



FREE KICKS & SCRIMMAGE KICKS

National Federation of State
High School Associations



Take Part. Get Set For Life.®

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FREE KICKS

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TWO TYPES OF KICKS

1. Free Kick
 - Kickoff, Free Kick following a Safety or Touchdown.
2. Scrimmage Kick
 - Punts & Field Goals





THREE GOLDEN RULES

1. A KICK IS A KICK UNTIL POSSESSED.
2. A KICK THAT CROSSES AN OPPONENT'S GOAL LINE IS A TOUCHBACK.
3. K MAY NEVER ADVANCE A KICK.





BASIC RULES FOR FREE KICKS

1. K's Restraining Line is their 40.
2. R's Restraining Line is the 50.
3. On a FK following a Safety, it is the K20 & K30 for restraining lines.
4. All players for K (Exception: Kicker) must be lined up between the 35-40 yard lines and cannot break K's restraining line until the ball is kicked.
5. When the ball is kicked, at least (4) four players must be to each side of the kicker.





K's Restraining Line

L

BJ

R

LJ

U

10

20

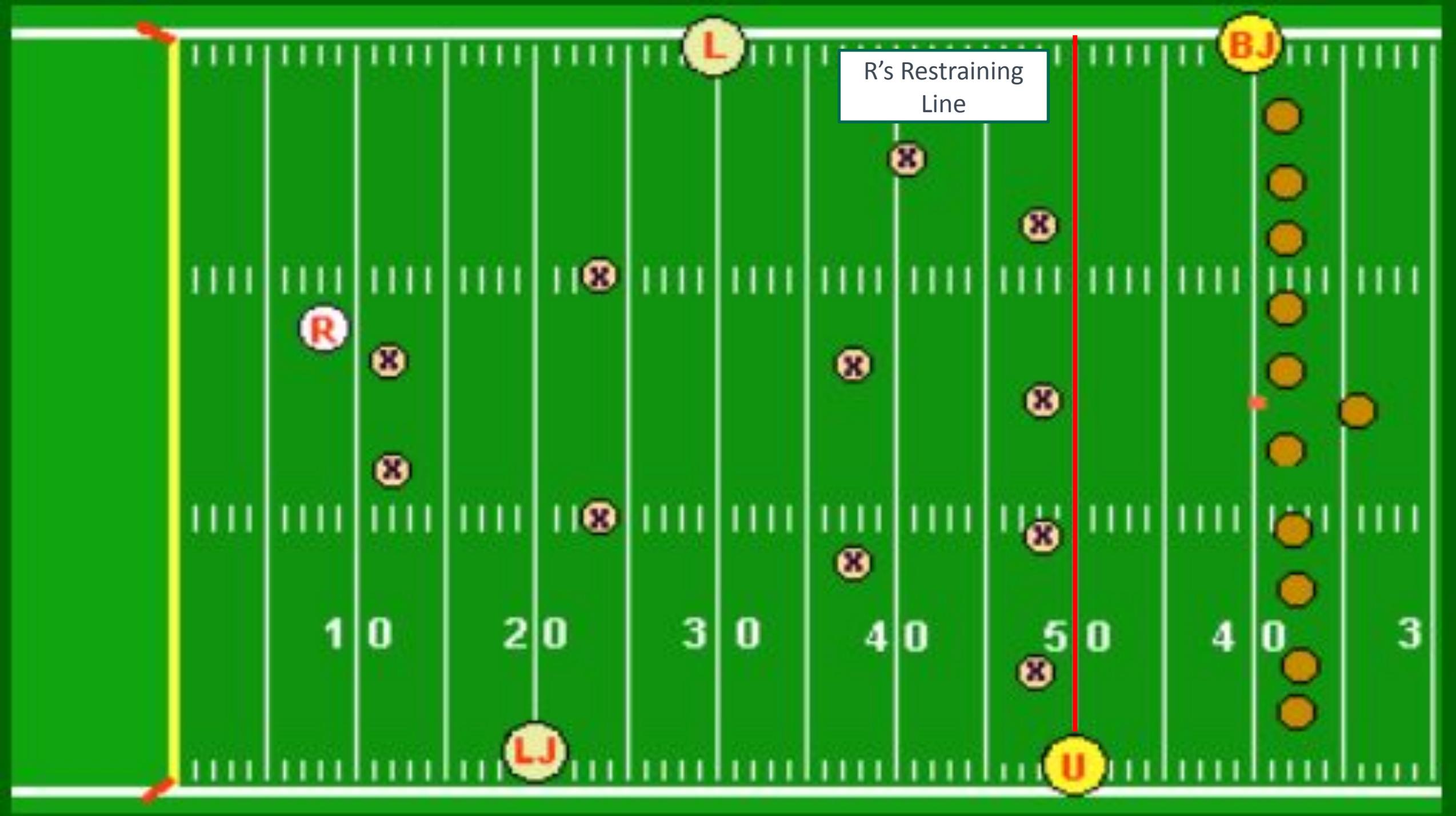
30

40

50

40

3





Neutral
Zone

R

L

BJ

LJ

U

1 0

2 0

3 0

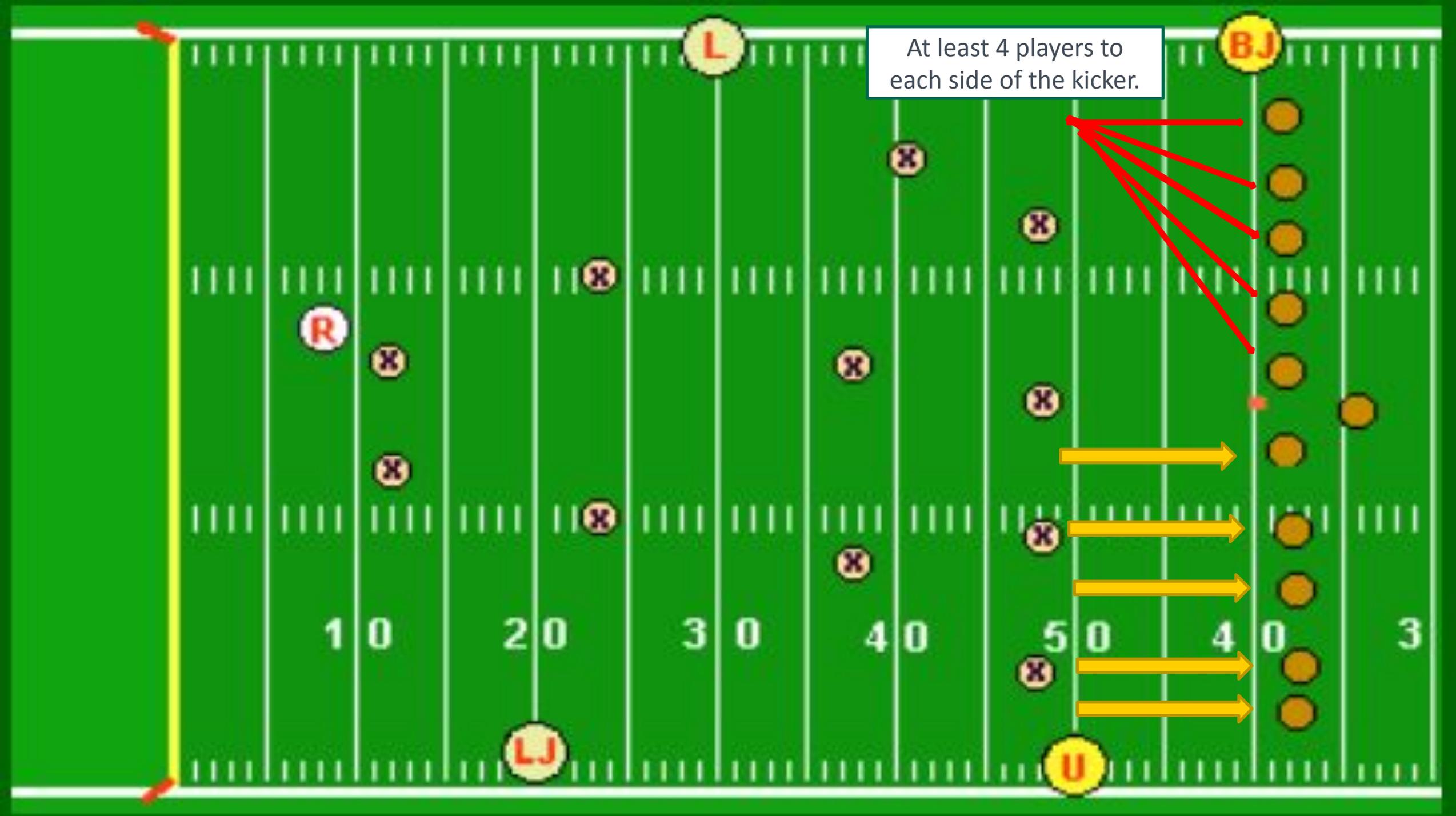
4 0

5

0

3





At least 4 players to each side of the kicker.

