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INTRAMURAL FOOTBALL

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CONTENTS

<u>Subject</u>	<u>Page</u>
I. Pre-Game Duties	2
II. Start of Game	2
III. Kickoff	2
IV. Scrimmage Kicks	3
V. Goal Line Plays	3
VI. Measuring for First Down	3
VII. Procedure in Case of Fouls	4

Rules

#1 - Equipment	5
#2 - Definitions	5
#3 - Periods, Time Factors and Substitutions	11
#4 - Ball in Play, Dead Ball, Out of Bounds	16
#5 - Series of Downs, Line to Gain	17
#6 - Kicks	20
#7 - Snapping and Passing Ball	24
#8 - Scoring	29
#9 - Conduct of Players and Other Subject to Rules	32
#10 - Penalty Enforcement	36
#11 - Summary of Penalties	39
Section 3 --- Coaches Guide	41

INTRAMURAL FOOTBALL OFFICIATING

I. PRE-GAME DUTIES

Referee - See that his team is present - check ball.

Umpire - Check equipment (mouthpieces, tape on trousers, torn trousers, etc.)

Linesman - Secure chains and down markers - instruct assistants.

Line Judge - Secure timer and check to see that it functions well.

All - Secure red flags.

II. START OF GAME

Referee - Conduct toss of coin and choices of Captains.

All - Take positions for kick off.

A. Line judge gives ball to kickers and moves to sideline to watch kickers position at kick.

B. Linesman opposite side of field from FJ at about 25 yard line of receivers.

C. Umpire - Same side of field as HL at 45 yard line of receivers - make sure receivers have at least 3 men between 45 and 50 yard lines.

D. Referee same side of field as FJ at about 10 yard line with receiving team.

All - Signal by raising one arm to indicate you and the team are nearest is ready (FJ, Ump, HL and Referee in that order).

Referee - Blows whistle to start game.

III. KICKOFF

Line judge - Watch to see that no one other than holder of the ball is ahead of ball when it is kicked. Watch for blocking away from ball. Start clock when ball is legally touched.

Umpire - Watch that the three front men of receivers stay between 45 and 50-yard lines until ball is kicked - watch for blocking.

IV. SCRIMMAGE KICKS

Ref - Watch for toughing the kicker - if defensive team member does not touch the ball, he cannot hit the kicker. (2) In case of an out of bounds kick in flight, guide the HL or FJ as the line of kick. (3) After kick has been made watch action away from the ball.

Linesman - Watch for short kicks on your side, pick up the receiver. (2) On kicks away from your side or well down field note action away from the ball. (3) Look to referee for line of out of bounds kicks.

Ump - On short kicks note the spot of receiving (ahead or behind the line). (2) Watch action away from the ball.

Line judge - Be outside of, but as deep as the safety man. (2) Watch for fair catch signal. (3) Pick up the receiver. (4) Look to referee for line on out of bound kicks in the air. (5) Watch for muffs or fumbles on kick.

V. GOAL LINE PLAYS

Linesman & Line judge - Stay on line of scrimmage, note whether ball is in the possession of carrier crosses the plane of goal line. IF you see it cross the plane, signal TD immediately.

Ump - Watch line play. (2) If any official signals TD, give the signal immediately.

Ref - Wait for end of play to see if any flags were dropped before giving the TD signal.

VI. MEASURING FOR FIRST DOWN

Stay with ball, call HL in with his crew to measure. (2) Hold ball in place as crew comes out. (3) Note whether ball has reached front stake, if so signal first down. (4) If ball has not reached front stake, and is in side zone grasp chain at furthest end of ball and reset a inbounds mark.

Linesman - On signal from referee to measure go to the rearmost yardline that chain crosses and grasp the chain firmly with both hands. (2) Pick up chain and have assistants accompany you to the spot of the ball. (3) Replace chain at yardline from which you picked it up - hold to the chain. (4) After measurement if first down is not awarded replace chain at sideline spot from which you got it. (5) If first down is awarded reset chain at the new to gain

Ump - As chain is brought out for measurement take the front stake from HL assistant. (2) After HL spots the chain on the proper line, stretch it to allow referee to make a decision as to whether or not a first down is warranted. (3) After measurement, return stake to HL assistant.

VII. PROCEDURE IN CASE OF FOULS

All - If an infraction is observed drop red flag to note position of foul. (2) in case of a foul by a player attempt to get his number. (3) Know position of ball at the time, action that was occurring (pass in flight, punt, runback, etc.). (4) Know team committing the foul. (5) Continue to cover the play. (6) After ball is declared dead immediately get the referee's attention. (7) Explain to him who committed the foul, where foul occurred, what was the action at the time and what the foul was. (8) Do not discuss the call with anyone prior to informing the referee.

Ref - Call the offended team captain and explain the options to him clearly. (2) Captain's initial choice is binding, he may not change his mind. He may not confer with coach or other players in making his decision. (3) Measure out the penalty or indicate refusal. In either case give a clear signal for the penalty. (4) Indicate down and yardage to both teams.

INTRAMURAL FOOTBALL RULES

RULE #1

Equipment

SECTION 1. Players and Playing Equipment

It is mandatory that all players wear properly fitted mouth protectors.

*Prohibited Equipment: Article 1. No one wearing illegal equipment shall be permitted to play. Any question as to the legality of a player's equipment shall be decided by the Umpire. Illegal equipment includes:

- a. Any equipment worn by a player which, in the opinion of the Umpire, would confuse his opponents or endanger other players.
- b. Sole leather or other hard or unyielding substance on the hand, wrist, forearm, or elbow of any player, no matter how covered or padded.
- c. Tape or any bandage on a hand, wrist, forearm or elbow unless used to protect an injury and specifically sanctioned by the Umpire.

