

2026 GHSA FLAG FOOTBALL RULES EXAM STUDY GUIDE

1. It is the responsibility of a player with long hair to control the hair in such a way that it does not hang over the flag belt or the flags. **T**
2. If there are less than 2 minutes remaining in the game and a penalty occurs, ask the offended coach or captain if they want the clock to start on the snap when it would have normally started on the ready for play. **T**
3. During a direct snap, the player who receives the snap must be at least 3 yards behind A's scrimmage line. **F**
4. If time runs out during a touchdown, the Try shall be attempted at the start of the next period. **F**
5. When it is cold, athletes are allowed to wear hand warmers around the waist. **F**
6. The snapper is the only A player required to be on their scrimmage line at the snap. **T**
7. Following a safety, the team which was scored upon shall punt the ball from its own 20 yard line. **F**
8. A runner places the ball in possession over the flag belt and hits the hand of B3 in her attempt to deflag. Ruling: No flag guarding. Only a swinging hand or arm is considered flag guarding. **F**
9. A1 catches a pass for a successful 2 point Try and immediately spikes the ball in the end zone. Ruling: The Try counts, Team A will be penalized 10 yards from the succeeding spot which is the 14 yard line. **T**
10. It's 3rd and 5 on the A-35. A1 gains 11 yards then throws an illegal forward pass. Ruling: Penalize A 5 yards from the spot of the illegal pass. Since the yardage mark off leaves the ball beyond the zone line-to-gain, it's a 1st down. **T**
11. B5 encroaches prior to the snap and charges into blocking back A6. Ruling: Penalize Team B 5 yards for encroachment and 10 yards for the personal foul, eject the offender if the personal foul was flagrant. **T**
12. A screen blocker shall take a position so that a moving opponent can avoid contact. **T**
13. Runner A1 is running down the sideline. B3 reaches in with both hands and attempts to steal the ball. Ruling: Legal. **F**
14. If a team is 19 or more points ahead at the 2 minute for the 4th period or less, the game shall be over. **T**
15. A passes the ball into B's end zone where it is intercepted and downed. Ruling: Touchback. **T**
16. Runner A1 fumbles the ball on the B-3. The ball hits the ground in B's end zone. Ruling: A's ball on the B 3 yard line. **F**
17. K may punt the ball only once per down. **T**

18. If an inadvertent whistle sounds during a legal forward pass and a foul also occurs, the foul is ignored and the down is replayed. **F**
19. 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**
20. The clock will start on the snap following a referee time out during the first 22 minutes of the half. **F**
21. A1 and B1 both secure the pass in the air at the same time. When they return to the ground, A1 is in bounds and B1 is out of bounds. Ruling: Completed simultaneous catch. **F**
22. The referee sees that A1 is not wearing a flag belt after breaking the huddle and informs A1 she needs a flag belt. A1 fails to get a flag belt as the 25 second clock expires. Ruling: A will be penalized 5 yards for delay of game. **T**
23. If A's ball is marked inside B's 1 yard line, the B scrimmage line will be the goal line. **F**
24. If a player's flag belt inadvertently falls to the ground while he/she is in possession of the ball, the runner is down at the spot where the flag comes off. **F**
25. All players must have and wear a mouthpiece. **T**
26. A backward pass or fumble that hits the ground is a live ball that can be advanced by either team. **F**
27. The neutral zone extends from the forward point of the ball 1 yard to the B scrimmage line. **F**
28. 3rd and 8 from the B-28 yard line. Runner A1 runs to the B-25 and fumbles. The ball hits the sideline at the B-20 yard line. During the play, B3 holds A4. Ruling: Penalize B 10 yards. A's ball 1st and Goal on the B 10 yard line. **T**
29. Unsportsmanlike conduct includes players and non-players using profanity, insulting or vulgar language or gestures. **T**
30. Screen blocking is legally obstructing an opponent without using any part of the body to initiate contact with her. **T**
31. An opponent may not hold or impede the progress of the runner in an attempt to deflag her. **T**
32. A backward pass may be caught in the air and advanced by either team. **T**
33. The initial direction determines whether a pass is forward or backward. **T**
34. If an official is in doubt whether a passer released the ball prior to being deflagged/tagged, the ball shall be considered released. **T**
35. The opponent may use her hands and arms to wedge between A players. **F**
36. Opponents may rush the kicker during a punt. **F**

37. B1 is airborne while rushing the passer. Passer A1 releases the ball. B1 makes contact with A1's throwing arm. Ruling: Legal. B1 was airborne and thus could not control her body. **F**
38. An opponent may leave her feet to remove the flag belt of the runner. **T**
39. The start of the first and third periods will begin by placing the ball on the 20 yard line. **F**
40. Following the administration of an inadvertent whistle, time shall be added to the game clock. **F**
41. A4 is moving forward at the snap. A2 holds rusher B3. When a team commits 2 live ball fouls, both will be enforced. **F**
42. Protective head gear is mandatory for each player on the field. **T**
43. Flag shall be one solid single color that contrasts the lower body garment with no more than 2.5 in by 2.5 in logo design. **T**
44. Each player may wear pants/shorts with pockets as long as they secure the pockets with tape. **F**
45. An opportunity to score 1 point from the 3 yard line, 2 points from the 10 yard line and 3 points from the 20 yard line by running or passing shall only be granted to the team scoring a touchdown. **T**
46. A player may intentionally toss the ball and catch her own untouched forward pass. **F**
47. A player may wear a soft, pliable wrist or forearm band that contains the plays. **T**
48. The ball is at the B 15 yard line when A is guilty of illegal motion. After the play is dead, B is guilty of unsportsmanlike conduct. If the fouls are accepted, they will be administered separately and in the order of occurrence. **T**
49. Each player must wear pants or shorts which do not have any belt loops or pockets. **T**
50. Screen blocking is legal downfield. **T**