.
  - A. True
  - B. False
  
4. A loose ball is a:
  - A. Pass
  - B. Fumble
  - C. Kick
  - D. All of the above
  
5. In order to have a Personal Foul for Fighting, a player must make contact with another player. (2-11).
  - A. True
  - B. False
  
6. A, 4/Goal, B-3. QB A1 pitches the ball to A21 at the B-7. A21 sweeps to his left and dives at the B-2 in an attempt to score. B15 hits A21 which causes him to land out of bounds beyond the goal line extended. The ball was in A21's left hand, toward the sideline, outside of the pylon.
  - A. Touchdown
  - B. B, 1/10, line of scrimmage is the foremost point where the ball crosses the sideline plane.
  
7. The neutral zone may be expanded following the snap up to a maximum of 2 yards behind the offensive and defensive line of scrimmage.
  - A. True
  - B. False
  
8. A, 1/10, B-12. WR A5 runs a pattern to the endzone, stops and jumps in the air to catch a pass from QB A1. With possession in the air above the endzone, A5's momentum carries him back to the B-1 where he is tackled. Touchdown for A5.
  - A. True
  - B. False

9. A blindside block is legal.
- A. True
  - B. False
  - C. Not enough information
10. A, 1/10, A-20. QB A1 takes the snap and drops back in the pocket scanning his receivers. A1 begins to run to his right under a rush, A-75 is holding B99 at the A-17. A1 then throws a pass to A21 at the A-35. The foul took place: (2-33-1d)
- A. During a run
  - B. Loose-ball

## **Section 2 – The Kicking Game**

Arguably the most complex part of our game. Team possession generally changes during the down, there are formation expectations, and there are special enforcements depending on when a foul occurs.

Penalty enforcement becomes easier when you determine when the foul occurs and memorize the special enforcements (10-5-5) associated with fouls during free and scrimmage kicks. Enforcing a penalty *before the kick* can be different if the foul occurs *during the kick* or *after the kick*.

11. K, 4/10, K-20. Attempting to catch the ball at the R-40, R12 muffs the kick after making a valid fair catch signal. K22 attempts to recover the ball but muffs the ball and it goes out of bounds at the R-45.
- A. K, 1/10, R-45
  - B. Replay the down. K, 4/10, K-20.
  - C. R, 1/10, R-45.
12. Free-kick, K-40. All K players, except the kicker, have one foot on one side of the K-35 line and one foot on the other side. This is a legal free-kick formation.
- A. True
  - B. False
13. Free kick, K-40. K66 is one step beyond the K-40 at the time of the kick. (7-1-3a)
- A. Illegal, Encroachment on the kicking team, live-ball foul. Team R can enforce the 5-yard penalty from the succeeding spot.
  - B. Illegal, Encroachment on the kicking team, dead-ball foul. Stop the play and enforce the 5-yard penalty from the previous spot.
  - C. Legal play, Team K can be no more than one step beyond the free kick line.

California Football Officials Association

**2023 Summer Study Guide**

Instructor Version

14. K, 4/3, R-20. K3 is 12-yards behind the line of scrimmage, lined up to attempt a field goal. Holder K20 is 7-yards behind the line of scrimmage, squatting down, without his knee on the ground. After the snap, K20 throws a completed pass to K19 in the endzone. This is a legal play if: (2-14-2a; 7-2-5)
- A. This is legal formation, Touchdown.
  - B. Team K has 5 players numbered 50-79 on the line of scrimmage at the snap.
  - C. K3 can be no more than 10-yards behind the line of line of scrimmage.
  - D. None of the above.
15. See question #14 above. K19 is the snapper. If Team K did not have 5 players numbered 50-79 on the line of scrimmage at the snap, what type of foul is this? (2-14-2a; 7-2-5; 7-5-13)
- A. Live-ball, Illegal Formation, 5-yard penalty from the previous spot
  - B. Dead-ball Illegal Formation, 5-yard penalty from the previous spot
  - C. Live-ball, Illegal Touching, 5-yard penalty from the previous spot, loss of down. R, 1/10, R-25
  - D. Both A and B
  - E. Both B and C
  - F. Both A and C
16. Free kick, K-40. Team K trails Team R, 20-24 with 1:30 remaining in the 4<sup>th</sup> quarter. Team K may have 3 players lined up to the right of the kicker in an obvious on-side kick situation. (6-1-4)
- A. True
  - B. False
17. Free kick, K-40. Kicker K1 kicks the ball from the tee high into the air in an area with very few R players. K20 catches the kick, before it has touched the ground, at the R-35 where he is tackled immediately by R-88. (6-1-6, 6-5-6)
- A. K, 1/10, R-35
  - B. R, 1/10, 50
  - C. R, 1/10, R-35
  - D. K, Free-kick, K-45.
  - E. B, C and D
18. Try, R-3. Holder K23 muffs the snap from snapper K35. Kicker K1 yells "fire, fire" as K23 starts to run with the ball at the R-10. Under a heavy rush, K23 throws the ball into the endzone where it is caught by K35. (7-2-5b-2, 7-5-12, 7-5-13)
- A. 2-point try is good
  - B. Ineligible receiver downfield, replay the down. Try, R-8
  - C. Illegal Touching, Try is over. Free-kick from the K-35
  - D. Illegal Touching, Try is over. Free-kick from the K-40.