RULE #2

Definitions

SECTION 1. Approved Ruling

ARTICLE 1. An Approved Ruling (A.R.) is an official decision on a given statement of facts. It serves to illustrate the spirit and application of the rules. The relation between the rules and an Approved Ruling is analogous to the relation between statutory law and a decision of the Supreme Court.

SECTION 2. The Ball: Live, Dead, Free

Live Ball, Dead Ball Article 1. A live ball is a ball in play, and dead ball is a ball not in play. A pass, kick or fumble which has not yet touched the ground is a live ball in flight.

Loose Ball Article 2. A free ball is a live ball (other than a forward pass) not in player possession.

When Ball is Ready -For-Play Article 3. A dead ball is ready for play when the Referee:

- If time is in, so signals
- If time is out, sounds his whistle and signals either “start the clock or ball ready for play”.

*In Possession Article 4. “In Possession” is an abbreviation meaning the holding or controlling of a live ball or a ball to be free kicked. A Player is “in possession” when he is holding or controlling a punt, drop kick, or place kick is being attempted, or while a forward pass thrown by one of its players in flights.

*Belongs To Article 5. “Belongs To” denotes temporary team custody of a dead ball.

Catch, Interception, Recovery Article 6. A catch is an act of establishing player-possession of a live ball in flight. A catch of an opponent’s fumble or pass in an interception. Securing player possession of a live ball after it strike the ground is “recovering” it.

SECTION 3. Blocking

ARTICLE 1. Blocking is legally obstructing an opponent by contacting him with any part of the blocker’s body. Blocking below waist is not allowed except in the free blocking area.

SECTION 4. Clipping

ARTICLE 1. Clipping is running or diving into the back, or throwing or dropping the body across the back of the leg or legs of an opponent other than the runner.

SECTION 5. Crawling

ARTICLE 1. Crawling is an attempt by the runner to advance the ball after any part of his person, other than a hand or foot, has touched the ground.

SECTION 6. Down & Between Downs

ARTICLE 1. A down is unit of the game which starts, after the ball is ready for play, with a snap or free kick and ends when the ball next becomes dead. Between downs is the interval during which the ball id dead.

SECTION 7. Fair Catch

ARTICLE 1. A fair catch is a catch of a free kick, or a scrimmage kick which is beyond the neutral zone, by a player of the receiving team who has obviously signaled his intention, by raising one hand clearly above his head with arm fully extended and waving from side to side.

SECTION 8. Forward, Beyond Or In Advance Of

ARTICLE 1. Forward, beyond or in advance of, as related to either team, denotes direction toward the opponents' end line. Converse teams are backward or behind.

SECTION 9. Foul & Violation

ARTICLE 1. A foul is a rule infraction for which a penalty is prescribed. A violation is a rule infraction for which no distance penalty is prescribed and which does not offset the penalty for a foul.

SECTION 10. Fumble -- Muff -- Touch -- Bat

Fumble ARTICLE 1. A fumble is loss of possession by a player, other than by handing, passing, or kicking the ball.

Muff ARTICLE 2. A muff is an unsuccessful attempt to catch or recover a ball which is touched in the attempt.

Batting ARTICLE 3. Batting the ball is striking it with a hand or arm intentionally.

Touching ARTICLE 4. Touching the ball denotes any contact with it.

SECTION 11. Goal Lines

ARTICLE 1. Each goal line is a vertical plane separating an end zone from the field of play.

SECTION 12. Handing the Ball

ARTICLE 1. Handing the ball is transferring player possession from one teammate to another without throwing, fumbling or kicking it.

SECTION 13. Huddle

ARTICLE 1. A huddle is two or more offensive players grouped together after the ball is ready for play before or after they have assumed a scrimmage formation prior to the snap.

SECTION 14. Hurdling

ARTICLE 1. Hurdling is an attempt by a runner to jump with one or both feet or knees foremost over a player who is still on his feet.

SECTION 15. Kicks

Legal and Illegal Kicks ARTICLE 1. A legal kick is a punt, drop kick, or place kick made according to the rule by a player of Team A before change of team possession. Deliberately kicking the ball in any other manner is illegal. Any free kick or scrimmage kick continues to be a kick until it is caught or recovered by a player or becomes dead. A return kick is an illegal kick.

Punt ARTICLE 2. A punt is a kick by a player who drops the ball and kicks it before it strikes the ground.

Drop Kick ARTICLE 3. A drop kick is a kick by a player who drops the ball and kicks it as it touches the ground or as it is rising from the ground.

Place Kick ARTICLE 4. A place kick is a kick by a player of the team in possession who kicks the ball from a fixed position either on the ground or, a tee. The ball may be held in position by any player of the kicking team. If a tee is used, it may not elevate the ball's lowest point more than two inches above the ground.

Free Kick ARTICLE 5. A free kick is a kick by a player of the team in possession made under restrictions which prohibit either team from advancing beyond established restraining lines until the ball is kicked.

Kickoff ARTICLE 6. A kickoff is a free kick which starts each half and follows each Try or Field Goal. It must be a place kick or a drop kick.

Scrimmage Kick ARTICLE 7. A scrimmage kick is a kick by Team A during a scrimmage down before team possession changes.

Return Kick ARTICLE 8. A return kick is a kick by a player of the team in possession after change of team possession during a down and is an illegal kick.

SECTION 16. Loss of a Down

ARTICLE 1. "Loss of a down" is an abbreviation meaning: "Loss of the right to repeat a down."

SECTION 17. The Neutral Zone

ARTICLE 1. The neutral zone is the space between the two lines of scrimmage and is established when the ball is ready to play.

SECTION 18. Offside.

ARTICLE 1. Offside denotes the position of a player, except the Snapper or the kicker and holder of a place kick for a free kick, any part whose person is beyond his scrimmage line or his restraining line when the ball is put in play.

SECTION 19. Passes

Passing ARTICLE 1. Passing the ball is throwing it. A pass continues to be a pass until it is caught or recovered by a player or becomes dead.

