

## 2020 GHSA FLAG FOOTBALL STUDY GUIDE

1. Each player may wear pants/shorts with pockets as long as they secure the pockets with tape. F (1-6)
2. Each player must wear a quick release flag belt with two flags permanently affixed so that they fall at the hips. F (1-4-3)
3. Players may play with a hat with a hard and unyielding brim. F (1-6)
4. A player may play in a game while wearing a cast below the waist. F (1-6)
5. Players may wear pliable or non-rigid sunglasses. F (1-5-7)
6. Each player must wear pants or shorts which do not have any belt loops or pockets. T (1-6)
7. The team box, when both sidelines are used, where substitutes, replaced players, coaches, and attendants stand, is located 2 yards from the sideline and between the 20 yard lines. T (1-2-6)
8. The down box is under the jurisdiction of the line judge on a 3-person crew. T (1-3-3)
9. The Referee does not see A-1 without a flag belt as the ball is snapped and A-1 advances 25 yards before tagged by B-4. Ruling: B can take the result of the play or penalize A 5 yards from the previous spot for not wearing required equipment. T (1-4-3)
10. The Referee sees that A-1 is not wearing a flag belt after breaking the huddle and informs A-1 they need a flag belt. A-1 fails to get a flag belt as the 25 second count expires. Ruling: A will be penalized 5 yards for delay of the game. T (1-4-3)
11. A pass caught by a player with both knees on the ground shall be ruled incomplete. F (2-3-1)
12. A runner is considered down when the defender removes their flag belt. T (2-20-1)
13. Offensive line players may "bump" or "chuck" the charge of the opponent. F (2-21)
14. Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact with them. T (2-21)
15. An opponent may not hold or impede the progress of the runner in an attempt to deflag them. T (2-21-2)
16. While in the air, a player secures the ball but drops it when they contact the ground. Ruling: Legal catch. F (2-3-1)
17. The neutral zone extends from the forward point of the ball 1 yard to the B scrimmage line. T (2-16)
18. A backward pass or fumble that hits the ground is a live ball that can be advanced by either team. F (2-17-3)
19. If a player's flag belt inadvertently falls to the ground while they are in possession of the ball, the runner is down at the spot where the flag comes off. F (2-20-1)
20. Playing time shall be two 20 minute halves. T (GHSA)
21. Each team is entitled to 3 charged time-outs during game T (GHSA)
22. Anytime during the game, the playing time of the remaining periods may be shortened by mutual agreement of the opposing captains and the Referee. T (3-2-2)
23. In overtime, the ball will be put in a play at the B 15 yard line. T (GHSA)
24. During overtime, if the defense intercepts the ball and returns it for a touchdown, the game is over. F (3-3-3)
25. Once the Referee marks the ball "ready-for-play", A will have 30 seconds to snap the ball. F (3-5)
26. The start of the first and third periods will begin by placing the ball on the 14 yard line T (3-1-4 ).
27. A period must be extended by an untimed down if, during the last timed down there is a foul for which enforcement by rule results in a safety (but does not carry a loss of down). F (3-2-3)
28. The clock will run continuously for the first 19 minutes of each half unless it is stopped for a team time-out or a referee stoppage of play. T (GHSA)
29. The clock does not stop after scoring plays during the first 19 minutes of each half. T (3-2-5)
30. Approximately 1 minute before the end of the half, the Referee shall stop the clock and inform both captains of the playing time remaining in that half. Following this announcement, the clock will start on the snap. T (GHSA)
31. During the final 2 minutes of the second and fourth periods the clock will stop for a safety and will start on the snap. T (3-2-7)
32. In overtime, if A's pass is intercepted, their series has ended. T (3-3-3)
33. The goal line shall always be the zone line-to-gain in overtime. T (3-3-4)
34. The Referee may order the game clock started or stopped whenever, in their opinion, either team is trying to conserve or consume playing time by tactics obviously unfair. T (3-6-1)
35. A live ball becomes dead when any fumble or backward/forward pass touches the ground. T (4-1-2)
36. A live ball becomes dead when a runner inadvertently loses their flag belt and is legally tagged by an opponent between the shoulders and knees with one hand, including the hand and arm. T (4-1-2)
