

CFOA Flag Football Summer Study Guide 2025

1. Which of the following best defines a live ball?
 - A. A ball not in play
 - B. A ball in play after a legal snap
 - C. A loose ball after dead ball
 - D. A fumbled ball
2. Blocking is legal if contact is made with the hands to the opponent's chest. (T/F)
3. How long does the play clock run once the ball is ready-for-play?
 - A. 30 seconds
 - B. 40 seconds
 - C. 25 seconds
 - D. 20 seconds
4. A runner who fumbles forward and out of bounds is spotted at:
 - A. The out-of-bounds spot
 - B. The forward-most point of the ball
 - C. The Endzone
 - D. The point of fumble
5. What is the maximum number of captains allowed for a coin toss?
 - A. 2
 - B. 3
 - C. 4
 - D. Unlimited
6. A simultaneous catch results in possession awarded to the defense. (T/F)
7. Which of the following is illegal equipment?
 - A. Cleats with a single toe cleat
 - B. Glove with visible NOCSAE label
 - C. Jersey with belt loops
 - D. Flag belt with 3 flags
8. What determines the dead-ball spot?
 - A. Point of first contact
 - B. Position of feet
 - C. Forward-most point of the ball
 - D. Middle of field
9. A backward pass is thrown in which direction?
 - A. Toward opponent's end zone
 - B. Toward own end zone or parallel
 - C. In any direction
 - D. Straight up
10. A loose ball that touches the ground becomes:
 - A. A dead ball
 - B. A live ball
 - C. A fumble
 - D. A punt
11. The penalty for fighting includes:
 - A. Yardage loss only
 - B. Player disqualification
 - C. Warning
 - D. Retry the down

12. An arm sleeve must display what to be legal after 2027?
 - A. NFHS logo
 - B. Manufacturer logo
 - C. SFIA certification seal
 - D. Size tag
13. A defensive player enters the neutral zone before the snap. This is called:
 - A. Offside
 - B. False start
 - C. Incomplete
 - D. Encroachment
14. Which of the following is NOT allowed on a jersey?
 - A. American flag (2x3 inches)
 - B. Player name
 - C. Manufacturer logo (3 inches)
 - D. School logo
15. Player equipment must be:
 - A. Homemade
 - B. Altered for comfort
 - C. Professionally manufactured and unaltered
 - D. Fitted with pads
16. The neutral zone remains until:
 - A. Ball is snapped
 - B. Ready-for-play is signaled
 - C. Ball becomes dead
 - D. Time expires
17. A pylon is placed at:
 - A. 50-yard line
 - B. Intersection of goal line and sideline
 - C. 23' apart, outside of each endzone, centered (hash marks)
 - D. Bench area
 - E. B & C are correct
18. Who may make the final decision on penalty acceptance?
 - A. Referee
 - B. Coach
 - C. Designated team representative
 - D. Quarterback
19. Muffing a kick in flight results in:
 - A. A new force
 - B. Dead ball
 - C. No new force
 - D. Touchback
20. Touching the ball by a game official is:
 - A. Illegal
 - B. Considered a foul
 - C. Reviewed
 - D. Ignored
21. The number of officials required before a game begins is determined by:
 - A. Head coach