Forward and Backward Pass ARTICLE 2. A backward pass is a live ball thrown toward or parallel to the Passer's end line; a forward pass is a live ball thrown toward the opponent's end line. The point where the ball strikes a player or the ground, beyond or behind the spot of the pass.

ARTICLE 3. When in question a legal forward pass is "catchable".

SECTION 20. Penalty

ARTICLE 1. A penalty is a loss imposed by rule against a team which has committed a foul.

SECTION 21. Scrimmage

Scrimmage ARTICLE 1. A scrimmage is the interplay of the two teams during a down in which play begins with a snap.

Scrimmage Line ARTICLE 2. The scrimmage line for each team is the yard line and its vertical plane which passes through the point of the ball nearest its own goal line. A player of Team A is "on his scrimmage line" when he faces his opponents' goal line with the line of his shoulders approximately parallel, thereto, and his head breaks plane drawn through snapper's waist.

Backfield Line ARTICLE 3. The backfield line is a vertical plane behind and parallel to the nearest post, other than legs, of the nearest players on line of scrimmage.

SECTION 22. Shift

ARTICLE 1. A shift is a simultaneous change of position by two or more offensive players after the ball is ready for play for a scrimmage and before the next snap.

d. The basic spot on legal forward pass plays is the previous spot, and fouls by the team “in possession” behind the basic spot are spot fouls (10-2-1-a-1)

Exceptions:

1. Defensive pass interference may be a spot foul.
2. Offensive pass interference in the end zone is an option (touchback or previous spot).
3. Fouls by team B against the passer during a completed forward pass are penalized from the end of the run if the run ends beyond the neutral zone.

e. The basic spot on legal kick plays before a change of possession is the previous spot and fouls by the team in possession behind the basic spot are spot fouls. (10-2-1-a-4 Exceptions)

Post scrimmage Kick Spot ARTICLE 11. The post scrimmage kick spot is the spot where the kick ends. Team B retains the ball after penalty enforcement from the post scrimmage kick spot. Fouls behind the basic spot are spot fouls (10-2-1-a-4-e)

SECTION 25. Team and Player Designation

Teams A & B ARTICLE 1. Team A is the team which is designated to put the ball in play and it retains that designation until the ball is declared ready for play; Team B designates the opponents.

Offensive Team ARTICLE 2. The Offensive Team is the team in possession, or the team to which the ball belongs; the Defensive team is the opposing team.

Kicker ARTICLE 3. The kicker is any player who punts, drop kicks or place kicks. He remains the kicker until he has had a reasonable time to regain his balance.

Lineman & Back ARTICLE 4. A lineman is any player on his scrimmage line when the ball is snapped; a back is any player who is legally behind that line when the ball is snapped.

Passer ARTICLE 5. The passer is the player who throw a legal forward pass. He remains the passer while the ball is in flight.

Player ARTICLE 6. A player is any one of the 22 participants actually in the game at any particular time.

Runner ARTICLE 7. The runner is a player in possession of a live ball.

Snapper ARTICLE 8. The snapper is the player who snaps the ball.

Substitute ARTICLE 9. A substitute is a replacement for a player or a player vacancy. An incoming substitute becomes a player and the player he replaces becomes a substitute when the ball is next put in play.

Disqualified Player ARTICLE 10. A disqualified player is one who becomes ineligible for further participation in the game.

SECTION 26. Tripping

ARTICLE 1. Tripping is using the lower leg or foot to obstruct an opponent (including the runner) below the knees.

RULE #3

Periods, Time Factors and Substitutions

SECTION 1. Start of Each Period

First and Third Periods ARTICLE 1. Each half shall start with a kickoff. Before the scheduled starting time the Referee shall toss a coin in the presence of the Fields Captains of the opposing teams, first designating which Field Captain shall call the fall of the coin.

a. The winner of the toss shall choose one of the following options and his first choice shall not be revocable.

1. To designate which team shall kick off.
2. The designate which goal line his team shall defend.
3. Defer choice to second half.

b. The loser of the toss shall exercise the remaining option.

c. Before the start of the second half the order of choosing options shall be reversed.

Second and Fourth Periods ARTICLE 2. Between the first and second periods and also between the third and fourth periods the teams shall defend opposite goal lines.

SECTION 2. Playing Time & Intermissions

Length of Periods and Intermissions ARTICLE 1. The total playing time in a game shall be 28 minutes divided into four periods of 7 minutes each.

Extensions of Periods ARTICLE 2. No period shall end until the ball is dead, and in the case of a touchdown, the period shall be extended until the TRY is completed. If playing time for a period expires before completion of the penalty for a foul by opponents of the team in possession

of the ball, or for a foul by either team while the ball is free and penalty is not a safety or an awarded touchdown, the period shall be extended until a down which is free from such fouls has been played or the penalty is declined. The period is not extended if there is a foul by the team in possession, if both teams foul, or if either team fouls while the ball is free and penalty is a safety or awarded touchdown.

Game Clock ARTICLE 3. Playing time shall be kept with a game clock which will be a stop watch operated by the Line Judge or Official on sideline..

When Clock Starts ARTICLE 4. Following a free kick, the game clock shall be started when the ball is legally touched. On scrimmage down, the game clock shall be started when the ball is snapped on or prior signal by the Referee. The clock shall not run during an extension of a period.

a. The Referee shall signal and the game clock starts when the ball is ready for play, if it was stopped.

1. When Team A is awarded a first down (Exception: 3-2-5-b-3)
2. To complete a penalty.
3. At the Referee's discretion.
4. For an inadvertent whistle.

b. The Referee does NOT signal and the game clock starts when the ball is put in play, if it was stopped:

1. By a free time out, a touchback, an incomplete forward pass, or a live ball going out the bounds.

2. To award a first down to Team B, or when after a kick Team A is awarded a first down. The Referee shall not declare the ball ready for play until both teams have had reasonable opportunity to complete their substitutions.

c. If incidents in (a), above, occur in conjunction with a free time out or any other incident following which the clock would not start until the ball is put in play, it shall be started when the ball is put in play.

