

# 2010 STUDY GUIDE NUMBER 3

## CERTIFICATION EXAM PREPARATION



1. Grabbing the inside back or side collar of the shoulder pads or jersey of the runner and subsequently pulling that opponent to the ground is a horse-collar.
2. A horse collar tackle must be completed in bounds for it to be called.
3. A horse collar tackle can be called against a player who is not the ball carrier
4. A player, nonplayer or coach may be in the restricted area when the ball is live.
5. The restricted area runs from the 25 yard line to the other 25 yard line
6. If an official makes contact with anyone in the restricted area it is a personal foul on the head coach
7. Replaced players shall leave the field within three seconds.
8. A substitute must be on his side of the neutral zone when the ball is snapped.
9. In 2010 it is legal to use a replaced player to be a decoy to spread the defense at the snap
10. Knee braces can be worn over the pants.
11. Knee braces must be inspected by the umpire to be certified as being legal
12. If a knee brace is worn knee pads are not required
13. Any player who exhibits signs, symptoms or behaviors consistent with a concussion shall be immediately removed from the game and in California shall not return to play that day and until cleared by an appropriate health-care professional.
14. Only the umpire can make the ruling that a player exhibits signs of a concussion
15. A doctor's note is required for any player to play with a hard cast on his forearm
16. The Head Coach may come onto the field to confer with his team during the intermission between periods.
17. During a time out the lineman can stay in the huddle on the field to confer with one coach and the eligible receives can go to the sideline to confer with the rest of the coaching staff
18. During an injury timeout the coach may confer with his team on the field after the substitute enters
19. Batting a scrimmage kick in or behind the neutral zone by R, in an effort to block the kick, is legal.
20. Batting a downed scrimmage kick back towards K's goal line by K is legal to keep the ball from going into the end zone for a touchback
21. A forward pass may be batted in flight by any player
22. A chop block is a legal block within the 6 x 8 yard free-blocking zone.
23. Blocking in the back is always legal 3 yards from where the ball is snapped
24. The snapper and player next to the snapper may lock arms while blocking
25. It is pass interference if ineligible A1 catches a forward pass in or behind the neutral zone
26. It is always pass interference if B makes contact with eligible receiver A 85 while the ball is in flight beyond the neutral zone

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27. There is no such foul as pass interference against an ineligible receiver
28. The ball becomes dead when any loose ball is simultaneously caught or recovered by opponents.
29. After a simultaneous catch the ball is awarded to the first of the two players to return to the ground
30. There cannot be a simultaneous catch if one player has committed pass interference
31. The neutral zone is established after the snapper has made final adjustment of the ball.
32. B players may enter and retreat from the neutral zone as long as he does so before the snap occurs
33. The snapper's is the only A player who may be in the neutral zone and then only with his hands and head
34. If an official is out of bounds when he is touched by a loose ball, the touching is ignored.
35. If an official is touched by a loose ball while he is in bounds the ball is dead and is next put in play in accordance with the inadvertent whistle provisions
36. If a loose ball touches the goal line pylon it becomes dead and is in the end zone
37. Fighting is any attempt by a player or nonplayer to strike or engage a player or nonplayer in a combative manner unrelated to football.
38. Any player who leaves the bench area to participate in a fight is disqualified
39. Only the player who started the fight is disqualified
40. The down is ended when the runner allows any part of his person, other than hand or foot, to touch the ground.
41. In almost all cases the down has already ended the official blows his whistle
42. The down includes any continued action after the ball is dead
43. A tinted eye shield is illegal.
44. A player may wear tinted prescription glasses
45. A tinted eye shield is any eye shield that transmits less than 100% of the light
46. A player's towel may have a ball-drying product applied to it that will affect the football.
47. A towel may have the team mascot's image on it
48. Only the center and the player receiving the snap may wear towels
49. Prior to the game, the umpire must check and personally verify that all player equipment is legal.
50. The umpire is the final authority on the legality of all player equipment
51. Religious symbols can be worn if taped to the players body
52. It is legal to grasp the opponent's chin strap.
53. It is legal for the runner to grasp a tacklers face mask when he is attempting to ward off a tackler
54. It is illegal to grasp the underneath backside of the helmet

