



2023 Flag Football Rules Practice Test

1) It is illegal participation when any player, replaced player or substitute enters during a down.

☒ True

Rule 9-8-1g

☐ False

2) The clock does not stop after scoring plays during the first 20 minutes of each half.

☒ True

Rule 3-2-7c

☐ False

3) An opportunity to score 1 point from the 3 yard line, 2 points from the 10 yard line and 3 points from the 20 yard line by running or passing shall only be granted to the team scoring a touchdown.

☒ True

Rule 8-5-2d

☐ False

4) During the final 2 minutes of the second and fourth periods, the clock will stop for a safety and will start on the ready for play.

☐ True

Rule 3-2-7c

☒ False

5) A player may intentionally toss the ball and catch his/her own untouched forward pass.

☐ True

Rule 7-7-2d

☒ False

6) A player may wear a soft, pliable wrist or forearm band that contains the plays.

☒ True

Rule 1-4-6b

☐ False

7) The ball is at the B 15 yard line when A is guilty of illegal motion. After the play is dead, B is guilty of unsportsmanlike conduct. If the fouls are accepted, they will be administered separately and in the order of occurrence.

☒ True

Rule 10-1-4

☐ False

8) When weather conditions are construed to be hazardous to life or limb of the participants, the crew of officials is authorized to delay or suspend the game.

☒ True

Rule 3-2-2d

☐ False

9) Each player may wear pants/shorts with pockets as long as they secure the pockets with tape.

☐ True

Rule 1-3-3a

☒ False

10) A1, running for the score, charges into B3 at B's 1 yard line and dives into the end zone. Ruling: A 10 yard penalty is assessed against A from B's 1 yard line.

☒ True

Rule 9-6-6

☐ False

11) Each player must wear pants or shorts which do not have any belt loops or pockets.

☒ True

Rule 1-3-3

☐ False

12) All overtime periods are played toward the same goal line.

☒ True

Rule 3-3-2e

☐ False

13) The goal line shall always be the zone line-to-gain in overtime.

☒ True

Rule 3-3-5 Note

☐ False

14) A4 is moving forward at the snap. A2 holds rusher B3. When a team commits 2 live ball fouls, both will be enforced.

☐ True

Rule 10-1-1a(6)

☒ False

15) Approximately 2 minutes before the end of the second and fourth periods, the referee shall stop the clock and inform both captains of the playing time remaining in that half. Following the announcement, the clock will start on the ready for play.

☐ True

Rule 3-2-6a

☒ False

16) Hurdling is an attempt by a player to jump with 1 or both feet or knees foremost over an opponent who is contacting the ground with no part of his/her body except 1 or both feet.

☒ True

Rule 2-14-1

☐ False

17) A backward pass that touches the ground is dead at that spot.

☒ True

Rule 2-21-4a

☐ False

18) Following the administration of an inadvertent whistle, time shall be added to the game clock.

☐ True

Rule 4-1-3b Note

☒ False

19) B3 is rushing passer A1 after the ball is released. While A1 is still fading back, B3 pushes him/her. Ruling: Roughing the passer, 5 yard penalty and an automatic 1st down.

☐ True

Rule 9-5-2a

☒ False

20) The start of the first and third periods will begin by placing the ball on the 14 yard line.

☒ True

Rule 3-1-4

☐ False

21) An opponent may leave his/her feet to remove the flag belt of the runner.

☒ True

Rule 9-5-3d

☐ False

22) If a penalty is declined, the number of the next down shall be whatever it would have been if that foul had not occurred.

☒ True

Rule 5-2-4

☐ False

23) After receiving the snap, the kicker must punt the ball immediately in a continuous motion.

☐ True

Rule 6-1-3c

☒ False

24) B1 is airborne while rushing the passer. Passer A1 releases the ball. B1 makes contact with A1's throwing arm. Ruling: Legal. B1 was airborne and thus could not control his/her body.

☐ True

Rule 9-5-2a

☒ False

25) If a loss of down penalty by A on 4th down is accepted short of the zone line-to-gain, it will be B's ball with 1st down and the zone line-to-gain.

☒ True

Rule 2-4-3

☐ False

26) One team A player may be in motion so long as he/she is not going forward toward team B's goal line at the snap.

☒ True

Rule 7-3-3

☐ False

27) A live ball becomes dead when any fumble or backward/forward pass touches the ground.