R

L

BJ

LJ

U

10

20

30

40

50

40

30



FOULS ON FREE KICKS

- Encroachment by K or R
 - Being across the restraining line before the ball is kicked.
- Kickoff Out of Bounds
 - Free Kick goes out of bounds (in the field of play) without R touching the ball.
- Kick Catch Interference
- Pop-up Kick

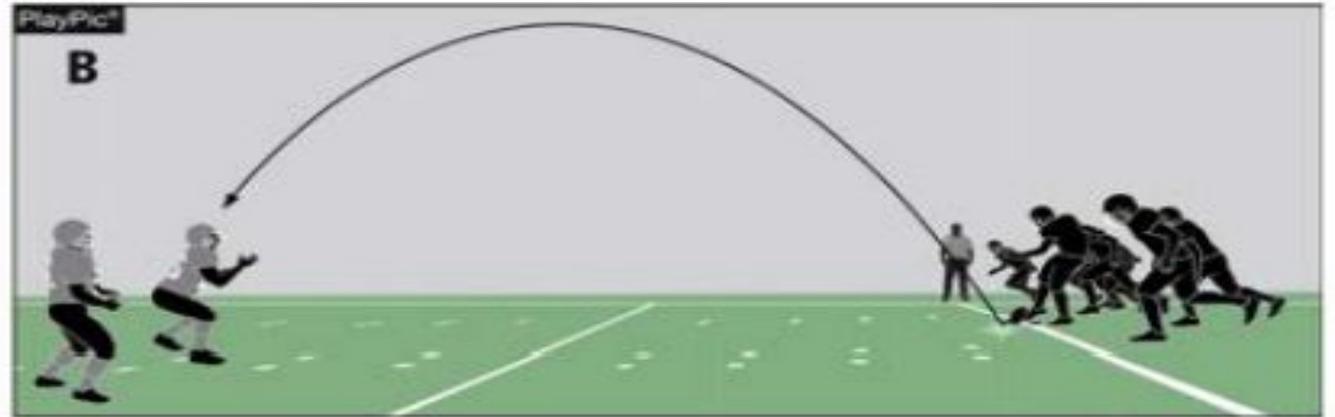
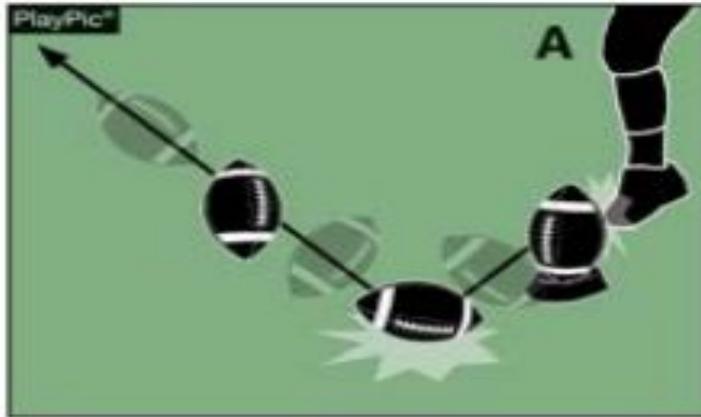


ENCROACHMENT ON THE KICKOFF (DEAD BALL FOUL)



POP-UP KICK (2-24-10 & 6-1-11)

- A pop-up kick is a free kick where the kicker drives the ball immediately into the ground, the ball strikes the ground once and goes into the air in the manner of a ball kicked directly off the tee.
- A pop-up kick is illegal.

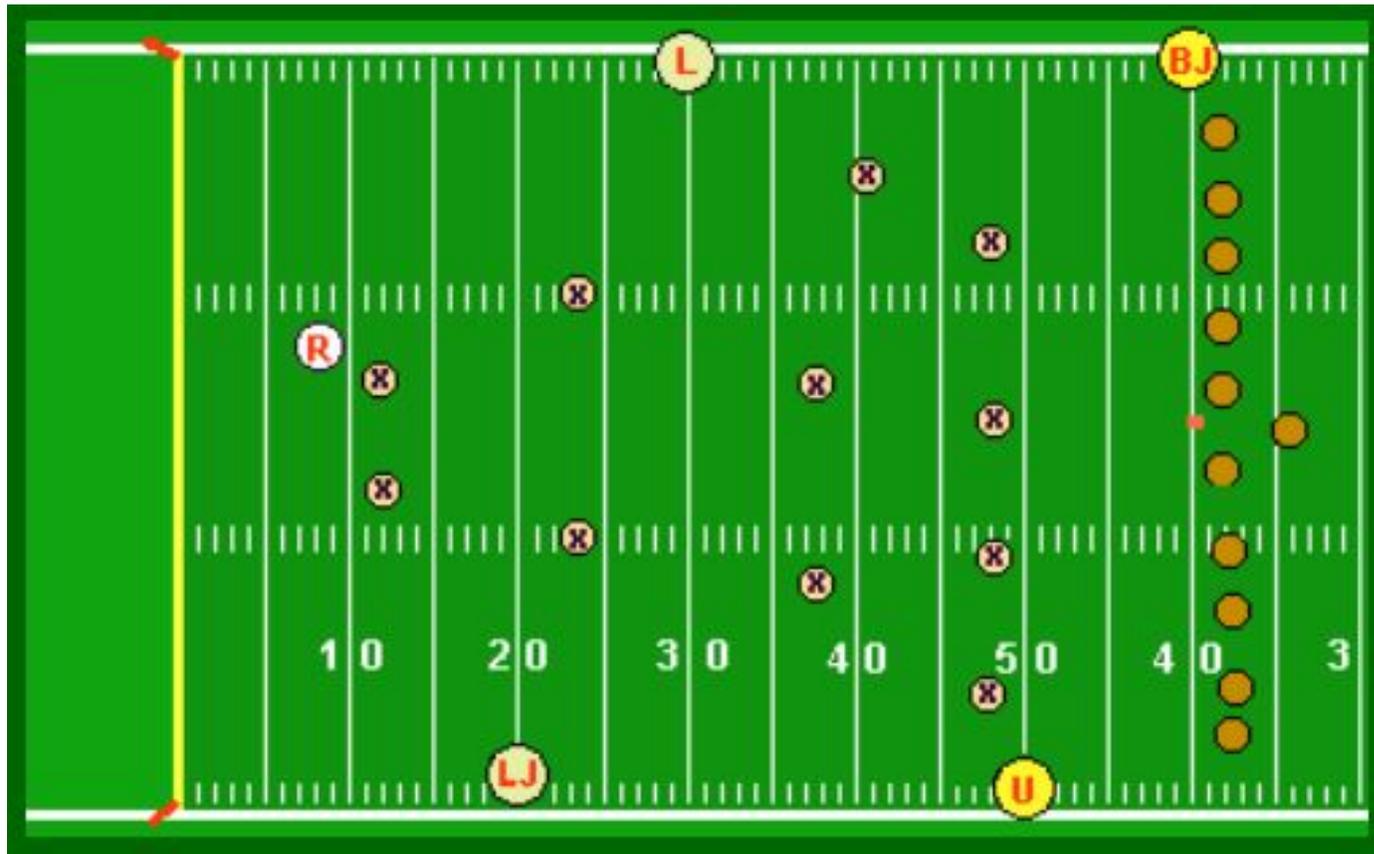


POP-UP KICK (2-24-10 & 6-1-11)

- A free kick which dribbles along the ground or takes two or three bounces is legal.