California Football Officials Association

**2023 Summer Study Guide**

Instructor Version

19. K, 4/10, R-45. Kicker K1 punts the ball from the K-45, it is blocked by R90 and is grounded at the R-49. K1 picks up the ball and advances to the R-34 where he is tackled.
- A. R, 1/10, R-49. First touching of the kick by K1 gives R the opportunity to take the ball at that spot if R does not commit a foul during the down.
  - B. K, 1/10, R-34. Any K player may advance a kick recovered behind the neutral zone.
  - C. K, 4/10, R-45. Replay the down.
20. K, 4/4, B-20. Team A is lined up in a legal scrimmage kick formation. After the snap, B90 grabs and pulls A47 from his position on the offensive line to open a gap for B75 to block the kick (pull and shoot). The field goal is good. (8-4-5)
- A. Team K may accept the result of the play and enforce the foul from the succeeding spot
  - B. K, 1/10, B-10; Team K may enforce the foul from the previous spot
  - C. Holding by Team R is legal. Team K has no options, free kick from the K-40
  - D. Both A and B
21. K, 4/10, R-35. Punter K1 kicks the ball and it hits the ground at the R-4 where it continues toward the endzone. K21 jumps from the field of play toward the endzone and bats the ball one yard deep in the endzone back to the R-2 where K22 falls on it. The ball never touched the ground in the endzone. (6-3-1)
- A. R, 1/10, R-2. Spot where the kick ended.
  - B. R, 1/10, R-12. Spot where the kick ended, plus 10-yards for illegal batting by K21.
  - C. R, 1/10, R-20. Touchback.
22. K, 4/10, K-40. Kicker K1 punts the ball high in the air and R21 gives a fair catch signal at the R-35. K5 makes early contact with R21 before the ball arrives. The ball hits the ground and touches R21 at the R-34. K5 muffs the loose-ball and recovers it at the R-20. (6-5-6a; 10-5-1b)
- A. K, 4/25, K-25. Previous spot enforcement.
  - B. R, 1/10, 50. Spot of the foul enforcement.
  - C. R, 1/10, R-20. Result of the play.
  - D. All of the above.
23. Free-kick, K-40. 0:25 in the 4<sup>th</sup> quarter, Team K is trailing Team R. 20-24. K has 4 players to the left of the kicker and 6 players to the right of the kicker when the Referee blows the whistle for the ready to play. When the kicker gives a signal, K40 goes in motion from the left side of the kicker at the K-41 and turns up field and is on the right side of the kicker when the ball is kicked. (6-1-4; 6.1.4)
- A. Legal play because K had 4 players on each side of the kicker at the ready for play signal.
  - B. Live-ball foul. Illegal because K must have at least 4 players on each side of the kicker when the ball is kicked.
  - C. Dead-ball foul. Illegal because K must have at least 4 players on each side of the kicker when the ball is kicked.

California Football Officials Association

**2023 Summer Study Guide**

Instructor Version

24. K, 4/10, K-20. Receiver R21 is contacted early and not given a chance to catch the kick, Kick Catch Interference. Since this foul occurs during the kick, while the ball was loose, the enforcement spot must be the previous spot.
- A. True
  - B. False
25. K, 4/10, K-20. K1's kick is high, but short and in an attempt to catch the kick, the ball bounces off R20's shoulder pad, into the air. K10 pushes R20 at the R-40 in an attempt to catch the ball. K10 catches the ball at the R-43 where he is tackled. (6.5.6E)
- A. No foul. K, 1/10, R-43
  - B. No foul. R, 1/10, R-43
  - C. Kick catch interference. Team R has options for enforcement.
26. K, 4/10, R-15. Kicker K1 kicks the ball from the R-22, it is blocked by R90 at the R-14 and bounces to the R-17. K1 picks up the ball and runs into the endzone.
- A. K, 1/10, R-17. K cannot advance a kick.
  - B. K Touchdown. Any K player may advance a kick recovered behind the neutral zone.
  - C. R, 1/10, R-17. The ball is dead when K1 first touches it.
27. K, 4/10, K-20. During the kick, K20 illegally blocks R40 below the waist at the K-40. R1 catches the kick at the 50 and advances to the K-45 where he is tackled. (10-4-2EXP)
- A. R, 1/10, K-30.
  - B. K, 4/20, K-10.
  - C. Both A and B.
28. K, 4/10, K-20. Kicker K1 punts the ball from the K-13. R23 muffs the punt at the K-49, and it rolls to the K-44 where it is recovered by K30.
- A. K, 1/10, K-44.
  - B. R, 1/10, K-44.
  - C. R, 1/10, K-49.
29. K, 4/10, K-20. R32 illegally blocks K2 below the waist at the R-48 before R1 catches the kick at the 50 and advances to the K-45 where he is tackled. The enforcement spot is: (2-41-6)
- A. The previous spot since the foul occurred during the kick.
  - B. The end of the kick. Post scrimmage kick enforcement.
  - C. The spot of the foul. The foul occurred behind the end of the kick.
  - D. The end of the run. The basic spot is beyond the end of the kick, so enforce from the basic spot

