

CIF Overtime Procedures Quiz

CIF has adopted overtime procedures and rules that differ from the NFHS overtime procedures and rules. This is a supplemental document that you can find in the 2024-2026 CFOA Mechanics Manual.

1. In any given game, the Referee will perform a coin flip with Captains from each team a maximum of two times – once at the beginning of the game and only once beginning with extra periods.
A. True
B. False
2. Unless relocated by a carry-over penalty, a team will begin their extra period 1/Goal from the B-10.
A. True
B. False
3. An overtime period consists of two-possession. If Team A scores in the first period, Team B will get a period in which they are on offense. The exception to this is if Team B recovers a loose-ball or intercepts a pass and scores in the first overtime period.
A. True
B. False
4. A, 1/10, B-25. First overtime possession. QB A1 throws a pass that is intercepted by B2 and returned for a touchdown. After the interception and during the return, B99 illegally blocks A50 in the back at the B-20. The next play will be:
A. A, 1/10, B-15
B. B, 1/10, B-25
C. B, 1/10, B-35
D. Touchdown for B, game is over
5. A, 1/10, B-25. First overtime possession. QB A1 throws a pass that is intercepted by B2 and returned for a touchdown. At the A-7, B2 starts to high-step while holding the ball toward his opponents, and performs a backflip into the endzone. The next play will be:
A. B, 1/10, B-40
B. Touchdown for B, game is over
C. A, 1/10, B-12.5
D. B, 1/10, B-25
6. During the first overtime series, Team A scores a touchdown and, thinking the game is over, Team A's sideline runs onto the field and begins to taunt the Team B sideline. Team B's offensive possession will begin at the B-40.
A. True
B. False

7. End of regulation. Team B wins the coin toss and elects to defer their choice to the second overtime period. Team B may defer their choice.
- A. True
 - B. False
8. Beginning with the third overtime period, teams scoring a touchdown must attempt a 2-point try. Although not illegal, any one-point Try attempt by Team A will not result in a score.
- A. True
 - B. False
9. A, 1/10, B-15. QB A1 throws a pass that is intercepted by B10 at the B-5. B10 runs to the B-20 where he fumbles the ball and it is recovered by A15 while on the ground. The next play will be A, 1/10, B-20.
- A. True
 - B. False
10. QB A1's pass is intercepted by B30 at the B-5 and runs for a Touchdown. During the return, B90 holds A79 at the B-15. The score will not count, but Team B will be next to put the ball into play after the penalty has been enforced. B, 1/10, B-35.
- A. True
 - B. False