☒ True

Rule 7-6-5

☐ False

28) If runner A1 breaks the plane of the zone line-to-gain with the ball as he/she goes out-of-bounds, it is a first down.

☒ True

Rule 5-1-3

☐ False

29) In overtime, if A's pass is intercepted, their series has ended.

☒ True

Rule 3-3-4a

☐ False

30) Players may play with a hat with a hard and unyielding brim.

☐ True

Rule 1-5-4a

☒ False

31) The clock will always start on the snap after a delay of game penalty during the last 2 minutes of the second and fourth periods.

☐ True

Rules 3-7-1 and 3-8-1

☒ False

32) A player must be on his/her feet before, during and after screen blocking.

☒ True

Rule 9-5-3d

☐ False

33) The referee may order the game clock started or stopped whenever, in his/her opinion, either team is trying to conserve or consume playing time by tactics obviously unfair.

☒ True

Rule 3-8-1

☐ False

34) All players are eligible to touch or catch a pass.

☒ True

Rule 7-7-1

☐ False

35) Each team is entitled to 3 charged time-outs during each half.

☒ True

Rule 3-4-2

☐ False

36) Opponents may rush the kicker during a punt.

☐ True

Rule 2-16-3a

☒ False

37) The opponent may use his/her hands and arms to wedge between A players.

☐ True

Rule 9-5-6a

☒ False

38) Playing time shall be 48 minutes, divided into 4 periods of 12 minutes each.

☒ True

Rule 3-2-1

☐ False

39) A shift is the action of 1 or more A players who, after a huddle or taking set positions, move to a new set position before the ensuing snap.

☒ True

Rule 2-27-1

☐ False

40) A touchdown is scored when a runner reaches the ball across the opponent's goal line even if no part of the runner's body crossed the goal line prior to the deflag/tag.

☒ True

Rule 8-4-1

☐ False

41) During a running play, penalties will be enforced from the end of the run when the defense fouls in advance of the end of the run.

☒ True

Rule 10-2-5c

☐ False

42) During the final 2 minutes of the second and fourth periods, the clock will start on the snap following an incomplete legal or incomplete illegal forward pass.

☒ True

Rule 3-2-5c

☐ False

43) It is a safety when an offensive player commits any foul for which the penalty is accepted and enforcement is from a spot in team A's end zone.

☒ True

Rule 8-6-1d

☐ False

44) A live ball will become dead when an official sounds his/her whistle (even though inadvertently).

☒ True

Rule 4-1-3

☐ False

45) After a safety, the ball shall be snapped by the scoring team at their 14 yard line, unless moved by penalty.

☐ True

Rule 8-6-1e

☒ False

46) If an inadvertent whistle sounds before a forward pass is caught by an eligible pass receiver, the down will be replayed.

☒ True

Rule 4-1-3b(3)

☐ False

47) The goal line is a vertical plane separating the end zone from the field of play.

☒ True

Rule 2-11-1

☐ False

48) A pass continues to be a pass until it is caught, intercepted or the ball becomes dead by rule.

☒ True

Rule 2-21-1a

☐ False

49) If an official is in doubt whether a passer released the ball prior to being deflagged/tagged, the ball shall be considered released.

☒ True

Rule 4-1-2k Note

☐ False

50) The initial direction determines whether a pass is forward or backward.

☒ True

Rule 2-21-1b

☐ False

51) A backward pass may be caught in the air and advanced by either team.

☒ True

Rule 7-6-2

☐ False

52) A runner is considered down when the defender removes his/her flag belt.

☒ True

Rules 2-4-1a and 2-24-1

☐ False

53) All fouls are ignored after a touchdown.

☐ True

Rules 3-3-5b and 10-3-11a

☒ False

54) An opponent may not hold or impede the progress of the runner in an attempt to deflag him/her.

☒ True

Rules 2-24-2a and 9-6-5

☐ False

55) Fighting is an attempt by a player or non-player to strike or engage an opponent in a combative manner unrelated to football, whether or not there is contact.

☒ True

Rule 2-8-1

☐ False

56) Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact with him/her.

☒ True

Rule 2-25-1

☐ False

57) The referee sees A1 entering the field wearing illegal player equipment. Ruling: Inform A1 to return to the team box for repair or replacement of the illegal equipment.

