

Summer Study Guide  
Girls Flag Football

1. An incomplete pass thrown backwards or laterally is a live ball and should be considered a fumble. Any player may recover a fumble.
  - A. True
  - B. False
  
2. Jewelry is considered illegal equipment and is not allowed. Religious and Medical Alert medals are considered jewelry and are not allowed.
  - A. True
  - B. False
  
3. The no-run-zones are located 5 yards from each end zone and line to gain. No-run-zones are designed to avoid power running in short yardage situations in order to avoid excessive contact.
  - A. True
  - B. False
  
4. A Flag Belt is to be worn around the waist, is a single piece and has two flags, one to be worn on each hip.
  - A. True
  - B. False
  
5. Only the three players lined up at the line of scrimmage, that have declared themselves as receivers are considered eligible to receive the ball.
  - A. True
  - B. False
  
6. Defensive Pass Interference is a 10 yard penalty and an automatic first down.
  - A. True
  - B. False
  
7. Illegal contact can be any contact deemed excessive by the official. It can be committed by the offense or defense and includes bumping receivers at the line of scrimmage.

- A. True
- B. False

8. When a defender grasps the jersey of the ball carrier in an attempt to de-flag and inhibits the progress of the ball carrier it is a defensive holding penalty.

- A. True
- B. False

9. When using the penalty enforcement “all-but-one” principal all yards gained by the ball carrier during a play in which a foul occurs will determine the enforcement spot (basic spot) except when the foul is by the offense and occurs behind the enforcement spot (basic spot). When a foul by the offense is behind the basic spot then the enforcement spot will become the spot of the foul.

- A. True
- B. False

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

- A. 20 yard line
- B. 18 yard line
- C. 25 yard line

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

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

12. The basic spot is the spot used to enforce penalties. The basic spot is the previous spot for fouls that occur simultaneously with the snap and any defensive penalty that occurs when there is an incomplete pass play.

- A. True
- B. False

13. Shorts or Pants must have no open pockets in order to be considered part of a legal uniform

- A. True
- B. False

14. The field will be a —

- A. Minimum of 20 yards and maximum of 30 yards wide
- B. Minimum of 50 yards and maximum of 80 yards long + 2 10 yard end zones
- C. Minimum of 30 yards and maximum of 40 yards wide
- D. Minimum of 60 yards and maximum of 100 yards long + 2 10 yard ends zones
- E. A & D
- F. B & C

15. All of the following are true except—

- A. The game will be two 20 minute halves
- B. A running clock will be used until the final two minutes of each half
- C. Each team will have 3 timeouts per half
- D. The game clock will start on the snap following the notification of the 2 minute warning

16. Inside the no-run zone ...

- A. Only the Quarterback may run the ball
- B. No one may run the ball
- C. The Quarterback may run the ball if the defense blitzes
- D. Only an over hand pass is allowed, no pitching or underhand passes

17. The play clock begins on the whistle that indicates ready for play and is 35 seconds in length.

- A. True
- B. False

18. Which of the following is not considered to be a legal piece of equipment?

- A. Soft/Pliable plastic or rubber cleated shoes

- B. Pant or short in uniform colors, any style
- C. Single piece flag belt with 3 flags
- D. Mouthpiece
- E. Beanie, soft cap or headband

19. 4th and 6, Team A comes to the line of scrimmage preparing to run a play. The coach realizes it is 4th down with 5 seconds remaining on the play clock and the coach and captain suddenly declare they wish to punt. Your call is -

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

20. 4th and 10, Team A allows the play clock to expire before declaring they wish to punt. Which are the possible next spots of the ball?

- A. Team B 1st and 20 from the 20
- B. Team A 4th and 15
- C. Team B 1st and 15 from the 25
- D. A & B
- E. B & C

21. After a touchdown, during a PAT attempt from the 5 yard line, the defense intercepts a legal forward pass and returns the ball to their opponents end zone. Your call is -

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

22. After a scoring play, the ball carrier removes their flag belt in a celebration with their teammates. This is the first of the game. Your call is -

- A. No penalty, score counts
- B. The score is canceled, loss of down, ball returned to the previous spot
- C. Unsportsmanlike Conduct foul, dead ball penalty enforced at the succeeding spot
- D. Delay of Game penalty for the player being improperly equipped

23. Team A 2nd and Goal from the 4 yard line. The defense elects to blitz the quarterback. With no receiver open, the quarterback elects to run and extends the ball over the goal line before being de-flagged. Your call is —

- A. Penalty — illegal run — Team A 3rd and goal from the 9
- B. Penalty — illegal rush/blitz — Team A 2nd and goal from the 2
- C. Score is good
- D. Double foul — illegal run and illegal blitz — replay down

24. The no run zone is —

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

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

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

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

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

27. Team A 2nd down in the no-run-zone. There are two rushers lined up 7 yards off the ball, one of the rushers moves forward 1 yard before the snap of the ball. Before the quarterback receives the snap they see the rusher move

forward early. After the quarterback receives the snap they turn and directly hands the ball to the running back. If both rushers/blitzers do not cross the line of scrimmage, your call is?