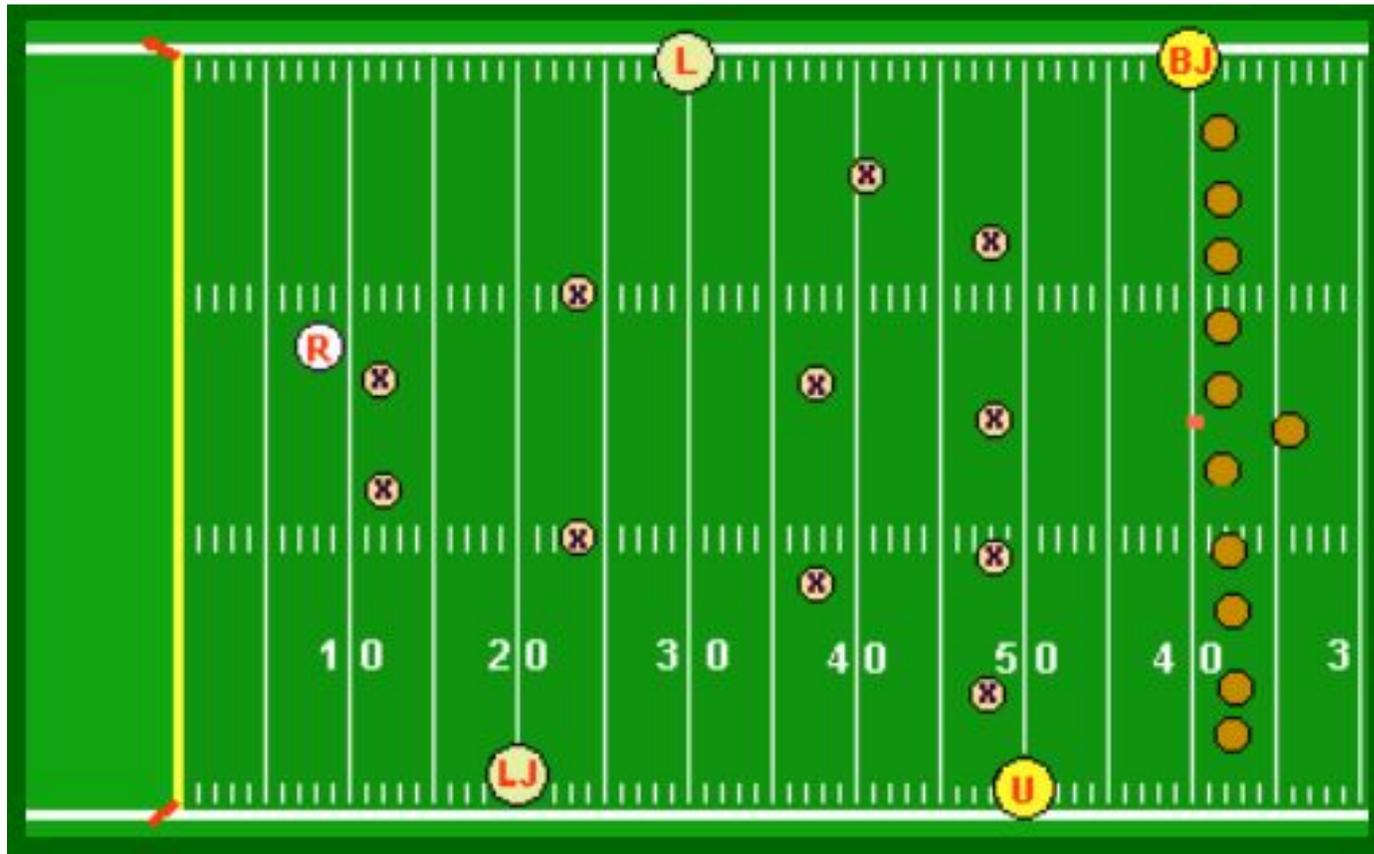
FREE KICK MECHANICS



Back Judge

- Count K's Players
- Tell the Kicker to not kick the ball on the Referee's signal.
- Position yourself on the sideline along K's restraining line.
- Officiate encroachment
- After the kick, move into the field.

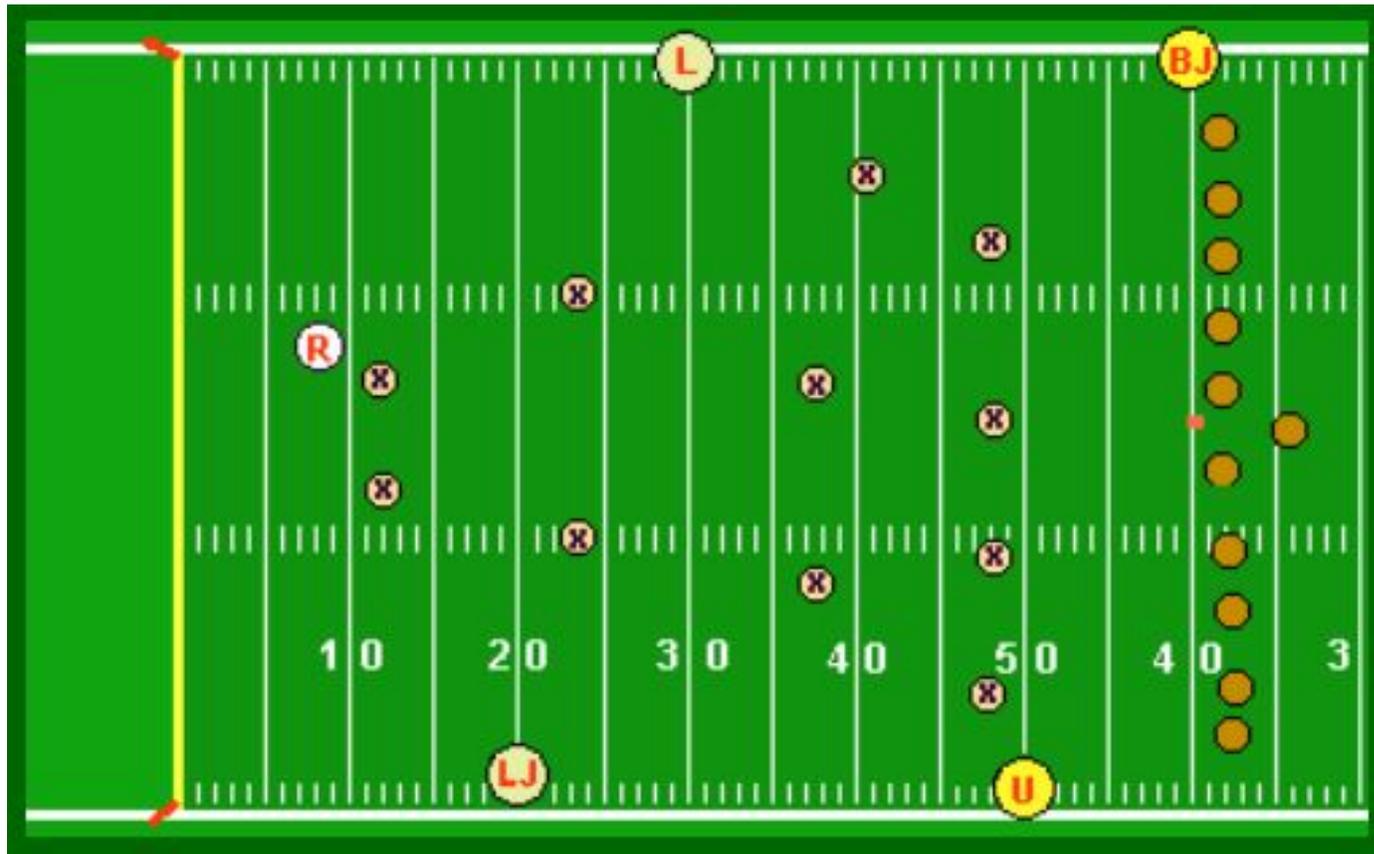
FREE KICK MECHANICS



Umpire

- Count K's Players
- Responsible for R's free kick line
- Positioned opposite the Lineman's side of field (Opposite Chains).
- After the kick, move into the field.

