

California Football Officials Association
2026 New Officials Summer Study Guide
Officials 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.

On behalf of all California's officials, a special thank you to Tim Glasgow with the Channel Coast Football Officials Association.

Additional instructional resources can be found at: www.YouTube.com/@CFOAFootball

1. When referring to a dead-ball foul, this is a foul that occurs after a down has ended and before the ball is next snapped or free kicked. Examples of dead-ball fouls that prevent the snap include a false start on the offensive and encroachment by the defense. (2-16-2a)
 - A. True
 - B. False
2. 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
3. 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)

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- A. True
 - B. False
4. A muff and a fumble are two different terms can define a loose ball. 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. (2-18; 2-27)
- A. True
 - B. False
5. A loose ball is a: (2-1-3)
- A. Pass
 - B. Fumble
 - C. Kick
 - D. All of the above
6. When referring to a live-ball foul, this is a foul that occurs during a down. Examples of live-ball fouls include Holding, Pass Interference, Chop Block and Intentional Grounding. (2-16-2d)
- A. True
 - B. False
7. In order to have a Personal Foul for Fighting, a player must make contact with another player. (2-11).
- A. True
 - B. False
8. A, 1/10, B-12. RB A21 runs up the middle on his offensive line. Multiple players on Team B are trying to push him back. A21 runs to the B-4 when Team B begins to push him backwards. A21 is down at the B-6. The next play will be A, 2/4, B-6. (2-15-2; 2.15.2)
- A. True
 - B. False
9. A blindside block is legal. (2-32-16h; 9-4-3n; 2-4-10)
- A. True
 - B. False
 - C. Not enough information
10. 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. (6-1-3b)
- A. True
 - B. False

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11. 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.
 - B. Illegal, Encroachment on the kicking team, dead-ball foul.
 - C. Legal play, Team K can be no more than one step beyond the free kick line.
12. Free kick, K-40. Team K trails Team R, 20-24 with 1:30 remaining in the 4th 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
13. K, 4/10, R-35. Punter K1 kicks the ball high, and it is grounded at the R-2. It breaks the plane of the goal line but does not touch the ground when K30 dives into the endzone from the field of play and bats the ball out of the endzone and K44 recovers the ball at the R-4. The next down will be R, 1/10, R-20. (6-3-1)
- A. True
 - B. False
14. 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. (6-2-4)
- A. K, 1/10, K-44.
 - B. R, 1/10, K-44.
 - C. R, 1/10, K-49.
15. 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
16. 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
17. 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. (7-2-1)
- A. Legal, as long as Team B has enough time to cover the player

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- B. Illegal
18. Before the snap, both flank officials count 12 players for Team B, with no player attempting to leave the game. They should both blow their whistles, dead-ball, illegal substitution foul, 5-yard penalty.
- A. True
B. False
19. 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
20. 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
21. 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. (7-1-5)
- A. Dead-ball, Encroachment
B. Live-ball, Encroachment
C. No foul, B90 was not in the neutral zone when the ball was snapped.
22. 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. (7-1-7c)
- A. Legal
B. Illegal
23. There are only 4 fouls that carry an automatic first down using NFHS rules.
- A. True
B. False
24. There are only 4 fouls that carry a loss of down in their statement of penalty using NFHS rules.
- A. True
B. False

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25. No foul causes loss of the ball or a live ball to become dead. (2-16-3, 2-16-4)
- A. True
 - B. False
26. 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
27. 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
28. 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
29. The home team's equipment manager, trainer and team doctor provide the Referee and flank official with a personal doctor's note authorizing #33 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
30. 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
31. 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

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32. 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
 - B. False
33. With 2 minutes remaining in the first half and 2 minutes remaining in the second half, the game will be stopped after the following down for a 1-minute break. This is also known as the 2-minute warning.
- A. True
 - B. False
34. During the interval between all downs, the flank officials should count 11 defensive players and signal to each other by using a closed fist extended into the defensive backfield.
- A. True
 - B. False
35. After both flanks count 12 defensive players on the field and no Team B player attempting to leave the field of play, they should allow Team A to snap the ball and throw a flag for a live-ball, 15-yard, Illegal Participation foul.
- A. True
 - B. False