

NK FLAG Football League Rules Review – September 1, 2015

1. What happens if a regular season game ends in a tie? *[section VII-7]*
 - A) Nothing. It's a tie.
 - B) A turn-based overtime period.
 - C) A coin toss to see who wins.
 - D) A sudden death overtime period.
2. A ball is snapped from the center to the QB, who is standing with both feet in the end zone. The QB catches then drops the ball. What is the correct call? *[section VIII-3]*
 - A) Live football.
 - B) Live Football QB cannot run past the LOS.
 - C) Dead Ball spot at the one yard line.
 - D) Dead Ball – safety. The defense is awarded 2 points.
3. True or False: After a Safety, the team that just got 2 points gets to receive the ball. *[section VIII-3]*
 - A) True
 - B) False
4. The Mercy rule is in effect once a team is down by ___ points or more. *[section VII-5]*
 - A) 15
 - B) 18
 - C) 21
 - D) 24
5. When a ball is snapped from the center to the QB and the ball hits the ground prior to being touched by the QB. *[section X-1]*
 - A) The play should be allowed because it did not hit the QB hands first.
 - B) The play is blown dead because the ball cannot hit the ground.
 - C) The play should be allowed because fumbles are allowed in NK Flag.
6. An offensive player catches a pass and lands with one foot inbounds before falling out of bounds. *[section X-3]*
 - A) The catch is good because he/she had one foot in bounds.
 - B) The catch is no good because a player needs two feet in bounds.
7. Which of the following does NOT stop play? *[section X-7]*
 - A) An accidental whistle from the official.
 - B) A receiver with no flags catching the ball.
 - C) The 7-second pass clock expires.
 - D) A pass interference penalty.
8. A ball carrier fumbles the ball onto the ground. A defender recovers it and returns it to the other end zone. What happens? *[section X-8]*
 - A) It's a change of possession. The ball is brought back to the recovering team's 5-yard line.
 - B) It's a Touchdown! The team that returned the fumble is awarded 6 points.
 - C) It's a change of possession. The recovering team takes over at the spot the ball was recovered.
 - D) There is no change of possession. The ball is returned to the spot where it hit the ground and the down is consumed.

9. Coaches are allowed to challenge official calls; however, if the official's ruling was correct the team who challenges the call will... *[section X-9]*
- A) be assessed a 10 yard penalty for each occurrence.
 - B) lose a timeout for each occurrence.
 - C) Both A & B.
10. After a change of possession: *[section X-10]*
- A) The defensive unit is allowed up to 30 seconds to set up.
 - B) The offensive can run a play as soon as the ball is spotted.
 - C) The defensive team is not allowed to call timeout.
11. If the ball carrier gets one foot in the end zone, but the ball does not pass the goal line and the ball carrier's flag is pulled on the one yard line. The correct call is... *[section XI-1]*
- A) A touchdown is awarded.
 - B) The ball is spotted at the one yard line.
 - C) The ball is spotted at its location when the flag is pulled.
 - D) The ball is placed at the 2 yard line or the place of the furthest body part when the flag is pulled.
12. Team A is in the NO RUN ZONE. At the snap of the ball Team A hands the ball to their running back who runs to the right and throws a pass to an open receiver. The correct call is... *[section XI-5]*
- A) Penalty for running in the no run zone (5 yards & loss of down).
 - B) Penalty for throwing in a no run zone.
 - C) Legal play because the runner did not go across the LOS.
 - D) Penalty because handoffs within the No-Run Zones are illegal even if they occur during a passing play.
13. Which of the following actions is NOT considered Flag Guarding? *[section XI-9]*
- A) Spinning
 - B) Diving
 - C) Leaping
 - D) Untucking the jersey
14. The QB throws the ball from behind the LOS and the receiver is behind the LOS but drops the ball. What happens? *[section XII-1]*
- A) Incomplete Pass, ball is spotted at the LOS and down is consumed.
 - B) Illegal Forward Pass penalty results in 5 yard penalty and loss of down.
 - C) The down is replayed.
15. True or False: If an offensive player and a defensive player make a catch at the same time, the offense retains possession. *[section XII-4]*
- A) True
 - B) False
16. A defensive player is set at the 7 yard rush mark and rushes toward the LOS before the ball is snapped. The rusher can do any of the following EXCEPT: *[section XIV-3]*
- A) Cross the line of scrimmage once the ball is handed off.
 - B) Return to the rush line, reset and then legally rush the quarterback.
 - C) Cross the line of scrimmage and attempt to block a pass as long as they do not contact the QB.
 - D) Drop back and act as a defender.

