

2025 SDCFOA Rules Summer Study

1. During a sweep around the end, a pulling guard makes initial contact with a linebacker's hands, which are below his waist. The guard then completes the block below the linebacker's knees.
 - a. Legal Block
 - b. Illegal block below the waist
2. A, 1/10, A-20. The runner advances to the A-30 when he is hit and fumbles. While the fumble is in flight, a defensive player intentionally bats the ball toward his own goal line. Another defensive player catches the ball at the A-34 and is tackled immediately.
 - a. A, 1/10, A-45 after penalty for illegal batting
 - b. A, 1/10, A-30
 - c. B, 1/10, A-34
3. A, 2/8, B-38. After Team A has been set for 1 second, three interior linemen move from a 2-point to a 3-point stance at the same time a tailback goes in motion. The ball is snapped while the tailback is still moving.
 - a. Live ball foul. A, 2/13, B-43. Illegal shift
 - b. Live ball foul. A, 2/13, B-43. Illegal motion
 - c. Dead ball foul
4. Targeting only involves contact to an opponent above the shoulders.
 - a. True
 - b. False
5. A, 1/10, B-12. An eligible receiver runs a pattern in the end zone and leaps to catch a pass. As the receiver leaps to catch the pass, his own momentum carries him back into the field of play where he is first contacted and is tackled at the B-1.
 - a. Touchdown
 - b. A, 1/G, B-1
6. A defensive player catches a pass in his own end zone and then fumbles the ball over the endline.
 - a. Touchdown
 - b. Safety
 - c. Touchback
7. A player who initiates contact against a defenseless player is responsible for making legal contact. When in question, a player is defenseless. Examples of a defenseless player include:
 - a. A receiver attempting to catch a pass
 - b. The intended receiver of a pass in the action during and immediately following an interception or potential interception
 - c. A kick returner attempting to catch or recover a kick, or one who has completed the catch or recovery and has not had time to protect himself
 - d. A player obviously out of the play or not in the immediate vicinity of the runner
 - e. A player who receives a blindside block with forcible contact not initiated with open hands
 - f. All the above
8. Defenseless player provisions do not apply to a passer until a legal forward pass is thrown. The passer continues to be a defenseless player until the pass ends or he moves to participate in the play.
 - a. True
 - b. False

9. The basic spot is the spot where the run ends when R commits a post-scrimmage kick foul. R fouls behind the post-scrimmage kick spot are spot fouls.
- True
 - False
10. Time for the first half expires as the runner advances to the B-33, where he is tackled. After the runner gets up but before the Referee holds the ball in one hand over his head, a defensive player punches the runner. The offensive team accepts the penalty.
- A, 1/10, B-18; the period is extended for one untimed down; B45 is disqualified
 - A, 1/10, B-18; the period is extended for one untimed down
 - The period is over; enforce the penalty on the second-half kickoff; B45 is disqualified
 - The period is over; enforce the penalty on the second-half kickoff
 - The period is over; the penalty cannot be
11. K, 4/5, K-30. A kicker punts the ball. An official blows an inadvertent whistle while the ball is in flight. When the down is replayed, the clock will start on the:
- snap
 - ready for play
12. A, 4/9, A-34. A Team B substitute realizes his team has only 10 players on the field. He enters the field at the B-36 during the down, but the play goes to the other side of the field, where the runner is downed at the A-41.
- Dead ball foul. A, 4/4, B-39
 - Live ball foul. B, 1/10, B-46
 - Live ball foul. B, 1/10, A-46
 - Live ball foul. A, 4/4, A-39
13. K, 4/13, K-36. The clock is stopped after an incomplete pass. The kicker kicks the ball from the K-26. A receiver signals for a fair catch at the R-40 but muffs the ball. An official blows an inadvertent whistle while the ball is loose. When the down is replayed:
- The clock shall start on the ready because of the inadvertent whistle
 - The clock shall start on the ready because of the fair catch signal
 - The clock shall start on the snap because it is after a legal kick
14. A, 2/8, A-43. After the first-down play, the QB has a bloody nose. The referee stops the clock and sends the QB to his sideline. Team A head coach requests a time-out. During the time-out, the bleeding is stopped and the QB returns to the huddle.
- Because Team A called a time-out, the QB can return
 - Only an outside the 9-yard marks conference can be held
 - The QB must remain in his team box for at least one down
15. K, 4/6, K-28. Team K is in a scrimmage kick formation. Immediately after the snap, a kicker holds a receiver at the LOS. The punter kicks the ball. It is caught by a receiver at the 50 and returned to the K-45. Team R accepts the penalty.
- K, 4/16, K-18. Clock starts on the ready
 - K, 4/16, K-18. Clock starts on the snap
 - R, 1/10, K-35. Clock starts on the ready
 - R, 1/10, K-35. Clock starts on the snap
 - a or c
 - a or d

16. Right guard A1 false starts. B2, lined up opposite A1 reacts to A1's movement by charging across the line and barreling into A1. A3 curses B2.
 - a. All of the penalties cancel.
 - b. Only the penalty for the false start is enforced.
 - c. The false start is enforced, the yardage for the other penalties offset,
 - d. All- Of the penalties are enforced in the order in which they occurred.

