



1st Year Training

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Topics

- Common Differences Between Football Levels
- Football Fundamentals
- Rule 2
- Time permitting Formations

Common Differences Between Football Levels

Why Don't People Understand High School Rules?

- The game may look the same as the NFL or NCAA on the surface, but deep down the rules are quite different
- Referees almost never wear a microphone at the high school level, they just use hand signals most people don't understand
- Rarely are the games televised, so there is limited distribution

Quiz

Are these High School Rules?

1. Pass interference is a spot foul.
2. A player removing his helmet in the field of play is a foul.
3. Roughing Fouls are automatic first downs.
4. All Facemask penalties are 15 yards.
5. The Defense does have the right to “get back” upon encroaching.
6. Offense is allowed to break the huddle with 12.
7. No matter the number or position ANY player can Report Eligible.
8. Kicks can be returned once they pass the receivers goal line.
9. Defense can return extra points.
10. Timeouts can be called consecutively.

Common Differences Between Football Levels

- Pass Interference - “Catchability” of the ball is NOT a factor at the high school level in determining if pass interference has occurred. The only requirement is that the pass be toward the proximity of the receiver being interfered with.
 - The penalty is 15 yards
- Defensive Holding - the penalty is a 10-yd penalty. That’s it.
- No such thing as “Illegal Contact”
- Personal Fouls and Unsportsmanlike Conduct fouls are not necessarily automatic first downs

Common Differences Between Football Levels

- “Roughing” fouls are the only automatic 1st downs
- NFHS has both a 5- and 15-yd *facemask* foul
- *Removing the Helmet* is not necessarily a foul; Conduct/behavior dependant
- Encroachment is the foul; the defense cannot *get back* once they encroach
- It is perfectly LEGAL for the offense to break the huddle with 12 players at the high school level, there is a time component though
- “Reporting Eligible” does not exist

Common Differences Between Football Levels

- *Blocking low* cannot legally happen as much in HS as it does elsewhere
- Once a kick crosses the receivers goal line, it is dead and cannot be returned
- There are no wedge restrictions
- A field goal is like a fancy punt
- On an extra point, once the defense gains possession, the down is over. The defense can not score with the ball in their possession
- Teams can call their timeouts consecutively

Are these High School Rules?

1. Pass interference is a spot foul.
 - a. FALSE
2. A player removing his helmet in the field of play is a foul.
 - a. False
3. Roughing Fouls are automatic first downs.
 - a. TRUE
4. All Facemask penalties are 15 yards.
 - a. FALSE
5. The Defense does have the right to “get back” upon encroaching.
 - a. FALSE

Are these High School Rules?

6. Offense is allowed to break the huddle with 12.
TRUE
7. No matter the number or position ANY player can Report Eligible.
FALSE
8. Kicks can be returned once they pass the receivers goal line.
FALSE
9. Defense can return extra points.
FALSE
10. Timeouts can be called consecutively.
TRUE

Football Fundamentals

I. POSSESSION

- A. A live ball is always in possession of a team.
- B. A live ball is in player possession or is loose.
- C. A loose ball is in possession of the team whose player was last in possession.**
- D. A player in possession of a live ball is a runner.
- E. A player cannot fumble before gaining possession.
- F. No foul causes loss of the ball.**
- G. After a distance penalty, the ball belongs to the team which was in possession at the time of the foul according to applicable rules. Team possession may then change if a new series is awarded.
- H. Possession of a live ball in the opponent's end zone is always a touchdown**

Football Fundamentals

II. DOWNS

- A. A down begins when the ball becomes live and ends when it becomes dead.**
- B. Whether the next down will be first is determined at the time the ball becomes dead and after considering the effect of any act, except a nonplayer or unsportsmanlike foul, which occurred during the down.
- C. If R is first to touch a scrimmage kick beyond the neutral zone, a new series will be awarded to the team in possession at end of the down, unless there was a foul before the kick and the penalty was accepted, or there was a double foul or there was an inadvertent whistle during the kick following the touching by R.

Football Fundamentals

II. DOWNS

- A. The only defensive fouls which automatically cause a first down are roughing the kicker or place-kick holder, roughing the passer and roughing the snapper.**
- B. If the penalty is accepted for any live ball foul by either team during a down in which time expires. The period must be extended by an untimed down, except for unsportsmanlike fouls, nonplayer *fouls, fouls that specify a loss of down, or fouls as specified in 3-3-4.**
- C. No series can ever start on a down other than first.**

Football Fundamentals

III. DEAD BALL

- A. A game official's whistle seldom kills the ball. It is already dead by rule.**
- B. No live-ball foul causes the ball to become dead.
- C. A dead ball may become live only by a legal snap or free kick.
- D. Catching is always preceded by touching of the ball; thus, if touching causes the ball to become dead, securing possession of the ball has no significance.

Football Fundamentals

IV. KICKS - GENERAL

- A. **A kick always ends as soon as any player secures possession.**
- B. Any R player may catch or recover a kick and advance unless a valid or invalid fair-catch signal has been given by any R player.
- C. If a legal kick is caught in or beyond the neutral zone to R's goal line on a free kick and beyond the neutral zone to R's goal line on a scrimmage kick by a receiver after he has signaled for a fair catch, it is a fair catch and the ball becomes dead as soon as it is caught.
- D. A fair catch may be made of any free kick which is in or beyond the neutral zone to R's goal line or a scrimmage kick which is beyond the neutral zone to R's goal.