17. Defense player is covering the running back and lines up on the LOS. QB fakes (convincingly) the handoff, defender crosses LOS, realizes it's a fake handoff and backs up to cover the running back in pass coverage. What is the correct call? *[section XIV-3]*
- A) No penalty because defender returned to the LOS.
 - B) Illegal rush should be called.
18. All of the following are considered "Roughing the Passer" EXCEPT: *[section XIV-4]*
- A) Quarterback is intentionally hit.
 - B) Quarterback's arm is hit after the ball is thrown.
 - C) Quarterback is hit while in the throwing motion.
 - D) A rusher uses their hands or arms to attempt to block a pass or distract the quarterback.
19. All of the following statements regarding rushing the quarterback are true EXCEPT: *[section XIV-5]*
- A) The rusher has the right to a clear path to the Quarterback.
 - B) If the rusher's path is occupied by a moving offensive player, then the rusher must avoid them.
 - C) Any disruption to the rusher's path and/or contact will result in an Impeding the Rusher penalty.
 - D) If the offensive player does not move after the snap, then it is the rusher's responsibility to go around the offensive player and to avoid contact.
20. Which of these defensive plays is acceptable? *[section XV-2]*
- A) Trying to knock the ball loose from a ball carrier grip.
 - B) Holding a ball carrier to make his/her flags easier to pull.
 - C) Diving at a ball carrier flags in order to pull them.
 - D) Pulling a player flags when the player does not have the ball.
21. If a player catches a pass but is missing one of his flags, the correct call would be... *[section XV-4]*
- A) The catch is no good and the ball is returned to the original Line of Scrimmage with a loss of down.
 - B) The player is down where he/she catches the ball.
 - C) The player is allowed to run with the ball until touched by a defender.
 - D) The catch is no good and the team is assessed a 10 yard unsportsmanlike conduct penalty.
22. The offense runs a play-action fake that was so convincing the defender pulled the flag off the running back who faked the handoff but did not have the ball. *[section XV-5]*
- A) No penalty because the defender thought the running back had the ball.
 - B) Illegal Flag Pull should be called.
23. All of the following statements are true EXCEPT: *[section XVI]*
- A) The center must always line up on the line of scrimmage.
 - B) All five offensive players must come to a complete stop before the ball is snapped.
 - C) Only one player may go in motion.
 - D) A player cannot run towards the line of scrimmage while in motion.
24. True or False: Ball carriers must make an effort to avoid defenders with an established position. *[section XVII-4]*
- A) True
 - B) False

GAME SCENARIOS

25. The QB for Team A goes back to pass and throws a pass that does not reach the LOS. On the same play a defender is called for illegal rush. Correct call is ...
- A) Offensive Team is assessed a penalty for illegal forward pass.
 - B) Defensive is assessed a penalty for illegal rush.
 - C) Both A & B, the down will be replayed because of offsetting penalties.
26. Team A crosses the line-to-gain mark at midfield and is awarded a first down. During their next play, they receive a penalty for flag guarding that takes the ball back across midfield. Which of the following is TRUE?
- A) Team A will receive a 1st down if they cross the midfield line again.
 - B) Team A cannot get another 1st down unless a penalty occurs.
27. The rusher deflected a pass thrown by the QB. The ball went straight in the air and the QB caught it before it hit the ground and while still behind the line of scrimmage. What is the call?
- A) Legal catch QB can advance until his flag is pulled.
 - B) Illegal catch violates the pass behind the LOS rule.
 - C) Illegal catch violates the pass to yourself rule.
 - D) Incomplete pass, ball is returned to the LOS and down is consumed.
28. On a play starting from his own 2-yard line, the quarterback takes the snap and is standing with both feet in his own end zone. He then throws a lateral to someone standing behind him. What happens?
- A) An Illegal Forward Pass penalty is called. The ball is spotted at the 3-yard line and the down is lost.
 - B) An Illegal Forward Pass penalty is called. The ball is spotted at the 1-yard line and the down is lost.
 - C) An Illegal Forward Pass penalty is called resulting in a safety. Defense is awarded 2 points and the ball.
29. The quarterback hands the ball off to a teammate and the teammate hands it right back. After holding the ball for about 10 seconds, the quarterback gives up and decides to run with it. He runs for a first down. What happens?
- A) Offense is awarded a first down.
 - B) The ball goes to the line of scrimmage and the down is lost because the play should have been dead after the quarterback waited for 7 seconds.
 - C) The ball goes to the line of scrimmage and the down is lost because the play should have been dead after the quarterback tried to run the ball.
 - D) There is a 5-yard penalty on the offense and the down is lost.
30. Which of the following penalties is a Dead Ball penalty?
- A) Flag Guarding
 - B) Illegal Contact
 - C) Illegal Motion
 - D) Stripping
31. If a 10-yard defensive penalty occurs 14 yards away from the end zone, where is the ball placed?
- A) The 4-yard line.
 - B) The 5-yard line.
 - C) The 7-yard line.
 - D) None of the above.