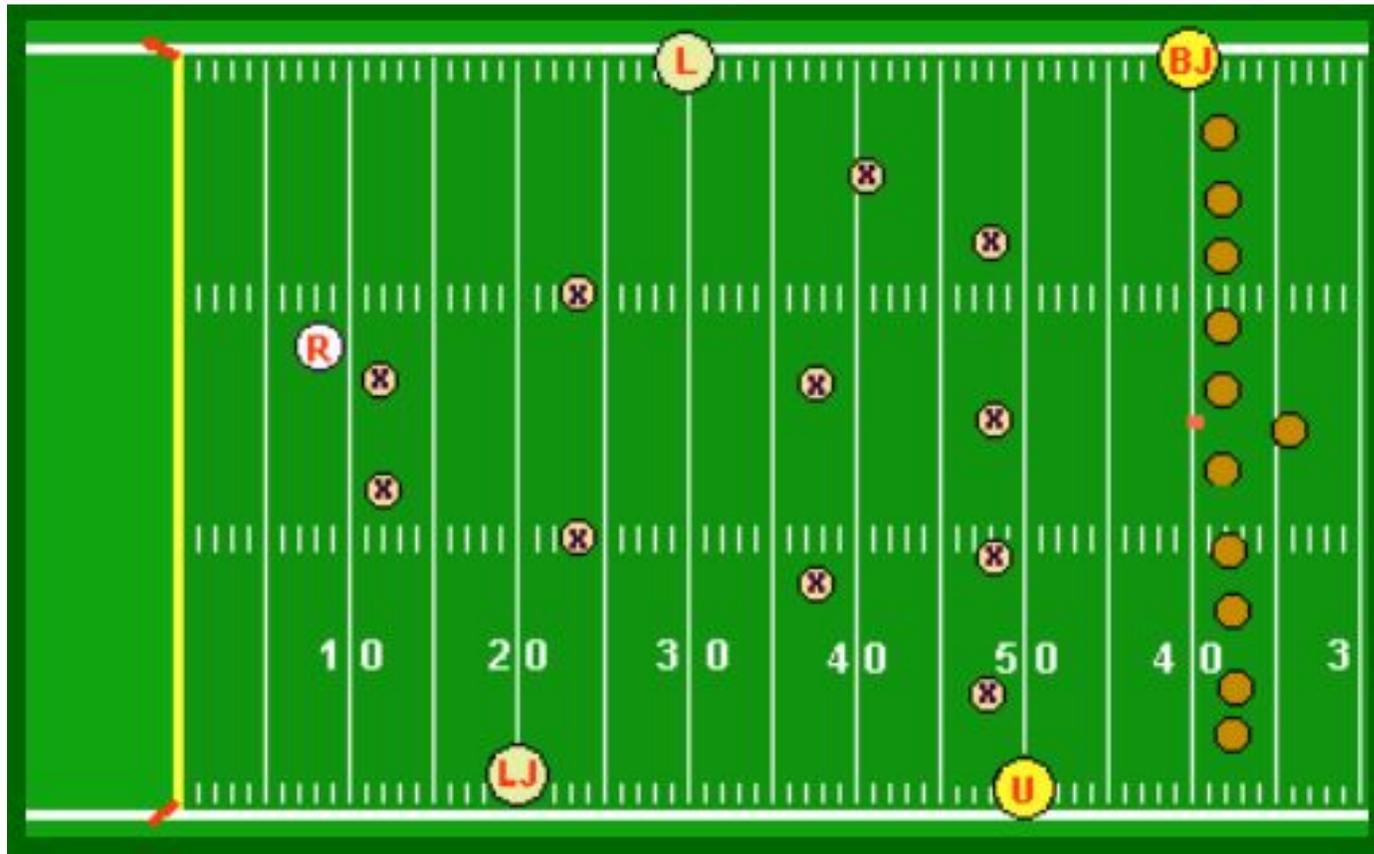
FREE KICK MECHANICS



Linesman

- Positioned around the 30 yd. line.
- Count R's Players
- Responsible for receiver/runner when ball is kicked into area.
- Watch blocks.
- Mark the spot at the end of the down.

FREE KICK MECHANICS



Line Judge

- Positioned opposite the Linesman at the 15-20 yard line.
- Count R's Players
- Responsible for receiver/runner when ball is kicked into area.
- Watch blocks.
- Mark the spot at the end of the down.



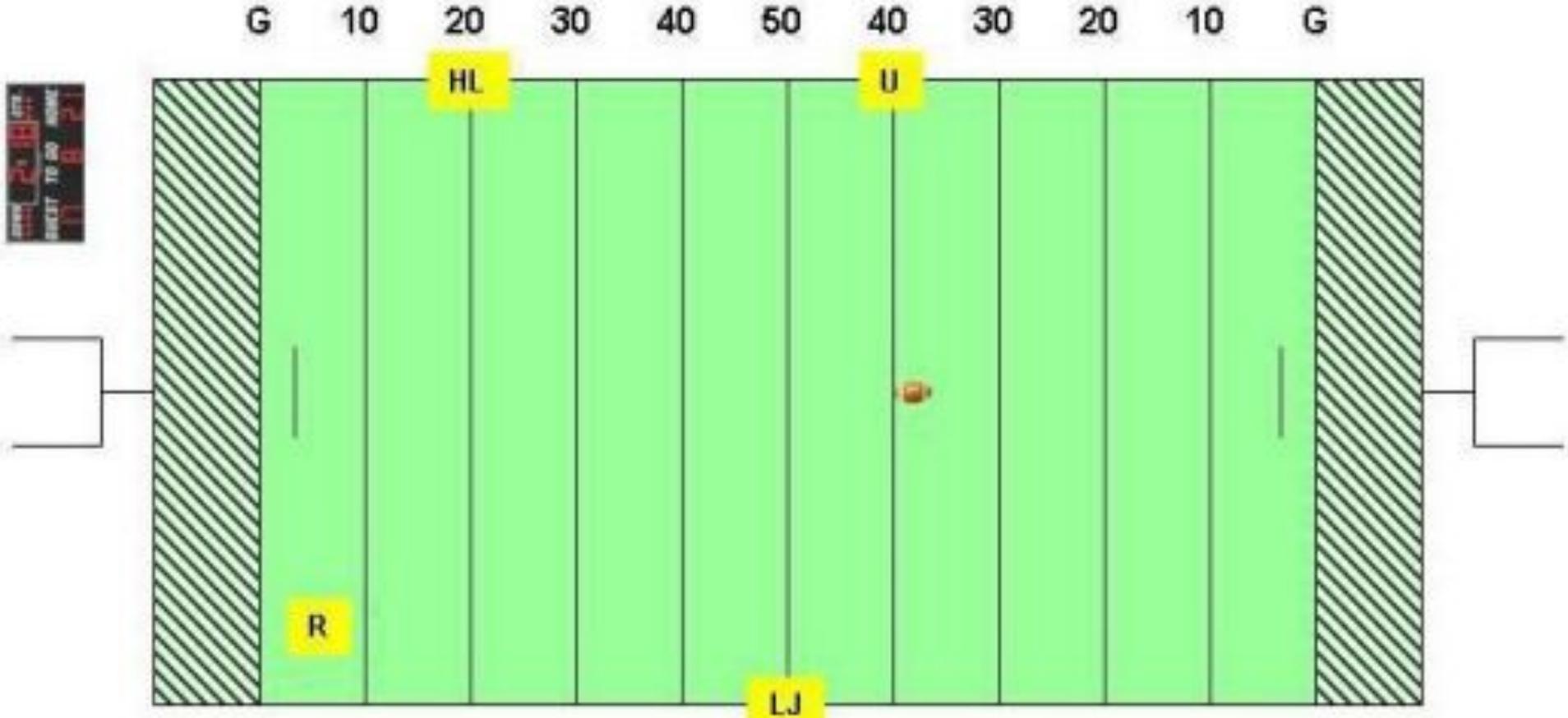
ONSIDE KICK MECHANICS

- Back Judge Officiate the ball being kicked, encroachment, and blocks.
- Line Judge Officiate the ball being kicked, encroachment, and blocks.
- Linesman Officiate who touches the ball first and where they touched it You will also help with blocks if the play is away from you.
- Umpire Officiate who touches the ball first and where they touched it. You will also help with blocks if the play is away from you.