30. K, 4/7, R-25. Team K is in a legal scrimmage kick formation when K1 attempts a field goal. R20, standing in his endzone, jumps and bats/blocks the ball before it crosses the crossbar.
- A. Illegal Batting. Enforce the foul from the previous spot. K, 1/10, R-15
  - B. Touchback.

### **Sections 3 – At The Snap**

Many fouls can occur before the snap or when Team A fouls occur immediately when a dead-ball becomes a live-ball, e.g. at the snap. In several cases, the play continues, giving Team B the opportunity to enforce the penalty and replay the down, or decline the penalty and take the result of the play.

31. A, 1/10, A-20. Team A is in a legal formation and the snapper has placed his hand(s) on the ball. QB A1 sees the defensive formation and yells, “check, check, easy, easy” and looks toward the sideline. Snapper A79 removes his hand from the ball, not simulating a snap, to look toward the sideline. (7-1-3a)
- A. Legal
  - B. Illegal
32. A, 1/10, A20. At the snap, WR A1 and A2 are both in motion. 7-2-7
- A. Dead ball foul, Illegal Motion
  - B. Dead ball foul, Illegal Shift
  - C. Live ball foul, Illegal Motion
  - D. Live ball foul, Illegal Shift
33. A, 1/10, A-35. Team A has 10 players on the field. Before the snap, A10 runs on the field and lines up as the widest receiver between his sideline and the numbers.
- A. Legal as long as Team B has enough time to cover the player
  - B. Illegal
34. A, 1/10, A-20. Snapper A79 breaks from huddle grabs the ball and rotates it horizontally/parallel to the line of scrimmage before the snap occurs. This is legal because A79 never removed his hand from the ball. (7-1-2)
- A. True
  - B. False
35. A, 1/10, A-20. Team A has 5 players in the offensive backfield at the snap. (7-2-5a)
- A. A, 1/15, A-15. Illegal Formation, dead-ball foul
  - B. A, 1/15, A-15. Illegal Formation, live-ball foul
  - C. Legal formation

**2023 Summer Study Guide**

Instructor Version

36. A, 3/3, B-30. Team A is trailing 24-28 with 0:30 seconds remaining in the game, with no timeouts. QB A1 is positioned 4-yards behind snapper A79 in a shotgun formation. A1 muffs the snap and it falls to the ground. A1 immediately picks up the ball and spikes it to the ground to stop the clock. This is legal because the spike/pass was immediate after A1 gained possession.
- A. True
  - B. False
37. A, 3/2, A-40. Defensive Tackle B90 jumps into the neutral zone and is able to get out of the neutral zone before the snap occurs and did not cause a Team A lineman to move.
- A. Dead-ball, Encroachment
  - B. Live-ball, Encroachment
  - C. No foul, B90 was not in the neutral zone when the ball was snapped.
38. A, 1/10, A-20. Right Tackle A79 breaks the huddle and gets into a 3-point stance, one hand on the ground. QB A1 sees the defensive formation and yells, “check, check, easy, easy” and looks toward the sideline. RT A79 lifts his hand, not simulating the snap, to look toward the sideline.
- A. Legal
  - B. Illegal
39. A, 3/4, A-25. Line Backer B99 runs into a gap between the defensive tackle and nose guard, stomping his foot at the A-26 and clapping loudly towards the offensive line. Left Guard A55 jumps from his 3-point stance before the snap.
- A. A, 1/10, A-30
  - B. A, 3/9, A-20
40. A, 3/7, B-40. Team A has 5 players in their backfield at the snap. QB A1 throws a pass that is intercepted by B23 at the B-35. B23 returns the interception for a touchdown. 8-2-3
- A. Touchdown. B, Try, A-1.5
  - B. After the Try, B, Free Kick, B-45
  - C. Team B must decline the foul in order to take the result of the play. Touchdown.
  - D. Both A and B are options for Team B

## **Section 4 – The All-But-One Principle**

With the new penalty enforcement exceptions in 2023 (discussed in Section 5), the All-But-One principle has changed significantly. However, the basics of ABO still exist when a foul occurs beyond the line of scrimmage and the play ends beyond the line of scrimmage.

