**SDCFOA 2022 Mechanics Summer Study Guide**

**\*Questions 1 – 33 apply to 3, 4 and 5-person mechanics (not 7-person mechanics)**

1. In 4-person mechanics, on a scrimmage kick, the Line Judge is positioned slightly behind and to the side of the deepest receiver on the Line Judge’s side of the field (no further than half-way between the near sideline and the receiver) and 3-5 yards behind the receiver. If two receivers, your starting field position is between the receivers, 3-5 yards behind the receivers. On kicks from inside the receiving team’s 40- yard line, take a position on the goal line. (page 35 LJ)
2. True
3. False

ANSWER: a

1. When the ball is snapped at, or inside, the 5-yard line the flanks must move immediately to the goal line and at least 2 yards outside the pylon. (page 48 HL & LJ)
2. True
3. False

ANSWER: a

1. When the flanks read pass, they are to: (page 52 #4)
2. Remain on the line of scrimmage until the pass crosses the neutral zone
3. Remain near the LOS until a pass is thrown unless all receivers are deep. Stay underneath the shortest receiver. (Exception: Goal-line coverage when signaled by BJ and you are responsible for goal-line on snaps inside 15-yard line. On snap from inside 5-yard line, move immediately to the goal-line.

ANSWER: b

1. As the 40/25-second count is winding down, the Back Judge should: (page 48)
   1. Raise his arm with 10 seconds left
   2. Raise his arm with 5 seconds left
   3. Raise his arm with 5 seconds left then motion the remaining seconds with a parallel motion

ANSWER: c

1. Flank officials: if the motion man starts on your side of the snapper and is going away from you, you will have primary responsibility for the player until the snap. The opposite flank should assist if an obvious foul occurs. (page 47 #10)
2. True
3. False

ANSWER: a

1. When the offense is in a trip’s formation, the Back Judge’s keys are: (page 55 #d)
   1. All 3 receivers
   2. The 2 widest receivers
   3. The 2 inside receivers

ANSWER: c

1. During a time out, each flank official moves to a position halfway between the ball and his respective sideline and observes his team on the sideline while the BJ stays in the middle of the field and times the time out. (page 69)
   1. True
   2. False

ANSWER: b

1. In 5-person mechanics, on a kickoff: The Referee is positioned on R’s goal line on the Head Linesman’s sideline just outside the hash marks. (page 42)
   1. True
   2. False

ANSWER: b

1. Pre-game conferences are required at all levels. At the youth and below varsity levels, all officials should arrive one hour before game time. All officials are required to arrive at varsity game two hours beforehand. (page 10)
   1. True
   2. False

ANSWER: b

1. When an official inadvertently blows his whistle, causing the ball to become dead, the covering official must drop his bean bag at the spot of the ball when the whistle was blown. (page 64)
   1. True
   2. False

ANSWER: a

1. In 5-person mechanics, on a field-goal attempt from any distance, the flank official who is facing the Referee has responsibility for the entire line of scrimmage, and the other flank official is with the Back Judge to rule on the success of the kick. (page 60 Umpire)
   1. True
   2. False

ANSWER: b

1. For youth and below varsity contests, all officials should arrive at least \_\_\_\_\_ before scheduled game time. (page 10)
   1. 30 minutes
   2. 60 minutes
   3. 90 minutes

ANSWER: a

1. “Cross-field mechanics” refers to a mechanic in which a wing official looks across the field to the opposite wing official for forward progress or mirrors the opposite wing official’s progress. (page 63)
   1. True
   2. False

ANSWER: a

1. In 5-person mechanics, the Back Judge will start on the end line if the snap is on or inside the 12-yard line and assumes complete coverage of the end line coverage. (page 53 #7)
2. True
3. False

ANSWER: a

1. In 5-person mechanics, on a scrimmage kick, the Head Linesman releases from the line of scrimmage after the ball has crossed the neutral zone and then moves slowly downfield covering his side between the neutral zone and the deep receivers. (page 56)
   1. True
   2. False

ANSWER: a

1. When the Umpire marks off enforcement of a penalty the Head Linesman should: (page 83)
   1. Check visually with umpire; if enforcement is correct, direct Chain Crew to move down indicator and direct moving of chains if appropriate.
   2. Hold the enforcement spot until penalty is completed.

