

## 2021 GHSA FLAG FOOTBALL STUDY GUIDE

1. A player may wear a soft, pliable wrist or forearm band that contains plays. T (1-5-6)
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. Each player must wear pants or shorts which do not have any belt loops or pockets. T (1-6)
4. The down box is under the jurisdiction of the line judge on a 3-person crew. T (1-3-3)
5. Players may not wear gloves, except during inclement weather. F (1-5-2)
6. A-1 and B-1 both secure the pass in the air at the same time. When they return to the ground, A-1 is in bounds and B-1 is out-of-bounds. Ruling: Completed simultaneous catch. F (2-3-4)
7. A backward pass or fumble that hits the ground is a live ball that can be advanced by either team. F (2-17-3)
8. 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)
9. The neutral zone extends from the forward point of the ball 1 yard to the B scrimmage line. T (2-16)
10. Playing time shall be two 20-minute halves. T (GHSA)
11. Each team is entitled to 3 charged time-outs during game T (GHSA)
12. 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)
13. 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)
14. In overtime, if A's pass is intercepted, their series has ended. T (3-3-3)
15. A, losing, is deflagged with 10 seconds left in the game. They line up quickly and snap the ball prior to the Referee marking it ready-for-play. Ruling: Delay of game penalty and the clock starts on the snap F (3-6)
16. The goal line shall always be the zone line-to-gain in overtime. T (3-3-4)
17. A period must be extended by an untimed down if an unsportsmanlike or non-player foul occurs during the last timed down. F (3-2-3)
18. Once the Referee marks the ball "ready-for-play", A will have 30 seconds to snap the ball. F (3-5)
19. An untimed down will extend play when there is an inadvertent whistle. T (3-2-3)
20. All overtime periods are played toward the same goal line. T (3-3-2)
21. A period may end if, during the last timed down, there is a double foul. F (3-2-3)
22. The sidelines and end lines are considered to be inbounds. F (4-3-1)
23. 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)
24. A passer who is deflagged when their arm is moving forward in an attempt to throw the ball is not considered down. F (4-1-2)
25. The ball is declared dead when a forward pass is caught simultaneously by opposing players inbounds, and the ball belongs to A. T (4-1-2)
26. 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)
27. Inbounds runner bumps into an official who is in the field of play. Runner is out-of-bounds. F (4-3-1)
28. Following the administration of an inadvertent whistle, time shall be added to the game. F (4-1-2)
29. 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)
30. If a penalty is declined, the number of the next down shall be whatever it would have been if that

foul had not occurred. T (5-2-4)

31. A penalty, which carries an automatic 1<sup>st</sup> down, does not necessarily change the zone line-to-gain. T (5-2-1)
32. 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)
33. A Rules decision, not including a timing error, may not be changed after the ball is next legally snapped. T (5-2-5)
34. 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)
35. 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)
36. During a punt, both teams must have at least 4 players on their scrimmage line. F (6-1-3)
37. Opponents may rush the kicker during a punt. F (6-1-3)
38. Any opponent may leap and block a punt. T (6-1-5)
39. 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)
40. After receiving the snap, the kicker must punt the ball immediately in a continuous motion. T (6-1-4)
41. During a punt, a K player can kick the ball to themselves or another K player behind the K scrimmage line. F (6-1-5)
42. The kicking team may catch or recover a punt and advance it. F (6-1-6)
43. A punt is muffed at the R 2 yard line and lands out-of-bounds behind R's goal line. Result: Touchback. T (6-1-9)
44. A punt may be run out of the end zone. F (6-1-9)
45. 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)
46. Quick kicks are legal. F (6-1-1)
47. A kicking team player intentionally blocks the punt and advances the caught punt beyond the zone line-to-gain. Ruling: K's ball, first down. F (6-1-5)
48. K may punt the ball once only per down. T (6-1-5)
49. Players shall ignore any signals given by the kickers or receivers. The ball remains live. T (6-3)
50. 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)
51. No player, including the snapper, may be in the neutral zone at the snap. F (7-2-1)
52. A backward pass may be caught in the air and advanced by either team. T (7-6-2)
53. Offensive pass interference restrictions begin at the snap. T (7-10-2)
54. Defensive pass interference restrictions begin when the passer releases the ball on a forward pass. T (7-10-3)
55. The snapper must pass the ball backward between their legs. F (7-2-3)
56. Anytime at or after the ball is ready-for-play, each Team A player must momentarily be at least 5 yards inbounds before the snap. T (7-3-1)
57. 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
58. A forward pass may be thrown immediately following a change of team possession. F (7-7-1)
59. All players are eligible to touch or catch a pass. T (7-7-1)
60. The defensive pass interference penalty includes an automatic first down and is a spot foul. F (7-10-3)
61. Contact by B which is obviously away from the forward pass is not defensive pass interference. T