32. On the final play of the game, the quarterback heaves a pass into the end zone. The defense commits a Pass Interference penalty and the ball falls to the ground as the clock runs out. What happens?
- A) The game is over, since the clock ran out.
 - B) The ball is placed at the 1-yard line and the offense has one more play.
 - C) The down is replayed from the same spot, giving the offense one more play.
 - D) It's a Touchdown, since the defense committed a penalty in its own end zone.
33. On a play starting from the offense's own 20-yard line, the quarterback throws a pass while standing beyond the line of scrimmage at the 22-yard line. The pass is intercepted by the defense. What happens?
- A) There is a change of possession at the point of the interception.
 - B) An Illegal Forward Pass penalty is called. The ball is spotted at the 15-yard line and the down is consumed. No change of possession occurs.
 - C) The defense can accept an Illegal Forward Pass penalty and move the offense back 5 yards or decline the penalty and take the interception.
 - D) The down is replayed.
34. On a third down play starting 7 yards from the midfield line-to-gain, the quarterback hands off the ball and the ball carrier runs 15 yards then is called for flag guarding. He is 8 yards past the midfield line-to-gain when the penalty occurs. The resulting 10-yard penalty puts the ball back across the midfield line, on the original half of the field. What happens?
- A) Ball is turned over on downs.
 - B) Offense retains possession and has first down with the ball spotted on the original half of the field (2 yards from midfield).
 - C) Offense retains possession and has a second down with the ball spotted 2 yards from midfield.
35. On a third down play starting 7 yards from the midfield line-to-gain, the quarterback hands off the ball and the ball carrier runs 30 yards. Before reaching the end zone, the ball carrier is called for flag guarding at the 2 yard line. What happens?
- A) Ball is turned over on downs.
 - B) Offense retains possession and has a first down at the 12-yard line.
 - C) Offense retains possession and has a second down at the 12-yard line.
36. The quarterback throws a Hail Mary into the end zone to a receiver who is closely covered by a defender. Which of the following is ALLOWED?
- A) Defensive player can make contact with the offensive receiver as long as the defender catches the ball.
 - B) Offensive player can push off defender if it helps him reach the ball.
 - C) Defensive player can go for the ball.
37. The QB is lined up in shotgun formation with a RB behind him. The ball is snapped over the head of the QB. The QB touches the ball as it goes over his head. The RB catches the ball and runs with it. What is the right call?
- A) It is a legal run.
 - B) Illegal run because the first player to take possession after the hike is the QB. 5 yard penalty from the LOS & loss of down.
 - C) It is a dead ball where the RB caught it.

38. A player is running with the ball on 1st down and fumbles the ball off his own knee. The ball goes up in the air and is caught by a defensive player. The defensive player runs back for a TD. What's the right call?
- A) Dead ball at the spot of the fumble and the offense retains possession, 2nd down.
 - B) It is a turnover and the defense takes possession at the spot of the fumble. 1st down.
 - C) Touchdown for the team that returned the fumble.
39. A ball is snapped from the center to the QB, who is standing one foot on the in the end zone and the other just outside the end zone. The QB catches the ball and drops it in the end zone. What is the correct call?
[section VIII-3]
- A) Live football.
 - B) Live Football QB cannot run past the LOS.
 - C) Dead Ball spotted just outside the end zone at the spot of the QB's front foot .
 - D) Dead Ball – safety. The defense is awarded 2 points.