ANSWER: a

1. A touchdown signal is given only by an official who actually rules on the play. Never mirror a touchdown signal if you do not see the action. (no reference in the manual)
   1. True
   2. False

ANSWER: a

1. In 3-person and 4-person mechanics, the Referee checks the 40/25-second count and provides a visible count the last 5 seconds of the 40/25-second play clock. (page 15-16 and page 30)
   1. True
   2. False

ANSWER: a

1. In 4-person mechanics, for the coin toss, the Referee escorts to the center of the field the team whose team box is on the side opposite the chains. (page 23)
   1. True
   2. False

ANSWER: b

1. When ether team is in possession of the ball, and the play ends in advance of the line to gain, the covering official indicates time out. (page 66)
   1. True
   2. False

ANSWER: a

1. On a try or field goal, Referee’s position is a yard or so to the rear and several yards to the side of the potential kicker, facing the back of the holder. (page 38 and page 58)
   1. True
   2. False

ANSWER: b

1. In 3-person mechanics, the Referee is still responsible for roughing/running into the kicker and/or holder. (no covered on page 23)
   1. True
   2. False

ANSWER: b

1. If there is potential for defensive holding but the action occurs clearly away from the point of attack and has (or could have no) effect on the play, defensive holding should still be called. (page 87)
   1. True
   2. False

ANSWER: b

1. Regardless of the number of officials, prior to the start of the game, the head coach shall be responsible for verifying to the Referee, in the presence of another official, all the players on the team are legally equipped and in compliance with the rules. (page 8)
   1. True
   2. False

ANSWER: a

1. In 5-person mechanics on pass plays, which official(s) has/have primary responsibility for the widest receiver, or running back if no wide receiver, but switches to zone coverage after the snap. (page 54)
   1. Head Linesman and Line Judge
   2. Back Judge

ANSWER: a

1. When in question, the action is illegal. **(Philosophies can be found on page 85)**
   1. True
   2. False

ANSWER: b

1. When in question, the pass is complete.
   1. True
   2. False

ANSWER: b

1. When in question, the pass is forward, behind the neutral zone.
   1. True
   2. False

ANSWER: a

1. When in question, the pass is backward, beyond the neutral zone.
   1. True
   2. False

ANSWER: a

1. When in question, the ball is down and not fumbled.
   1. True
   2. False

ANSWER: b

1. When in question, the runner is not out of bounds.
   1. True
   2. False

ANSWER: a

1. When in question, it is a touchdown.
   1. True
   2. False

ANSWER: b

1. When in question, the block is from the side and not a block in the back or a clip.
   1. True
   2. False

ANSWER: a

1. When the game ends with the score tied, the game officials will provide a 3-minute intermission to the teams while they meet at mid-field and review the overtime procedures. **(Overtime Procedure can be found on the SDCFOA.org website under Rule Book and Mechanics)**
   1. True
   2. False

ANSWER: a

1. The home team is given the privilege of choosing “heads” or “tails” at the overtime coin toss.
2. True
3. False

ANSWER: b

1. In overtime, the winner of the toss gets to choose offense or defense first, or designating the end of the field at which the ball will be put in play for this set of downs.
   1. True
   2. False

ANSWER: a

1. In overtime, the loser of the toss will have no options.
   1. True
   2. False

ANSWER: b

1. In overtime, the referee will indicate the winner of the coin toss by placing his hand on the winner’s shoulder.
   1. True
   2. False

ANSWER: a

1. In overtime, the referee will indicate which team will go on offense by having that captain face the goal toward which his team will advance, and indicate this with a first down signal.
   1. True
   2. False

ANSWER: a

1. To start the overtime period, the ball is placed at the 15-yardline.
   1. True
   2. False

ANSWER: b

1. In overtime, each extra period consists of two possession series with each team putting the ball in play by a snap on or between the hash marks (unless Team B scores during Team A’s possession).
   1. True
   2. False

ANSWER: a

1. In overtime, if Team B scores during Team A’s possession, the game is over.
   1. True
   2. False

ANSWER: a

1. In overtime, each series begins with another coin toss.
   1. True
   2. False

ANSWER: b

1. Each team is allowed two timeouts for each extra period.
   1. True
   2. False

ANSWER: b

1. Beginning with the third extra period in overtime, teams scoring a touchdown must attempt a two-point try. A one-point try will not result in a score.
   1. True
   2. False

ANSWER: a

1. In overtime, beginning with the fourth extra period, the ball will be put in play at the 3-yard line.
   1. True
   2. False

ANSWER: b

**3-Man Mechanics – (Begins on page 11)**

1. Instructs the timer.
2. R
3. HL
4. LJ

ANSWER: c

1. On kick off, hands the ball to the kicker and then goes to the sideline opposite the chains on K’s restraining line.
2. R
3. HL
4. LJ

ANSWER: c

1. Is on the restraining line of the receiving team on the kickoff.
2. R
3. HL
4. LJ

ANSWER:b

1. On scrimmage running plays follows the runner into the side zones and has action on/around the runner.
2. R
3. HL
4. LJ

ANSWER: a

1. Has the 40/25.
2. R
3. HL
4. LJ

ANSWER: a

1. On punt, has sideline opposite chains.
2. R
3. HL
4. LJ

ANSWER: c

1. Rules whether the ball has gone over or under on PATs.
2. R
3. HL
4. LJ

ANSWER: c

1. Rules whether the ball has gone between the uprights on PATs.
2. R
3. HL
4. LJ

ANSWER: a

1. Has roughing kicker/holder on PATs.
2. R
3. HL
4. LJ

ANSWER: b

**4-Man Mechanics – Beginning on page 23**

1. Usually assists the Referee in getting game information from the head coaches.
2. R
3. U
4. HL
5. LJ

ANSWER: b

1. Rules on legal/illegal tape, pads, casts, knee braces, etc.
2. R
3. U
4. HL
5. LJ

ANSWER: b

1. Introduces visiting captains to the Referee at the toss (assuming the visiting team is located opposite the press box.)
2. R
3. U
4. HL
5. LJ