Football Fundamentals

IV. KICKS - GENERAL

- A. Any kick which is not a scoring attempt becomes dead when it breaks the plane of R's goal line.**
- B. No kick may legally be batted unless it is an attempt to block the kick in or behind the neutral zone, or if a grounded scrimmage kick which is beyond the neutral zone is batted by K toward his own goal line, or if a scrimmage kick in flight beyond the neutral zone is batted by K toward his own goal line or caught by K when no player of R is in position to catch the ball.**
- C. First touching of a kick by K is always ignored if the penalty is accepted for a foul during the down.**

Football Fundamentals

V. FREE KICKS

- A. The rules for the three free kicks are the same. **Exception:** a kickoff or a free kick following a safety cannot score a field goal.
- B. Free-kick lines are always 10 yards apart.**
- C. A free kick is not repeated unless a foul occurs prior to change of possession and the penalty acceptance requires a replay of the down or there was a double foul.

Football Fundamentals

VI. SCRIMMAGE KICKS

- A. Touching of a low scrimmage kick by any player is ignored if it occurs in or behind the expanded neutral zone. Such touching may cause the ball to go out of bounds.
- B. A scrimmage kick recovered in or behind the neutral zone may be advanced by K or R, unless it is during a try.

Football Fundamentals

VII. PASSES

- A. A player who is eligible at the start of the down remains eligible throughout the down.
- B. Offensive interior linemen are prohibited from advancing beyond the neutral zone only during a forward pass which crosses the neutral zone, but may advance after the pass is in flight.
- C. A handed ball is not a pass.
- D. **Any pass in flight may be batted in any direction by an eligible receiver unless it is a backward pass batted forward by the passing team.**
- E. **A forward-pass interference foul can occur only beyond the neutral zone.**

Football Fundamentals

VIII. BLOCKING

- A. Blocking by either team is permissible, unless it is kick-catching interference or pass interference, a personal foul or an illegal block.

Football Fundamentals

IX. FOULS

- A. No live-ball foul causes the covering official to sound his whistle immediately.**
- B. A live-ball foul followed by a foul by the opponents after the ball becomes dead is not paired as a double foul.**
- C. It is a foul to bat any loose ball which has touched the ground, except K may bat a grounded scrimmage kick which is beyond the neutral zone toward his own goal line and may bat a scrimmage kick in flight beyond the neutral zone toward his own goal line when no player of R is in position to catch the ball.**

Football Fundamentals

IX. FOULS

- A. A foul during a try is not paired with a dead-ball foul to make a double or multiple foul.
- B. A double foul results only when both teams commit fouls, other than nonplayer or unsportsmanlike, during the same live-ball period or if team possession changed during the down and the foul by the team in final possession was prior to the change or if there were a change of possession and the team in final possession accepted the penalty for its opponent's foul.
- C. **While it is possible to have several running plays during a down, with each one having its own basic spot for penalty enforcement, there can only be one loose-ball play during a down.**

Football Fundamentals

X. PENALTY MEASUREMENT

- A. The distance penalty for any foul may be declined.
- B. **Penalties are either 5, 10 or 15 yards.**
- C. Any live-ball foul is penalized according to the all-but-one enforcement principle except:
 - 1. Fouls which occur simultaneously with the snap.
 - 2. A foul by the opponents of the scoring team during a successful try, field goal or touchdown when the score is accepted.
 - 3. A nonplayer or unsportsmanlike foul.
 - 4. Roughing the passer when the dead ball spot is beyond the neutral zone and there has been no change of team possession.
 - 5. Kick-catch interference when the offended team does not accept a penalty of 15 yards from the spot of the foul.

Football Fundamentals

X. PENALTY MEASUREMENT

- A. Penalty enforcement for any dead ball, nonplayer or unsportsmanlike foul is from the succeeding spot unless the foul occurs on a scoring play and the scoring team chooses enforcement on the kickoff per 8-2-2, 8-2-3, 8-2-4 or 8-2-5
- B. The penalty for any one of the five illegal passes is a loss of 5 yards and the down is counted except for a forward pass following change of team possession.
- C. **No penalty directly results in a safety, but if a distance penalty is enforced from behind the offender's goal line toward his end line, it is a safety.**
- D. The penalty for a live-ball foul by the defensive team is administered from the basic spot, except when that spot is in the end zone.
- E. **The loss of down aspect of a penalty has no significance following a change of possession or if the line to gain is reached after enforcement.**

Rule 2

- Blocking
 - Blocking is obstructing an opponent by contacting him with any part of the blocker's body.
- Catch
 - A catch is the act of establishing player possession of a live ball which is in flight, and first contacting the ground inbounds while maintaining possession of the ball or having the forward progress of the player in possession stopped while the opponent is carrying the player who is in possession and inbounds.
- Force
 - Force is the result of energy exerted by a player which provides movement of the ball. The term force is used only in connection with the goal line and in only one direction, i.e., from the field of play into the end zone. Initial force results from a carry, fumble, kick, pass or snap. After a fumble, kick or backward pass has been grounded, a new force may result from a bat, an illegal kick or a muff.

Rule 2

- Fouls and penalties
 - A foul is a rule infraction for which a penalty is prescribed.
- Free Blocking Zone
 - The free-blocking zone is a rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards behind each line of scrimmage. A player is in the free-blocking zone when any part of his body is in the zone at the snap.
- Helmet Contact
 - Illegal helmet contact is an act of initiating contact with the helmet against an opponent.
- Player Designations
 - A player is one of the 22 team members who is designated to start either half of the game or who subsequently replaces another player. A player continues to be a player until a substitute enters the field and indicates to the player that he is replaced, or when the substitute otherwise becomes a player