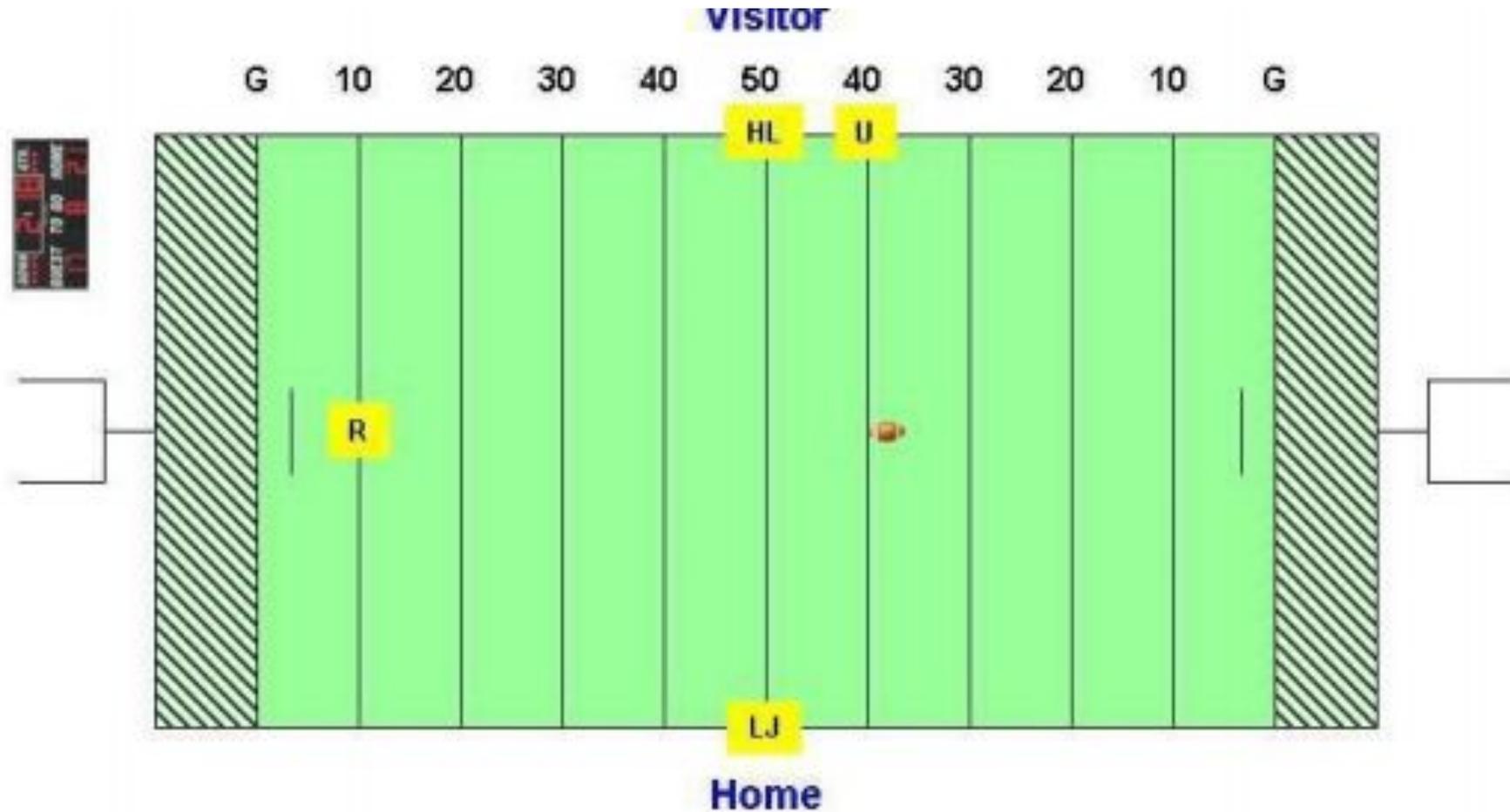


4-MAN REGULAR MECHANICS





4-MAN ONSIDE MECHANICS





SCRIMMAGE KICKS

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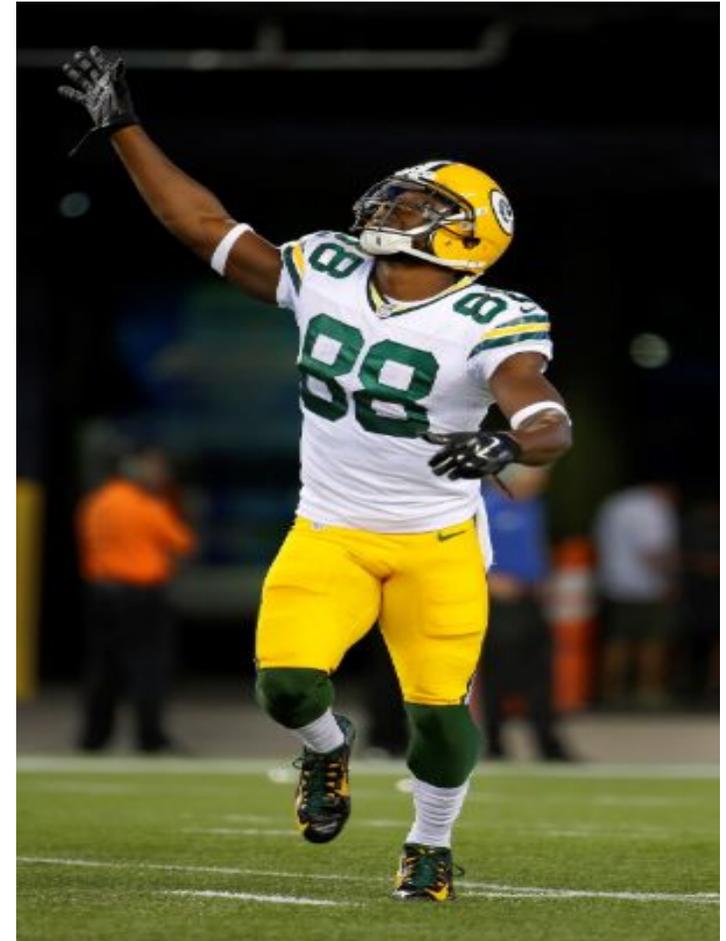
SCRIMMAGE KICKS

- May be a punt, drop kick, or place kick (Field Goal).
- K cannot be the first to touch a kick beyond the neutral zone.
- If the ball goes out of bounds, it belongs to R at that spot.
- A scrimmage kick ends when it is dead by rule or possessed.
- Scrimmage kicks have special rules for player numbering and penalty enforcement.
 - Number Exceptions
 - PSK Fouls & Tack-Ons for fouls by K.

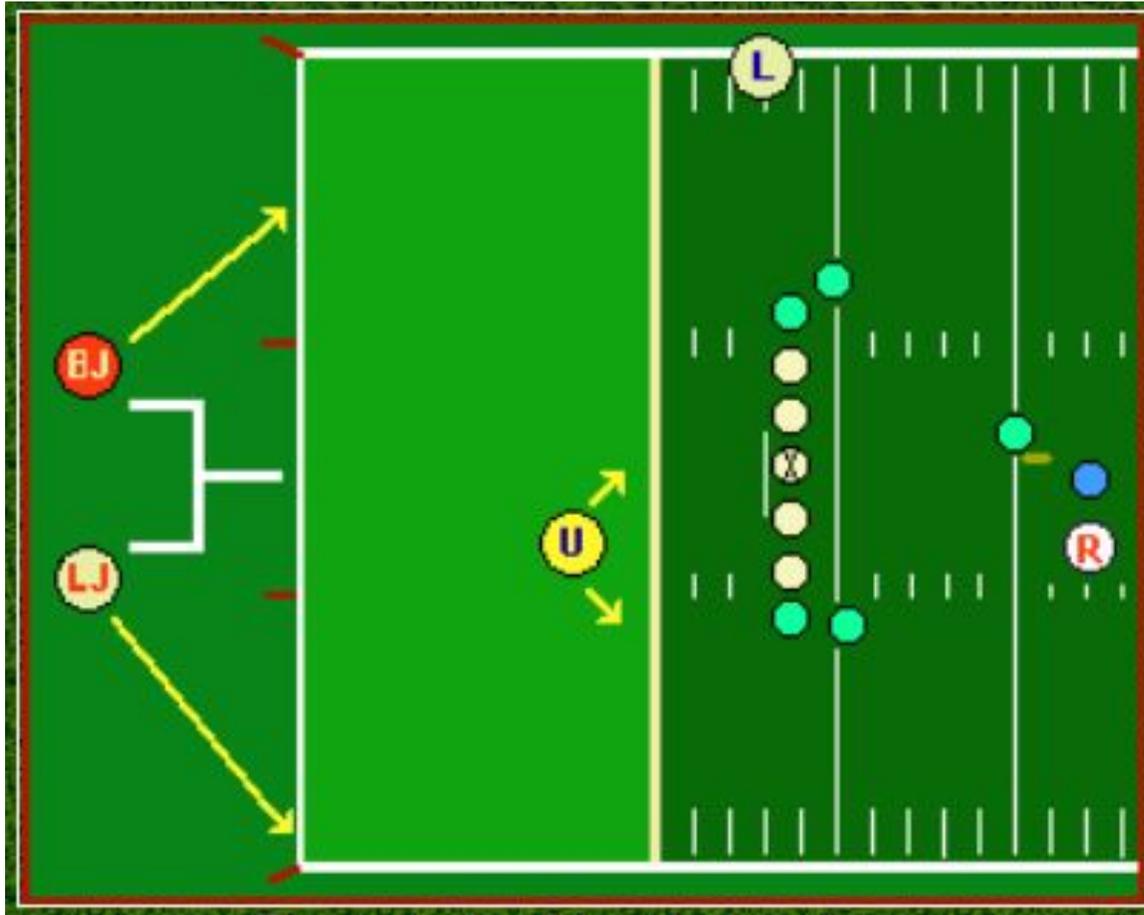


FAIR CATCH (2-9-1 & 3)

- Article 1:
 - A fair catch is a catch by a receiver of a free kick in or beyond the neutral zone or a scrimmage kick beyond the neutral zone.
 - After a valid signal, the receiver forfeits the right to advance the ball in return for protection from being blocked or tackled by an opponent.
- Article 3:
 - A valid fair catch signal is the extending and lateral waving of one arm, at full arm's length above the head, by any R player.