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55. All dead-ball fouls are enforced separately and in the order in which they occurred.
56. A dead ball foul after a fourth down play is assessed before determining if A has reached the line to gain
57. An unsportsmanlike foul can occur when the ball is alive or dead and is assessed from the succeeding spot
58. A live-ball foul and a dead-ball foul cannot be combined to create a double foul.
59. When a 5 yard foul by A and a 15 yard foul by B occurs, only the larger distance penalty is enforced
60. B has its choice of which live ball foul to accept if there are two fouls on A during the same down
61. An illegal shift is not a foul until the ball is snapped.
62. Fouls by A that occur at the same time as the snap are enforced from the previous spot
63. A shift occurs when two or more A players move at the same time prior to the snap
64. A kick ends as soon as R1 touches the kick.
65. If scrimmage kick comes to rest beyond the neutral zone with no player attempting to secure possession, after a pause the covering official shall blow his whistle and the ball belongs to R
66. A field goal attempt is a scrimmage kick
67. No series can ever start on a down other than first.
68. When A commits a loss of down penalty on a fourth down play the yardage penalty is assessed and the ball belongs to B first down
69. During federation overtime (10 yard procedure) A is awarded a first down for defensive pass interference and receives four more downs to score.
70. It is illegal substitution to have 12 or more players participating at the snap or free kick.
71. A replaced player may not leave the field of play over the sideline opposite his team
72. A player can be replaced and re-enter the game for the same play if a time out is called.
73. After the ball is marked ready-for-play, each player of A who participated in the previous down and each substitute for A who established himself as a player must have been, momentarily, between the 9-yard marks before the snap.
74. After the ball is marked ready for play it is encroachment for a player of A or B to be in the neutral zone
75. The neutral zone for a scrimmage play runs from sideline to sideline and is as wide as the ball is long.
76. A foul for defensive pass interference by B may occur beyond, in or behind the neutral zone.
77. It is no longer offensive pass interference for an ineligible A player to catch the ball beyond the neutral zone; the foul is now illegal touching
78. Pass interference cannot be called during an illegal forward pass
79. Touching of a forward pass by B1 causes pass interference restrictions to end and all A players to become eligible.

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80. The player who receives the snap is an eligible receiver even though he may not be in the backfield at the time of the snap
81. Pass interference can occur even if there is no contact
82. The referee shall grant a captain's request for time-out prior to accepting or declining a penalty.
83. The first enforcement option chosen by a captain is final
84. A captain's request for a measurement must always be granted if it's made after a third down play.
85. The penalty for roughing the snapper is 15 yards and also a first down.
86. The defense shall not charge directly into the snapper when the offensive team is in a scrimmage kick formation even if no kick is made
87. The snapper is given protection for as long as his head is lower than his waist
88. The penalty for an illegal forward pass is 10 yards and loss of down.
89. The second forward pass by A during a down is an illegal forward pass
90. An illegal forward pass can be complete or incomplete
91. If K1 holds R1 in K's end zone to prevent R1 from recovering a blocked punt, it will be a safety if R accepts the penalty.
92. A blocked punt that ricochets out of K's end zone over the end line is a safety
93. K6 back to punt deep in his end zone and under a heavy rush purposely throws the ball forward and incomplete to avoid getting tackled there. This is a safety whether the penalty is accepted or not.
94. If B1 intercepts A's forward pass in B's end zone, it is a safety if he is tackled there.
95. B1 intercepts A's pass on the B three yard line and he runs laterally with the ball before retreating into the end zone where he is tackled, the momentum rule applies and it is B's ball at the three yard line
96. 3rd and 12, B1 intercepts A's forward pass and then fumbles as he is being tackled. A recovers in the field of play. First down for A.
97. During a scrimmage kick, the kicker remains a kicker until the ball is in flight beyond the neutral zone.
98. There can never be a roughing the kicker penalty for contact outside the tackle box
99. Kicker A16 drops the ball towards his leg in the start of a normal motion for a punt and is contacted by B56 before the ball hits his leg. This is not roughing the kicker
100. Any K player may catch or recover a scrimmage kick while it is in or behind the neutral zone and advance, unless it is during a try.
101. A 3rd down "quick kick" is blocked and recovered by K behind the line of scrimmage in bounds. Fourth down for K.
102. Touching of a low scrimmage kick in flight by B behind the neutral zone is ignored
103. It is not necessary to be in a scrimmage kick formation to execute a legal scrimmage kick.
104. There are now two types of scrimmage kick formations one with a holder and one without a holder and in