When Clock Stops ARTICLE 5. The game clock shall be stopped when each period ends, and whenever "time-out" is declared by the Referee.

SECTION 3. Time Outs

How Charged ARTICLE 1. The referee shall declare a time-out when he suspends play for any reason. Each time out shall be charged either to the Referee or to one of the teams.

Time Out ARTICLE 2. The Referee shall declare a time out whenever a touchdown, field goal, touchback, or safety is made; when an excess time out is allowed; when the game clock is

stopped to complete a penalty; when a forward pass becomes incomplete; when a live ball goes out of bounds; and when Team A or Team B is awarded a first down.

Referee's Discretionary Time Out ARTICLE 3. The Referee shall declare and charge himself with a time out for any contingency not elsewhere covered by the rules. If such time out is for repair or replacement of player equipment which became illegal through play, the Referee shall charge himself; otherwise he shall charge the team whose player is wearing the illegal equipment.

AR 1. A shoelace, padlace, jersey, number, or other equipment breaks or tears.

Should repair or replacement be made on the Referee's time out? RULING: Only if the Umpire considers such equipment dangerous to other players.

Charged Time Outs ARTICLE 4. Each Team is entitled to three free time outs during each half without penalty. Consecutive free time outs shall not be allowed the same team. Otherwise, if the ball is dead and a team has not exhausted its three time outs the Referee shall allow a free time out and charge that team, only when requested a player.

AR 2. Neither team has been charged with a time out when a Field Captain requests a time out and designates an injured player who is replaced. RULING: Referee's time out.

Excess Time Out ARTICLE 5. After a team's free time out have been exhausted, subsequent requests by its Field Captain or his representative may be allowed only for the benefit and replacement of a designated injured player and such time out, if allowed, is an excess time out.

Length of Time Outs ARTICLE 6. A free time out requested by the Field Captain or his representative shall not exceed one minute and 30 seconds. Other time outs shall be no longer than the Referee deems necessary to fulfill the purpose for which they are declared, but any time out may be extended by the Referee for the benefit of a seriously injured player.

Warning and Notification ARTICLE 7. The Referee shall warn both teams 30 seconds before a free time out expires and five seconds later shall the ball ready for play when a third free time out is charged to a team in either half the Referee shall notify the Field Captain and Coach of that team. Unless a field clock is the official timepiece, the Referee shall also inform each Field Captain and Coach when approximately two minutes of playing time remain in half He may order the clock stopped for that purpose if necessary.

Sideline Conference ARTICLE 8. During a free time out charged to a team, one layer at a tie is allowed to confer with the coaching staff at the team area.

PENALTY -- 15 yard (S10)

SECTION 4. Delays

Delaying the Start of a Half ARTICLE 1. Each team shall have its players on the field for the opening play at the scheduled time for the beginning of each half.

Illegal Delay of the Game ARTICLE 2. The ball must be put in play promptly and legally and any action of inaction by either team which tends to prevent this is illegal delay of the game. This includes:

- a. Consuming more than 25 seconds in putting the ball in play after it is ready for play.
- b. Failing to remove an injured player for whose benefit an excess time out has been granted.
- c. Crawling or deliberately advancing the ball after it is dead.

PENALTY -- 5 yards (S6)

AR 3. After a one-minute intermission one of the teams is not ready to play.

RULING: Penalize the offending team for illegal delay.

Unfair Tactics ARTICLE 3. The Referee shall order the game clock started or stopped whenever, in his opinion, wither team is trying to conserve or consume playing time by tactics obviously unfair.

PENALTY--5 yards (S6)

AR 4. In an attempt to consume time near the end of a period, A “Stalls” and exceeds the 25-second count. RULING: The Referee shall invoke Rule 3-4-3 and order the clock to be started when the ball is next put in play.

SECTION 5. Substitutions

Legal Substitutions ARTICLE 1. An eligible substitute may replace a player or fill a player vacancy provided none of the following restrictions is violated:

- a. No incoming substitute or replaced player shall be on the field while the ball is in play.
- b. A substitute who enters the game must remain in the game and a player withdrawn may not re-enter until a down has intervened, a foul occurs between downs, or the periods ends. If a foul occurs before the ball is snapped on a Try, scrimmage down or free kick, the number of substitutes permitted by 3-5-1 prior to the foul may enter the game.

PENALTY--If ball is dead: 5 yards from succeeding spot; otherwise: 5 yards from previous spot (S2)

AR 5. A replaced player is ostensibly withdrawing but has not reached a boundary line when the ball is put in play and he does not interfere with play and he does not interfere with play or players. RULING: Infraction of 3-5-2a.

RULE #4

Ball in Play, Dead Ball, Out of Bounds

SECTION 1. Ball in Play -- Dead Ball

Dead Ball Becomes Alive ARTICLE 1. After a dead ball has been declared ready for play, it becomes a live ball when it snapped or free kicked, legally or illegally.

Live Ball Becomes Dead ARTICLE 2. A live ball becomes a dead ball as provided in the rules or when an official sounds his whistle (even though inadvertently), or otherwise declares the ball dead.

