

2016 Preseason Study Guide Rules and Mechanics

No.	Rule	Answer / Notes	Situation
1	1-5-3a	True	One solid-colored towel that is not ball or penalty flag colored is allowed. Towel cannot be more than 18 inches wide and 36 inches in length is legal
2	1-5-3a	False. Towels, must be the same solid color for all team members wearing a towel	Center is using a white towel and the wide receivers have blue towels. The teams colors are blue and white. This is legal
3	1-1-3a	False. Manufacturers logo cannot be more than 2 ¼ square inches in any direction	Center has a towel with a 5 inch long Nike Swoosh. Legal
4	1-6	True	Communication devices such as audio recorders, LAN phones, headsets film, digital videos and pictures can be used to communicate with Players during an outside the 9 yard mark conference
5	1-6	True	Communication devices such as audio recorders, LAN phones, headsets film, digital videos and pictures can be used by coaches and non players
6	2-4-1	False. Catch is defined to include "having the forward progress of the player in possession stopped while the opponent is carrying the player who is in possession and inbounds."	Player A catches a pass in the air and is grabbed by B1 and carried backwards where he lands out of bounds a yard back from where he first had possession of the pass. Great play by B1, incomplete pass
7	3-5-10d	False. A player must be replaced for one play if The helmet comes completely off during the down or subsequent dead-ball action related to the down without being directly attributable to a foul by an opponent. A timeout does not "buy" the player back in. Only halftime or overtime intermission allows the player to be in the next play	B1 is being blocked by A1. A2 is being blocked by B2. B2 completes the tackle and the whistle blows. A1 stops blocking and B1 falls backward after the whistle and his helmet comes off. Since the helmet came off after the ball was whistled dead, B2 does not have to leave for one play

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8	6-5-6	<ol style="list-style-type: none"> 1) 15 yard penalty from previous spot and have K re-kick (in this case half the distance) K would re kick from K 10 yard line 2) Accept the results of the play – R ball first and ten from K 40 yard line 3) Awarded fair catch after 15 yard penalty from spot of the foul – R ball first and 10 from K 35 (and R can ask / state where they want ball placed from hash to hash) 	K is kicking from their 20 yard line. K1 is called for Kick catching interference at the 50 yard line Ball bounces to R's 40 yard line where R3 picks up the ball and runs it back to K's 40 yard line. What options does R have?
9	7-5-10	False. Not an automatic first down. Will be third and 5 from the 35 yard line	3rd and 20 yards to line of gain for A at A's 20 yard line. B1 commits pass interference on A1 at the 35 yard line. Penalty is 15 yards and automatic first down from the previous spot. A has first down at the 35 yard line
10	7-5-10	False. Not a loss of down for offensive pass interference. 3rd and 25 at the 25 yard line	3rd and 10 yards to line of gain for A at A's 40 yard line. A1 commits pass interference on B1 at the 50 yard line. Penalty is 15 yards and loss of down. A has fourth down and 25 yards to line of gain at the 25 yard line
11	8-3-3	True. Only A can score during a try	A is lined up in a scrimmage formation for the Try after a touchdown. B2 reads the pass, intercepts the ball on the one yard line and has a clear path to the endzone. The Line Judge blows his whistle immediately and signals the Try is no good. Correct call by Line Judge
12	9-3-8c	<p>False. No member of the kicking team shall initiate contact to (block) an opponent on a free kick until:</p> <ol style="list-style-type: none"> a) The legal kick travels 10 yard b) The kicking team is eligible to recover the kick c) R initiates contact in the neutral zone 	K is in free kick formation. The ball is kicked and has travelled 8 yards when K1 crosses the ten yard mark and blocks R1 and R2 to make room and keep them from recovering the kick. Legal play by K1 since it was not excessive and K1 did not "blow up" R1 and R2.