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both cases if the lineup is proper the numbering exception applies on fourth down plays

105. The holder may flip the ball to a teammate from the kneeling position
106. For a snap to be legal, the ball must immediately leave the hand(s) of the snapper and touch a backfield player or the ground before it touches a Team A lineman.
107. A snap must be a quick and continuous backward motion of the ball that leaves the snappers hands
108. A snap must be made between the snappers legs
109. An official's time-out can be called for unusual heat or humidity situations.
110. During a TV timeout an authorized coach – player conference may be held
111. The observation of cloud-to-ground lightning is once criteria for the immediate suspension of play during inclement weather
112. If A1 appears injured and an official calls a time-out, A1 must leave the game for at least one play.
113. If B12 is bleeding he is considered an injured player and must leave the game for at least one play
114. An injured player may be returned to the game for the next play if a team takes a charged time out to attend to the injury
115. During a down, if time expires for a period and a horn sounds from the scoreboard, the officials shall ignore the signal and play shall continue until the ball is dead
116. Officials shall ignore the “tenths of a second” feature on the scoreboard and so if the game clock is stopped with 0:00.4 left to play in a quarter that quarter is over by definition
117. If there is no operating scoreboard and the time is kept on the field there shall be an officials timeout to notify both teams with 4:00 left in the second and forth quarters
118. The clock shall start when the free kick is touched, other than first touching by K (or by the kicker to start the free kick down)
119. If a free kick from the K 40 goes out of bounds untouched by R, among other options, R has the choice to take the ball at the 35 yard line on the has mark on the side of the field the ball went out of bounds
120. R may signal for and make a fair catch of a kickoff
121. Before the game, the linesman should accompany the referee as he visits with each head coach, and examine and rule on any player equipment about which the coach has a question of legality.
122. Before the game all officials should look around the field for safety issues
123. Before the game the head linesman’s primary responsibility is to ensure that the chain crew has received proper instruction
124. When using a field microphone, the referee should announce the number of the player who committed the foul.
125. When signaling any penalty that involves having the Referee’s hands behind the back (e.g. illegal forward pass) the referee shall still face the press box even though it may be difficult to his hand signal
126. During penalty enforcement, when the captain’s most advantageous choice is obvious, quickly inform him

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how the crew will enforce the foul.

127. If the winner of the coin toss defers, the referee will step toward the press box and give the “incomplete pass” signal twice signifying that the winning captain chose to defer the selection of their option until the second half.
128. The Referee shall face the clock during the coin toss
129. The coin toss may be held with less than four captains from either team
130. After the ball is spotted, the umpire should stand over the ball until the referee marks it ready for play.
131. The Referee should mark the ball ready for play from a position in a position that is visible to the clock operator, approximately 10 yards from the line of scrimmage and 5 yards wide of the huddle
132. After the ball is spotted and until A breaks the huddle the flanks should be at the 9 yard marks.
133. All officials must consistently administer and enforce keeping the restricted area clear when the ball is alive.
134. The flank officials should work two yards off the sideline to emphasize the location of the restricted area
135. If a flank official notifies a coach in the restricted area that official should veer off and run into the coach so as to create a more serious penalty situation so the team “gets the message”
136. The umpire, on a kickoff, if a short kick is anticipated, should be positioned on K's free-kick line.
137. All officials at or near K or R's restraining line on a free kick down should have their bean bags in their hands prior to the kick
138. The back judge is primarily responsible for knowing if the kicked topped the ball driving into the ground
139. Before the kick on the kickoff, if the ball falls or blows off the tee, the back judge should sound whistle to prevent action.
140. The Referee is primarily responsible for R's goal line on a free kick
141. The umpire has primary coverage of K's goal line of R breaks a long kick return
142. All officials, during a time-out, should confirm number of remaining time-outs.
143. The back judge shall time the timeouts
144. A timeout must run its full length even if both teams are ready to play
145. If motion occurs, the strength of the formation is not determined until the snap.
146. In a balanced formation strength is by definition to the Line Judge side
147. The strong side is determined by which side has the most eligible receivers outside the tackles
148. The referee should be ready to rule on the direction (forward or backward) of a quick quarterback pass.
149. If the Referee calls intentional grounding and another official knows there was an eligible receiver in the area that official should immediately notify the referee
150. The umpire can help with trap vs. catch for quick passes over the middle