37. Runner A-1 is moving downfield when B-1 grabs the flag belt and the clip is detached but the belt stays on A-1. Ruling: A-1 has been deflagged and the ball is dead. T (4-1-2)
38. If an inadvertent whistle sounds before a forward pass is caught by an eligible pass receiver the down will be

- replayed. T (4-1-2)
39. Inbounds runner bumps into another player who is straddling the sideline. Runner is out-of- bounds. F (4-3-1)
  40. A runner is moving downfield when they slip and begin to fall. In order to maintain balance, they place the ball on the ground to stabilize while maintaining possession. Ruling: Dead ball F (4-1-2)
  41. If runner A-1 breaks the plane of the zone line-to-gain with the ball as she goes out-of- bounds, it is a first down. T (5-1-3)
  42. The zone line-to-gain shall always be 20 yards in advance of the most forward point of the ball at the start of the series. F (5-1-3)
  43. A penalty, which carries an automatic 1<sup>st</sup> down, does not necessarily change the zone line-to- gain. T (5-2-1)
  44. If a loss of down penalty by A on 4<sup>th</sup> down is accepted short of the zone line-to-gain, it will be B's ball with 1<sup>st</sup> down and zone line-to-gain. T (5-2-1)
  45. A may repeat a down if they accept a live ball penalty committed by B (excluding fouls that award an automatic first down). T (5-2-2)
  46. If A is guilty of pass interference on 4<sup>th</sup> down and that penalty is accepted, it will be B's ball with 1<sup>st</sup> down and zone line-to-gain whether or not the zone-line-to-gain is reached after enforcement. F (5-2-2)
  47. A fouls after the snap and B then intercepts a pass. During the run back, B illegally contacts an opponent. Ruling: B may retain possession if they accept the penalty against A. F (5-2-3)
  48. During a punt, both teams must have at least 4 players on their scrimmage line. F (6-1-3)
  49. Opponents may rush the kicker during a punt. F (6-1-3)
  50. Any opponent may leap and block a punt. T (6-1-5)
  51. The Referee will ask the kicking team to make the choice to declare a punt or elect to go for a first down if a penalty is accepted during a punt and the down is replayed. T (6-1-2)
  52. The players of the kicking team may move downfield after the snap. F (6-1-3)
  53. After receiving the snap, the kicker must punt the ball immediately in a continuous motion. T (6-1-4)
  54. The kicking team may catch or recover a punt and advance it. F (6-1-6)
  55. A punt may be run out of the end zone. F (6-1-9)
  56. The kicking team may catch, touch, muff, or bat a punt in flight beyond K's scrimmage line if no receiver is in position to catch the ball. T (6-2)
  57. K may only advance a punt if it is blocked by R behind their scrimmage line and caught in the air by K behind their scrimmage line. T (6-1-5)
  58. A K player may legally punt the ball to herself or another K player. F (6-1-5)
  59. A players are responsible for retrieving the ball after a down and having the snapper bring the ball from the huddle to the A scrimmage line. T (7-1-2)
  60. A backward pass may be caught in the air and advanced by either team. T (7-6-2)
  61. A backward pass that touches the ground behind the spot of the pass is dead at that spot. T (7-6-5)
  62. The snapper must pass the ball backward between their legs. F (7-2-3)
  63. A-2 lines up 1 yard from the scrimmage line, goes in motion parallel to the scrimmage line and takes a snap from the center. Ruling: Legal play F (7-3-4)
  64. There is no limit to the number of forward passes that may be thrown during a down as long as each pass originates from behind A's scrimmage line. F (7-7-1)
  65. All players are eligible to touch or catch a pass. T (7-7-1)
  66. The defensive pass interference penalty includes an automatic first down and is a spot foul. F (7-10-3)
  67. Defensive pass interference restrictions start when the ball is released by the passer. T (7-10-3)
  68. A small towel may be placed under the ball regardless of weather or field conditions prior the snap. T (7-1-2)
  69. A-1 runs the ball across the A scrimmage line, reverses their direction back behind the A scrimmage line, and throws a forward pass. Ruling: Illegal forward pass. A-1 is penalized 5 yards and loss of down. F (7-7-1)
  70. A-1 releases a forward pass while both feet are behind and the passing arm is beyond A's scrimmage. Ruling: Illegal forward pass. F (7-7-1)
  71. A player may intentionally toss the ball and catch their own untouched forward pass. F (7-7-2)
