

## 2014 Football Rules & Mechanics Examination

Use a number 2 pencil to **COMPLETELY** fill in the correct answer. To change your answer **ERASE COMPLETELY** and mark again. Make no extra marks on the answer sheet; they may be picked up as incorrect answers.

**Answers are either: (TRUE or FALSE = A or B)**  
**The marks should look like the example below:**



EXAMPLE:  [ B ] [ C ] [ D ]



**FOLLOW THESE INSTRUCTIONS AND PROPERLY MARK YOUR ANSWER SHEET.**

**FAILURE TO FOLLOW THESE INSTRUCTIONS COULD RESULT IN YOUR TEST BEING IMPROPERLY GRADED.**

DO NOT LEAVE the exam room UNTIL your answer sheet has been reviewed and found ACCEPTABLE by the Proctor!

7/26/2014

1. Targeting is an act of taking aim and initiating contact to an opponent above the shoulders with the helmet, forearm, hand, fist, elbow or shoulders.
2. The targeting foul carries a 15 yard penalty and automatic ejection.
3. When the ball is loose following an illegal kick, it retains the same status as prior to the illegal kick.
4. A defenseless player is a player who, because of his physical position and focus of concentration, is especially vulnerable to injury.
5. In order to extend a period with an untimed down, time must expire during the down.
6. After the ball is marked ready-for-play, and until the ball is kicked Team K must have at least four players on each side of the kicker. Also, no Team K player, except the kicker, may be more than five yards behind the kicking team's free kick line.
7. Failure to un-pile from an opponent in a timely manner is an example of delay of game.
8. The coaches' area is a minimum of a 2-yard belt between the front of the team box and the sideline, and becomes a restricted area when the ball is live.
9. Each goal line shall be entirely in its end zone so the edge toward the field of play and its vertical plane is the actual goal line. The goal line, like other yard lines, shall stop four inches from each sideline.
10. When properly placed, the goal line pylon is out of bounds at the intersection of the sideline and the goal line extended.
11. Padding on the goal posts is optional.

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12. Game balls shall carry the NFHS Authenticating Mark.
13. The BJ shall decide whether the ball(s) meets NFHS specifications.
14. All line-to-gain and down-indicator rods shall have flat lower ends covered by protective caps.
15. Tinted eyewear worn on the face and under the face mask is illegal.
16. Coaches may use cellphones and iPads in communicating with players during conferences outside the 9-yard marks and on the sidelines.
17. A chop block is a combination block by two or more teammates against an opponent other than the runner, with or without delay, where one of the blocks is low (at the knee or below) and one of the blocks is high (above the knee). Chop blocks are illegal.
18. The muffing or batting of a pass, kick or fumble in flight could be considered a new force depending on the circumstances at the time of the bat.
19. On kicks going into R's end zone, force is not a factor since these kicks are ALWAYS a touchback regardless of who supplied the force.
20. When an airborne player makes a catch, forward progress is the furthest point of advancement after he possesses the ball if contacted by a defender.
21. A flagrant foul is a foul that is so severe or extreme that it places an opponent in danger of a serious injury, and/or involves violations that are extremely or persistently vulgar or abusive conduct.
22. No foul causes loss of the ball or causes a live ball to become dead.
23. A player is considered to be in the free-blocking zone when any part of his body is in the zone at the snap.
24. A passer is a player who throws a legal or illegal forward pass.
25. A player who is simulating possession of a live ball is considered to be a runner.
26. A loose-ball play includes the run or runs which precedes a legal or illegal kick, legal forward pass, backward pass or a fumble by Team A in or behind the neutral zone.
27. The snap begins when the snapper first moves the ball legally other than in adjustment and ends when the ball touches the ground or any player.
28. The post-scrimmage kick spot is the spot where the kick ends.
29. Touching the ball by a game official in the field of play or end zone causes the ball to become dead and cannot be ignored.
30. Use of the lower leg or foot to obstruct or tackle the runner is legal.
31. The normal intermission (*half-time*) is 15 minutes.