FIELD GOAL MECHANICS



Back Judge □ Under the upright to the Linesman's side of the field. Counts the defense. Rules on if the kick is above the crossbar and inside their upright.

Line Judge □ Counts the defense. Rules on if the kick is inside their upright.

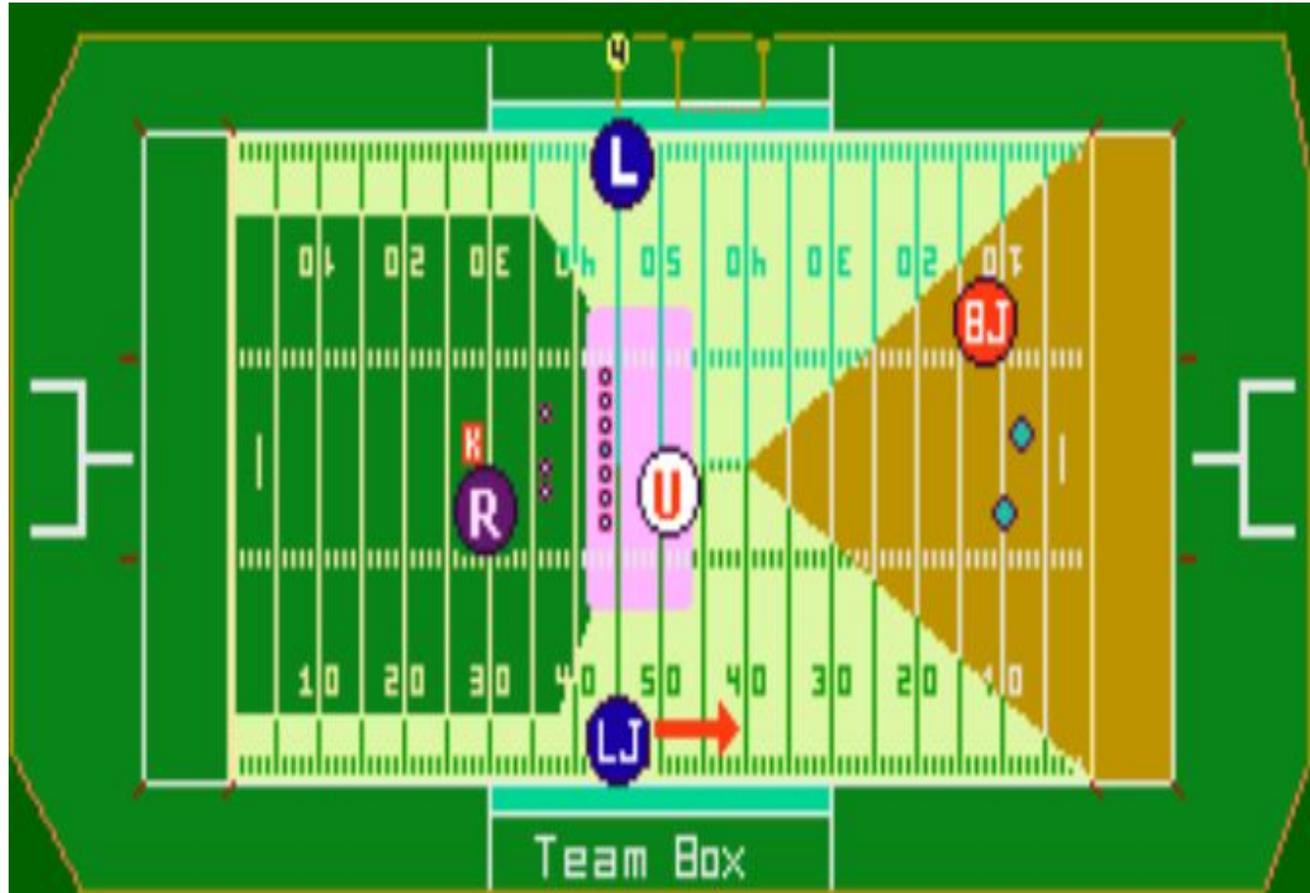
Linesman □ Position is at the numbers (On the field). Rules on the legality of the formation, infractions, and if the kick crossed the neutral zone.

Umpire □ Officiates the line of scrimmage and protects the snapper.



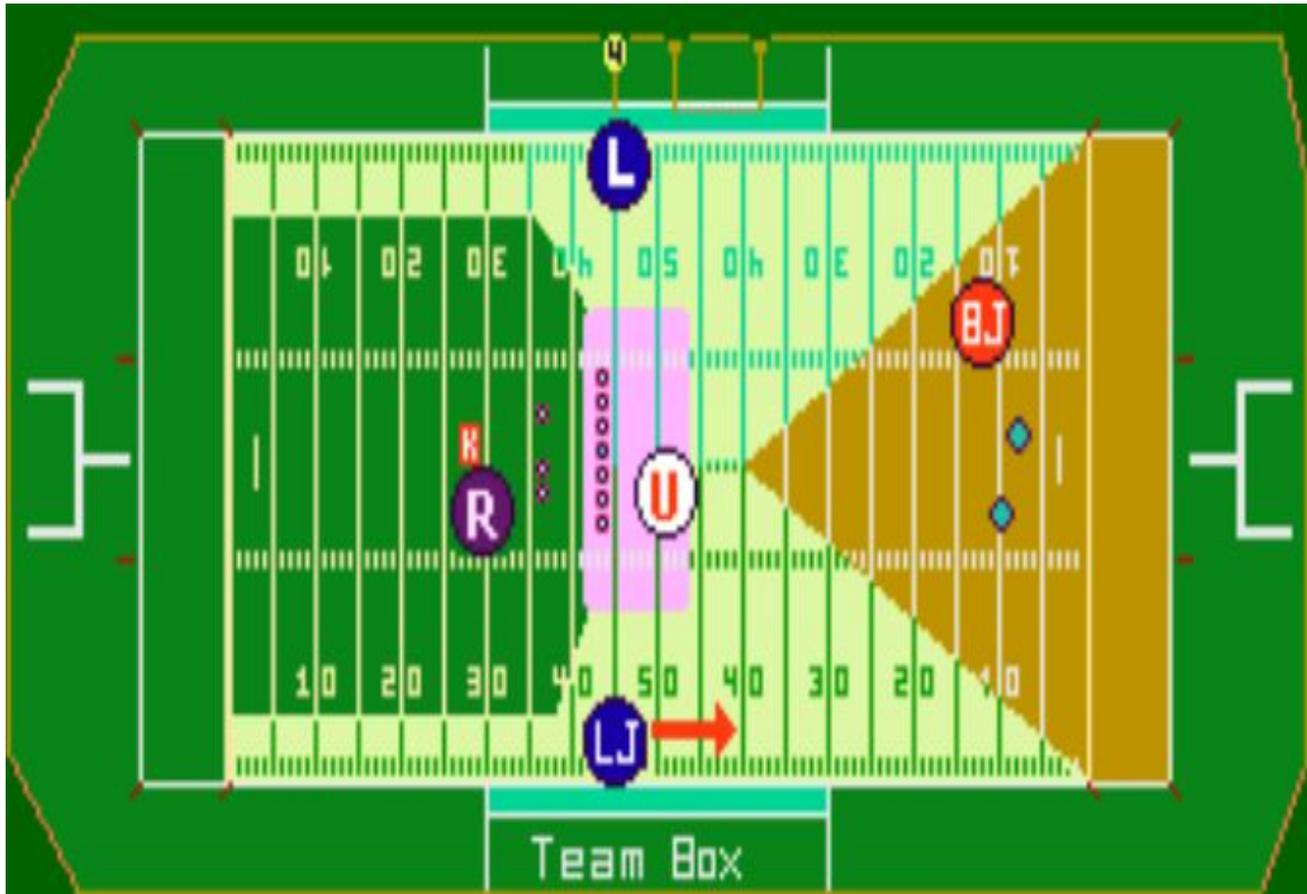
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PUNT MECHANICS (UMPIRE)



