

2008 NFHS Football Rules Examination - Part I

Check the box for the answer.

Rules Changes, Editorial Changes or Points of Emphasis for 2008:

1. The head coach can now designate another coach for the purpose of requesting time-outs. True
2. Coaches and officials must collaborate to protect the player by teaching proper techniques and penalizing improper use of the football helmet. True
3. A multiple foul is one or more live-ball fouls (other than nonplayer or unsportsmanlike). False
4. After a fumble, kick or backward pass has been grounded, a new force may result from a bat, an illegal kick or a muff. True
5. The use of an illegal kicking tee will now be penalized as unsportsmanlike conduct committed by the player. False
6. The official discovers a player who is bleeding, has an open wound, has any amount of blood on his/her uniform, or has blood on his/her person, shall be directed to leave the game until the bleeding is stopped, the wound is covered, the uniform and/or body is appropriately cleaned, and/or the uniform is changed before returning to competition. True
7. The helmet shall be secured by a properly fastened chin strap with at least four attachment points. True
8. Coaches and players must recognize and be aware of team and coaching-box rules that are in effect during the contest. True
9. Unused second half time-outs can be used in overtime. False
10. It is recommended that the restraining line be marked by placing 12-inch-long lines, separated at 24-inch intervals. True

Authorized Conferences:

11. An authorized conference may be held following a try. True
12. The coach is permitted to use only one of the two types of conferences during a game. False

Batting:

13. It is not a foul if a player contacts a loose ball with his hand. True
14. The penalty for illegal batting is 15 yards and loss of down. False
15. Batting a fumble in flight is illegal. False
16. A forward pass may be batted in any direction by all eligible receivers. True

Blocking:

17. A team B player may use locked hands to ward off an opponent who is blocking him or attempting to block him. False
18. It is an illegal use-of-hands foul if the runner grasps a teammate. True
19. Following an interception, it is legal for the intercepting team to block below the waist. False
20. It is illegal for B1 to trip runner A1. False

Dead Ball:

21. The ball becomes dead during a try when B1 secures possession or as soon as it is apparent that a kick try is unsuccessful. True
22. A legal, free or scrimmage kick that is not a scoring attempt does not become dead until the ball touches something after it is behind R's goal-line plane. False

Definitions:

23. The ball is live only during a down. True
24. A drop kick is a legal kick by a player who drops the ball and kicks it just before it has touched the ground. False
25. Loss of down is the loss of the right to replay a down. True
26. Spearing is an act by a defensive player who initiates contact with a ball carrier with the front of his helmet. False
27. In a scrimmage kick formation, the snapper has special protection only until the ball has clearly been released in a legal snap. False
28. The basic spot is a point of reference for penalty enforcement. True
29. A loose ball is a pass, fumble or kick. True
30. A player is in the free-blocking zone when any part of his body is in the zone at the snap. True

Downs - New Series:

31. The down does not end when a runner is held so that the runner's forward progress is stopped. False
32. Roughing the kicker is a foul that results in a 15-yard penalty plus a first down. True

Equipment - Game/Field:

33. The ball shall contain one set of either 10 or 14 evenly spaced laces. False
34. Supplementary equipment to aid in game administration may be used if authorized by the referee. False
35. The goal is a vertical plane midway between the sidelines extending indefinitely above the crossbar and outer edges of the uprights and in the same vertical plane as the inside edge of the end line. False
36. The kicking tee may not elevate the ball more than 2 inches above the ground. True
37. The bottom edge of the crossbar shall be 10 feet above the ground. False
38. Advertising and/or commercial markings on the field of play are prohibited. True

Equipment - Player:

39. A player's towel may have a ball-drying product applied to it that will affect the football. False
40. Players of the same team can participate during the same down while wearing identical numbers. False
41. The equipment that all players are required to wear shall be professionally manufactured and not altered to decrease protection. True
42. Tear-away jerseys may be worn if both coaches agree to use them. False
43. Equipment that becomes illegal through game use is handled by rule procedure without penalizing the player or the head coach. True
44. A player's hard forearm cast/splint must be covered on all exterior surfaces with no less than 1/2-inch thick, high density, closed-cell polyurethane, or an alternate material of the same minimum thickness and similar physical properties. True
45. If a player does not have a helmet that met the NOCSAE test standards when manufactured, he may participate, but a 5-yard penalty shall be enforced. False

46. Player's jersey numbers are limited to those that are 1 through 99. True

Fouls:

