

**DEPARTMENT OF PHYSICAL EDUCATION  
VALENCIA HIGH SCHOOL  
Flag Football Rules Quiz**

Name: \_\_\_\_\_ Date: \_\_\_\_\_ Period: \_\_\_\_\_ Teacher: \_\_\_\_\_

**Answer the following questions as thoroughly as you can. Please write clearly!**

**Multiple Choice. Circle the letter that best answers the questions.**

1. According to the flag football rules and responsibilities, the word the QB uses to let the center know everyone is ready is:
  - a. "HIKE"
  - b. "SET"
  - c. "HUT"
2. Right before the play begins, ALL players should be watching:
  - a. The QB
  - b. The Center
  - c. The Ball
3. Once a run play or a pass play has been established you may rush up to:
  - a. 1 Player
  - b. 2 Players
  - c. All Players
4. Kicking the football will occur:
  - a. To start the game
  - b. On 4th down
  - c. Never
5. If the football is snapped and the last whistle blows, you should:
  - a. Stop playing
  - b. Finish the play
  - c. Start the play over

**True or False. Circle the letter that best fits the statement.**

1. **T or F** If the center snap hits the ground it is a dead ball.
2. **T or F** The rushing player on defense must line-up even with the center.
3. **T or F** The rushing player must count to 3 before rushing.
4. **T or F** If you flag guard, the ball is down where the flag guarding occurred.
5. **T or F** QB's may run with the football.
6. **T or F** One run play will be allowed per 4 downs.
7. **T or F** If the flags fall off the ball carrier during play it becomes 2-hand touch.
8. **T or F** Stripping the football is a legal play.
9. **T or F** Flags must be visible and worn on top of all clothing.
10. **T or F** After a touchdown you must go for the PAT (Point After Touchdown)