ANSWER: c

1. On kickoff is on K-40 opposite the chains.
2. R
3. U
4. HL
5. LJ

ANSWER: d

1. On scrimmage running plays follows the runner into the side zones and has action on/around the runner.
2. R
3. U
4. HL
5. LJ

ANSWER: a

1. Counts Team A and has the 40/25 on all plays.
2. R
3. U
4. HL
5. LJ

ANSWER: a

1. Generally, has holding by interior linemen during running plays.
2. R
3. U
4. HL
5. LJ

ANSWER: b

1. Waits for signal from Referee before moving chains!
2. R
3. U
4. HL
5. LJ

ANSWER: c

1. Generally, rules on ineligibles down field.
2. R
3. U
4. HL
5. LJ

ANSWER: b

1. On punt plays, is slightly wider and deeper, 10 – 15-yards behind the receiver’s line of scrimmage on the Line Judge’s side of the field, looking for action on the snapper, and then turning to observe blocking by the receivers.
2. R
3. U
4. HL
5. LJ

ANSWER: b

1. On punts, counts receivers and confirms with the LJ
2. R
3. U
4. HL
5. LJ

ANSWER: b

1. On punts is deep and toward the center of the field but to the side of the field away from the chains, slightly behind R’s deep receiver.
2. R
3. U
4. HL
5. LJ

ANSWER: d

1. On punt, has sideline coverage opposite the chains.
2. R
3. U
4. HL
5. LJ

ANSWER: d

1. On PAT’s/field goal moves to the goal post opposite the flank official who is also at the goal post.
2. R
3. U
4. HL
5. LJ

ANSWER: b

1. On PAT’s/field goal, if the referee’s back is to the chains side of the field, moves to a position under the goal posts on the chains side of the field.
2. R
3. U
4. HL
5. LJ

ANSWER: c

1. On scrimmage kicks, counts the kicking team.
2. R
3. U
4. HL
5. LJ

ANSWER: a

1. Has roughing kicker/ holder on PATs and field goals.
2. R
3. U
4. HL
5. LJ

ANSWER: a

1. Has roughing snapper on PAT/FG and other scrimmage kicks.
2. R
3. U
4. HL
5. LJ

ANSWER: b

1. On measurements, marks the yard line for the clip, the rules on whether it is a first down or not.
2. R
3. U
4. HL
5. LJ

ANSWER: a

1. On measurements, stretches the forward stake.
2. R
3. U
4. HL
5. LJ

ANSWER: d

1. On measurements, holds the ball steady in a crouched position with back to the defense.
2. R
3. U
4. HL
5. LJ

ANSWER: b

1. On measurements, places the clip on the yard line and holds the spot as the forward stake is stretched.
2. R
3. U
4. HL
5. LJ

ANSWER: c

1. Covers the ball on timeouts.
2. R
3. U
4. HL
5. LJ

ANSWER: b

**5-Man Mechanics – Beginning on page 40**

1. Has final ruling on game balls.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: a

1. The only official, other than the referee, to go to the middle of the field for the coin toss.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: b

1. On kickoff, is at R’s goal yard line on the head linesman's side between the center of the field and hash marks.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: a

1. On kickoff, hands the kicker the ball then moves to sideline at K’s 40 on the chains side of the field.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: e

1. On kickoff is at K’s 30 at the sideline on the chains side of the field.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: c

1. On kickoff, is at R’s 50.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: d

1. On kickoff, is at R’s 20 opposite the chains.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: b

1. On anticipated short free kick, moves to R’s 10-yard line if there are no R players deep.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: a

1. On anticipated short free kick, moves up to R’s restraining line opposite the chains.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: b

1. On anticipated short free kick, moves to R’s restraining line on the chains side of the field.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: c

1. Keeps the game clock on the field
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: d

1. Has the 40/25 play clock.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: e

1. Counts B with Back judge.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: d

1. Counts A with umpire.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: a

1. Watches the action of the QB and his cadence at the snap.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: a

1. Initial keys are center and two guards. Judges the legality of the snap.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: b

1. On most formations, has at least the second eligible receiver “in” as his key at the beginning of the play.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: e

1. On most formations, has the widest receiver, opposite the chains side of the field, as his key at the beginning of the play.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: d

1. Has the B End line all of the way.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: e

1. In “Hail Mary” situations, may establish his pre-snap position at the goal line or up to 15 yards down field in anticipation of a last second desperation pass play.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: d

1. On punts, rules on whether ball has crossed the line of scrimmage.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: c

1. On punts, is even with the deep receiver on the sideline opposite the chains.
2. R
3. U
4. HL
5. LJ
6. BJ

ANSWER: d