When a foul occurs during a run (2-33-2) the basic spot is either 1)the end of the run or 2) the previous spot, regardless of whether Team A or Team B commits the foul. When a foul occurs when the ball is loose (2-33-1), the basic spot is always the previous spot, regardless of whether Team A or Team B commits the foul. Fouls that occur behind the line of scrimmage and special enforcements/exceptions will be discussed in future sections.

California Football Officials Association

**2023 Summer Study Guide**

Instructor Version

After you have determined the basic spot, knowing where the foul occurred is the next piece of information you need – 1) At/Behind the basic spot or 2) beyond the basic spot.

41. The basic spot for the foul committed during a loose-ball play is the: (10-4-2)
- A. Previous spot
  - B. End of the run
  - C. Spot of the foul
  - D. Succeeding spot
42. Team K punts the ball across the expanded neutral zone, and during the kick, Team R holds Team K. Team R is next to put the ball into play. The basic spot is the: (10-4-3)
- A. Previous spot
  - B. End of the kick
  - C. Spot of the foul
  - D. Succeeding spot
43. A, 3/2, B-40. Running Back A21 receives the handoff and runs up the middle between the snapper and tackle to the B-39. The flank official and umpire blow their whistles as the pile begins to move backwards. B21 runs and jumps on top of the pile after the whistle. (10-4-5)
- A. Previous spot
  - B. End of the run
  - C. Spot of the foul
  - D. Succeeding spot
44. A, 1/Goal, B-7. RB A21 receives a hand-off at the B-10 and runs for a touchdown. WR A2 holds B10 at the B-2. The next play will be:
- A. A, 1/10, B-12
  - B. A, 1/Goal, B-17
  - C. A, 1/Goal, B-10
  - D. A, 1/Goal, B-12
45. A, 1/Goal, B-7. RB A21 receives a hand-off at the B-10 and runs for a touchdown. During the run, WR A2 holds B2 in the endzone. The next play will be:
- A. Try, Touchdown stands
  - B. A, 1/10, B-17
  - C. A, 1/Goal, B-10
46. A, 2/20, B-45. QB A1 throws a pass to A21. During the pass, B3 holds and interferes with A21 at the B-35. The pass falls incomplete at the B-32.
- A. A, 1/10, B-35
  - B. A, 1/10, B-30

**2023 Summer Study Guide**

Instructor Version

- C. A, 2/10, B-35
- D. A, 2/5, B-30

47. A, 2/4, B-20. QB A1 throws a pass that is intercepted by B21 at the B-6. After the interception, B70 illegally blocks A20 in the back at the B-20, A90 grabs and pulls B21's facemask in an attempt to tackle him at the B-45, and B55 holds A15 at the A-10. B21 scores a touchdown.

- A. B, 1/10, A-20; Block in the back and Facemask offset
- B. Fouls offset, replay the down
- C. Fouls offset, touchdown for Team B
- D. B, 1/10, B-10

**Section 5 – New for 2023: Basic Spot for Fouls Behind the Line of Scrimmage**

NFHS has made a significant change to penalty enforcement when a foul occurs behind the line of scrimmage. The change was made to avoid an insurmountable distance and excessive penalties for teams when committing a foul behind the line of scrimmage. For instance, A,1/10, Holding by A 7-yards behind the line of scrimmage would have been 1/27 last season (10-yards from the spot of the foul, replay the down). Below is a table illustrating the changes. **Exception:** current enforcement for illegal batting, illegal kicking, and illegal participation fouls and for offensive fouls in the end zone that result in a safety remain unchanged.

FOUL BY	SPOT OF FOUL	END OF PLAY	BASIC SPOT	REFERENCE
A	Behind Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-2d
A	Behind Line of Scrimmage	Beyond Line of Scrimmage	Previous Spot	10-4-2e
A	Beyond Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-2f
A	Beyond Line of Scrimmage	Beyond Line of Scrimmage	Foul Behind End of Run or Related Run – Spot of Foul	10-4-4d
A	Beyond Line of Scrimmage	Beyond Line of Scrimmage	Foul Advance of End of Run or Related Run – Succeeding Spot	10-4-5e
B	Behind Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-2d
B	Behind Line of Scrimmage	Beyond Line of Scrimmage	Succeeding Spot	10-4-5f
B	Beyond Line of Scrimmage	Behind Line of Scrimmage	Previous Spot	10-4-2d
B	Beyond Line of Scrimmage	Beyond Line of Scrimmage	Succeeding Spot	10-4-5f