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13	9-4-3l 9-6-4g	False. A1 is penalized for illegal contact as “No player or non player will initiate contact with an opposing player whose helmet has come completely off	B1’s helmet comes off during a play and A1 is running straight for B1. A1 runs into B1 who was just standing there after his helmet came off and was not making any movement to participate in the play.
14	9-6-4g	True. It is only illegal participation if the player continues to participate “beyond the immediate action in which the player is engaged”	B1’s helmet comes off while tackling A1. B1 continues to participate by finishing the tackle on A1. Legal play
15	2013 emphasis	True	Any initiation of contact with the helmet is illegal; therefore it must be penalized consistently and without warning. This is to urge “KEEPING THE HEAD OUT OF FOOTBALL”
16	2013 emphasis	<ol style="list-style-type: none"> 1. All players involved in the blocking must be on the line of scrimmage and in the free blocking zone at the snap 2. Contact must be in free blocking zone 3. Ball must still be in the free blocking zone 	To block below the waist legally in the free blocking zone, three conditions must be met. What are they?
17	2013 emphasis	False. The free blocking zone disintegrates and the ability to block below the waist is gone once the ball leaves the free blocking zone. On a shotgun snap, the quarterback is typically more than three yards behind the center and out of the zone. Therefore a block below the waist must occur simultaneously with the snap, any delay makes it an illegal block.	A1 is on the line of scrimmage on a scrimmage play where A2 is taking a shotgun snap from center. A2 is 4 yards behind the center. On the snap, A1 raises up out of a three point stance and then goes low and blocks B1 below the waist. A1 and B1 are both on the line and in the free blocking zone at the snap – legal block.

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18	2013 emphasis	False. Be alert to running backs and wide receivers who start outside the free blocking zone and are "cut" (in or out of the zone) by defenders on sweeps, dives or roll out passes. Blocking below the waist rules apply equally to offensive and defensive players.	A1 is a running back lined up 4 yards behind the center. A2 is the quarterback and is taking a direct nap from the center. On the snap, B1 moves into A's backfield where he hits A1, who is in the free blocking zone, below the waist, creating a pile and making it easier for his teammates to pursue and get to the back who has the ball in the free blocking zone. The snap and handoff all occurred in the free blocking zone. Legal Block.
19	RB 3.5.8c	True	There are two types of team conferences: an Outside Nine-yard Mark conference and the Between Nine-yard Mark conference. When the referee grants a time-out for an injury on the field, either team may ONLY hold an authorized conference Outside the Nine-yard Marks.
20	RB 9.4.4	True (new rule in 2014). This will also, be an automatic 1 st down.	Once the passer has clearly thrown the ball from in or behind the neutral zone, any defensive player must make a definite effort to avoid charging into that passer, otherwise, a roughing the passer foul should be called. This penalty could result in enforcement from the previous spot or the spot of the dead ball if the pass is complete. T or F?
21	CB 9.4.4 (Sit. B)	True	A's ball on their 40 yardline. A10 drops back to pass and is roughed by B66 well after he releases the ball. The pass is completed to A2 who is downed on A's 47-yardline. This is a roughing penalty and will be enforced from the end of the play. A's ball 1 st and 10 at B's 38 yardline.
22	RB 9.4.3	Items A and B would be illegal personal contact and roughing the passer, by rule	<p>Roughing the Passer may include some or all of the following:</p> <ul style="list-style-type: none"> A) Throwing a QB to the ground after he is obviously out of the play. B) Piling on the QB who is already lying on the ground and the play is in progress. C) Pushing the QB from the side and the front, above the waist, as he is releasing the ball. D) All of the above