(7-10-4)

62. A player may intentionally toss the ball and catch their own untouched forward pass. F (7-7-2)
63. B-1 while defending against a legal forward pass beyond A's scrimmage line, waves their arms in the face of A-2 who is attempting to catch the pass but makes no contact. Ruling: Defensive pass interference. F (7-10-1)
64. After A scores a touchdown, the official determines the flag belt has been illegally secured. Ruling: The touchdown will be disallowed, the player is disqualified, and the team is penalized 10 yards and loss of down from the previous spot. T (8-4)
65. 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)
66. B-4 intercepts the ball in their end zone and while in the end zone throws an illegal forward pass to B-3. B-3 is deflagged at the B 10 yard line. Ruling: B's ball with 1st down and zone line-to-gain at the B 5. F (8-8-2)
67. Following a safety, the team which was scored upon shall punt the ball from its own 20 yard line. F (8-8-1)
68. 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)
69. On a Try, once a captain has made a choice of attempting a 1, 2 or 3-point conversion, the decision is irrevocable unless a charged time-out is taken by the offense. F (8-6-1)
70. If B intercepts a pass or a fumble during the Try, the ball becomes dead by Rule. T (8-6-3)
71. 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)
72. 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)
73. A player must be on their feet before, during, and after screen blocking. T (9-3-3)
74. The runner may use an arm or hand to protect their flags from being pulled. F (9-4-2)
75. 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)
76. An opponent may not obstruct a runner's progress when removing a flag. T (9-4-5)
77. Use of words similar to the offensive audible and quarterback cadence, as well as participating while wearing illegal player equipment are noncontact fouls. T (9-1-1)
78. 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)
79. A-1 releases a legal forward pass. B-3 jumps in the air and tips the pass. While in the air, B-3 crashes into A-1. Ruling: Roughing the passer, 10 yard penalty, and an automatic 1st down. T (9-3-2)
80. A-1 crosses the scrimmage line before releasing the ball for a forward pass. After the pass, B-1 crashes into A-1. Ruling: No foul for roughing the passer since A-1 threw an illegal forward pass. T (9-3-2)
81. The kicking team may bat an airborne punt beyond the Team A scrimmage line toward their own goal line. T (9-5-1)
82. It is illegal participation when any player, replaced player, or substitute player enters during a down. T (9-6)
83. 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)
84. All penalties, except for forfeits and disqualifications, may be declined. T (10-3-3/4)
85. B encroaches prior to the snap. The official throws the flag, but forgets to blow the whistle. A-3 runs for a touchdown. Ruling: A may refuse the foul and accept the play--touchdown. F

(10-1-3)

86. Penalties by the offense will be enforced from the previous spot on all loose ball plays except when A fouls behind that spot. T (10-2-4)
87. On second down, A throws an illegal forward pass from its 5 yard line. Ruling: A's ball, third down on the A 2 1/2 yard line. T (10-3-1)
88. The offended captain has the right to decline the official's ejection of an opposing player and allow that player to remain in the game. F (10-3-3)
89. A-1 catches a pass for a score. B-3 commits a holding foul. Ruling: The scoring team may choose to have the foul enforced at the succeeding spot (Try) or the 14 yard line. T (10-3-11)
90. During the Try, A-4 commits offensive pass interference which results in a successful score. Ruling: Penalize A 10 yards from the previous spot and replay the Try. T (10-3-11)
91. All fouls are ignored after a touchdown. F (10-3-10)
92. A-1 runs for a touchdown. B-3 swears at the BJ before A-1 scores. A can have the unsportsmanlike conduct enforced at the Try or at the 14 yard line. T (10-3-10)
93. A-4 is moving forward at the snap. A-2 holds rusher B-3. When a team commits 2 live ball fouls, both will be enforced. F (10-3-8)
94. The Official Game ball for GHSA Girls Flag Football is the Wilson 1784 TDY. T (GHSA)
95. Only Head Coaches are required to take the annual online GHSA rules clinic. F (GHSA)