Ball Declared Dead ARTICLE 3. A live ball becomes dead and official shall sound hi whistle or declare it dead:

- a. When it goes out of bounds, or when a runner is so held that his forward progress is stopped.
- b. When any part of the runner's body, except his hand or foot, touches the ground. Exception: The ball remains alive when it will ostensibly be held or is held, for a place kick; it then may be kicked, passed or advanced.
- c. When a touchdown, touchback, safety, field goal, or successful try occurs, or when a fair catch is made following a valid fair catch signal.
- d. When during a try, Team B obtains possession of the ball or when it becomes certain that a scrimmage kick on a try will not score the point.
- e. When a player of the kicking team catches or recovers any free kick or scrimmage kick which has crossed the neutral zone; when a free kick or scrimmage kick which is beyond the neutral zone, is caught or recovered by any player of the receiving team following a valid signal for a fair catch; or when a return kick is made. A return kick is a live ball foul.
- f. When a forward pass strikes the ground or is caught simultaneously by opposing players.
- g. When a backward pass or fumble by a player is recovered by an opponent after it touches the ground.
- h. When a forward pass is completed inbounds on or behind the opponents' goal line, or a free ball is caught or recovered by a player on, above, or behind his opponents' goal line

AR 6. A player ineligible to touch a kick catches or recovers it. RULING : The ball is dead--no exception for illegal possession.

Ball Ready for Play ARTICLE 4. No player shall put the ball in play until it is declared ready for play.

PENALTY - 5 yards from the spot where the ball should have been put in play legally (S2).

25-Second Count ARTICLE 5. The ball shall put in play within 25 seconds after it is declared ready for play, unless, during that interval, play is suspended by the Referee.

PENALTY--5 yards (S6)

SECTION 2. Out of Bounds

Player Out of Bounds ARTICLE 1. A player is out of bounds when any part of his person touches anything other than another player or game official which is on or outside a boundary line.

Held Ball Out of Bounds ARTICLE 2. A ball in player possession is out of bounds when either the ball or any part of that player touches the ground or anything else, which is on or outside a boundary line except another player or game official.

AR 7. A runner inbounds bumps into or is touched by a player or game official on the side line. RULING: The ball is not out of bounds.

Ball Outs of Bounds ARTICLE 3. A free ball (Other than a kick which scores a goal for a forward pass is out of bounds when it touches the ground, a player or anything else which is on or outside a boundary line.

Out of Bounds at Crossing Point ARTICLE 4. If a live ball crosses a boundary line is then declared out of bounds, it is out of bounds at the crossing point.

Out of Bounds at Forward Point ARTICLE 5. If a live ball is declared out of bounds and ball does not cross a boundary line, it is out of bounds at the ball's most forward point when it was declared dead.

AR 8. A player with one foot out of bounds behind a goal line touches a free ball in field or play. RULING: Ball is out of bounds and dead at its most forward point in the field of play.

RULE #5

Series of Downs, Line to Gain

SECTION 1. A Series--How Started--Broken--Renewed

When to Award Series ARTICLE 1. A series of four consecutive scrimmage downs shall be awarded to the team which is next to put the ball in play by a snap following a free kick, touchback, fair catch, or change of team possession. A new series also shall be awarded when a down ends between the goal lines and no foul during that down is involved or if the penalty for a foul during that down is enforced or declined:

- a. To Team A if it is in legal possession of the ball on or beyond its line to gain.
- b. To Team A if it is in legal possession (1) if a change of team possession occurs during the down, or (2) if a player of Team B first touched a scrimmage kick which crosses the neutral zone, or (3) if accepted penalty awards ball to offended team.
- c. To Team B if, after fourth down, Team A has failed to earn a first down or Team A's scrimmage kick goes out of bounds or comes to rest and no player attempts to secure it.

Line to Gain ARTICLE 2. The line to gain for a series shall be established 10 yards in advance of the ball's most forward point, but if this line is in the opponents' end zone the goal line becomes the line to gain.

Measurement of Distance ARTICLE 3. The most forward point of the ball when declared dead between the goal lines shall be the determining point in measuring distance gained or lost by either team during any down. The ball shall not be rotated before measuring.

Continuity of Downs Broken ARTICLE 4. The continuity of series of downs is broken when a team possession of the ball changes during a down, a player of Team B touches a scrimmage kick which has crossed the neutral zone, or the kick goes out of bounds or comes to rest and no player attempts to secure it, or when at the end of a down Team A has earned a first down. However, any down may be repeated if so provided by the rules.

SECTION 2. Down & Possession After a Penalty

Foul During a Free Kick ARTICLE 1. When a scrimmage follows the penalty for a foul committed during a free kick, the down and distance established by that penalty shall be first down with 10 yards to gain.

Penalty Resulting in 1st Down ARTICLE 2. After a penalty which leaves the ball in possession of Team A beyond its line to gain, or after a penalty was awarded the ball to either team between the goal lines, or when a penalty stipulates a first down, at the down and distance established by that penalty be first down with 10 yards to gain.

Foul Before Change of Team Possession ARTICLE 3. After a distance penalty between goal lines, incurred during a scrimmage down and before any change of team possession during that down, the ball belongs to Team A and the down shall be repeated unless the penalty also involves loss of down, stipulates a first down, or leaves the ball on or beyond the line to gain. If the penalty involves loss of a down, the down shall count as one of the four in that series.

AR 9. Team A's 4th down legal forward pass touches a receiver who was ineligible at the snap and who is in the field of play and beyond the neutral zone and then strikes the ground. RULING: Team B's ball, 1st and 10, after distance penalty from previous spot.

AR 10. Team A runner attempt a backward pass which is ruled forward and illegal. The pass strikes the ground. RULING: Penalty enforced from the spot where the pass was thrown and unless thrown after change of team possession, the scrimmage counts as a down.

Foul After Change of Team Possession ARTICLE 4. If a distance penalty is accepted for a foul incurred during a down after change of team possession, the ball belongs to the team in possession when the foul occurred. The down and distance established by any distance penalty incurred after change of team possession shall be first down and 10 yards to gain.

AR 11. Team B runs back Team A's kick or intercepted pass. During the run a Team B player clips. RULING: B's ball, 1st and 10, after penalty from spot of foul.

Penalty Declined ARTICLE 5. If a penalty is declined, the number of the next down shall be whatever it would have been if that foul has not occurred.

Foul Between Downs ARTICLE 6. After a distance penalty incurred between downs, the number of the down shall be the same as that established before the foul occurred unless enforcement for a foul by Team B leaves the ball on or beyond the line to gain.