- B. Referee
 - C. State association
 - D. NFHS
22. Which foul type offsets if both teams commit live-ball fouls?
 - A. Flagrant
 - B. Multiple
 - C. Double
 - D. Personal
 23. An untimed down may extend a half if a foul by the defense occurs during the last timed down. (T/F) Rule 3.3.3
 24. How many time-outs is each team entitled to per half? Rule 3.5 & 5.1
 - A. 1
 - B. 2
 - C. 3
 - D. Unlimited
 25. The game clock stops for a team timeout and resumes: Rule 3.4.3
 - A. When the timeout ends
 - B. On the snap
 - C. On the ready-for-play signal
 - D. When the coach signals
 26. The clock shall start on the ready-for-play signal after: Rule 3.4.2
 - A. Incomplete pass
 - B. Runner goes out of bounds
 - C. Team time-out
 - D. First down
 27. A team is penalized for delay of game if it fails to snap within: Rule 3.6.1
 - A. 15 seconds
 - B. 20 seconds
 - C. 25 seconds
 - D. 30 seconds
 28. When an injured player is attended to on the field, the player: Rule 3.5.10
 - A. May remain in the game
 - B. Must leave for at least one down
 - C. Must be substituted for the quarter
 - D. May only return after halftime
 29. The intermission between halves shall be: (By State Adoption 3.1.6)
 - A. 2 minutes
 - B. 5 minutes
 - C. 10 minutes
 - D. 15 minutes
 30. During a down, a replaced player or substitute who unsuccessfully attempts to leave the field of play, and does not participate, constitutes a – Rule 3.7.4
 - a. No Foul – Officials will ignore this
 - b. Foul – Illegal Participation
 - c. Live Ball Foul – Illegal Substitution
 - d. Dead Ball Foul – Illegal Substitution
 31. A fumble that hits the ground results in: Rule 4.2.2g
 - A. A live ball

- B. A dead ball
 - C. A replay of the down
 - D. A penalty
32. The ball is considered out of bounds when: 4.2.2d
- A. It crosses the sideline
 - B. Any part of the ball or player touches the ground out of bounds
 - C. The runner dives
 - D. It hits a pylon
33. A down ends when: Rule 4.2.2b
- A. The play clock expires
 - B. The runner is “tackled” or their flag is legally removed
 - C. A player calls timeout
 - D. The referee signals
34. If an inadvertent whistle sounds during a down and the ball is in player possession, the result is: Rule 4.2.3
- A. Loss of down
 - B. Replay the down or take result of play
 - C. Automatic first down
 - D. 5-yard penalty
35. The ball becomes dead when: Rule 4.2.2d
- A. A backward pass is touched by the opponent
 - B. A catch is made
 - C. The runner runs out of bounds
 - D. A flag belt breaks during a legal tag
36. If a ball carrier falls to the ground and no flag is removed, the ball is: Rule 4.2.2a
- A. Dead
 - B. Live
 - C. Returned to the previous spot
 - D. Turned over
37. If a ball is snapped and hits the ground before a player touches it: Rule 4.2.2g
- A. It remains live
 - B. It is a fumble
 - C. It becomes dead immediately
 - D. It is replayed
38. When a player’s flag is inadvertently removed before possessing the ball, the player- Rule 4.2.2c
- a. Is down immediately when possessing the ball
 - b. Is downed by a one-handed touch between the shoulders and the knees
 - c. A player without two legal flags attached to their belt may never possess the ball, and a foul is called
 - d. None of the above
39. During a point after try, B intercepts the ball. The ball is – Rule 4.2.2j
- a. Live
 - b. Dead
40. A team has how many downs to advance to the next zone line to gain? Rule 5.1.1
- A. 2
 - B. 3
 - C. 4
 - D. 5
41. The line-to-gain is always located at a fixed yard line. (T/F) Rule 5.1 & 1.2.3b & 5.3