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32. Successive charged time-outs may not be granted during the same dead-ball period.
33. During the same dead-ball interval, no substitute shall become a player and then withdraw and no player shall withdraw and re-enter as a substitute unless a penalty is accepted, a dead-ball foul occurs, there is a charged time-out or the period ends.
34. After being put in play, the ball remains live until the down ends.
35. The ball becomes dead and the down is ended when any loose ball is simultaneously caught or recovered by opposing players.
36. An inadvertent whistle ends the down.
37. After a fourth down incomplete forward pass, the ball is placed at the previous spot so the rear point becomes the foremost point.
38. If any K player touches a free kick before it crosses R's free-kick line and before it is touched there by any R player, it is referred to as first touching of the kick.
39. One of the penalty options for a free-kick that is kicked out of bounds is for Team R to put the ball in play at the inbounds spot 25 yards behind the previous spot.
40. The touching of a low scrimmage kick by any player is ignored if the touching is in or behind the expanded neutral zone.
41. The penalty for an illegal kick is 5 yards.
42. Blocking after giving a valid or invalid fair catch signal is an illegal block and a 10 yard penalty.
43. For kick-catching interference, R may accept the results of the play, an awarded fair catch after enforcement of a 15-yard penalty from the spot of the foul, or a 15-yard penalty from the previous spot and a replay of the down.
44. The receiver who gives a valid or invalid fair catch signal is afforded protection.
45. If a false start causes Team B to encroach, the penalties offset and the down is replayed.
46. Pass eligibility rules apply to both backward and forward passes.
47. On 3<sup>rd</sup> down and 10 yards to gain from his own 35 yard line, A11, who is 7 yards behind the line of scrimmage, takes the snap and is immediately under a heavy rush. A11 is unable to find an open receiver and from his own 28 he throws the ball into an area where there are no eligible Team A receivers. **RULING:** This is an illegal forward pass. If accepted, the 5 yard penalty is marked off from the spot of the pass, resulting in 4<sup>th</sup> down for Team A from their own 23 yard line.
48. On 3<sup>rd</sup> down, receiver, A8, goes 5 yards downfield and blocks cornerback, B5. After the block, QB, A11, completes a long pass to eligible, A4, 20 yards downfield. **RULING:** Offensive pass interference by A8. If accepted, the penalty is 15 yards from the previous spot and loss of down.

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49. 1<sup>st</sup> and 10 for Team A from their own 20 yard line. A11 throws a forward pass to A8, who leaps into the air at his 40 yard line when he is pushed out-of-bounds by B9. A8 lands out-of-bounds at A's 38 yard line. **RULING:** The ruling official should mark forward progress at the forward point of the ball when it was possessed, because the action of B9 caused A8 to land out-of-bounds.
50. QB, A11, drops back to pass and while under a heavy rush, he scrambles out of the pocket. B5 grasps, pulls and twists A11's face mask, however A11 is able to break free and throws an incomplete pass. **RULING:** This personal foul, face mask, penalty is considered roughing the passer resulting in an automatic first down for Team A, enforced from the previous spot.
51. There are no eligibility restrictions on backwards passes. All players are eligible to catch or touch a backwards pass at any time.
52. A8 runs a pass route downfield. B2, who is attempting to cover A8, has his back to the ball and waves both arms to block the vision of A8. **RULING:** Legal
53. To complete a catch of a legal forward pass, a player must possess the live ball in flight, and return to the ground with both feet inbounds.
54. It is legal to "spike" the ball to conserve time if Team A is in a "shotgun" formation at the snap.
55. If a free kick goes out of bounds between the goal lines after Team R touches it, the ball belongs to Team R at the inbounds spot.
56. The momentum exception applies when a Team B/R player makes a catch inside his 5-yard line and his momentum carries him into the end zone and the ball becomes dead there in his possession.
57. A kickoff must be either a placekick or a drop kick.
58. On the kickoff to start the game when the ready-for-play is whistled, all of Team K players are huddled between their 30 and 35 yard lines. **RULING:** This is a dead ball foul.
59. On a kickoff, K1 touches the ball at his own 48-yard line. As the play continues, R2 gains possession of the ball at R's 48 and returns it 5 yards when he is hit and fumbles. K9 recovers the ball and is subsequently tackled. **RULING:** Team R may take the ball at K's 48 yard line; the spot of first touching.
60. K1's untouched free kick is caught by K5 at the 50 yard line. There were no Team R players in the vicinity to make a catch. **RULING:** K's ball at the 50 yard line.
61. The kicker or holder may not be blocked before they have advanced 5 yards beyond their free-kick line or the kick has touched the ground or touched another player. This is a 15 yard penalty.
62. A player cannot fumble before gaining possession.