California Football Officials Association

**2023 Summer Study Guide**

Instructor Version

48. A, 1/10, A-20. QB A1 is sacked at the A-15. Right Guard A54 holds B90 at the A-16. The basic spot is:
- A. Previous spot
  - B. End of the run
  - C. Spot of the foul
  - D. Succeeding spot
49. A, 3/G, B-9. Running Back A21 takes the hand off and runs into the endzone for a touchdown. During the run, Wide Receiver A2 held B2 in the end zone. The basic spot is the:
- A. Previous spot
  - B. End of the run
  - C. Spot of the foul
  - D. Succeeding spot
50. A, 1/10, A-40. QB A1 hands the ball to RB A21 at the A-36. A21 runs to the A-45 where he is tackled. During the run, A79 held B20 at the A-38.
- A. A, 1/22, A-28
  - B. A, 1/15, A-35
  - C. A, 1/20, A-30
51. A, 1/10, A-6. QB A1 drops back to pass and begins to scramble in the endzone under a heavy rush. RT A75 holds B99 in the endzone. A1 runs to the A-10 where he is tackled. This is a safety.
- A. True
  - B. False
52. A, 1/10, A-20. B1 grabs and twists A21's facemask at the A-15. A21 continues to run and is tackled at the A-18. The personal foul will be enforced from the previous spot since the end of the run is behind the line of scrimmage.
- A. True
  - B. False
53. A, 1/10, A-20. B1 grabs and twists A21's facemask at the A-15. A21 continues to run and is tackled at the A-25. The personal foul will still be enforced from the previous spot since the foul occurs behind the line of scrimmage.
- A. True
  - B. False
54. A, 1/10, A-20. RT A75 holds B99 at the A-10 and RB A21 is tackled at the A-16. After the covering official blows their whistle, B21 jumps on the pile late.

- A. A, 1/10, A-20
- B. A, 1/10, A-23
- C. A, 1/10, A-25

55. A, 3/5, B-10. QB A1's pass is intercepted in the endzone by B2 and he advances to the B-6 where he fumbles. The ball rolls into the endzone where it is recovered by B-20 while they are on the ground. During the fumble, B40 held A35 at the B-4. The basic spot is:

- A. B-10, the previous spot
- B. B-6, the spot of B's fumble
- C. The endzone, where B recovers the ball

## **Section 6 – Special Enforcements**

NFHS has 10 special enforcement rules (10-5) that we all need to just memorize. When one of these fouls occurs, the All-But-One may not apply.

56. A, 3/Goal, B-4. Running Back A21 runs a sweep to the left and runs untouched into the endzone for a touchdown. 4-yards into the endzone, B30 forcibly knocks A21 to the ground. (8-2-5)

- A. A, Try, B-1.5
- B. A, Free Kick, R-45
- C. Both A and B

57. A, 2/7, B-40. QB A1 throws a pass that is tipped by A22 at the B-8, then tipped by B2 at the B-6, and intercepted by B20 at the B-4. B20 was running toward his endzone at the time of the interception. A22 tackles B20 in Team B's endzone.

- A. Safety, B Free Kick from the B-20
- B. Touchback. B, 1/10, B-20
- C. B, 1/10, B-4

58. K, Free Kick, K-40. K1's kick is low to the ground and strikes R20's knee in an attempt to catch the kick. The ball rolls out of bounds at the R-35. Team R has options on where the ball will next be put into play. (6-1-10, 10-5-1a)

- A. True
- B. False

59. A, 1/10, A-20. QB A1 drops back and throws a completed pass to A2 at the A-40 where he is tackled. After throwing the pass, B99 picks up A1 and forcefully drives him to the ground.

- A. Team A will decline the personal foul for Roughing the Passer and take the result of the play
- B. Team A can "tack-on" the personal foul for Roughing the Passer to the end of the run