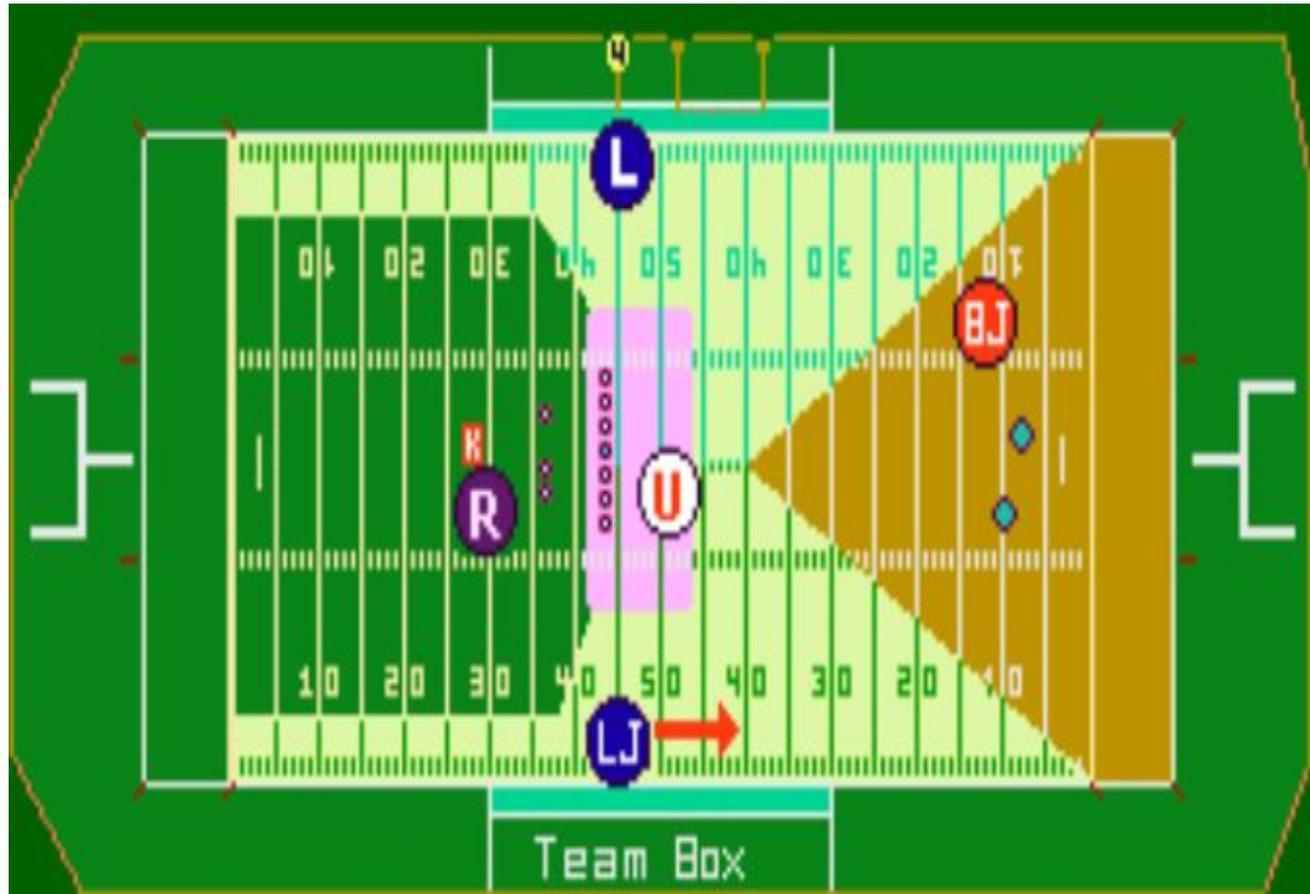
- 10-12 yds. Off LOS
- Count offensive team players, knowing the ineligible.
- Turn after first wave passes you
- Officiate blocks during the return.

PUNT MECHANICS (LINESMAN)



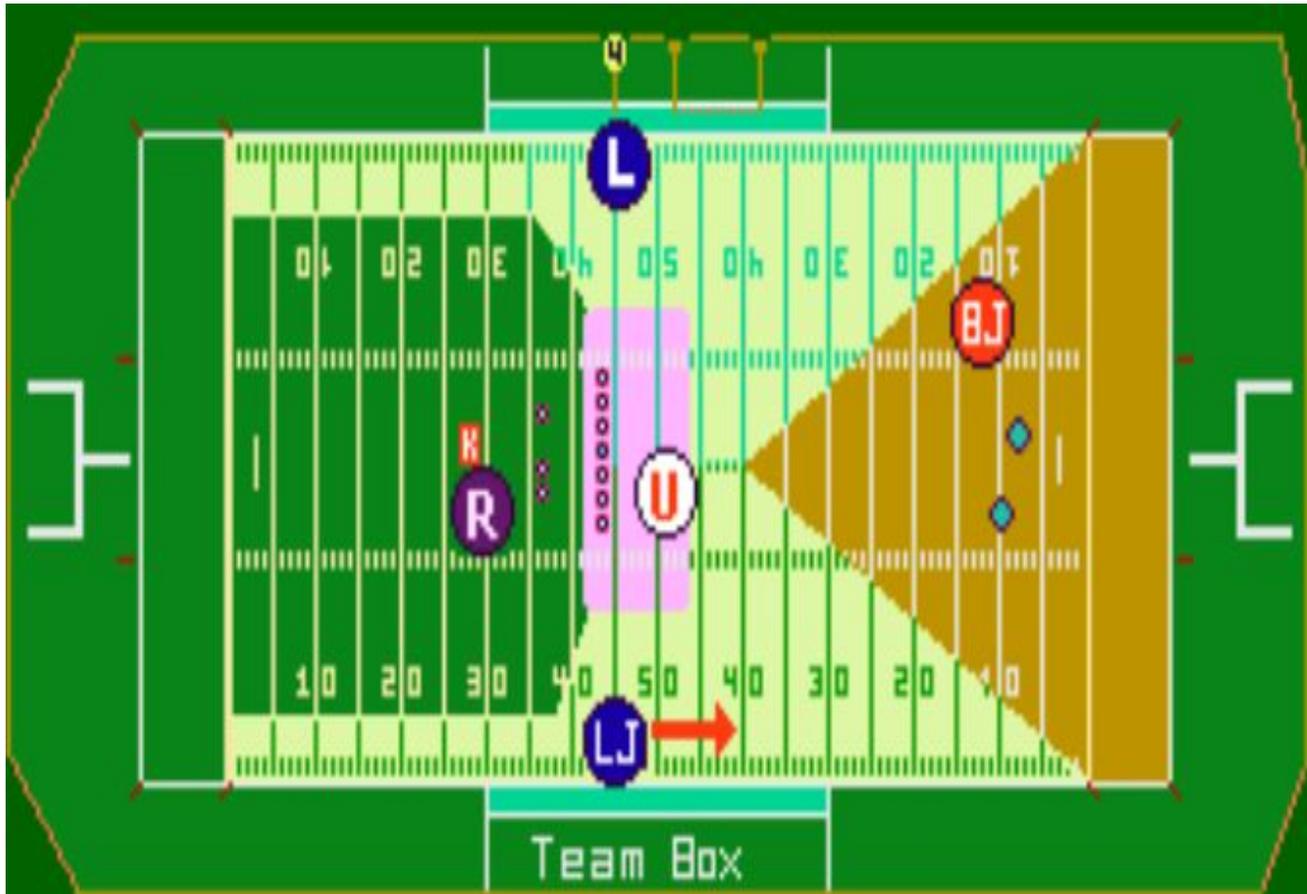
- Position on Line as normal scrimmage play.
- Stay on line of Scrimmage until the ball crosses the line of scrimmage. Yell “Balls Away”
- First look to see if deep man signals fair catch:
- If Fair Catch given, do not move and assist.
- If possessed, assist back judge in cleaning up play.
- If muffed, stay with person who gave signal.
- If no fair catch signal then move about 5-10 yards downfield and stop.
- Then switch focus onto blockers in front of runner.