AR 12. A's scrimmage kick goes out of bounds at B's 20-yard line after which a Team B player clips. RULING: 1st and 20 for Team B on its 10-yard line.

AR 13. First and 10 for Team A. Team A runner gains seven yards then crawls. RULING: 2nd down for A after penalty fro dead ball spot.

Foul Between Series ARTICLE 7. A scrimmage following a penalty incurred after a series ends and before the next series begins shall be first down, but the line to gain shall be established before the penalty is enforced.

Fouls By Both Teams ARTICLE 8. If an offsetting foul occurs during a down, or while the ball is ready for play for such down, that down shall be repeated. (Exceptions: 10-1-4) If officiating fouls occur between successive downs, the next down shall be the same as it would have been had no fouls occurred.

AR 14. During a down Team A is offside and, after the ball becomes dead, a Team B player knees an opponent. RULING: Penalties offset. After Team B's player is disqualified it is Team A's ball at the previous spot and down is repeated. 10-1-4 exception may apply on change of team possession.

RULE #6

Kicks

SECTION 1. Free Kicks

Restraining Lines ARTICLE 1. For any free kick formation the kicking team's restraining line shall be the yard line through the most forward point from which the ball may be kicked and receiving team's restraining line shall be the yard line ten yards beyond that point. Unless relocated by a penalty, the kicking team's restraining line on a kickoff shall be its 35-yard line and for a free kick after a safety it 20-yard line.

Free Kick Formation ARTICLE 2. A free kick must be kicked legally and from some point on or behind Team A's restraining line and between the inbounds lines. When the ball is kicked: All players of each must be inbounds; each Team A player except the holder and kicker of a place kick must be behind the ball; and all Team B players must be behind their restraining line, and at least 3 of them must be within 5 yards of that line.

PENALTY--5 yards from previous spot (S1) (S2)

Free Kick Recovery ARTICLE 3. No player of Team A shall touch a free kick before it either reaches Team B's restraining line or touches a Team B player. Thereafter, all players of Team A become eligible to touch, recover, or catch the kick except that no Team A player who goes out of bounds during the kick may touch the kick until after it has been touched by an opponent. Illegal touching of a free kick is a violation which, when the ball becomes dead, gives the receiving team the privilege of taking the ball at the spot of the violation. However, if a penalty by either team before the ball becomes dead is accepted, this privilege is canceled.

AR 15. A player of Team A illegally touches a free kick; then he or a teammate illegally recovers the kick. RULING: Unless canceled by an accepted penalty, Team B may elect to take the ball at spot of illegal touching by Team A.

Forced Touching Disregarded ARTICLE 4. A player pushed or blocked by an opponent into a free kick shall not, while in bounds, be deemed to have touched the kick unless his hand touched it.

Free Kick At Rest ARTICLE 5. If a free kick comes to rest in bounds and no player attempts to secure it, the ball becomes dead and belongs to the receiving team at the dead ball spot.

Free Kick Caught or Recovered ARTICLE 6. If a free kick is caught or recovered by a player of the receiving team, the ball continues in play. (Exception: 6-5-1 and 2, and 4-1-3-e); if caught or recovered by a player of the kicking team, the ball becomes dead. Free kick striking ground on or behind receiver's goal line is dead and belongs to receiving team.

AR 16. A player of Team A recovers a rolling free kick beyond B's restraining line and makes a backward pass which goes out of bounds. RULING: The ball is dead and belongs to Team A where recovered.

Kicking Team ARTICLE 1. A free kick out of bounds between the goal lines untouched in bounds by an in bounds player of Team B, is a foul.

PENALTY--Repeat kick 5 yards behind previous spot (S2)

Receiving Team ARTICLE 2. When a free kick goes out of bound between the goal lines, the ball belongs to the receiving at the in bounds spot. When a free kick goes out of bounds behind the goal line, the ball belongs to the team defending the goal line.

AR 17. A free kick from A' 35-yard line untouched by B goes out of bounds between the goal lines and (a) no other foul occurred, or (b) Team A was offside, or (c) Team A fouls after the ball goes out of bounds. RULING: (a) and (b) Team B may decline the penalty and snap the ball first down and 10 at the inbounds spot, or elect that Team A repeat the kick from its 30-yard line; (c) Team B may snap the ball 15 yards in advance of the in the bounds spot , or may elect that Team A repeat the kick from its 30 yard line.

AR 18. A free kick strikes a Team A player who is in his end zone and ball then goes out of bounds at the 3-yard line. RULING: Free kick out of bounds between the goal lines; B's ball on the 3-yard line at the in bound spot.

SECTION 3. Scrimmage Kicks

Fails to Cross Neutral Zone ARTICLE 1. Except during a try, a scrimmage kick which fails to cross the neutral zone continues in play. All player may catch or recover the ball and advance it. (Exception: 6-5-2)

Crosses The Neutral Zone ARTICLE 2. No in bounds player of the kicking team shall touch a scrimmage kick which has crossed the neutral zone before it touches an opponent. Such illegal touching is a violation which when the ball becomes dead, gives the receiving team the privilege of taking the ball at the spot of the violation. However, if a penalty incurred by either team before the ball becomes dead is accepted, this privilege is canceled.

AR 19. Players of both teams, attempting to recover a blocked kick behind Team A's scrimmage line, force the ball across the neutral zone. RULING: After a scrimmage kick has crossed the neutral zone, no Team A player may touch the ball until after it has been touched by an opponent.

AR 20. Team A player illegally touches a scrimmage kick and the ball then rolls into Team B's end zone, where B recovers and advances the ball into the field of play. RULING: Team B may attempt to run the ball out and, when it becomes dead, may

touches a player of the receiving team who is in bounds, any player may catch or recover the ball.