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23	RB 2.24.9	False (NFHS determined that any illegal kick would retain the status it had prior to the kick)	NFHS clarified the Illegal Kick rule in 2014. They determined that an illegal kick, if executed, by the punter retained its intended status. So, that an illegal kick in that manner, is still a legal punt. T or F?
24	CB 9.7.1 (Sit. B)	True (If B accepts the penalty, the foul would be enforced from the end of A1's run, A-20, 15 yds and repeat the down. ½ distance-4 th and 15 from the A-10 yd. line)	It is 4 th and 10 for A from its own 15 yard-line. A1 fakes a kick and runs beyond the neutral zone and kicks the ball at the A-20. The kicked ball goes out of bounds at midfield. If B declines the penalty for the illegal kick, the loose ball is treated as a fumble and A would retain the ball, 1 st and 10 at the 50. T or F?
25	RB 1.1.7	False (State Associations can require game officials to be on the field more than 30 minutes prior to game time and assume responsibilities.)	Game Officials are to be on the field 30 minutes before game time for their pre-game responsibilities and to assume authority over the contest. That includes penalizing players for Unsportsmanlike Acts. In no instance, would Officials take on that responsibility before the 30 minute standard. T or F?
26	RB 6.1.4	True	According to changes made in 2014, In order to be legal, K's Kickoff formation must have at least four K players on each side of the kicker. T or F?
27	CB 6.1.4	False (the foul is encroachment and is 5 yards and re-kick. K's kickoff from the K-35)	If K's kick formation at the kick has less than 4 players on either side of the kicker, the ball should be blown dead immediately and a foul for illegal formation enforced, 5 yard penalty and re-kick. T or F?
28	CB 6.1.3 (Sit. B)	True (the penalty is 5 yards and rekick)	K's kickoff at the K-40. K2 lined up to the left of the kicker has one foot on the 34 ½ yard-line and one foot at the 35 ½ yard-line. This will be an encroachment foul at the Kickoff if no adjustment is made by K2. T or F?
29	RB 2.32.16	True (obviously), but no specific examples are given in RB, so discuss using CB 9.4.3 Comment, Page 77 in 2015 Case book.	In 2014, the NFHS added the definition of a defenseless player to our rule book: "A defenseless player is a player who, because of his physical position and focus of concentration, is especially vulnerable to injury." T or F?

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30	CB 9.4.3. (Comment)	E. (All of these actions have been deemed as contact on a defenseless player by the NFHS)	<p>Which of the following actions would not be flagged for contacting a defenseless player?</p> <p>A) A QB who is moving down the line of scrimmage and has already handed or pitched the ball to a RB, and makes no attempt to further participate in the play, when the contact is made.</p> <p>B) Any player who is contacted while on the ground.</p> <p>C) Any player who is the subject of a blind-side block.</p> <p>D) A ball carrier already in the grasp of a defender and whose forward progress has been stopped, when the contact is made.</p> <p>E) None of the above.</p>
31	RB 2.20.2	D. (2014 CB, Page 4, Targeting definition and foul added)	<p>In 2014, NFHS continuing with their focus on risk minimization, defined "Targeting" and added a foul to our rule book. Which of the items below would be considered in throwing a flag?</p> <p>A) Taking aim at an opponent with the helmet to initiate contact above the shoulders.</p> <p>B) Making contact on the opponent above the shoulders with a forearm, hand, fist or elbow and with an intent that goes beyond making a legal tackle.</p> <p>C) The aggressor using a shoulder to initiate contact above the shoulders of an opponent, with an intent that goes beyond making a legal tackle, a legal block or playing the ball.</p> <p>D) All of the above.</p> <p>E) Only A and B above.</p>
32	RB 1.5.3c(8)	True	Play cards attached to the belt or attached by a string and stored in a player's uniform, or worn on any part of the body other than the wrist or arm are illegal.
33		False-NFHS rules do not include the fourth-down fumble rule. NCAA does	On a fourth-down play, the ball falls to the ground during the exchange between the snapper A2 and QB A1. A2 recovers and scores. Illegal and the score does not count due to the 4th down fumble rule?