17. 2. Fourth and 15 at team K's 20 yardline. The snap flies over punter K1's head and is grounded at team K's five yardline when R2 intentionally kicks the ball into and out of team K's end zone.
 - a. If the penalty is accepted, it will be first and 10 from team K's 30 yardline:
 - b. If the penalty is accepted, it will be fourth and 10 from team ICs 20 yardline.
 - c. If the penalty is accepted, it will be fourth and five from team KS 30 yardline,
 - d. If the penalty is declined, it will be first and 10 for team K at its own 20 yardline.

18. 3. First and goal at team B's 10 yardline. Quarterback A1 runs to team B's eight yardline, then retreats to team B's 15-yard line and throws a forward pass to A2, who is in team B's end zone. A2 makes the catch. At no time are there team A ineligible downfield.
 - a. Illegal forward pass; it will be second and goal from team 15-yard line.
 - b. Illegal forward pass; it will be second and goal from team B's 20-yard line.
 - c. Illegal forward pass; it Will be first and goal from team BS 15-yard (6-1-2line.
 - d. Legal pass; team A touchdown,

19. 4. Late in the game with the score tied, team K lines up to free kick. Kicker K1 places the ball at the right hash for an apparent outside kick. After the referee's ready-for-play signal, K2 picks up the ball, runs to the left hash at team K's 35-yard line, places the ball there and kicks it.
 - a. No problem.
 - b. No problem as long as team K abides by all formation rules.
 - c. Foul. Once the ball has been placed, it may not be relocated unless there is a charged timeout.

20. K16 punts from the K-30. While the ball is in the air, R45 holds K23 at the 50. R29 catches the punt at the R-30 and returns it to the K-40. The penalty is accepted. (10-4-3)
 - a. Replay the down
 - b. R, 1/10, R-40
 - c. R, 1/10, R-20

21. During a legal scrimmage kick, a kicker commits a blind side block on a receiver beyond the expanded neutral zone. A receiver makes a valid fair catch. In order to retain the ball, the receiver must decline kicker's foul.
 - a. True
 - b. False

22. A, 3/6, B-26. An offensive back is illegally in motion when the QB takes the snap and throws a pass to an eligible receiver. A defensive player intercepts the pass at the B-20 and returns it to the B-40. During the return, a defensive player blocks an offensive player below the waist at the B-32.
 - a. B, 1/10, B-17 if B declines A's penalty
 - b. A, 1/10, B-16 if both penalties are accepted
 - c. A, 3/6, B-26 only if A accepts B's penalty

23. The QB throws a pass which is intercepted beyond the line of scrimmage. During the runback, a B player blocks an A player in the back, and an A player grabs and releases the runner's facemask.
 - a. Double foul; the down must be replayed
 - b. B can retain the ball if it declines A's foul

24. K, 4/7, K-15. K is in a scrimmage kick formation. Immediately after the snap, the nose guard runs directly into the snapper. The punter runs to the K-18 and punts. A receiver catches the kick at the K-35 and is downed at the K-30.
- R can retain possession by declining K's foul. R, 1/10, 50-yard line
 - K can re-kick by declining R's foul. K, 4/12, K-9
 - Fouls offset. R, 1/10, K-30
 - a or b
 - Replay the down
25. A, 3/5, A-27. An eligible receiver catches a legal forward pass at the A-37 and runs to the A-45, where he is tackled. During the run, an offensive player holds a defensive player at the A-40. ES is:
- A-27
 - A-45
 - A-40
26. A, 3/5, A-27. An eligible receiver catches a legal forward pass at the A-37 and runs to the A-45, where he is tackled. During the pass, an offensive player holds a defensive player at the A-20. ES is: (10-4-2e)
- A-27
 - A-45
 - A-20
27. A, 3/2, A-16. A legal forward pass is intercepted at the A-45; the intercepting player runs to the A-20, where he is tackled. During the run, a defensive player blocks an offensive player below the waist at the A-30. ES is:
- N/A. Replay the down
 - A-16
 - A-30
 - A-20
28. K1's kickoff rolls untouched toward the pylon on the left side of the field. The ball strikes the pylon.
- Free kick out of bounds
 - Touchback
 - Team A ball at $\frac{1}{2}$ yard line
29. Team A requests a rubber ball on second down after using a leather ball on first down.
- Request denied
 - Allow replacement
 - OK if ordered by the Referee or other Game Official
 - Both A and C
30. The penalty for a player who is not properly equipped is to remove that player for at least one down.
- True
 - False
31. Team A's captain can request a time-out prior to:
- The designated representative making a penalty decision.
 - Deciding whether A will snap or free kick following a fair catch
 - Designating where the ball is to be spotted on the 3-yard line for a try.
 - Both B and C.
32. During the first quarter, A23 is noticed wearing pants that do not cover his knees.

