

# CFOA STUDY GUIDE

# MECHANICS EXAM



Note: Unless specified, all questions relate to mechanics for a crew of five.

1. During the dead ball period between plays coaches and related substitutes:

- Must remain in their team box.
- May step into the restricted area only if it is as part of a substitution.
- May step into the restricted area for purposes of calling plays.

2. When a sideline warning is issued, it should be issued:

- During a timeout or other stoppage, such as the end of a quarter.
- At halftime.
- Prior to the next snap or kickoff.

3. Team A lines up with two eligible receivers on each side of the line, one on the line and the other off. The back judge's pre-snap key is:

- The widest receiver on the line judge's side.
- The widest receiver on the linesman's side.
- The inside receiver on the line judge's side.

4. What is the penalty signal for an illegal forward pass?

- One arm behind the back moved up and down.
- A throwing motion with one hand.
- Both arms behind the back, hands overlapped.

5. In which of the following situations is a beanbag unnecessary?

- To mark the location of the ball when an official blows an inadvertent whistle.
- To mark the spot where a scrimmage kick ends.
- To mark the spot where a forward pass was intercepted.

6. The official in charge of timing the game is the:

- Line judge.
- Referee.

7. The officials should change their down indicators:

- As soon as the ball is declared dead at the end of a down.

b. When the referee declares the ready for play.

- Either a or b is acceptable.

8. When black or white shorts are worn in hot weather, the official should wear:

- The same socks worn with the traditional white knickers.
- Plain white sweat socks not to extend beyond the bottom of the calf.
- No socks at all.

9. The guideline for using coffin corner mechanics is:

- Team R's 20 yardline.
- Team R's 30 yardline.
- Team R's 40 yardline.

10. In a crew of four, the linesman counts:

- Team A.
- Team B.
- The team on whose sideline he is positioned.

11. On goalline plays, having seen the entire play and knowing a touchdown has been scored, the umpire:

- Should signal the touchdown.
- Should not signal the touchdown.

12. Reverse goalline mechanics:

- Should be used Team A is snapping the ball on or inside its own five yardline.
- Should be used Team A is snapping the ball on or inside its own 10 yardline.
- Should not be used.

13. The clock has reached all zeroes but a penalty has forced an untimed down. Because the timer has been properly briefed before the game, the game clock will:

- Be set for the next period.
- Remain showing all zeroes.

14. Team A's request for a charged team timeout has been granted. To indicate that, the referee should:

- Point to the calling team and indicate using his fingers how many timeouts the team has remaining.
- Give the stop-the-clock signal, then "chuck" his arms toward the calling team three times.

c. Give the stop-the-clock signal, "chuck" his arms toward the calling team three times and indicate using his fingers how many timeouts the team has remaining.

15. In crews of five and four, when a measurement occurs, the umpire:

- Is in charge of the front stake.
- Holds the ball in place on the ground.
- Obtains a new ball from the ball person.

16. If the ball is in a pile near the goalline and the wing officials indicate they do not have a spot, the umpire should:

- Get the spot himself.
- Assist the wings in finding the ball.
- Wait until the wings can confer and agree on a spot.

17. Responsibility for stopping the clock for a potential first down rests with the:

- Line judge.
- Umpire.
- Linesman.

18. Team A's initial formation is balanced. Eligible receiver no. 80 is on the line and flanker no. 44 in the backfield on the linesman's side of the line. Eligible receiver no. 81 is on the line and flanker no. 22 in the backfield on the line judge's side of the line. Number 44 goes in motion and is outside the tackle on the line judge's side, leaving no. 81 remaining on the line and both no. 44 and no. 22 in the backfield. The back judge:

- Keys on no. 81 only.
- Keys on nos. 81 and 44.
- Keys on no. 22 only.

19. The mandatory three-minute warm-up:

- Is timed on the scoreboard clock only.
- Is timed by the back judge only.
- Is timed by both the scoreboard clock and the back judge.

20. The linesman flags the visiting team for a sideline warning. The line judge should:

- Inform the home team's head coach

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that the warning goes for both teams.  
 b. Inform the home team's head coach of the warning and thank him for or remind him of the need for compliance by his team.  
 c. Remain silent.

21. The crossfield mechanic:  
 a. Refers to a mechanic in which the wing official looks across the field to the opposite wing official for forward progress when he is unable to get to the spot or does not have a spot.  
 b. Helps the officials determine whether or not a pass is caught.  
 c. Helps the officials determine whether or not a fumble has occurred.

22. The officials responsible for instructing the ball persons are the:  
 a. Linesman and back judge.  
 b. Linesman and line judge.  
 c. Linesman, line judge and back judge.

23. When crew members disagree as to the style of uniform the crew will wear, the determination is made by:  
 a. Majority vote.  
 b. The unit football chair.  
 c. The referee.

24. In a crew of four, the umpire's starting position for a normal free kick is:  
 a. On the same side of the field as the chains, at team R's 20 yardline.  
 b. On the same side of the field as the chains, at team R's 30 yardline.  
 c. On the side of the field opposite the chains, at team R's 20 yardline.

25. When an onside kick is anticipated:  
 a. All officials should have a beanbag in hand.  
 b. Only the official(s) on team R's free kick line need to have a beanbag in hand.  
 c. All official(s) on both teams' free kick lines need to have a beanbag in hand.

26. The ball is snapped from team B's one yardline. On a quarterback sneak, the linesman sees the ball in the quarterback's possession break the plane of team B's goalline and signals the touchdown.  
 a. The line judge should mirror the signal regardless if he sees the ball across the plane.  
 b. The line judge should mirror the signal only if he sees the ball across the plane.

c. The line judge should not mirror the signal even if he sees the ball across the plane.