47. Tripping an opponent who is not the runner is legal. False
48. If a false start causes B to encroach, only the false start is penalized. True
49. If a player is charged with an unsportsmanlike foul because of a prolonged or excessive act, he must also be disqualified. False
50. If a replaced player is unable to leave the field prior to the snap, it is an illegal substitution foul if he does not participate nor affect play. True
51. An offensive player cannot commit a spearing foul. False
52. It is an unsportsmanlike foul if disqualified A1 re-enters to participate. False
53. The spot of a foul is where the foul occurs. True
54. In all situations, the first team box violation charged to Team A or B results in a 5-yard penalty. False
55. A live-ball foul and a dead-ball foul cannot be combined to create a double foul. True
56. It is an unsportsmanlike foul if a coach is detected using tobacco. True

Fundamentals - Fundamental Statements:

57. A foul can cause the loss of the ball. False
58. The distance penalty for any foul may be declined. True
59. Forward pass interference can occur behind, in or beyond the neutral zone. False
60. A scrimmage kick recovered in or behind the neutral zone may not be advanced by K or R. False

Illegal Participation:

61. If a substitute or replaced player influences the play, it is illegal participation. True
62. Illegal participation can be a non-player foul. False

Illegal Formation:

63. An offensive player is on his line of scrimmage when he complies with the position requirements of a lineman. True
64. A defensive player is considered on the line of scrimmage when he is within 2 yards of the line of scrimmage at the snap. False
65. A scrimmage formation requires a minimum of five A players legally on their line at the snap. False
66. Any player of A numbered 1-49 or 80-99 who is an interior lineman at the snap is not an eligible pass receiver. True

Passing:

67. If an illegal forward pass strikes the ground, the ball remains live. False
68. A player who is an eligible receiver at the snap may become ineligible during the down. False
69. A backward pass is a pass thrown with its initial direction parallel with or toward the runner's end line. True
70. Pass eligibility rules apply to both legal and illegal forward passes. False
71. A passer continues to be a passer until the legal forward pass ends or until he moves to participate in the play. True
72. A forward pass is a pass thrown with its initial direction toward the opponent's end line. True

Penalty Enforcement:

73. It is unsportsmanlike conduct for any player to commit any act that tends to engender ill will. True
74. If a player commits an obviously unfair act that has no specific rules coverage, the referee may enforce any penalty he considers equitable. True
75. The penalty for an unsportsmanlike foul is enforced from the spot of the foul. False
76. If the head coach is ejected, the game must be forfeited immediately. False
77. If B fouls during a successful field goal by A, the penalty is automatically declined. False
78. If a foul occurs simultaneously with the snap, it is enforced from the succeeding spot. False

Possession:

79. A muff and a fumble are considered one and the same by definition. False
80. When a ball is loose, it is in possession of the team of the player who was last in possession. True

Safety:

81. It is a safety if A1 retreats into A's end zone and fumbles the ball beyond the end line. True
82. On kicks entering R's end zone, the determination of force dictates whether it is a touchback or a safety. False
83. The team whose goal line is involved shall put the ball in play anywhere between the inbounds lines on its 20-yard line by a snap after a touchback and by a free kick after a safety. True
84. If B1 intercepts a forward pass in B's end zone and drops to one knee, it is a safety. False

Scrimmage Kicks:

85. Team A may punt, drop-kick or place-kick from in or behind the neutral zone before the team possession has changed. True
86. A punt is a legal kick made while the ball is in a fixed position on the ground. False
87. If a scrimmage kick becomes dead inbounds with no player in possession, it belongs to R. True
88. The touching of a low scrimmage kick by any player is ignored if the touching is in or behind the expanded neutral zone. True

Snap:

89. After touching the ball, the snapper may remove both hands from the ball. False
90. An illegal snap causes the ball to remain dead. True
91. The snapper may have his free hand on the ground in advance of the ball. False
92. A snap is the legal act of passing or handing the ball backward from its position on the ground. True

Time-outs:

93. Charged team time-outs shall be reduced in length if both teams are ready to play before the ready-for-play signal. True
94. The ball shall be declared ready-for-play immediately when the team that called the time-out is ready to resume play. False
95. A clock will start with the ready-for-play following a television time-out. False
96. An official's time-out can be called for unusual heat or humidity situations. True

Timing:

- 97. A state association may establish guidelines to use a running clock when a point differential is reached. **True**
- 98. After the ball goes out of bounds, the clock always starts with the ready-for-play. **False**
- 99. The clock will start with the snap following the enforcement of a "delay of game" penalty. **True**
- 100. On all free kicks, the clock will start when the ball is marked ready-for-play. **False**

Answers:

[Questions/Corrections](#)