42. If a team fails to gain the required yardage in four downs: Rule 5.1.3c
- A. The series repeats
 - B. The ball is returned to the previous spot
 - C. The opposing team gains possession
 - D. The play is replayed
43. The zone line-to-gain is considered reached when: Rule 5.1.3a
- A. Any part of the ball crosses it while in player possession
 - B. The player's feet pass the line
 - C. The referee signals
 - D. The ball crosses the sideline
44. The ball is always spotted at: Rule 5.3.1
- A. The center of the field
 - B. The point where the flag was pulled
 - C. The forward-most point of the ball when declared dead
 - D. Behind the original line of scrimmage
45. Following a penalty that results in a first down, the series: Rule 5.2.2b
- A. Continues with the same down
 - B. Is restarted with first down
 - C. Ends the possession
 - D. Is replayed
46. A punt must be declared before the snap. (T/F) Rule 6.1.1
47. Once a punt is declared, it may not be withdrawn. (T/F) 6.1.1
48. If the kicking team touches a punt before the receiving team, the result is: Rule 6.1.7 & 6.1.3
- A. Touchback
 - B. Dead ball at spot of touch
 - C. Automatic first down
 - D. Replay of down
49. A punt becomes dead when: Rule 6.1.5
- A. It is muffed
 - B. It touches the ground after being untouched
 - C. It is caught by any player
 - D. It is kicked too high
50. Who is allowed to advance a punt? Rule 6.1
- A. Only the kicking team
 - B. Only the receiving team
 - C. Any player
 - D. No one
51. The receiving team may return a punt unless: Rule 6.1.5
- A. It is kicked too short
 - B. It hits the ground
 - C. It is muffed
 - D. A fair catch is made
52. A muffed punt is: Rule 6.1.5
- A. A live ball
 - B. A dead ball
 - C. A touchdown
 - D. A delay of game

53. A punt that strikes the ground before being touched is: Rule 6.1.2
- A. A muff
 - B. A dead ball
 - C. A live ball
 - D. A safety
54. If a punt crosses the plane of the receiving team's goal line untouched: Rule 6.2
- A. It is a touchdown
 - B. It is a touchback
 - C. It is a safety
 - D. It must be re-kicked
55. The ball must be snapped to the punter in legal kicking situations. (T/F) Rule 7.1.7
56. The snap must be one quick and continuous motion backward. (T/F) Rule 2.34.2
57. It is illegal for the snapper to simulate a snap to draw the defense offside. (T/F) Rule 7.1
58. A player's feet, who is receiving the snap, must be at least: Rule 2.12.1
- A. 1 yard behind the snapper
 - B. 2 yards behind the Line of Scrimmage
 - C. 3 yards behind the snapper
 - D. In motion
59. All players must be motionless for how long prior to the snap? Rule 7.1
- A. 1 second
 - B. 2 seconds
 - C. Until the snap
 - D. 3 seconds
60. Which of the following is legal during a forward pass? Rule 7.5
- A. Throwing a pass from beyond the line of scrimmage
 - B. A second forward pass in the same down
 - C. Throwing a pass from behind the line of scrimmage
 - D. A lateral forward pass
61. A backward pass is: 7.4 & 2.26.5
- A. Always illegal
 - B. Thrown or handed parallel or away from the opponent's goal line
 - C. Thrown toward the opponent's goal line
 - D. Treated as a fumble
62. A player may hand the ball forward to a teammate: Rule 7.3.2
- A. At any time
 - B. Only once per play
 - C. Behind the line of scrimmage
 - D. Inside the neutral zone
63. A fumbled snap that hits the ground results in: Rule 7.4.3
- A. Dead ball
 - B. Safety
 - C. Replay of down
 - D. Live ball
64. When a penalty for an Illegal Forward Pass is accepted – Rule 7.5.3
- a. The offended team may decline the distance and have the down counted
 - b. The penalty is enforced from the spot of the forward pass
 - c. The offended team may have the ball put in play as determined by the result of the play
 - d. All of the above

