

2026-27 Flag Football Questions

Flag Football · Part 1 · 2026-27 · 50 questions

1. The game is played with seven players on each team, but if a team has no substitutes to replace injured or disqualified players, it may play with no fewer than ____?

- ☐ A 7
- ☐ B 6
- ☐ C 5
- ☐ D 4

2. What is the correct penalty for an illegal snap?

- ☐ A 15-yard penalty, repeat the down.
- ☐ B 10-yard penalty, repeat the down.
- ☐ C 5-yard penalty, repeat the down.
- ☐ D Repeat the down.

3. Which of the following does not result in a 10-yard penalty?

- ☐ A Holding
- ☐ B Helping a runner
- ☐ C Roughing the passer
- ☐ D Tripping

4. Which of the following would result in the IHSA mercy rule being applied?

- ☐ A Team A is winning by 36 points over Team B with 8:39 remaining in the third quarter of the game.
- ☐ B Team A is winning by 10 points over Team B with 4:39 remaining in the fourth quarter of the game.
- ☐ C Team A is winning by 40 points over Team B with 1:01 remaining in the second quarter of the game.
- ☐ D Team A is winning by 32 points over Team B with 5:03 remaining in the fourth quarter of the game.

5. Which of the following plays would not be considered a safety?

- ☐ A Player snaps the ball out of their endzone.
- ☐ B Offensive player fumbles in their own endzone.
- ☐ C Incomplete pass.
- ☐ D An offensive player's flag is pulled in their own endzone.

6. What happens if either team commits an unsportsmanlike foul during a touchdown play?

- ☐ A The touchdown is nullified
- ☐ B A loss of down
- ☐ C The opponent may enforce the penalty on the try or subsequent spot
- ☐ D The penalty is declined automatically

7. What is the correct penalty if the ball is not snapped from the ground?

- ☐ A Illegal snap- 5-yard penalty
- ☐ B Illegal snap- 10-yard penalty
- ☐ C Illegal snap- 15-yard penalty
- ☐ D Legal- the ball is not required to be snapped from the ground.

8. If the out of bounds spot is behind the goal line, the result of the play is:

- ☐ A Touchdown
- ☐ B Timeout
- ☐ C Play continues
- ☐ D Safety

9. A muff is:

- ☐ A a backwards pass
- ☐ B touching of a loose ball by a player resulting in an unsuccessful attempt to secure possession
- ☐ C a handoff
- ☐ D a catch inbounds

10. What type of jewelry is legal for girls flag football players to wear?

- ☐ A Stud earrings
- ☐ B Nose ring
- ☐ C Necklace
- ☐ D None of the above- all types of jewelry are illegal

11. Following a safety, the team whose goal line was not involved shall put the ball in play from which spot?

- ☐ A 10-yard line
- ☐ B 14-yard line
- ☐ C 20-yard line
- ☐ D 30-yard line

12. Which of the following is a 5-yard penalty?

- ☐ A False Start
- ☐ B Tripping
- ☐ C Illegal block
- ☐ D Holding

13. Which of the following is not considered a personal contact foul?

- ☐ A Charging into or throwing an opponent to the ground
- ☐ B Lifting a teammate to gain an advantage
- ☐ C Flag guarding
- ☐ D Tripping

14. Which of the following, by the runner, constitutes flag guarding?

- ☐ A Running toward the sideline
- ☐ B Handing the ball to a teammate
- ☐ C Using their arms to deny a flag pull
- ☐ D A juke

15. Where is the out-of-bounds spot when a loose ball goes out?

- ☐ A From where it was last touched.
- ☐ B At the yard line where the ball crossed the sideline
- ☐ C Nearest hash mark
- ☐ D At the last runner's location

16. Under what conditions may a team perform a legal scrimmage kick?

- ☐ A At any time before the snap
- ☐ B From any distance behind the neutral zone
- ☐ C If they are at least 2 yards behind the neutral zone and declare it before the ball is ready for play
- ☐ D Only before R has substituted

