



2026 Year 0-1 Football Rules Study Guide

NOTE: In the following questions, “A” refers to the team which puts the ball in play (Offense), and “B” refers to their opponents (Defense). “K” refers to the kicking team and “R” refers to the receiving team. “A1”, “A2”...etc., “B1”...“K1”...and “R1” are players of these teams. **Important:** Answers to these questions should be selected based solely on the information stated therein.

#	Question	Answer A	Answer B	Your Answer	Rule Reference
1	When time-out for a defensive player injury is granted, the play clock shall be set to 25 seconds and started on the ready-for-play signal.	True	False		3-6-1a1€
2	A quarterback positioned in shotgun receives a direct snap from center and immediately spikes the ball forward to stop the game clock; this is illegal as he is not in position to take a hand-to-hand snap from center.	True	False		7-5-2e exception
3	During the months of August and September, there shall be a mandatory heat time-out at the halfway point of every quarter. These time-outs shall be official time-outs and will allow the players to rest briefly and hydrate their bodies.	True	False		3-5-7g; LHSAA Handbook: Football 14.3.7
4	All officials should ensure that they have all their uniform items and other gear prior to leaving for game site and that everything is neat and clean other than their shoes which could be a little worn and dirty especially later in the season.	True	False		LHSOA FB Manual Uniform
5	Clock operators should try to get to the game site to meet with the crew at the designated time, recommended to be at least 90 minutes prior to kickoff, but being a little late is ok because they are not field officials.	True	False		LHSOA FB Manual, Clock Operator Mechanics
6	The game officials shall assume authority for the game 30 minutes prior to the scheduled game time or as soon thereafter as they are able to get to the gamesite. This authority extends through the Referee's declaration of the end of the 4TH period or overtime.	True	False		1-1-7, 8; Case Book 1.1.7

7	Even though the home team game administrators are responsible for the game clock equipment, it is the responsibility of the game clock operator to check the clock prior to the start of the game to confirm it functions properly.	True	False	LHSOA FB Manual, Clock Operator Mechanics
8	Clock operators should generally not engage in conversation with others in the press box but responding to simple questions about obvious calls on the field is polite and considered ok.	True	False	LHSOA FB Manual, Clock Operator Mechanics
9	On the opening kickoff, R12 attempts to catch the kick near the sideline but the ball bounces off his shoulder and skips out of bounds at the 15 yard line; the next play should be 1 st and 10 @ the 15 and the game clock should reflect that some time ran off in the quarter.	True	False	3-4-1; 6-1-10
10	The clock operator is sure the game clock should be started after a first down with the ball inbounds but the Referee fails to signal by winding the clock. The correct thing for the clock operator to do is to not start the clock as that decision must rest with the Referee.	True	False	LHSOA FB Manual, Clock Operator Mechanics
11	It is important for on-field officials to study rules, mechanics, and officiating philosophies but clock operators can wait until later in their officiating career to learn this material.	True	False	LHSOA FB Manual - Prerequisites and Principles of Good Officiating
12	The Head Linesman has general oversight of the line-to-gain and down-marker crew, and the primary responsibility for counting downs.	True	False	LHSOA FB Manual: Play Responsibilities.
13	For a scrimmage down, 7 Team A players must be legally on their line at the snap in order to have a legal formation.	True	False	2-14-1; 7-2-5a
14	When the 40-second play clock is running, the ball becomes ready for play, and Team A may snap it, when an official places the ball at the appropriate spot between the hash marks and steps toward his position.	True	False	3-6-1b2; Case Book 3.6.1 Comment 1

15	Preventive officiating and official's judgement are so important that fouls involving player safety require we sometimes simply talk to the offending players rather than penalize them.	True	False	LHSOA FB Manual – Prerequisites and Principles of Good Officiating
16	Possession of a live ball in the opponent's end zone is always a touchdown.	True	False	8-2-1; FUNDAMENTAL I – 8
17	A defensive player is considered to be on his line of scrimmage when he is within 1 yard of his scrimmage line at the snap.	True	False	2-25-3
18	Anytime the play clock is interrupted for improperly worn or missing equipment by a player, the player is to be removed from the contest for at least one play.	True	False	1-5-1b1; 1-5-5, 6; 3-5-2b; 3-5-10e; Case Book 3.5.10 I Comment
19	It is not necessary to convince a coach of the correctness of an officiating decision, but it is necessary to give a coach correct and accurate information.	True	False	LHSOA FB Manual – Prerequisites and Principles of Good Officiating
20	A <i>scrimmage kick</i> recovered in or behind the neutral zone may not be advanced by either team.	True	False	6-2-2, 3; Fundamental VI – 2
21	Ready for play signifies that the ball may be put in play by a snap or a free kick with 25 seconds or 40 seconds on the play clock.	True	False	2-35
22	25 seconds will be put on the play clock and the play clock will start on the ready-for-play signal following a charged time out.	True	False	3-6-1a1(a, b, d)
23	Tripping any opponent is illegal anywhere on the field.	True	False	2-45; 9-4-3o; Case Book 2.42.1 (d)
24	A cloud-to-ground <i>lightning bolt</i> is seen. RULING: The officiating crew should suspend play and undertake the recommended safety precautions.	True	False	Rules Book Pg. 102: NFHS GUIDELINES (Lightning - 3)