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63. The only defensive fouls which automatically cause a first down are pass interference, roughing the kicker or place-kick holder, roughing the passer and roughing the snapper.
64. A game official's whistle seldom kills the ball. It is already dead by rule.
65. A scrimmage kick recovered in or behind the neutral zone may be advanced by K or R.
66. Forward pass interference may occur behind or beyond the neutral zone.
67. Possession of a live ball in the opponents end zone is ALWAYS a touchdown.
68. In overtime if the defensive team gains possession, the ball becomes dead immediately and the offensive team's series of downs is ended.
69. Team K's punt is blocked and the ball never crosses the neutral zone. The kick ends up in K's end zone where K1 and R2 simultaneously recover the ball. **RULING:** Safety
70. All tooth and mouth protectors shall be a color other than completely clear or completely white.
71. It is 1<sup>st</sup> and 10 for Team A at B's 12-yard line. A1 sprints downfield near the end line and then buttonhooks. He jumps and possesses a forward pass while in the air above the end zone. While in the air above the end zone, he is contacted by B1 and he is shoved back into the field of play where he lands on the 1-yard line still in possession of the ball, and is downed at the 1 yard line. **RULING:** Touchdown for Team A.
72. With 25 seconds remaining in the 3<sup>rd</sup> quarter, it is 3<sup>rd</sup> and 4 for Team A from B's 48 yard line. A1 advances to B's 45 where he is tackled. During the run there was holding by B1. At the end of the down, there were 3 seconds remaining in the period. The penalty for holding is accepted. Because the penalty was the only reason for the clock to be stopped, it is started with the ready-for-play signal and the period ends before Team A snaps the ball. **RULING:** Team A is entitled to an untimed down.
73. During a down in which time expires, A1 gains 10 yards and then fumbles. The covering official inadvertently sounds his whistle while the ball is loose. **RULING:** The period shall be extended for an untimed down and Team A may put the ball in play where it lost possession or it may choose to replay the down from the previous spot.
74. Time expires for the 2<sup>nd</sup> period as A11 runs beyond the line to gain and then A11 throws a forward pass to A9, who runs for a touchdown. Team B accepts the penalty, which negates the touchdown. **RULING:** The period will not be extended since A's foul includes a loss of down provision.
75. If a team is not ready to play at the beginning of a half, the foul carries a 15-yard unsportsmanlike conduct penalty.