17. Which of the following penalties is considered a personal foul?

- ☐ A Contacting the passing arm or head of a player attempting to throw a pass
- ☐ B Flag guarding
- ☐ C Helping a runner
- ☐ D Intentional grounding

18. What occurs if there is an inadvertent whistle happens while the ball is in possession?

- ☐ A The down is automatically replayed
- ☐ B 5-yard penalty
- ☐ C The defense gets the ball
- ☐ D The team in possession may take the result of the play at the sound of the whistle or replay the down

19. What is the play clock in flag football?

- ☐ A 40 seconds from the end of the previous play
- ☐ B 15 seconds from the referee's whistle
- ☐ C 25 seconds from the referee's ready-for-play signal
- ☐ D 30 seconds after the ball is spotted

20. NFHS requires four periods of play. What is the clock time for each of the four periods:

- ☐ A 8 minutes
- ☐ B 10 minutes
- ☐ C 12 minutes
- ☐ D 15 minutes

21. What happens if a touchdown is scored on the final down of the fourth period and the try would not affect the outcome?

- ☐ A The try must be attempted
- ☐ B The try is not attempted
- ☐ C The scoring team can choose to skip the try
- ☐ D The game ends immediately at the referee's discretion

22. Which of the following live-ball fouls by Team A results in a loss of down?

- ☐ A Pass interference
- ☐ B Intentional grounding
- ☐ C Offside
- ☐ D Holding

23. What is the result if a successful try includes a foul by the scoring team (A) that results in loss of down?

- ☐ A Replay the try
- ☐ B No score, no replay
- ☐ C Opponent gets possession at the 10-yard line
- ☐ D 5-yard penalty and replay

24. Roughing the passer includes all the following EXCEPT:

- ☐ A Charging into the passer
- ☐ B Pulling the flag cleanly
- ☐ C Contacting the passer's head
- ☐ D Batting the ball from the passer's hand

25. If a punt crosses the neutral zone, touches R, and is then caught by K before it hits the ground, what is the result?

- ☐ A The ball is dead and belongs to K at that spot
- ☐ B The ball is dead and belongs to R at that spot
- ☐ C The ball is still live and can be advanced by either team
- ☐ D The play results in a touchback

26. Which of these is an example of non-contact unsportsmanlike conduct by a player?

- ☐ A Attempting to pull a flag
- ☐ B Yelling to call for the ball
- ☐ C Taunting with words or gestures
- ☐ D Backpedaling into coverage

27. Which of the following makes a ball dead immediately?

- ☐ A A backward pass that hits the ground
- ☐ B A backward pass caught in the air
- ☐ C A pass that is tipped
- ☐ D Punt recovered by R

28. Which of the following is optional player equipment?

- ☐ A Full shell soft helmet
- ☐ B Flag belt with two (2) pop-up flags
- ☐ C Shoes
- ☐ D Mouthguard

29. Which of the following is not a part of the uniform requirement for IHSA Flag Football Officials?

- ☐ A Black and white vertically striped, long or short sleeved knit shirt.
- ☐ B Standard black pants/shorts with the white stripe down the leg.
- ☐ C Black baseball cap with white piping or a white cap for the referee.
- ☐ D All the above are uniform requirements for IHSA Flag Football Officials.

30. What is the result if a forward fumble goes out of bounds?

- ☐ A Ball placed where it went out
- ☐ B Ball returned to the spot of the fumble
- ☐ C Automatic turnover
- ☐ D Down replayed

31. What is considered a legal snap?

- ☐ A From the ground between the legs with the QB under center
- ☐ B Side snap from the ground to QB, 5 yards back from the LOS
- ☐ C From the ground between the legs to QB, 2 yards behind LOS
- ☐ D Both B and C

32. How many charged timeouts is each team allowed per half?

- ☐ A 1
- ☐ B 3
- ☐ C Unlimited
- ☐ D 2

33. Which foul is NOT a 10-yard penalty?

- ☐ A Kick-catching interference
- ☐ B Tripping
- ☐ C Illegal shift or illegal motion
- ☐ D Illegal participation

34. Visiting teams are allowed to wear what color jerseys? Select the best answer.

- ☐ A White
- ☐ B Gray
- ☐ C Silver
- ☐ D All the above. Visiting teams are allowed to wear white, off-white, light-gray or silver. NFHS uniform rules requiring white are not mandated until the fall of 2030.