- A. Illegal — illegal run in the no-run-zone
- B. Illegal — illegal rush/blitz
- C. Legal play
- D. Double foul — illegal rush/blitz and illegal run — replay the down

28. Team A 3rd down in the no-run-zone. There are two rushers lined up 7 yards off the ball, one of the rushers moves forward 1 yard before the snap of the ball. After the quarterback receives the snap they turn and directly hand the ball to the running back because they saw the rusher move forward early. If the both rushers/blitzers cross the line of scrimmage, your call is?

- A. Illegal rush/blitz
- B. Illegal run in the no-run-zone
- C. Legal play
- D. Double foul — illegal rush/blitz and illegal run — replay the down

29. Team A 2nd and goal from the 4. With two rushers lined up 7 yard off the line of scrimmage, the quarterback takes the snap and rolls to the right. Both rushers stop just short of the line of scrimmage. Thinking they are blitzing the quarterback runs the ball (for the first time in the series downs) for a touchdown. Your call is —

- A. Score is good
- B. Illegal run — 5 yard penalty and loss of down
- C. Illegal run — 5 yard penalty
- D. Double foul — illegal rush/blitz and illegal run, replay the down

30. Team A 2nd and goal from the 5. Team A runs a Hook and Ladder — Just after A8 catches a legal forward pass at the 2, A25 runs in front of them and takes a backward direct handoff, which they then run in for a touchdown. Your call is —

- A. Legal play — Score is good
- B. Illegal forward pass — 2nd and goal from the 10
- C. Illegal run in the no-run-zone. — 3rd and goal from the 10
- D. Illegal run in the no-run-zone — 2nd and goal from the 10

31. Team A 3rd and goal from the 4. Team A runs a Hook and Ladder — Just after A8 catches a legal forward pass at the 2, A8 then pitches the ball backward 2 yards to A25 who then runs the ball into the end zone. Your call is —

- A. Legal play — Score is good
- B. Illegal forward pass — 3rd and goal from the 10
- C. Illegal run in the no-run — 3rd and goal from the 10
- D. Illegal run in the no-run-zone — 4th and goal from the 10

32. Team A 1st and goal from the 11. Team A runs a Hook and Ladder — Just after A8 catches a legal forward pass at the 4 yard line A25 runs in front of them and takes a backward direct handoff, which they then run in for a touchdown. Your call is —

- A. Legal play — Score is good
- B. Illegal run in the no-run-zone 2nd and goal from the 16
- C. Illegal run in the no-run-zone 1st and goal from the 16
- D. Unsportsmanlike conduct — deceiving the defense — 1st and goal from the 21.

33. Team A 2nd and 10 from the 30. Two defensive players are lined up just behind the 7 yard rush line established by the official, they rush, however stop just before crossing the line of scrimmage. The quarterback runs, for the second time in this series of downs, around the right side avoiding the defense to the 20 for a first down. Your call is —

- A. Illegal rush/blitz — offense would choose to decline the penalty and take the result of the play 1st and goal from the 20
- B. Illegal run — 3rd and 15 from the 35
- C. Illegal run — 2nd and 15 from the 35
- D. Legal play — 1st and goal from the 20

34. Team A 2nd and 5 from the 25. Two defensive players are lined up just behind the 7 yard rush line established by the official, they rush the quarterback crossing the line of scrimmage. The quarterback runs, for the second time in this series of downs, around the right side avoiding the defense to the 20 for a first down. Your call is —

- A. Illegal rush/blitz — offense would choose to decline the penalty and take the result of the play 1st and goal from the 20
- B. Illegal run — 3rd and 10 from the 30
- C. Illegal run — 2nd and 10 from the 30
- D. Legal play — 1st and goal from the 20

35. Team A 3rd and 7 from the 27. A25 catches a legal forward pass at the 23. As A25 turns to run they extend their left arm, as part of their running motion, contacting B38 attempting a flag pull and pushing B38 away slightly. A25 continues forward to the 18 before their flag belt is pulled. Your call is —

- A. Legal play — 1st and goal from the 18
- B. Flag guarding — 3rd and 17 from the 37
- C. Flag guarding — 4th and 17 from the 37
- D. Flag guarding — 4th and 13 from the 33

36. Team A 3rd and 7 from the 27. A25 catches a legal forward pass at the 23. As they turn to run they see B38 and extend their left arm as part of their running motion, however no contact is made. A25 continues forward to the 18 before their flag belt is pulled. Your call is —

- A. Legal play — 1st and goal from the 18
- B. Flag guarding — 3rd and 17 from the 37
- C. Flag guarding — 4th and 17 from the 37
- D. Flag guarding — 4th and 13 from the 33

37. With the ball, A35 makes a good football move to avoid a flag pull, however during this they incidentally knock B15's hand away from the flag. Your call is —

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

38. Team A 2nd and 15 from the 35. After receiving a legal forward pass at the 24 yard line A23 turns to run with the ball. As A23 turns B35 is reaching to grasp the flag. In their normal turning motion A23 knocks B35's hand away (arm to arm contact) from grasping of the flag. A23 continues to the 18 before their flag is pulled.