California Football Officials Association

**2023 Summer Study Guide**

Instructor Version

60. There are **only** 4 fouls that carry an automatic first down using NFHS rules.
- A. True
  - B. False
61. There are **only** 4 fouls that carry a loss of down in their statement of penalty using NFHS rules.
- A. True
  - B. False
62. A, 1/10, A-20. QB A1 drops back and throws a completed pass to A2 at the A-25 where he is begins his run. While being tackled at the A-30, A2 fumbles the ball, and the ball rolls out of bounds at the A-32. After throwing the pass, B99 picks up A1 and forcefully drives him to the ground.
- A. A, 1/10, A-35
  - B. A, 1/10, A-45
  - C. A, 1/10, A-47
63. A, 1/10, A-20. QB A1 drops back and throws a completed pass to A2 at the A-25 where he is begins his run. While being tackled at the A-30, B3 grabs and twists A2's facemask and A2 fumbles the ball. The ball is recovered by A21 who runs to the B-20 where he is tackled. (10-4-4)
- A. A, 1/G, B-5
  - B. A, 1/G, B-10
  - C. A, 1/10, B-20
64. Free kick, K-40. With 1:05 remaining in the 4<sup>th</sup> quarter, Team K trails Team R 14-17. Team K's kick bounces at the K-45 and goes untouched out of bounds at the 50. The best option for Team R would be: (10-5-1)
- A. Rekick from the K-35
  - B. R, 1/10, 50
  - C. R, 1/10, K-45
  - D. R, 1/10, R-35
65. A, 3/5, A-6. QB A1 is under pressure and retreats into his endzone. Instead of being tackled, he throws a pass from inside the free-blocking zone into an area with no eligible receiver, that does not cross the line of scrimmage.
- A. Enforce 5-yards from the previous spot, replay the down. A, 3/8, A-3
  - B. Enforce 5-yards from the previous spot, loss of down. A, 4/8, A-3
  - C. Safety. A, Free-kick, A-20

## **Section 7 – Be Strong with the Force**

Several key principles exist when talking about Force, but always ask yourself one question, “How did the ball get into the endzone?”. When determining if the play resulted in a Touchback or Safety, which team gave the ball force to put it into the endzone matters. 2-13 is a good place to start, followed by 8-5.

66. Responsibility for forcing the ball from the field of play across a goal line is attributed to the player who carries, snaps, passes, fumbles or kicks the ball, unless a new force is applied to a grounded backwards pass, kick or fumble. (8-5-1)
- A. True
  - B. False
67. Muffing or batting a pass, kick or fumble in flight can be a new force.
- A. True
  - B. False
68. A, 1/15, A-5. QB A1 pitches the ball backwards to RB A21. Defensive End B99 runs unblocked into the offensive backfield and bats the ball into the endzone where it is grounded and rolls across the endline.
- A. Touchback
  - B. Safety
69. A, 1/15, A-5. QB A1 pitches the ball backwards to RB A21 who muffs the ball at the A-2 where the ball hits the ground at the A-3. Defensive End B99 runs unblocked into the offensive backfield and in an attempt to recover the ball at the A-2, bats the ball into the endzone where it is grounded and rolls across the endline.
- A. Touchback
  - B. Safety
70. K, 4/10, R-40. K1's kick is high and R1 signals for a fair catch at the R-5. The ball bounces off R1's chest at the R-5 and is grounded at the R-7 when K30 attempts to recover and muffs the ball into the endzone. K30 recovers the ball in the endzone. (2-13-4a)
- A. Touchback
  - B. Safety
  - C. Touchdown for K

## **Section 8 – Fouls During a Change of Possession**

In thinking about fouls that occur during a change of possession, break it down as follows: 1) When did the foul(s) occur? 2) Who was in possession when the foul(s) occurred? and 3) Who was in final possession? E.g. who will be next to put the ball in play?

California Football Officials Association

**2023 Summer Study Guide**

Instructor Version

Review 10-2-2 before completing this section of questions. The philosophy of “clean hands” is not directly referenced in our rule book but has to do with whether the team in final possession (usually Team B) got possession before they committed a foul. Unless Team B possesses the ball with clean hands or commits a PSK foul, Team B will not be next to put the ball in play.

71. A, 1/10, A-20. QB A1 throws a pass that is intercepted by B2 at the A-30 where he is tackled. Team A had 5 players in the offensive backfield at the snap. Team B can “tack-on” the 5-yard penalty from the dead-ball spot.

- A. True
- B. False

72. A, 1/10, A-20. QB A1 throws a pass that was intercepted by B2 at the A-30. During B2’s run, B75 blocks A60 below the waist at the A-20. Team A had 2 backs in motion at the snap. Since both teams committed a live ball foul, those fouls will offset, and we will replay the down.

- A. True
- B. False

73. A, 4/Goal, B-6. Late in the game, Team A is trailing Team B by 6 points. RB A21 receives the hand-off and runs to the B-3 where he is driven out of bounds by B40. B40 continues to tackle A21 and makes a second act, forcefully throwing A21 to the ground 4-yards outside the field of play. Team A had 5 players in the offensive backfield at the snap. These fouls will offset, and the down will be replayed.

- A. True
- B. False

74. A, 1/10, A-20. QB A1’s pass is intercepted by B23 at the A-35 after B23 interfered with WR A2, pulling him to the ground during the pass. During B23’s run, A65 illegally blocks B75 below the waist at the A-15. These fouls will offset, and the down will be replayed.