  72. A touchdown is scored when a runner reaches the ball across the opponent's goal line even if no part of the runner's body crossed the goal line prior to the deflag/tag. T (8-5-2)
  73. A legal forward pass results in a score if caught by the receiving team behind the opponent's goal line. T (8-5-2)
  74. Runner A-1 fumbles the ball on the B 3. The ball hits in B's end zone. Ruling: A's ball on the B 3. F (8-8-2)
  75. A passes the ball into B's end zone where it is intercepted and downed. Ruling: Touchback T (8-8-2)
  76. R-1 catches a punt at the R 3 yard line and is carried by momentum into their end zone where they drop the ball. Ruling: Touchback F (8-8-1)

77. B-1 intercepts a pass in their end zone. As B-1 attempts to run the ball out of the end zone, they are deflagged. Ruling: Safety F (8-8-2)
78. If B intercepts a pass or a fumble during the Try, the ball becomes dead by Rule. T (8-6-3)
79. After a safety, the ball shall be snapped by the scoring team at their 14 yard line, unless moved by penalty. T (8-8-1)
80. B-3 is rushing passer A-1 after the ball is released. While A-1 is still fading back, B-3 pushes them. Ruling: Roughing the passer, 10 yards and automatic first down. T (9-3-2)
81. The runner may use an arm or hand to protect their flags from being pulled. F (9-4-2)
82. A runner places the ball in possession over the flag belt and hits the hand of B-3 in her attempt to deflag. Ruling: No flag guard. Only the swinging of the arm or hand is considered flag guarding. F (9-4-2)
83. An opponent may not obstruct a runner's progress when removing a flag. T (9-4-5)
84. Runner A-1 is running down the sideline. B-3 reaches in with both hands and attempts to steal the ball. Ruling: Legal. F (9-3-1)
85. Rusher B-6, unable to deflag passer A-2, reaches out and bats the ball from A-2's hand to the ground. Ruling: Incomplete forward pass, no foul. F (9-3-2)
86. A blocker must have their hands by their sides or behind their back T (9-3-3)
87. B-1 is airborne while rushing the passer. Passer A-1 releases the ball. B-1 makes contact with A-1's throwing arm. Ruling: Legal. B-1 was airborne and thus could not control their body. F (9-3-2)
88. Runner A-1 is running down the sideline. B-1, attempts to deflag A-1, steps out-of-bounds intentionally to avoid the block by A-2. B-1 steps back on the field and successfully deflags A-1. Ruling: Legal. Going out of bounds pertains to a pass receiver only. F (9-6)
89. A Captain's decision to accept or decline a penalty may be made after a timeout is granted to either team. F (10-1-2)
90. B-5 encroaches prior to the snap and charges into blocking back A-6. Ruling: Penalize Team B 5 yards for encroachment, 10 yards for the personal foul, and eject the offender if the personal foul was flagrant. T (10-1-3)
91. Unsportsmanlike conduct fouls are penalized from the previous spot F (10-1-3)
92. During a running play, penalties will be enforced from the end of the run when the defense fouls in advance of the end of the run. T (10-2-5)
93. A's ball at the A 15 yard line. A-2 runs 15 yards to the A 30 where they fumble and the ball hits the ground at the A 32. During the run, B-3 is assessed a penalty for trying to steal the ball from A-2. Ruling: This is a loose ball and the penalty is marked off from the previous spot. A's ball is at the A 25. F (10-2-5)
94. If there is a double foul during the Try, the down will be replayed. T (10-3-11)
95. If B intercepts a pass with "clean hands" and thereafter they commit a foul, they may retain possession of the ball if they decline all live ball fouls by the opponents. T (10-3-3)
96. Third and goal on the B 30 yard line, B-1 commits defensive pass interference at the 10 yard line on a completed catch that gains 29 yards. Time expires in the fourth period. Ruling: If A accepts the penalty, they receive an untimed down from the B 20. T (10-2-4)
97. B-1 roughs passer A-1 on a completed pass that gains 25 yards. Ruling: In order to keep the 25 yard gain, A must decline the roughing the passer penalty. F (10-2-4)
98. Officials who wish to work both 11-man and flag football shall pay a \$15.00 additional registration fee for flag football. T (GHSA)
99. The penalty for an unsporting act is 10 yards and ejection of the offending player(s) or coach and a 1-game suspension. Ejections for fighting carry a 2-game suspension penalty. T (GHSA)
100. Only the head coach and (1) team captain shall attend the pregame officials/coaches meeting and physical distancing shall be observed. T (GHSA)