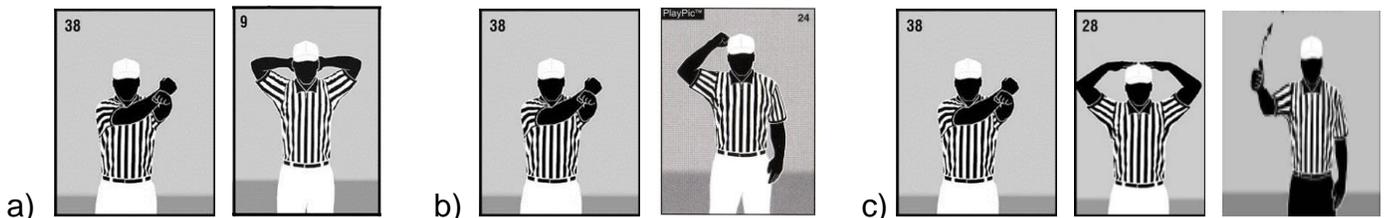
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76. In overtime, Team A's field goal attempt from B's 15 yard line, is unsuccessful and the ball is rolling along the ground beyond the neutral zone. B1 commits a personal foul at B's 10 yard line.  
**RULING:** Post-scrimmage kick rules do not apply. Team A accepts the penalty which is enforced from the previous spot and the down is replayed.
77. Using a player, replaced player or substitute in a substitution or pretended substitution to deceive opponents before the snap or free kick is illegal participation.
78. Any player who exhibits signs, symptoms or behaviors consistent with a concussion (*such as loss of consciousness, headache, dizziness, confusion or balance problems*) must be immediately removed from the game.
79. When a foul occurs during a live ball, the Referee shall, at the end of the down, notify both captains.
80. The use of the official signals provides the only means for the crew of officials to communicate with coaches, assistant officials and fans.
81. The physical condition of an official is an important part of appearance.
82. If the Referee is late or does not attend the required pre-game conference, the crewmember with the most experience should handle the pre-game conference.
83. If there is a dispute regarding the number of the down, The Linesman shall determine the official down number.
84. The Linesman and Line Judge should note the yard line where the down indicator is located before each play.
85. For free kicks after a fair catch or awarded fair catch, the Umpire and Linesman shall count the number of Team K players.
86. On scrimmage plays the Referee is responsible for the runner until he crosses the neutral zone.
87. No official should turn their back to a play that takes players out of bounds.
88. After a field goal attempt the Back Judge and Line Judge shall remain stationary and signal score or no score.
89. Prior to a field goal attempt, all officials should remind one another that if the field goal attempt is blocked, the ball remains alive. (*verbally and using the rolling fists signal*)
90. Any receiver may signal for a fair catch while any legal kick is in flight.
91. K may catch, touch, muff or bat a free kick in flight beyond the neutral zone if no player of R is in position to catch the ball.

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92. A game is concluded after a single overtime period. Each team scored in overtime. **RULING:** It is possible that the final score could be 5 to 3.
93. A team cannot score twice in the same overtime period.
94. If a penalty is accepted, the distance associated with the foul must be accepted also.
95. During a down in which time expires for the 1<sup>st</sup> period, A11 throws a legal forward pass toward A8. B2 interferes with A8's opportunity to make the catch. While the ball is still in the air, the BJ sounds his whistle inadvertently and then the pass falls incomplete. **RULING:** If Team A accepts the penalty, the period shall be extended by an untimed down.
96. K11 punts on 4<sup>th</sup> and 10. R1 catches the kick after giving a valid fair catch signal. Prior to the snap, K2 was illegally in motion. R accepts the penalty for illegal motion. **RULING:** After enforcement, the clock shall start on the snap.
97. A1 drops back and throws a screen pass to flanker, A2 who is behind the neutral zone. B2 has come across the line and deflects the pass so that its flight is altered and the pass goes beyond the neutral zone. Ineligible, A7, has gone beyond the expanded neutral zone before the pass was released. **RULING:** Because A7 was beyond the expanded neutral zone prior to the pass being released, A7 is guilty of being illegally downfield.
98. Tight end, A8, goes downfield and blocks linebacker, B7, prior to a legal forward pass being thrown by QB, A1. The untouched pass subsequently goes beyond the neutral zone and is caught by A4 for a 10 yard gain. **RULING:** Once the pass by A1 goes beyond the neutral zone, A8 is guilty of offensive pass interference since the restrictions for pass interference for A begin at the snap.

99. The signal(s) for targeting are:



100. A1 and B1 are engaged in close line play. A1's helmet comes completely off as the play goes downfield. There was no foul to cause A1's helmet to come off. A1, without his helmet, pursues the play downfield and makes contact with B2. **RULING:** Illegal participation by A1.