- A. True
- B. False

75. A, 1/Goal, B-8. QB throws an interception to B2 in the endzone. After the interception, B5 holds A2 in B’s endzone. Team A had 5 players in the offensive backfield at the snap. Team B will accept Team A’s illegal formation foul because to not accept it would result in a Safety for Team A. Team A will also accept the Holding on Team B, the two live-ball fouls will offset and we will replay the down.

- A. True
- B. False

## **Section 9 – CFOA Overtime Procedures**

The California Football Officials Association has adopted overtime procedures and rules that differ from the NFHS overtime procedures and rules. This is a supplemental document that you can request from your association's Instructional Chairman.

76. End of regulation. Team B wins the coin toss and elects to defer their choice to the second overtime period. Team B may defer their choice.
- A. True
  - B. False
77. A, 1/10, B-25. First overtime possession. QB A1 throws a pass that is intercepted by B2 and returned for a touchdown. After the interception and during the return, B99 illegally blocks A50 in the back at the B-20. The next play will be:
- A. A, 1/10, B-15
  - B. B, 1/10, B-25
  - C. B, 1/10, B-35
  - D. Touchdown for B, game is over
78. A, 1/10, B-25. First overtime possession. QB A1 throws a pass that is intercepted by B2 and returned for a touchdown. At the A-7, B2 starts to high-step while holding the ball toward his opponents, and performs a backflip into the endzone. The next play will be:
- A. B, 1/10, B-40
  - B. Touchdown for B, game is over
  - C. A, 1/10, B-12.5
  - D. B, 1/10, B-25
79. End of regulation. Team A wins the coin toss, their options are:
- A. Team A may defer their choice
  - B. Team A may choose which side of the field to play the extra period
  - C. Team A may choose to begin on offense or defense
  - D. All of the above
  - E. Only A and B
  - F. Only B and C
80. Beginning with the second overtime period, teams scoring a touchdown must attempt a 2-point try. Although not illegal, any one-point Try attempt by Team A will not result in a score.
- A. True
  - B. False

## **Section 10 – Inadvertent Whistle**

They happen...anyone who says they've never had one is probably lying or will have one in their next game if they don't knock on wood. Depending on your unit, you may be buying the first round at the after-game dinner.

Most officials do not keep their whistle in their mouth during the play to avoid a quick, early whistle before the ball is dead. The play ends itself, not our whistle. See the ball or player in possession on the ground before blowing your whistle.

But when they do happen, it's important to know what we need to do. 4-2-3 lists the various times in which an inadvertent whistle could happen and what to do about it: 1) Ball in player possession, 2) During a loose-ball, or 3) During a legal forward pass or kick.

81. A, 1/10, A-20. Team A has a run/pass option offense. QB A1 fakes a handoff to A21 who runs up the middle of the line simulating that he has the ball. A1 runs to his left with the ball and is at the A-25 when the Umpire, thinking A21's forward progress is stopped, blows their whistle. Team A has the option to replay the down from the previous spot or take the result of the play at the dead-ball spot.
- A. True
  - B. False
82. K, 4/10, R-45. K1's kick is high and R1 signals for a fair catch at the R-15. The ball hits R1 in the chest and the Back Judge blows his whistle as the ball is grounded. Team R has the option to take the ball at the dead-ball spot since there was a legal scrimmage kick and Team K was not in possession.
- A. True
  - B. False
83. K, 4/10, R-45. K1's kick is high and as the ball is coming down at the R-15, it hits K25 on the helmet at the R-17 and is grounded at the R-22. R1 dives in an attempt to recover the ball at the R-22 but muffs it. The Back Judge, thinking R1 has possession, blows their whistle while the ball is still loose. The ball will next be put into play R, 1/10, R-17. (6-2-5)
- A. True
  - B. False
84. A, 1/10, A-20. QB A1's pass is caught by A21 at the A-35. A21 fumbles the ball at the A-40 and it is recovered by B25. Thinking the play was over the Line Judge blows their whistle when B25 was at the A-38. The Umpire confirms that B25 has possession when the whistle was blown. Team B will be next to put the ball in play at the A-38, First and 10.
- A. True
  - B. False

85. A, 1/10, A-40. QB A1 hands the ball to A21 and runs to the right. Back A45 illegally blocks B90 below the waist at the A-45 and B90 is obviously injured on the play. A21 has possession of the ball and while at the A-47, the Head Line Judge blows their whistle given B90's injury. The foul can be enforced and will be administered from the previous spot.

- A. True
- B. False

## **Section 11 – The Clock and Timeouts**

While the Back Judge is generally responsible for signally to the Referee the status of the clock after penalties are enforced, it's a responsibility that every official on the field should know. Further, every official has a responsibility during a timeout. All officials should note the team that called the timeout and the quarter/time in their notebook and confirm timeouts remaining with the other officials and coaches.