27. If a scrimmage kick goes out of bounds after hitting the ground in the field of play:  
 a. The referee is solely responsible for determining the spot.  
 b. The covering official is solely responsible for determining the spot.  
 c. The covering official and referee should work together to determine the spot.

28. The guardians of their sidelines throughout any kickoff return are the:  
 a. Linesman, umpire and line judge.  
 b. Linesman and line judge.  
 c. Umpire and linesman.

29. When "off" positioning is used in a crew of four, the official whose position is different than in "on" positioning is the:  
 a. Referee.  
 b. Umpire.  
 c. Linesman or line judge

30. When instructing the ball persons, the officials should remind them:  
 a. They are to stay off the field at all times.  
 b. They are to stay off the field unless there is a change of possession and their team's ball will next be put into play.  
 c. They are to stay off the field except to retrieve the "old" ball on an incomplete pass.

31. Team A is in the huddle. The umpire notices team B's ball has been spotted for use on the play. The umpire should:  
 a. Do nothing; team B's ball must be used until the series ends or a change of possession occurs.  
 b. Have the wing official on team A's sideline obtain a team A ball that can be used.  
 c. Do nothing; team B's ball must be used for that down.

32. To inform the referee the clock should be started on the snap rather than on the ready signal, the appropriate official should do so:  
 a. Make a sweeping motion with both arms toward the sideline.  
 b. By pointing to the wrist where a watch would normally be worn.  
 c. Verbally.

33. Team B commits a live-ball foul on a play that ends in a touchdown for team A. Team A chooses to have the penalty enforced on the subsequent kickoff. To signal that choice the referee points to the kickoff spot:  
 a. After signaling the penalty and the touchdown.  
 b. After the penalty signal but before the touchdown signal.  
 c. Before giving a penalty signal.

34. Because the receiver nearest the linesman is in the offensive backfield, the linesman uses the extended arm signal to alert the line judge. The signal may be dropped when:  
 a. The ball is snapped.  
 b. The line judge gives a recognition signal to be decided upon by the linesman and line judge.

35. Second-half choices for the kickoff should be obtained:  
 a. By the linesman and line judge, who ask the respective head coaches before the second half.  
 b. By the linesman and line judge, who ask the respective head coaches before the teams leave the field for halftime.  
 c. From the captains, who report to the middle of the field before the second half.

36. An official rules a pass was caught. A crewmate approaches the calling official to provide information that may result in a changed call.  
 a. The calling official should definitively state that he saw a catch so crew credibility is not destroyed.  
 b. The calling official should be open to discussing the play because he might have been screened.

37. An official who wears prescription eyeglasses off the field:  
 a. Should never wear them on the field; it presents a perception problem.  
 b. Should wear them on the field; clear vision is crucial.

38. To signal than ineligible receiver illegally touched a forward pass, the referee should:  
 a. Rotate his fists.  
 b. Place one hand with a flat palm on top of his head.  
 c. Touch his left shoulder with the fingers of his left hand.

39. In a crew of four, the referee obtains and checks the game balls. After doing so he:

- Turns them over to the ball person of the home team.
- Turns them over to the line judge.
- Places them behind a yard marker or under a bench so neither team can use them during warm-ups.

40. Once the ball is free kicked, the farthest downfield the line judge should go is:

- Team R's 35 yardline.
- Team R's 30 yardline.
- Team R's 25 yardline.

41. Who keeps the time for a charged team timeout?

- The wing official on the sideline of the team that took the timeout.
- Line judge.
- Back judge.

42. A measurement following a fourth-down play shows team A has come up short and the ball is turned over on downs. The ball rests on team B's 20 yardline. The officials should:

- Move the ball, not the chains, so that the nose of the ball is on team B's 20 yardline.
- Move the chains, not the ball, so that the tail of the ball is touching team B's 20 yardline.

43. Team A's formation has trips to the line judge's side. No. 88 is an eligible split end on the line. Nos. 34 and 40 are in the backfield. No. 34 is aligned outside the tackle but inside the split end. No. 40 is near the sideline in front of the line judge. The back judge keys on:

- Nos. 88 and 40.
- No. 88 only.
- Nos. 88 and 34.

44. When a player goes in motion, legality of motion is always the responsibility of:

- The official away from whom the motion man is moving.
- The official toward whom the motion man is moving.
- The line judge in all cases.

45. An official's penalty flag may be placed in a pocket or in the belt but it

should be as inconspicuous as possible.

- True.
- False.

46. The umpire should:

- Never vary his routine of positioning so the players always know where he will be.
- Vary his routine of positioning to keep out of the players' way.

47. In a crew of four, when team A runs a pass play, the wing officials:

- Must hold their positions at the line of scrimmage to ensure ineligibles don't go downfield.
- Determine before the game which wing official will move downfield on passes and which will hold the line.
- Must both move to depths that allow them to observe receivers in their respective areas.

48. It is third and 12 on team A's 26 yardline. That situation calls for the officials to inform each other:

- By raising both arms with index fingers raised and alternately moving them back and forth.
- By crossing both arms across the chest.
- Verbally.

49. A running play ends in the side zone beyond the line of scrimmage on the linesman's side of the field. Using the V to get the ball to the spot, the procedure is:

- Back judge tosses to linesman who tosses to umpire.
- Linesman tosses to referee who tosses to umpire.
- Linesman tosses to back judge who tosses to umpire.

50. A running play gains 22 yards and the runner is legally knocked out of bounds.

- The wing official holds the spot while the back judge escorts the players who went out of bounds back to the field.
- The wing official holds the spot while the referee escorts the players who went out of bounds back to the field.
- The back judge holds the spot while the wing official escorts the players who went out of bounds back to the field.