- a. Official timeout
 - b. A23 is removed until his pants are legal and cover the knees
 - c. A's coach is penalized for his player with illegal equipment
 - d. All of the above
 - e. Both A and B
33. During the pregame inspection of the field, the officials note the placement of the pylons. They are placed at the inside corner of the sidelines and the goal lines and at the inside corner of the sidelines and the end lines. In addition, pylons are placed at the intersection of the hash marks extended and:
- a. The end lines
 - b. 3 feet beyond the end lines
 - c. Either A or B
34. Failure to properly wear required equipment when the snap is imminent is a delay of game foul
- a. True
 - b. False
35. If a player is injured and his team has fewer than 11 players, the game is immediately forfeited.
- a. True
 - b. False
36. Phones and headsets may be used by players during a charged timeout when the sideline conference is used.
- a. True
 - b. False
37. K is attempting a try. The placekick holder, with his knee on the ground, catches the snap and immediately passes the ball to the would-be kicker, who completes a pass to a receiver in B's end zone.
- a. A scores 2 points
 - b. The ball is dead when the placekick holder passes it to A16
 - c. Illegal procedure; B can choose to replay the down
38. Team A elects to have the ball placed on the left hashmark after a touchback. Before the snap, a defensive player encroaches. After enforcement of the penalty:
- a. A may choose to have the ball moved to the middle of the field
 - b. A must use a timeout to have the ball moved to the center
 - c. The ball may not be moved after the penalty
39. A, 2/9, A-30. The runner fumbles at the A-38. The ball bounces high into the air when a defensive player leaps to control the ball. After controlling the ball in the air, he touches the sideline when he lands at the A-40.
- a. B, 1/10, A-40
 - b. A, 1/10, A-40
 - c. A, 3/1, A-38
40. K, 4/9, K-40. K10 kicks the ball and it comes to rest at the R-23. A kicker touches the ball and a receiver picks up the ball and runs to the R-47 where he is tackled.
- a. R, 1/10, R-47. Clock starts on the snap
 - b. R, 1/10, R-47. Clock starts on the ready
 - c. R, 1/10, R-23. Clock starts on the snap
 - d. R, 1/10, R-23. Clock starts on the ready

41. If R34 makes a fair catch and is then tackled by K25, it is a dead-ball foul.
- True
 - False
42. If an inadvertent whistle sounds but the penalty is accepted for a foul which occurred prior to whistle, the inadvertent whistle is ignored.
- True
 - False
43. A, 4/20, K-15. K27 punts the ball and replaced player R76 is flagged for not getting off the field before the snap. R34 catches the punt and has his helmet pulled off by K84 on an attempted tackle. R34 remains standing and the whistle is blown. R55 then retaliates against K84.
- The whistle was inadvertent
 - None of the fouls are enforced and the down is replayed.
 - It will be Team K's ball 4/5 at the K-30
 - Team K will have a first down at the K-30
44. Team A breaks its huddle, and all players come to a complete stop for three seconds. When the quarterback says, "Set," all players go into a three-point stance except guard A2. Back A3 starts in motion, after which A2 goes into his three-point stance. The ball is snapped two seconds later.
- False start
 - Illegal shift
 - Illegal motion
45. After a play ends inbounds, an official sees A1 has twisted his ankle. An official's timeout is declared. Within 20 seconds, A1 says he feels fine and wants to remain in the game. Team B is then granted a charged team timeout. May A1 remain in the game?
- Yes
 - No
46. Runner A1 is running down the left sideline. He is met just short of the goal line by B1. A1's body never gets to the plane of the goal line but, with his foot still touching the ground in the field of play, with the ball in his left hand, he breaks the plane of the goal line extended outside the sideline plane.
- Touchdown
 - No Touchdown
47. During a charged team timeout, the coach of team A meets with his team on the sideline. All uniformed personnel are involved in the conference.
- Legal
 - Illegal
48. RI makes a fair catch of a scrimmage kick at team K's 33 yardline. Team R chooses to attempt a free kick and a potential field goal. Is the ball snapped?
- Yes
 - No
49. An official's timeout occurs:
- When a player appears to be injured.
 - When the runner's helmet comes off.
 - When either team scores a touchdown,
 - When a first down is declared outside two minutes in the second and fourth quarters.
 - Following a try.

