

Pre Training Study Guide

1. True or False: A quarterback may run and advance the ball across the line of scrimmage if the defense illegally rushes the QB.
2. How many points is a Safety and when can a safety occur?
3. When does a Change of Possession take place?
4. What division age groups, allow coaches to be on the field during gameplay?
5. When can substitutions be made during the game?
6. True or False: The center is not an eligible receiver or runner.
7. List 4 of the 7 ways a play is ruled dead.
8. How can you fix an inadvertent whistle being blown?
9. If an offense is going for a 1 point PAT and they throw an interception how many points does the defense receive if they return it?
10. At what yard line would you start a 1 point PAT and a 2 point PAT?
11. Can you run the ball on a 2 point PAT?
12. True or False: A ball carrier can run through a defender who is set trying to pull a flag.
13. What happens if the QB drops the ball in the endzone (all details)?
14. True or False: If the offense is penalized backward into the Pass-only zone, they are not allowed to run.
15. After crossing mid-field, the offense has how many plays to score?
16. True or False: A defense is allowed to rush on a 1-point and 2-point PAT.
17. How many seconds is the play clock? Which ref is responsible to enforce it?
18. Describe a legal pass in the Pass-Only zone.
19. In what situation is blocking or screening allowed by the offense?
20. Describe one way a runner would be called for flag guarding.

Post Training Test

21. Before the game begins, referees will check all players for what?
22. Explain the 7-second rule and how do we enforce it?
23. In what situation would the Head Ref stop the play clock?
24. How many yards is the rush marker placed from the line of Scrimmage and who does it?
25. Which referee should make an offsides call?
26. Once the ball is set and the Head ref blows the whistle in play, does the offense have to wait for the defense to be ready?
27. Explain the process of dealing with an unruly parent or coach on the sideline. Which person should you direct your communication?
28. If a coach challenges a play what is the first thing you should do?
29. After a penalty flag is thrown on a play, what is the FIRST action the refs should take?
- 30.
31. Which Referee can call an Illegal rush?
- 32.
33. True or False: An assistant coach can argue with the referees.
- 34.
35. Who is in charge of the line of scrimmage and what are they looking for pre-snap?
36. True or False: The head referee should be the first referee downfield on a deep touchdown pass.
37. On the snap of the ball, what are the two referees watching?
38. True or False: Only the Head referee should keep track of Downs.
39. What should referees do after each quarter?
40. True or False: On a pass play the Head referee should stay on the Line of Scrimmage and watch the QB.
41. True or False: Back field referees should remain silent the whole game.