35. Which of the following is the best example that meets the flag guard penalty?

- ☐ A A running motion that results in the ball covering the flags
- ☐ B Swiping at the defender's hands
- ☐ C Stiff arming a defender in the chest
- ☐ D All the above

36. What is the appropriate game length for a girls flag game?

- ☐ A Two (2) 15-minute halves
- ☐ B Two (2) 20-minute halves
- ☐ C Four (4) 10-minute periods
- ☐ D Four (4) 12-minute periods

37. How many players is the defense allowed?

- ☐ A 7
- ☐ B 8
- ☐ C 9
- ☐ D 10

38. Who has the authority to rule on any situation not specifically covered in the rules?

- ☐ A Referee
- ☐ B Back judge
- ☐ C Side judge
- ☐ D A fan

39. What happens if both teams commit live-ball fouls during the same down and penalties offset?

- ☐ A Both teams replay the down from the previous spot
- ☐ B The team that committed the last foul is penalized
- ☐ C The down is replayed, and no yardage is assessed
- ☐ D The referee chooses which penalty is enforced

40. Which of the following is considered illegal equipment?

- ☐ A Mouth guard
- ☐ B Jersey numbered 09
- ☐ C Shorts without pockets
- ☐ D Shoes that cover the foot

41. Halftime in Illinois consists of how many minutes?

- ☐ A 15 minutes
- ☐ B 12 minutes
- ☐ C 10 minutes
- ☐ D 6 minutes – (during the regular season halftime can be shorted or lengthened by mutual agreement of both coaches and tournament administration)

42. To start each half, where is the ball spot and snapped from?

- ☐ A A's 20-yard line
- ☐ B A's 10-yard line
- ☐ C A's 14-yard line
- ☐ D A's 30-yard line

43. What must occur before the snap to legally start the play?

- ☐ A Any team can snap it at any time
- ☐ B Only the center has to be set
- ☐ C Both teams must call a time-out
- ☐ D The ball must be declared ready for play

44. Which of the following statements is legal regarding screen blocking?

- ☐ A Blocker may extend hands
- ☐ B Blocker may move in the same direction or path as a defender without initiating contact
- ☐ C Blocker must remain stationary
- ☐ D Blocker may initiate contact if they are not moving

45. How many periods are played in a regulation flag football game?

- ☐ A 4
- ☐ B 2
- ☐ C 6
- ☐ D 8

46. When does the ball become dead if a runner falls?

- ☐ A When their elbow hits the ground
- ☐ B When any body part other than the hand or foot touches the ground
- ☐ C When they lose the ball
- ☐ D Only if they go out of bounds

47. If a runner's flag belt falls off unintentionally, how is the play stopped?

- ☐ A The official blows the whistle
- ☐ B A one-hand touch between the shoulders and knees stops the play
- ☐ C The runner is down immediately
- ☐ D The play continues

48. A forward handoff that is dropped behind the Line of Scrimmage is:

- ☐ A A fumble, down at the spot
- ☐ B Illegal
- ☐ C Considered an Incomplete pass
- ☐ D A live loose ball

49. An athlete who exhibits signs and symptoms consistent with a concussion must be removed from the competition and must not return until:

- ☐ A Cleared by the head coach.
- ☐ B Cleared by the participant's parents.
- ☐ C Cleared by the team captain.
- ☐ D Cleared by an appropriate health care professional.

50. Upon a player, coach or fan ejection, the official is required to:

- ☐ A File an IHSA Special report in the IHSA Officials Center the night of the contest, but no later than 24 hours from the coach or player ejection.
- ☐ B Call their officials assigner.
- ☐ C No additional action is necessary after the contest.
- ☐ D Provide written documentation to the host school AD.