50. Before the ready for play on a try, team K requests that the ball be placed at the left hashmark. The kick is unsuccessful beyond the endline. While the kick is in flight, RI is flagged for holding. Team K accepts the penalty and requests that the ball be placed in between the hashmarks.
- a. The request is granted.
 - b. The request is denied.

2025 SDCFOA Rules Summer Study Answers

1. B (2-3-7)
2. C (2-2, 9-7-2)
3. A (2-39, 2.39)
4. A (2-20-2)
5. B (2-15-2, 2.15.2)
6. C (2-13-2, 8-5-3d)
7. F (2-32-16)
8. A (2-32-11, 2-32-16a)
9. B (2-41-6)
10. C (3-3-6; 9-4-3j Penalty)
11. B (3-4-2c, 3.4.2C)
12. C (3-7-6, 3-7-6 Penalty, 10-4-5c, 2-41-10)
13. A (3-4-2c)
14. C (3-5-10c, 3.5.10.A)
15. F (3-4-2b-3, 3.4.2D, 3-4-3b, 3-4-3c, 10-4-2 EXCEPTION)
16. C (10-5-2b) The penalty announcement will include that this is A3's first UNS.
17. C & D (9-7 Penalty, 8-5-1, 10-4-2d, Table 10-4 (the 5th line))
18. D (7-5-1)
19. C (6-1-2) Free Kick Infraction see 6-1-2 Penalty
20. C (10-4-3) The basic spot is the spot where the kick ends when R commits a post-scrimmage kick foul (2-16-2h). R fouls behind the post-scrimmage kick spot are spot fouls.
21. B (10-4-2 Exception)
22. A (10-2-2a, b)
23. B (10-2-1; 10-2-2) "Clean hands" principle. In this scenario, both teams foul after a change of possession, B may retain the ball if he declines A's foul; ES is likely the spot of B's foul.
24. E (2-16-2h, 2-24-4, 2-24-9, 2-33, 6-5-1, 10-1-1, 10-2-1b, 10-3-1a, 10-3-2)- Procedure for double foul when R's foul is a non-PSK foul prior to R's possession at the end of the down.
25. C (10-3-2; 10-4-4; 10-6) Enforcement of foul during running play.
26. A Foul by A that occurs behind the LOS when the run ends beyond the LOS.
27. C (10-3-2; 10-4-4; 10-6) The all-but-one principle during a run after change of possession; "clean hands" principle.
28. B (1-2-4)
29. D (1-3-2, 1-3-3)
30. A (3-5-10e)
31. D (1-4-4)
32. E (3-5-10e)
33. C (1-2-4)
34. B (3-5-10e)
35. B (1-1-3)
36. A (1-6-1)
37. B (4-2-2a EXCEPTION 1; 4.2.2A)
38. A (4-3-6f, 4-3-7)
39. C (4-3-1 EXCEPTION (New))
40. C (4-2-2f)
41. A (4-2-2-g, 6-5-2, 9-4-3b)
42. A (4-2-3-d)
43. C (2-16-2h, 3-7-4, 4-2-2k, 9-4-3g, 9-4-3h, 10-2-1)
44. B That is an illegal shift. All 11 players of team A did not come to an absolute stop and remain stationary simultaneously for at least one second after the shift. It's a live-ball foul at the snap. If accepted, the five-yard penalty is enforced from the previous spot and the down is repeated (7-2-6)

45. B No. A1 must leave the game for one down because an official stopped the clock for an apparent injury. Team B's timeout does not allow him to remain in the game (3-5-10a, 3.5.10 A).
46. A It is a touchdown. As long as the runner is touching the ground inbounds when the ball breaks the plane of the goal line or the goal line extended, a touchdown results. (2-20-3, 8-2-1a).
47. A Legal. If the conference is held in front of the team box, there are no restrictions on who may be included. (2-6-2, 9-8-1f).
48. B No. The teams line up as they would for a kickoff. The free kick lines are 10 yards apart. There is no snap. The opponent of the kicking team may not break the plane of its free kick line until the ball is kicked. The team attempting the kick may use a drop kick or a place kick, not a punt. (6-1-1, 6-5-4, 8-4-1).
49. A, B, C, D, E (3-5-7b, 3-5-7l, 3-5-10a, 3-5-10d)
50. A (8-3-8)