65. It is always forward pass interference when any player contacts another player during a forward pass. (T/F) Rule 7.5.11
66. All players are eligible receivers. (T/F) Rule 7.5.6
67. If the defense intercepts a pass during the try and returns it for a score, the result is: Rule 8.3
- A. No points
 - B. 1 point
 - C. 2 points
 - D. 3 points
68. A touchback is awarded when: Rule 8.5
- A. A punt hits the ground
 - B. A pass is incomplete
 - C. A ball becomes dead in the opponent's end zone, not in possession of the opponent
 - D. A kickoff is returned
69. The ball is spotted at which yard line following a touchback? Rule 8.5
- A. 10
 - B. 14
 - C. 20
 - D. 25
70. A safety is awarded when: Rule 8.5
- A. A runner fumbles forward into the end zone
 - B. A backward pass lands in A's end zone and becomes dead
 - C. A punt is returned for a touchdown
 - D. A pass is intercepted
71. A successful run from the 3-yard line during the try is worth how many points? Rule 8.1
- A. 1
 - B. 2
 - C. 3
 - D. 6
72. A successful run from the 10-yard line during the try is worth how many points? Rule 8.1
- A. 1
 - B. 2
 - C. 3
 - D. 6
73. When B commits a foul during a scoring play: Rule 8.2.2
- a. The penalty is automatically declined
 - b. A has the option to decline the penalty and accept the score
 - c. The penalty will be enforced on the Try or Subsequent Spot at the option of A.
 - d. All of the above
74. When B commits a foul during a Try: (Rule 8.3.
- a. The try is replayed from the same spot
 - b. The try is replayed after the enforcement of the penalty. The declaration may not be changed.
 - c. The try is replayed after the enforcement of the penalty. The declaration may be changed before the enforcement of the penalty.
 - d. None of the above
75. Following a safety, the ball will – Rule 8.5.5
- a. Belong to the defense at the 14 yard line
 - b. Belong to the offense at the 14 yard line
 - c. Belong to the defense at the 30 yard line

- d. Belong to the offense at the 30 yard line
76. When a player intercepts the ball in their own endzone and is downed – (Rule 8.5.2 Exc.)
- a. It is a safety
 - b. It is a touchback
 - c. It is ignored and treated as an incomplete pass
 - d. None of the above
77. It is illegal for a player to remove their flag belt and throw it on the ground. (T/F) (Rule 8.5)
78. A disqualified player must leave the field and: (Rule 9.6)
- A. Sit quietly on the bench
 - B. Be replaced within one down
 - C. Cannot re-enter during that game
 - D. Return only for extra points
79. Which of the following is considered unsportsmanlike conduct? (Rule 9.5)
- A. Delaying the game
 - B. Excessive celebration
 - C. Spiking the ball
 - D. All of the above
80. Flag guarding is defined as: (Rule 9.2.2)
- A. Using the hands, arms, or ball to prevent a flag pull
 - B. Standing still when being approached
 - C. Jumping away from a defender
 - D. Pulling another player's flag
81. Contact with an opponent that is not incidental and affects the play is: (Rule 9.4)
- A. Encouraged
 - B. Ignored
 - C. Legal
 - D. A personal foul
82. A player who deliberately removes a flag belt and hides it is guilty of: (Rule 9.9)
- A. A warning
 - B. Delay of game
 - C. An unfair act
 - D. A technical foul
83. All unsportsmanlike conduct fouls carry a penalty of: (9.5)
- A. 5 yards
 - B. 10 yards
 - C. 15 yards
 - D. Loss of down
84. Multiple unsportsmanlike conduct fouls by the same player can result in: (9.5)
- A. A team disqualification
 - B. A warning
 - C. The player's disqualification
 - D. An automatic loss
85. Using abusive or insulting language is considered: (Rule 9.5)
- A. A warning
 - B. Legal if not excessive
 - C. A personal foul
 - D. Unsportsmanlike conduct
86. When rushing the passer and attempting to de-flag the QB, it is considered a foul when (Rule 9.4.4)