Forced Touching Disregarded ARTICLE 4. A player pushed or blocked by an opponent into a scrimmage kick which has crossed the neutral zone, shall not, while in bounds, be deemed to have touched the kick unless his hand touched the ball

Catch or Recovery by Receiving Team ARTICLE 5. If a scrimmage kick is caught or recovered by a player of the receiving team, the ball continues in play. Exception: Rules 6-5-1 and 2, and 4-1-3-e.

Catch or Recovery by Kicking Team ARTICLE 6. If a player of the kicking catches or recovers a scrimmage kick which has crossed the neutral zone, the ball becomes dead.

Out of Bounds Between Goal Lines or At Rest ARTICLE 7. If a scrimmage kick goes out of bounds between the goal lines, or comes to rest untouched in bounds and no player attempts to secure it, the ball becomes dead and belongs to the receiving team at the dead ball spot.

Out of Bounds Behind the Goal Line ARTICLE 8. If a scrimmage kick (other than one which scores a field goal) goes out of bounds behind a goal line, the ball becomes dead and belongs to the team defending that goal line.

Striking Ground Beyond Goal Line ARTICLE 9. The ball becomes dead and belongs to the team defending its goal when a scrimmage kick beyond the neutral zone touches the ground on or behind B's goal line.

Legal Kick ARTICLE 10. A legal scrimmage kick is a punt, drop kick or place kick made according to the rules. A return kick is a live ball foul.

PENALTY--For an illegal kick 5 yards (S16)

SECTION 4. Opportunity To Catch A Kick

Interference With Opportunity ARTICLE 1. A player of the receiving team who is within the boundary lines and is so located that he could have caught a free kick or a scrimmage kick which is beyond the neutral zone while such a kick is in flight must be given a two yard unmolested opportunity to catch the kick. This protection terminates when the kick is touched by any player of the receiving team.

PENALTY--For Foul between goal lines; receiving team's ball, first down, 15 yards beyond the spot of foul. For foul behind goal line: Touchback (S14)

AR 21. Team A player catches a free kick, thus preventing a nearby opponent from making the catch. RULING: Illegal interference.

AR 22. Team B player, about to catch a scrimmage kick, is tackled before the ball arrives, but catches the kick while he is falling. RULING: Illegal interference. If the foul is between the goal lines, enforcement is from spot of foul and Team B puts the ball in play by a snap; if behind B's goal line: Touchback. The ruling would be the same had the kick been muffed or fumbled.

AR 23. A player of the kicking team beyond the neutral zone, who is standing, or running between a kick in flight and an opponent, is struck by the ball in flight and an opponent was in such a position that he could have caught the ball; or, the opponent, in attempting to catch the kick, bumps into him. RULING: Illegal interference.

AR 24. A player of the receiving team, attempting to catch a kick, touches the ball which is then touched by an opponent. RULING: Not interference. Protection against interference with opportunity to catch a kick ceases when any player of the receiving team touches it, whether or not a signal for fair catch has been made.

SECTION 5. Fair Catch

Dead Where Caught ARTICLE 1. When a player makes a fair catch the ball becomes dead where caught and belongs to the receiving team at the spot where that player first touched the kick.

No Advance ARTICLE 2. No player of the team, any member of which has signaled for a fair catch, shall carry the ball more than two steps in any direction.

PENALTY--5 yards from succeeding spot (S2)

Invalid Signal ARTICLE 3. No player of the receiving team shall simulate a fair catch signal.

PENALTY--Receiving team's ball, first down, 15 yards from spot of foul (S10)

Illegal Block ARTICLE 4. A player of the receiving team who has signaled for a fair catch and does not touch the ball shall not block an opponent during that down.

PENALTY--Receiving team's ball, 15 yards from spot of foul (S7)

No Tackling ARTICLE 5. No player of the kicking team shall tackle or block an opponent who has completed a fair catch.

PENALTY--Receiving team's ball, 15 yards from spot of foul (S7).

AR 25. A player who has made a fair catch is tackled (a) before: or (b) after he has carried the ball more than two steps. RULING: (a) foul by the Tackler. (b) Foul by the catcher. Enforcement spot for either penalty is the succeeding spot.

RULE #7

Snapping and Passing the Ball

SECTION 1. The Scrimmage

Starting With a Snap ARTICLE 1. The ball shall be put in play by a legal snap unless the rules provide for a free kick.

PENALTY--5 yards from previous spot (S2)

Not in a Side Zone ARTICLE 2. The ball may not be snapped in a side zone. If the starting point for any scrimmage down is in a side zone, it shall be transferred to the inbounds spot.

Requirements ARTICLE 3. The requirements for scrimmage are as follows:

a. Before the ball is snapped:

1. The snapper, after assuming his position for the succeeding snap and adjusting the ball, may neither move nor change the position of the ball in a manner simulating the beginning of a play until he snaps it. An infraction of this provision may be penalized whether or not the ball is snapped and penalty for any resultant encroachment or contact foul by an opponent shall be canceled. (S2)
2. After the ball is ready for play and before the snap each player or entering substitute of Team A must have been within 15 yards of the ball and no simulated replacement of a player shall be used to confuse opponents (S2)
3. After the ball is ready for play and until it is snapped no player on defense may touch the ball except when moved illegally as in a-1 above, nor may any player contact an opponent or in any other way interfere with him. This includes standing in the zone to give defensive signals or shifting through the zone (S2)
4. No player of the offensive team shall make a false start. A false start includes feigning a charge, or a shift or movement which simulates the beginning of a play. It is also a false start if a player on the line between the snapper and the player on the line on the end of the line, after having placed a hand(s) on or near the ground, moves his hand or hands, or makes any quick movement unless the movement is caused by an interruption such as calling players off the line receiving a new signal or is caused by a Team B player moving into the neutral zone before the ball is snapped. An infraction of this rule may be penalized whether not or the ball is snapped and the penalty for any resultant encroachment or contact foul by an opponent shall be canceled. (S2)