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34	RB 6-1-3, 6-1-4	True- the timing of the foul for not having at least four players on both sides of the kicker has been changed from the ready signal to the time of the kick	Free kick for K. Kicker K1 is standing on his 33yd line. All 10 other K players are standing to the left of K on the 38yd line. As team K begins to move forward for the kick, four players move to K1's right so that when the ball is kicked, there are four players to K1's right and six to his left. Legal?
35	RB 10-2-5	False- B1 & A2's fouls offset, but B3's is enforced	B1 hits runner A2 after A2 is out of bounds. A2 reacts by roughly knocking down B1. B3 then shoves A2 to the ground. The penalties offset and the down is replayed?
36	RB 10-2-5	False- The "trigger" for determining when penalty administration is completed is the R signaling the foul	B1 hits runner A2 after A2 is out of bounds. After the referee signals the penalty, team A's coach is flagged for US. Penalties offset- no enforcement?
37	RB 10-2-5	True	As A1 is advancing for a TD, he taunts pursuing B2. After A1 crosses the goal line, B2 roughly knocks down A1. The fouls offset and the TD counts?
38	9-4 penalty	False- no automatic first down	B1 fouls passer A2 by grasping but not twisting A2's facemask. The pass is incomplete. 5- Yard penalty and automatic first down?
39	RB 5-1-1b	True	The down marker indicates 3rd down, but it's actually 2nd down. Team A throws an incomplete pass. When officials announce its 4th down, team A coach points out the error. The Referee corrects the mistake. Legal?
40	RB 5-1-1b	False- because a new series has been awarded and the ball has become live with team R's snap, the mistake cannot be corrected	The down marker indicates 4th down but it's actually 3rd down. Team K punts and R1 makes a fair catch. Team R runs a play and then team K's coach points out the error. The referee corrects the mistake. Legal?
41	RB 2-5-1	False. A1 is guilty of clipping. The 15 yard penalty is enforced from the basic spot.	T or F. A1 blocks B2 below the waist from behind after the snap and before the ball leaves the free-blocking zone. A1 and B2 were lined up on their respective lines of scrimmage at the snap and were in the free-blocking zone when the contact occurred. Legal?
42	RB 2-5-1	False. This is a legal block.	T or F. A1 blocks B2 below the waist from the front after the snap and before the ball leaves the free-blocking zone. A1 and B2 were lined up on their respective lines of scrimmage at the snap and were in the free-blocking zone when the contact occurred. Clipping?

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43	RB 2-5-1	False. Per NFHS interpretation, A1's block is below the waist. As a result, team A is penalized 15 yards for clipping, not 10 yards for a block in the back.	T or F. A1 is among the players blocking for runner A2. A1 blocks B3 from behind but the covering official is in doubt as to whether initial contact was above or below B3's waist. This is an illegal block in the back?
44	RB 1-5-1d(5)a	Answer is D. Tooth and mouth protectors may be any color, including white, clear white or completely clear.	Tooth and mouth protectors may be which color(s)? A. White B. Clear White C. Pink D. All of the above E. None of the above
45	RB 1-5-2b	Answer is E. Either NOCSAE or SFIA seal is required.	The following seal(s) must be visible and appear legibly on the exterior wrist opening of any gloves used. A. NFL B. NFHS C. NOCSAE D. SFIA E. Either C or D
46	1-5-1b(2) and 1-5-1b(3)a	Answer is E.	Which of the following are allowed to be displayed on the front and or back of a player's jersey? A. School nickname B. School name C. School logo D. Player name E. All of the above F. Only player name
47	1-5-1b(2) and 1-5-1b(3)a	False. Team nicknames or slogans are not allowed.	T or False. It is legal to display on a jersey slogans like, "Tradition" and "Toughness."
48	1-5-1b(1)	False. Jerseys must completely cover the shoulder pads and all pads worn on the torso including back pads.	T or F. It is now allowable for jerseys to be modified to expose shoulder pads and back pads?

No.	Rule	Answer / Notes	Situation
49	1-5-1d(5)a and 1-5-2b	Answer is C & D	Which of the following are not equipment violations? A. Exposed back pads B. Exposed shoulder pads C. Clear mouth guard D. Gloves with SFIA stamp. E. Both A & B.
50	2-17, 9-3-6, 9-3 Penalty	Answer is C. In a continued effort to minimize risk, clipping in the free-blocking zone is illegal.	Which of the following is most correct: A. Clipping is allowed in the free-blocking zone B. Clipping is acceptable if away from the play. C. Clipping is now illegal anywhere on the field at any time. D. Clipping is legal if the block is from the front.
51	1-5-1d(5)a	Answer is C	Tooth and mouth protectors shall include which of the following: A. An occlusal portion which protects and separates the biting surface. B. A labial portion that protects the teeth and supporting structures. C. Both A and B D. None of the above