86. K, Free Kick, K-40. Team R trails Team K by 6 points with 0:04 in the 4<sup>th</sup> quarter. Kicker K1 kicks the ball low and it hits the ground at the R-40 and starts bouncing around. The clock operator starts the clock when the ball is grounded. R44 recovers the kick while on the ground at the R-30 and the clock reads 0:00. (3-4-1)

- A. The game is over.
- B. Referee should instruct the clock operator to put 0:04 seconds on the clock. R, 1/10, R-30.

87. A, 2/15, A-15. After QB A1 was tackled inbounds on first down, the Referee notices his nose is bleeding and stops the clock for an officials timeout. Team A's head coach can call a timeout to clean it up and have A1 back in the game for the next down. (3-5-10)

- A. True
- B. False

88. In question 87 above, after A1 leaves the field and is replaced by A2, the play clock will be set to XXXXX and the game clock will start on the XXXXX.

- A. 25 seconds, Snap
- B. 25 seconds, Ready
- C. 40 seconds, Snap
- D. 40 seconds, Ready

89. After the play, Team A's coach calls a timeout which is granted by the Head Line Judge. Lineman A75 falls to the ground with a cramp and the Umpire signals for an officials timeout. A75 can return to the game without being replaced for one play.

- A. True
- B. False

90. A, 1/10, A-20. A21 receives the handoff and is tackled by B90 and B92 at the A-25. During the legal tackle, A21's helmet comes off. A21 must be replaced for one down. The play clock will be set to 40 seconds and the game clock will start on the snap.
- A. True
  - B. False

## **Section 12 – Mandatory versus Illegal Equipment**

It's starting to get kind of bad, student athletes modifying or removing equipment to look like college or NFL players. Cutting knee pads, or even removing them completely, or not wearing/using a mouthpiece are among our biggest equipment issues we as officials continuously come across. It is the responsibility of all officials to address any issues during the pregame warm-up period.

Knee pads do not need to be pulled down or jerseys untucked from under the shoulder pads until the ready for play has been sounded by the Referee, but we still need to do our best before the game to warn players and coaches of such infractions. However, when thinking about when to penalize a head coach for equipment issues, determine whether: 1) Was the equipment missing or be improperly worn or 2) was the equipment illegal. Start with section 1-5 before completing this section.

91. During the pre-game conference, the Referee and another official will ask each head coach if every player is legally equipped and confirm players will not use illegal equipment. (1-5-4)

- A. True
- B. False

92. Following the coaches pregame verification, if a player is seen not wearing required equipment (e.g. knee pads, mouthpiece, or thigh guards) or if a player is not wearing their equipment properly (e.g. knee pads where the thigh pads should be) the head coach will receive an Unsportsmanlike Conduct foul. (10-8-1)

- A. True
- B. False

93. During the previous play, WR A2's knee pads have rolled up around his thigh pads and are not covering the players knees. A2 joins his team's huddle and lines up for the next down without fixing his knee pads. The flank official blows their whistle and tells A2 to pull down his knee pads. A2 may remain in the game when properly equipped.

- A. True
- B. False

94. A, 1/10, A-20. The Umpire notices that Lineman A75 does not have a mouthpiece and takes an official timeout to remove the player from the game for one play. Another lineman on the sideline gives A75 his mouthpiece. A75 may now stay in the game.

- A. True

B. False

95. The home team's equipment manager, trainer and team doctor provide the Referee with a personal doctor's note authorizing #33 to be able to play with a tinted visor on their helmet. The request will not be granted and #33 can only play with a clear visor, absent of any tint.

- A. True
- B. False

### **Section 13 – Mechanics**

Frankly, mechanics could be its own separate 25-50 question test for each position and given not all officials want to work every position, we've only added a couple questions on mechanics below. Please refer to the CFOA Mechanics Manual for specific on every position, as well as our standards on officiating.

96. After an interception, the covering official should drop a beanbag to mark the spot where the change of possession occurred. This spot could be used for penalty enforcement.

- A. True
- B. False

97. Beginning in 2023, the Umpire will be in the position on the goal line, opposite side of the field as the Referee.

- A. True
- B. False

98. The Back Judge is responsible for the one-minute time-out interval. With 20 seconds remaining, the Back Judge will blow their whistle 3 times indicating the teams should begin getting set for the next down. Flank officials should assist and verbally remind their teams to return to the field.

- A. True
- B. False

99. Situations in which a beanbag should be used include:

- A. Fumbles
- B. First Touching
- C. Momentum Exception
- D. Player Out of Bounds
- E. Inadvertent Whistle
- F. All of the above

100. Five-yard facemask fouls are rare, but if it is a "quick grasp and let go", it can be called. When in question it is a 15-yard Personal Foul and an automatic first down.

- A. True

California Football Officials Association  
**2023 Summer Study Guide**  
Instructor Version

B. False