- a. The defense contacts the body of the passer and affects the play
 - b. The defense does not make a definite effort to avoid charging into the passer
 - c. The defense contacts the arm or head of the passer
 - d. The defense contacts the ball while still in player possession
 - e. All of the above
87. If a foul by A behind the LOS occurs during a running play, the penalty is enforced from: (Rule 10.4)
- A. The previous spot
 - B. The spot where the play ends
 - C. The spot of the foul
 - D. The end zone
88. A dead-ball foul is enforced: (Rule 10.4)
- A. From the succeeding spot
 - B. From the spot of the foul
 - C. From the previous spot
 - D. After a timeout
89. If both teams commit a foul during a live-ball play, the result is: (Rule 10.2)
- A. Both are penalized
 - B. Offset and the down is replayed
 - C. Automatic first down
 - D. Enforcement on both sides
90. A foul by the offense behind the end of the related run is enforced from: (10.4.4)
- A. The previous spot
 - B. The goal line
 - C. The spot of the foul
 - D. The line to gain
91. An automatic first down is awarded for: (Rule 10.1.1 & 9.4.4)
- A. Any defensive penalty
 - B. Roughing the passer
 - C. Delay of game
 - D. Flag guarding
92. If a penalty results in a loss of down, the offense: (Rule 10.1.6)
- A. Replays the down
 - B. Loses possession
 - C. Loses the right to replay a down
 - D. Is disqualified
93. If a dead-ball foul by the defense follows a live-ball foul by the offense, how are penalties enforced? (Rule 10.2)
- A. Offset
 - B. Only live-ball foul is enforced
 - C. Both are enforced in order
 - D. Replay the down
94. Substitution infractions in which a replaced player does not go immediately to their team box are considered: (Rule 10.4 & 3.7.2)
- A. Personal fouls
 - B. Live-ball fouls
 - C. Dead-ball fouls
 - D. Non-enforceable
95. When A commits a foul in its endzone, the enforcement spot is

- a. The previous spot
 - b. The succeeding spot
 - c. The spot of the foul
 - d. These fouls are ignored
96. Team A 2nd & 10 at the B10 Following an interception in the endzone, B (the team now in possession) commits a foul at the 5-yard line during live ball play. The play ends when B fumbles the ball in their endzone. The enforcement spot is (Rule 10.4.7)
- a. The previous spot, A retains possession
 - b. The endzone
 - c. The 5 yard line
 - d. The 14 yard line
97. Team A 2nd & 10 from the B30 – Pass complete and the receiver is downed at the B22. B-55 commits an illegal use of hands by initiating contact with a blocker at the B33. The penalty is -- (Rule 9.2.3 & 10.4.6)
- a. 10 yards enforced at the B30
 - b. 10 yards enforced at the B22
 - c. 5 yards enforced at the B30
 - d. 5 yards enforced at the B22
98. Team A 2nd and 10 from the B30 – As the passer scrambles, they throw a completed pass from the B28 yard line. Your ruling is – (7.5.2)
- a. Illegal forward pass, 5-yard penalty enforced from the 28-yard line
 - b. Illegal forward pass, 10-yard penalty enforced from the 30-yard line, loss of down
 - c. Illegal forward pass, 5-yard penalty enforced from the 28-yard line, loss of down
 - d. Illegal forward pass, 5-yard penalty enforced from the 30-yard line, loss of down
99. Team A 2nd and 10 from the B30 – The passer, who has moved outside “the tackle box”, throws an incomplete pass to the B18 to avoid a flag pull. It is determined that there was no receiver around the incomplete pass. Your ruling is – (10.4.4 & 7.5.2)
- a. Intentional Grounding, 5-yards, LOD, previous spot
 - b. Intentional Grounding, 10-yards, LOD, spot of the foul
 - c. Intentional Grounding, 5-yards, LOD, spot of the foul
 - d. Intentional Grounding, 10-yards, LOD, previous spot
100. Team A 2nd and 10 from the B30 – The legal forward pass is complete to the B10. While attempting to grab the flag, B commits a holding foul at the B10. The flag is finally pulled at the B8. Your ruling is – (10.4.6)
- a. A 1st and goal from the 10
 - b. A 1st and goal from the 5
 - c. A 1st and goal from the 8
 - d. A 1st and goal from the 4