PUNT MECHANICS (LINE JUDGE)



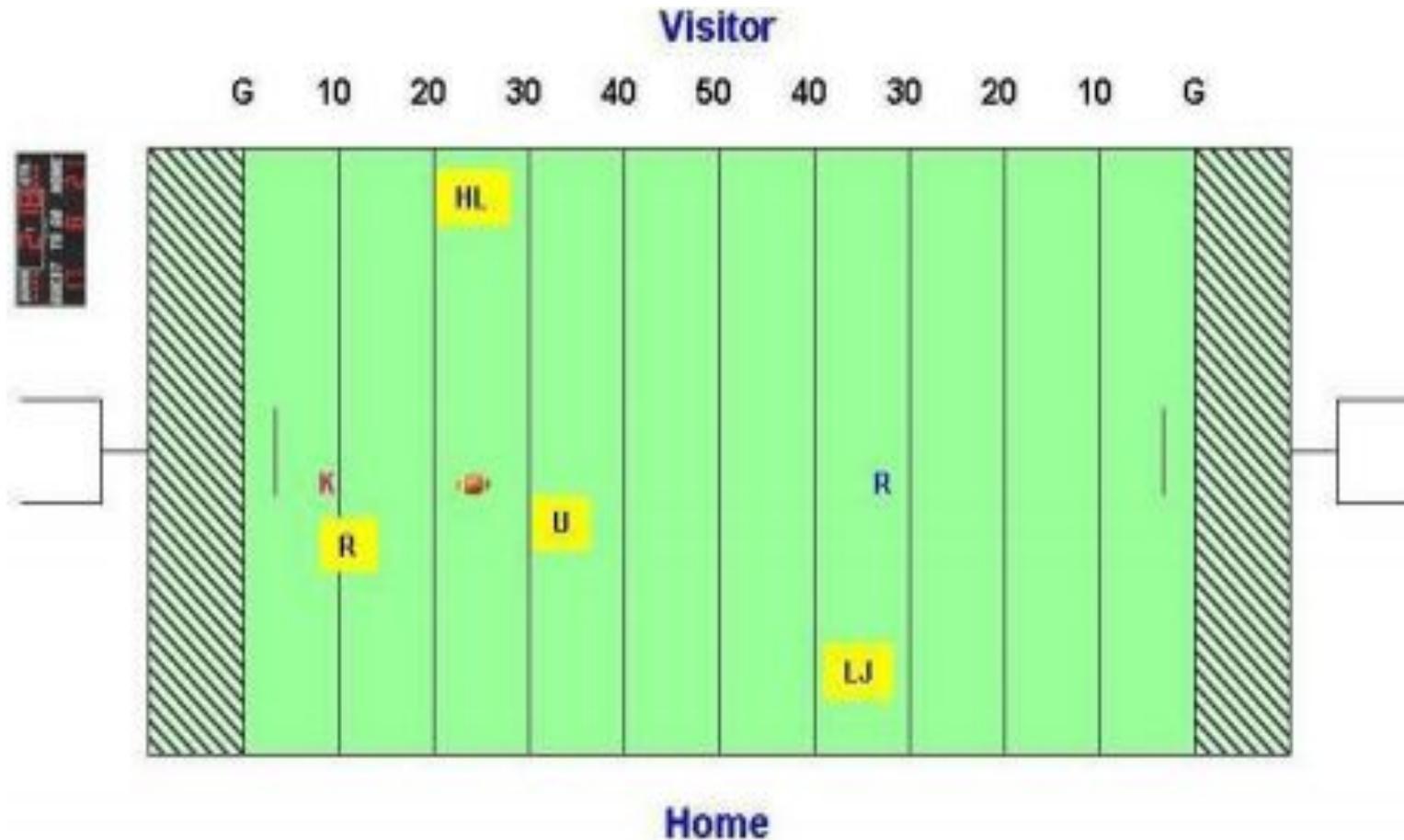
- Position on Line as normal scrimmage play.
- Stay on line of Scrimmage to ensure good snap, leave when the snap is possessed by the kicker.
- Move about 5-10 yards downfield, stop and observe blockers in front of potential receiver.
- Signal to stop clock & sound whistle if ball goes out of bounds on your sideline – move past where ball went out of bounds – walk back up field until the R signals to stop.

PUNT MECHANICS (BACK JUDGE)



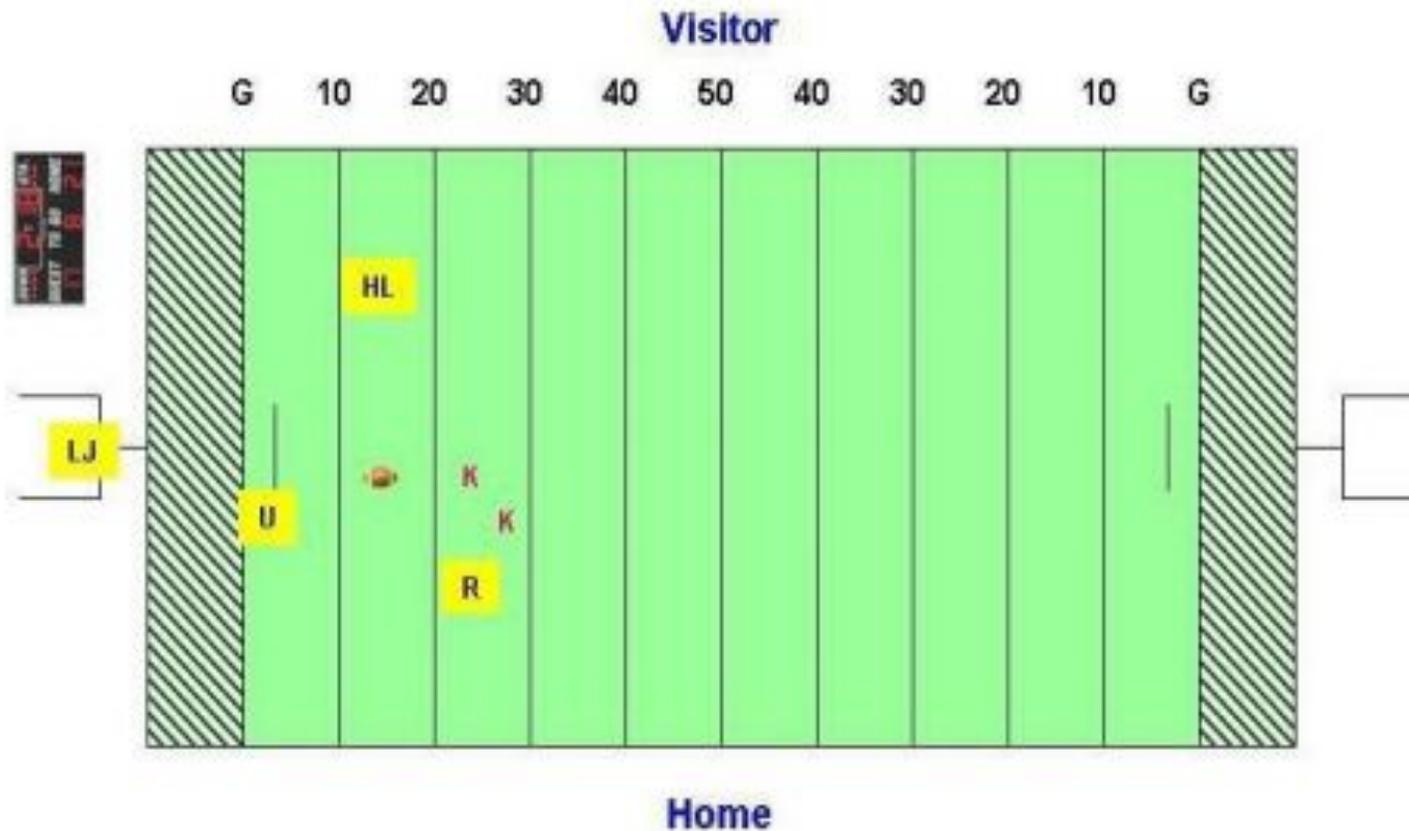
- Position yourself toward the Linesman's side of the field 5-7 yards deep and 5-7 yards toward the sideline.
- Responsibility is the receiver and the end of the kick.
- Officiate the returner, make sure they are not fouled.
- Mark the end of the kick or first touching with a bean bag.

4-MAN PUNT MECHANICS



- The Umpire & Linesman responsibilities do not change.
- The Line Judge will start the play deep in line with the returner.
 - They will have the responsibilities of the Back Judge on scrimmage kicks.

4 MAN FG MECHANICS



- The responsibilities for the Umpire and Linesman do not change.
- The Line Judge will stand under the goal post and help rule if the FG is Good.
 - The referee will take one upright. The LJ will take the other and the crossbar.