☒ True

Rule 1-5-3

☐ False

58) The runner may use an arm or hand to protect his/her flags from being pulled.

☐ True

Rule 9-6-2

☒ False

59) The team box, when both sidelines are used, where substitutes, replaced players, coaches and attendants stand is located 2 yards from the sideline and between the 20 yard lines.

☒ True

Rule 1-2-4I(a)

☐ False

60) Unsportsmanlike conduct includes players and non-players using profanity, insulting or vulgar language or gestures.

☒ True

Rule 9-5-3f

☐ False

61) A period must be extended by an untimed down if during the last timed down there is a foul for which enforcement by rule results in a safety (but does not carry a loss of down).

☐ True

Rule 3-2-3a

☒ False

62) 3rd and 8 from the B-28 yard line. Runner A1 runs to the B-25 and fumbles. The ball hits the sideline at the B-20 yard line. During the play, B3 holds A4. Ruling: Penalize B 10 yards. A's ball 1st and Goal on the B 10 yard line.

☒ True

Rules 7-6-4b, 9-6-5 and 10-2-5c(1)

☐ False

63) The neutral zone extends from the forward point of the ball 1 yard to the B scrimmage line.

☒ True

Rule 2-18-1

☐ False

64) A muff is a successful attempt to catch a ball.

☐ True

Rule 2-10-2

☒ False

65) A backward pass or fumble that hits the ground is a live ball that can be advanced by either team.

☐ True

Rule 2-21-4a

☒ False

66) A team is in possession when one of its players is holding or controlling the ball.

☒ True

Rule 2-23-1a

☐ False

67) If a player's flag belt inadvertently falls to the ground while he/she is in possession of the ball, the runner is down at the spot where the flag comes off.

☐ True

Rule 2-24-1a

☒ False

68) If an opponent inadvertently trips the runner in his/her attempt to make a diving deflag, no foul should be called.

☐ True

Rule 2-29-1a(1)

☒ False

69) If A's ball is marked inside B's 1 yard line, the B scrimmage line will be the goal line.

☐ True

Rule 2-26-1c

☒ False

70) The referee does not see A1 without a flag belt as the ball is snapped and A1 advances 25 yards before being tagged by B4. Ruling: B can take the result of the play or penalize A 5 yards from the previous spot for not wearing required equipment.

☒ True

Rule 1-3-4 Penalty

☐ False

71) The referee sees that A1 is not wearing a flag belt after breaking the huddle and informs A1 he/she needs a flag belt. A1 fails to get a flag belt as the 25 second clock expires. Ruling: A will be penalized 5 yards for delay of game.

☒ True

Rule 3-7-1c

☐ False

72) Players may not wear gloves, except during inclement weather.

☐ True

Rule 1-4-3

☒ False

73) Players of the same team must wear the same color or similar color jerseys with different numbers.

☒ True

Rule 1-3-2b,c,d(a1)

☐ False

74) A player may play in a game while wearing a cast below the waist.

☐ True

Rule 1-5-4d

☒ False

75) A2 catches a pass at the 3 yard line. B1 attempts to intercept the ball and A2 and B1 make legal contact with each other so that A2's first contact with the ground is out of bounds at the 3 yard line. Ruling: Completed pass, A's ball at the 3 yard line.

☐ True

Rules 2-19-1 and 4-3-1

☒ False

76) A1 and B1 both secure the pass in the air at the same time. When they return to the ground, A1 is in bounds and B1 is out of bounds. Ruling: Completed simultaneous catch.

☐ True

Rules 2-3-4 and 7-6-3

☒ False

77) All officials shall be present at the coin toss.

☒ True

Rule 3-1-2c

☐ False

78) A period must be extended by an untimed down if an unsportsmanlike or non-player foul occurs during the last timed down.

☐ True

Rule 3-2-3a

☒ False

79) The clock will start on the snap following a referee time out during the first 22 minutes of the half.

☐ True

Rules 3-2-1 and 3-2-7g

☒ False

80) Approximately 2 minutes before the end of the second and fourth periods, the referee shall stop the clock and inform both captains of the playing time remaining in that half. Following that announcement, the clock will start on the snap.

☒ True

Rule 3-2-6a and b

☐ False

81) A, losing, is deflagged with 10 seconds left in the game. They line up quickly and snap the ball prior to the referee marking the ball ready to play. Ruling: Delay of game penalty and the clock starts on the snap.