25	In order for a <i>scrimmage</i> formation to be legal at the snap, at least 5 Team A players must be on their line of scrimmage and no more than 4 Team A players may be <i>backs</i> .	True	False	2-14-1; 7-2-5a; Case Book 7.2.5 C
26	On a kickoff, at the time the ball is kicked, at least 4 K players must be on each side of the kicker.	True	False	6-1-4; Case Book 6.1.4
27	During a try, it is possible for either team to score points.	True	False	8-3-3
28	2nd down and 10 for Team A . During the down, A76 held and B24 committed <i>pass interference</i> . RULING: This is a <i>double foul</i> . No options, Team A will replay 2nd down and 10 from the <i>previous spot</i> .	True	False	10-2-1b; 10-2-2; 10-4-2b; Case Book 10.2.1 A
29	A23 is carrying the ball when B40 grabs his jersey from behind just below the collar in the name plate area and is then pulled down backward by B40 . RULING: <i>Horse-collar foul</i> on B40 .	True	False	8-2-1a; 8-2-2; 9-4-3k; Case Book 9.4.3 P(b)
30	Illegal forward handing, illegal forward pass and <i>illegal touching of a forward pass by an ineligible</i> are the only fouls which carry a "loss-of-down" penalty.	True	False	10-1-6
31	For <i>scrimmage</i> downs, the defense is required to have at least 5 players on their line of scrimmage.	True	False	7-2-5d
32	A field goal is scored even if part of the ball passes through the line of the upright extended.	True	False	8-4-1c; Case Book 8.4.1 A(a)
33	A <i>blindside block</i> against an opponent other than the runner is legal if it is initiated within the free-blocking zone.	True	False	9-4-3n; Case Book 9.4.3 W, X
34	K15's kickoff hits the goal-line pylon. RULING: Touchback. Team A's ball at its own 20-yard line.	True	False	1-2-4; 2-24-2; 8-5-3a1; 8-5-4

35	K25's short kickoff is in flight 14 yards beyond Team K's free-kick line when K30 catches it with no R players around. This is kick catch interference.	True	False	6-5-6a
36	If the kickers catch or recover a <i>free kick</i> anywhere after it has been touched by R , the ball remains live.	True	False	2-24-2; 4-2-2f; 6-1-6; Case Book 6.1.6 A
37	Pass eligibility rules apply only to legal forward passes.	True	False	7-5-6
38	A request for a time-out may be made only after the ball becomes dead by any player, the head coach or his designee.	True	False	3-5-2a; Case Book 3.5.2 B
39	A33's fumble rolls forward and out of bounds at Team A's 25-yard line. The game clock will start on the ready.	True	False	3-4-3a; 3-4-4e
40	A <i>blindside block</i> is a block against any opponent who does not see the blocker approaching and is legal if executed in the <i>free-blocking zone</i> or with open hands.	True	False	2-3-10; 9-4-3n; Case Book 9.4.3 W
41	Two teammates who may legally block below the waist in the <i>free-blocking zone</i> initiate a simultaneous block <i>at or below the opponent's knees</i> . This is an illegal <i>chop block</i> .	True	False	2-3-8; 9-3-6 & Table (Combination Blocks); Case Bk. 9.3.2 B(d)
42	Unsportsmanlike-conduct fouls by <i>players</i> do not involve contact and all such fouls require disqualification.	True	False	2-32-1; 9-5-1, 2; Case Book 9.5
43	Defensive back B40 , running alongside runner A24 , reaches and grabs the collar of A24's jersey and pulls him down forward in making the tackle. RULING: Legal defensive play.	True	False	9-4-3k; Case Book 9.4.3 M(d)
44	An <i>inadvertent whistle</i> ends the down.	True	False	4-2-3
45	The passer continues to be a <i>defenseless player</i> until the legal forward pass ends or he/she moves to participate in the play.	True	False	2-32-11; 2-32-16a