- A. No penalty, 1st and goal from the 18
- B. Flag Guarding, 2nd and 25 from the 45
- C. Flag Guarding, 3rd and 14 from the 34
- D. Flag guarding, 3rd and 15 from the 35

39. In a foot race down the sideline, B24 reaches to grasp the ball carriers' flag. The ball carriers' normal running arm motion knocks B24's hand away from grasping the flag. Your call is —

- A. No foul



- B. Penalty — flag guarding 10 yard penalty from the spot of the foul, loss of down
- C. Penalty — flag guarding 10 yard penalty from the end of the run, loss of down
- D. Penalty — flag guarding 10 yard penalty from the previous spot, loss of down

40. In the previous play A25, the quarterback for that play, ran the ball for a 5 yard gain to the 35. Team A 2nd and 15 from the 35. A25 and A34 line up next to each other behind the center. A34 receives the snap and begins a run around the left side. A34 reaches the 25 before being de-flagged. There is no rush/blitz. Your call is —

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

41. While still standing in nearly the same spot as they received the snap the quarterback throws the ball into the ground just behind the line of scrimmage to avoid a sack by the two defensive rushers. Your call is —

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

42. Team A 2nd and 10 from the 30 (15:00 minutes on the clock in the first half). A25 receives the snap and rolls out to their right. B40, a legal blitz is close to grasping the flag belt, however A25 throws the ball laterally out of bounds, where it first contacts the ground. A25 is at the 34 yard line when the lateral throw occurs. Your call is —

- A. Illegal forward pass, 3rd and 20 from the 40
- B. Intentional grounding, 3rd and 14 from the 34
- C. Fumble out of bounds, 3rd and 14 from the 34
- D. Fumble out of bounds, 3rd and 10 from the 30

43. Team A 4th and goal at the 10. A28 catches a legal forward pass at the 5 and turns to move toward the end zone. While A28 is at the 2 yard line they lose

possession of the ball which, with momentum, first contacts the ground in the end zone. Your call is --

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

44. Team A 2nd and 15 at the 25 (going out). After the snap, two legal rushers/blitzers come towards the quarterback. As the quarterback releases the pass, the followthrough motion of the throwing arm contacts the rusher attempting to deflect the pass. Your call is --

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

45. Team A 3rd and 12 from the 28 (going out). B43 and B88 line up on the 7 yard rush line as established by the official. A66 snaps the ball with A45 directly to their left and A78 directly to their right. After the snap A66, A45 and A78 stand still on the line of scrimmage. As B43 makes their legal rush they attempt to shoot the gap between A66 and A78 contacting A78 and moving them to the right slightly. The pass is incomplete. Your call is --

- A. No foul, Team A 4th and 12 from the 28
- B. Illegal rush, Team A 3rd and 7 from the 33
- C. Illegal Contact, Team A 4th and 2 from the 38
- D. Illegal Contact, Team A 1st and 2 from the 38

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

- A. Illegal Contact Team B, 1st and goal at the 15
- B. Illegal Block Team A, 2nd and 22 from the 42
- C. Illegal block Team A, 2nd and 15 from the 35
- D. No foul, incidental contact

47. When running with the ball to the left, A28 takes a hard step to the left and turns 3/4 of a turn to head to the right.

- A. Illegal -- Spinning, 10 yard penalty

- B. Illegal — Spinning, 5 yard penalty
- C. Illegal — Spinning, 5 yard penalty and loss of down
- D. Legal play

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

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

49. Team A 1st and 20 from the 20. A66, A47 and A33 line up on the line of scrimmage near the ball. All other offensive players remain 2-3 yards off the ball standing near the quarterback.

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

50. Team A 1st and 20 on the 20 (going out). A45 catches a legal forward pass at the 28. As A45 turns to run up field A35 stops their receiving route and stands stationary at the 30 near the running path of A45. B66, while defending A45, also turns in attempt to grasp A45's flag and bumps in to A35 at the 30 (both players remain on their feet). A45 continues to the 35 where they are de-flagged. Your call is —

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

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

- A. Illegal blocking Team A, 1st and 30 from the 10

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

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

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

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

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

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

- A. No foul, Team B touchdown is good
- B. Defensive pass interference, Team A 2nd and 10 from the 30
- C. Defensive pass interference, Team A 1st and 10 from the 30
- D. Defensive pass interference, Team A 1st and 15 from the 35 (going in)

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

- A. Delay of game, Unfair tactics to conserve clock time, 2nd and 15 from the 35, the R may wind the clock at their discretion.
- B. Intentional grounding, 3rd and 14 from the 34
- C. Fumble out of bounds, 3rd and 14 from the 34
- D. Fumble out of bounds, 3rd and 10 from the 30

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

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

57. The official responsible for knowing if legal and illegal rushers/blitzers cross the line of scrimmage is —

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

58. The official responsible for contact on the quarterback is —

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

59. When in the no-run-zone, the official responsible to know if a runner crosses the line of scrimmage illegally is —

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

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

- A. The Referee

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