☐ True

Rule 3-7-1b

☒ False

82) A coin toss must be held to begin each overtime period.

☐ True

Rule 3-3-2b

☒ False

83) A runner is moving downfield when he/she slips and begins to fall. In order to maintain balance, he/she places the ball on the ground to stabilize while maintaining possession. Ruling: Dead ball.

☐ True

Rule 4-1-2

☒ False

84) If an inadvertent whistle sounds during a legal forward pass and a foul also occurs, the foul is ignored and the down is replayed.

☐ True

Rule 4-1-3a

☒ False

85) The zone line-to-gain shall always be 20 yards in advance of the most forward point of the ball at the start of the series.

☐ True

Rule 5-1-3

☒ False

86) A rules decision, not including a timing error, may not be change after the ball is next legally snapped.

☒ True

Rule 5-2-5

☐ False

87) If A is guilty of pass interference on 4th down and that penalty is accepted, it will be B's ball with a 1st down and the zone line-to-gain.

☐ True

Rule 7-10-2 Penalty

☒ False

88) When a punt breaks the plane of R's goal line, it is a touchback unless R chooses the spot of first touching by K.

☒ True

Rule 6-1-7b

☐ False

89) Quick kicks are legal.

☐ True

Rule 6-1-1a

☒ False

90) K may punt the ball only once per down.

☒ True

Rule 6-1-4c

☐ False

91) A small towel may be placed under the ball, regardless of the weather or field conditions, prior to the snap.

☒ True

Rule 7-1-1c

☐ False

92) If a forward pass is caught simultaneously by members of opposing teams inbounds, the ball becomes dead and belongs to the team that snapped the ball at the spot of the catch.

☒ True

Rules 2-3-4 and 7-6-3

☐ False

93) Runner A1 fumbles the ball on the B-3. The ball hits the ground in B's end zone. Ruling: A's ball on the B 3 yard line.

☐ True

Rule 8-6-2b

☒ False

94) A passes the ball into B's end zone where it is intercepted and downed. Ruling: Touchback.

☒ True

Rule 8-6-2b

☐ False

95) If a team is 19 or more points ahead at the 2 minute alert for the 4th period or less, the game shall be over.

☒ True

Rule 3-2-9

☐ False

96) On a Try, once a captain has made a choice of attempting a 1, 2 or 3 point conversion, the decision is irrevocable unless a charged time-out is taken by the offense.

☐ True

Rule 8-5-1a

☒ False

97) Runner A1 is running down the sideline. B3 reaches in with both hands and attempts to steal the ball. Ruling: Legal.

☐ True

Rule 9-5-1b(1)

☒ False

98) A screen blocker shall take a position so that a moving opponent can avoid contact.

☒ True

Rule 9-5-4c

☐ False

99) If a player is ejected from the game due to unsportsmanlike conduct, he/she is allowed to remain on the bench.

☒ True

Rule 9-3-1a

☐ False

100) Runner A1 is running down the sideline, B1 attempts to deflag A1 and steps out of bounds intentionally to avoid the block by A2. B1 steps back onto the field and successfully deflags A1. Ruling: Legal. Going out of bounds pertains to pass receivers only.

☐ True

Rule 9-8-1f

☒ False

101) B5 encroaches prior to the snap and charges into blocking back A6. Ruling: Penalize Team B 5 yards for encroachment and 10 yards for the personal foul, eject the offender if the personal foul was flagrant.

☒ True

Rules 7-2-1 Penalty and 9-5-1b(4) Penalty

☐ False

102) It's 3rd and 5 on the A-35. A1 gains 11 yards then throws an illegal forward pass. Ruling: Penalize A 5 yards from the spot of the illegal pass. Since the yardage mark off leaves the ball beyond the zone line-to-gain, it's a 1st down.

☒ True

Rule 7-7-3

☐ False

103) A1 catches a pass for a successful 2 point Try and immediately spikes the ball in the end zone. Ruling: The Try counts, Team A will be penalized 10 yards from the succeeding spot which is the 14 yard line.

☒ True

Rules 2-9-2f and 9-2-2b

☐ False

104) There are only 3 automatic 1st down fouls: Forward pass interference, Roughing the passer and Illegally securing the flag belt by B.