46	Pass interference restrictions on a legal forward pass begin at the snap for team A.	True	False	7-5-8a
47	After R24 catches a <i>kick</i> , blocking below the waist by teammates becomes legal.	True	False	2-17-2; 9-3-2
48	At the snap, all A players numbered 50-79 are <i>ineligible</i> .	True	False	7-5-6a
49	Following any 4th down play, the clock shall be stopped.	True	False	3-5-9
50	The succeeding spot is where the ball was last snapped or free kicked.	True	False	2-41-10
51	No foul causes a live ball to become <i>dead</i> .	True	False	2-16-4; Fundamental III – 2
52	A <i>backward pass</i> is a pass thrown with its initial direction parallel with or toward the runner's end line.	True	False	2-31-5
53	A scrimmage kick or kickoff is touched by R in the <i>field of play</i> then the loose ball bounces into R's endzone; the ball became dead as soon as it crossed the goal line.	True	False	2-24-2; 4-2-2d1; Case Book 6.3.1 A
54	After the ball goes out of bounds, both the game clock and the play clock will start on the ready-for-play signal.	True	False	3-4-3a; 3-4-4e; 3-6-1a2
55	The Umpire shall confirm that all player equipment is legal and meets rules specifications.	True	False	1-3-3; 1-5-4
56	Any movement or shift by the offense that is designed to cause Team B to <i>encroach</i> is a <i>false start</i> .	True	False	7-1-7b; Case Book 7.1.7 A, B
57	B49 intercepts A's pass in his own end zone and runs around in the end zone before finally being tackled in his end zone. RULING: Safety. Team A scores 2 points.	True	False	2-13-1; 8-5-3d

58	1st and 10 for Team A at their 20-yard line. A64 <i>false starts</i> and B71 reacts by charging forward and roughly knocking down A55 . After both penalties are enforced, it will be 1st and 10 for Team A at its 30-yard line.	True	False	7-1-6a, 7, Penalty; 9-4-3b, Penalty; 10-2-5a
59	If ineligible A66 catches a forward pass (untouched by B) beyond the neutral zone, the ball becomes <i>dead</i> immediately when caught.	True	False	4-2-2c; 7-5-13; Case Book 7.5.13 A(c)
60	A defensive <i>pass-interference foul</i> can occur only beyond the neutral zone.	True	False	7-5-10; 7-5-11c; Fundamental VII – 5
61	The muffing or batting of a pass, kick or fumble <i>in flight</i> is not considered a new force.	True	False	2-13-3
62	For any free kick, Team K may request that the ball be placed anywhere between the inbounds lines (<i>hash marks</i>).	True	False	4-3-4, 5, 6
63	Chop blocks, <i>clipping</i> and <i>tripping an opponent</i> are illegal whenever and wherever they occur on the field.	True	False	2-3-8; 2-5-1; 2-45; 9-3-6; 9-4-3o
64	Face guarding, in and of itself, which does not include contact, is not considered to be <i>pass interference</i> .	True	False	7-5-10, 11
65	When a foul occurs prior to a snap or free kick, the covering official shall sound his/her whistle immediately then toss a flag.	True	False	4-2-1
66	Any forward pass caught by any player of A or B in the field of play may be advanced.	True	False	2-10-2; 7-5-4
67	When a field-goal attempt is blocked behind the neutral zone, the ball becomes <i>dead</i> immediately.	True	False	6-2-2, 3
68	Roughing the passer and pass interference are the only fouls by B that give A an automatic first down.	True	False	10-1-7

69	R27 returns a punt but fumbles backwards during his return. K65 dives to the ground and recovers the fumble. RULING: 1st and 10 for Team K , and the game clock starts on the snap.	True	False	3-4-3c; 5-1-3f
70	4th and 10 with the nose of the ball touching Team B's 20-yard line. A10's pass is incomplete. RULING: The officials should move the chains, not the ball, so that the tail of the ball is touching B's 20-yard line.	True	False	5-3-3b
71	Team A runs the ball in to score a touchdown. RULING: The play clock will be set to 40 seconds and start when the covering official signals the score.	True	False	3-6-1
72	A67, from his position as an offensive tackle, raises momentarily from his 3-point stance at the snap, then fires forward to contact B75 , who was in the free blocking zone at the snap. The contact is below the waist, both players are still in the free blocking zone, and the ball is still in the free blocking zone when contact is made by A67 . This is considered legal contact.	True	False	2-17-2c; NOTE
73	Unless Team A is in a <i>scrimmage-kick formation</i> , the failure of Team A to have at least 5 players on the line numbered 50-79 is a foul at the snap.	True	False	7-2-5b, Exceptions
74	Following Team R's punt/kickoff return, the play clock will be set to 25 seconds and started on the Referee's ready-for-play signal.	True	False	3-6-1
75	When the game ends with a tie score, the clock operator should remain in the press box and assist the play clock operator in identifying the proper signals from the on-field officials throughout the overtime period.	True	False	LHSA FB Manual – Clock Operator Mechanics