



NFL Youth Flag Football Rules Test

1. Who gets the ball first to start the game?
2. A team can defer to the 2nd half. True or False
3. When does a possession by offense not start at the 5-yard line?
4. What is the minimum number of players a team must have?
5. How long is half time?
6. Each Team gets 2 time outs each half. True or False
7. When are interceptions not able to be returned for a touchdown?
8. Coaches cannot challenge an Official's call. True or False
9. The ball is spotted at the ball carriers flag when his flag is pulled. True or False
10. Diving, leaping or jumping is considered flag guarding...Spinning is allowed, but players cannot leave their feet to avoid a flag pull. Making a quick move (football move) pushing off one foot and landing on another to avoid getting a flag pulled is legal? True or False
11. When can an offensive player block or "screen" a defensive player?
12. Where must a referee stand to determine that passes are thrown from behind the line of scrimmage and that all passes are received beyond the line of scrimmage?
13. The passer has 7 seconds to throw a pass after receiving a hand off. True or False
14. How far back does a pass rusher have to be?
15. The maximum number of players that can rush the QB is 4? True or False
16. It's a penalty if rusher crosses rush line prior to the snap...offense has a choice of accepting the penalty or the play. True or False
17. Do rushers have to report to the official?
18. The rusher can make contact with the QB if he blocks the pass. True or False
19. An offensive player can impede the rusher if he stands still. True or False
20. Defenders cannot dive to pull a flag. True or False
21. If a defender strips the ball from the ball carrier it is dead where the ball touches the ground. True or False
- 22. Unsportsmanlike Conduct – what happens when an official sees?**
 - 1) Act of intentional tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act?
 - 2) Offensive or confrontational language

Fill in the Blanks:

<u>Defense</u>	<u>Spot Foul</u>	<u>Marked from LOS</u>	<u>First down</u>	<u>Loss of down</u>	<u>Yardage</u>
Offside					
Roughing the passer					
Stripping					
Taunting					
Illegal contact (Holding, blocking, etc)					
Illegal flag pull (Before receiver has ball)					
Illegal rushing (rush inside 7-yard marker)					
Unnecessary Roughness					
Defensive Pass Interference					

<u>Offense</u>					
Offside					
Charging					
Delay of game					
Illegal motion (More than one person moving, false start, etc)					
Illegal forward pass (Pass received behind LOS or throwing a pass beyond LOS)					
Offensive pass interference (Illegal pick play, pushing off/away defender)					
Flag guarding					
Screening, Blocking or Running with ball carrier					
Offensive Unnecessary Roughness					