☐ True

Rule 10-3-1

☒ False

105) During a Try, A4 commits a foul for illegal motion prior to a legal forward pass. B6 then commits pass interference and intercepts the ball, ending the Try. Ruling: Double foul, the penalties will offset and the down will be replayed from the previous spot.

☒ True

Rules 10-3-3b and 10-3-11d

☐ False

106) A runner places the ball in possession over the flag belt and hits the hand of B3 in her attempt to deflag. Ruling: No flag guarding. Only a swinging hand or arm is considered flag guarding.

☐ True

Rule 9-6-2b

☒ False

107) Following a safety, the team which was scored upon shall punt the ball from its own 20 yard line.

☐ True

Rule 8-6-1e

☒ False

108) Defensive pass interference restrictions begin when the passer releases the ball on a forward pass.

☒ True

Rule 7-10-3

☐ False

109) A1 is on his/her scrimmage line and he/she goes into motion. A1 must be at least 5 yards behind his/her scrimmage line at the snap.

☐ True

Rules 7-3-3d and 7-3-4

☒ False

110) There is no limit to the number of forward passes that may be thrown during a down as long as each pass originates from behind A's scrimmage line.

☐ True

Rule 7-7-1b

☒ False

111) The snapper is the only A player required to be on their scrimmage line at the snap.

☒ True

Rule 7-3-2

☐ False

112) During the interval between downs, B commits 2 or more encroachment fouls. The penalty will be 10 yards for the second and any subsequent encroachment fouls during this same dead ball interval.

☒ True

Rule 7-10-3

☐ False

113) When it is cold, athletes are allowed to wear hand warmers around the waist.

☐ True

Rule 1-5-4n

☒ False

114) Batting is intentionally slapping, striking or redirecting the ball with the hand or arm.

☒ True

Rule 2-2-1

☐ False

115) If time runs out during a touchdown, the Try shall be attempted at the start of the next period.

☐ True

Rule 3-2-3e

☒ False

116) When there are less than 2 minutes remaining in the game, the offended team of any foul will have the option to start the game clock on the snap when it would have normally started on the ready for play.

☒ True

Rule 3-2-7f and 3-8-1

☐ False

117) If the ball hits a R player beyond R's scrimmage line and is then caught by K beyond R's scrimmage line, the ball is dead and belongs to K and a new series begins for K.

☒ True

Rule 6-1-5c

☐ False

118) During a direct snap, the player who receives the snap must be at least 3 yards behind A's scrimmage line (1st ball spotter – orange). The distance is determined by the point at which the ball is first touched following the snap.

☐ True

Rule 7-3-4

☒ False

119) A forward pass is illegal if intentionally thrown to the ground or out of bounds to save loss of yardage or conserve time.

☒ True

Rule 7-7-2b

☐ False

120) A runner shall not flag guard by using his/her hands, arms or the ball to cause contact between the runner and an opponent that denies the opponent the opportunity to pull or remove the flag belt.

☒ True

Rule 9-6-2

☐ False

121) The referee can either catch the coin or let it fall to the ground without informing the teams of the procedure prior to the flip.

☐ True

FHSAA Flag Football Officials' Manual Article 1 (2nd) pg. 2

☒ False

122) Prior to communicating the foul, the calling official should report to the referee the result of the play.

☒ True

FHSAA Flag Football Officials' Manual Article 9 pg. 4

☐ False

123) As the referee, you should always give a preliminary signal for delay of game, encroachment and false start fouls.

☐ True

FHSAA Flag Football Officials' Manual Article 9 pg. 5

☒ False

124) If there are less than 2 minutes remaining in the game and a penalty occurs, ask the offended coach or captain if they want the clock to start on the snap when it would have normally started on the ready for play. If the choice is obvious, start the clock on the snap.

☒ True

Rules 3-2-7f and 3-8-1

☐ False

125) On an irregular sized field, the officials should place the ball 14 yards from the goal line to start a new series at the beginning of the first and third quarters.

☐ True

Rule 1-2-2

☒ False

126) It is the responsibility of a player with long hair to control the hair in such a way that it does not hang over the flag belt or the flags.

☒ True

Rule 1-4-4f

☐ False

127) If a game is suspended because of conditions that make it impossible to continue play, the game can end at the mutual discretion of the coaches and/or school administration, if one team is leading by 28 or more points and one-half of the game has been played.

☒ True

Rule 3-2-2

☐ False