AR 26. Except for the false start restrictions in 7-1-3-a-4, the following play situations apply: While the ball is ready for play a player breaks or charges into or across the neutral zone without contacting an opponent and:

- (a) Returns to legal position. RULING: Legal
- (b) Draws an instantaneous reflex charge by an opponent causing contact. RULING: Foul by initial charge.
- (c) Before he returns to legal position a delayed charge or an opponent causes contact with the initial charger. RULING: Offsetting fouls.
- (d) Before he returns to legal position, a delayed charge of an opponent causes contact with another player. RULING Foul by opponent.
- (e) Has returned to legal position when an opponent's charge causes contact. RULING: Foul by opponent

b. When the ball is snapped. The offensive team must be in a formation which meets these requirements:

1. At least five players must be on their scrimmage line. The remaining players must be either on their scrimmage line or behind their backfield line, except as follows:

One player may be between his scrimmage line and his backfield line if placed in a position to receive hand-to-hand snap from between the snapper's legs. When in such position, that player may receive the snap himself or it may go directly to any back (S2).

2. The player on each side of and next to the snapper may lock legs with the snapper, but any other lineman of the team on offense must have both feet outside the outside foot of the player next to him when the ball is snapped. (S2)
3. All players must be in bounds and only the snapper may be encroaching on the neutral zone, but no part of his person may be beyond the neutral zone and his feet must be stationary behind the ball (S1 and S2).
4. One offensive player may be in motion, but not in motion toward his opponent's goal line. If such player starts from his scrimmage line he must be at least five yards behind that line when the ball is snapped. Other offensive players must be stationary in their positions without movement of feet, body, head, arms (S3)

c. After the ball is snapped:

1. No offensive player while on his scrimmage line, may receive a snap (S2)

PENALTY -- For foul before ball is snapped: 5 yards from succeeding spot. For foul as or after ball is snapped: 5 yards from previous spot (s1, S2, or S3).

Shift Plays ARTICLE 4. If a snap is preceded by a huddle or shift, all players of the offensive team must come to an absolute stop and remain stationary in their positions, without movement of the feet, body, head, or arms, or least one full second before the ball is snapped.

PENALTY -- 5 yards from previous spot (S4)

AR 27. After a huddle or shift all offensive players come to a legal stop and remain stationary for a full second. Then, before the snap, two or more of them simultaneously change their positions. RULING: A second shift. All eleven offensive players must remain stationary for one full second before the snap. Otherwise, it is an illegal shift.

AR 28. Following a huddle or shift offensive players take preliminary positions, then advance or drop into final positions. RULING: Such movement constitutes a shift; players must hold their final positions for one second before the snap.

AR 29. Ten offensive players shift while one stands fast; then that one starts moving backwards before one second elapses. RULING: Illegal shift.

AR 30. After offensive players have paused one second an end runs wide, stops and, before one second elapses a back starts moving backward. RULING: Legal. But if the back starts before the end stops, the simultaneous movement of the two players constitutes a second shift and all offensive players must be stationary before the snap.

Handing The Ball Forward ARTICLE 5. No player may hand the ball forward except as follows: During a scrimmage down a Team A player who is behind his scrimmage line may hand the ball forward to a backfield teammate who is also behind the line, or to a teammate who was on his scrimmage line when the line was snapped, provided that teammate left his line position by a movement of both feet which faced him toward his own end line and was at least one yard behind his scrimmage line when he received the ball.

PENALTY--5 yards from spot of foul; also, loss of a down if by Team A before team possession changes during a scrimmage down (S13 and S26).

SECTION 2. Backward Pass and Fumble

Any Time ARTICLE 1. A runner may hand or pass the ball backward at any time, except in intentionally thrown out of bounds to conserve time.

Caught or Recovered ARTICLE 2. A backward pass or fumble may be caught or recovered by any player. If caught in flight the continues in play, but if recovered by an opponent the ball becomes dead and belongs to his team where recovered.

AR 31. An opponent snatches (steal) the ball from the runner. RULING: Fumble; the ball continues in play.

AR 32. A player of the receiving team catches a kick, then fumbles the ball. A player of the kicking team catches the fumbled ball before it strikes the ground. RULING: The ball continues in play.

Out of Bounds ARTICLE 3. When a backward pass or fumble goes out of bounds between the goal lines the ball belongs to the passing or fumbling team at the out of bounds spot; if out of bounds behind the goal line it is a touchback or a safety. (Exception: 9-4-2)

SECTION 3. Forward Pass

Legal Forward Pass ARTICLE 2. A forward pass is illegal:

- a. If thrown by Team A from a point beyond the neutral zone.
- b. If thrown by Team B, or if thrown by Team A after team possession has changed during the down.
- c. If it is the second forward pass by Team A during the same down.
- d. If intentionally thrown to the ground or out bounds to save loss of yardage or to conserve time.

PENALTY -- 5 yards from spot of pass; also loss of a down if by Team A before team possession changes during a scrimmage down (S12, 13, 26).

Eligibility To Touch Legal Pass ARTICLE 3. Eligibility rules apply only when a legal forward pass is thrown. All Team B players are eligible to touch or catch a pass. When the ball is snapped, the following Team A players are eligible:

- a. Each player who is in an end position on his scrimmage line and who is wearing a number other than 50 through 79.
- b. Each player who is legally in his backfield wearing a number other than 50 through 79.

Eligibility Lost By Going Out of Bounds ARTICLE 4. No eligible offensive player who goes out of bounds during a down shall touch a legal forward pass in the field of play or end zone.

PENALTY -- Loss of down at previous spot (S16 and 26)

Eligibility Regained ARTICLE 5. When a Team B player touches a legal forward pass all players become eligible.

Completed Pass ARTICLE 6. Any forward pass is completed when caught by a player of the passing team who is in bounds, and the ball continues in play. If a forward pass is caught simultaneously by opposing players the ball becomes dead and belongs to the passing team.

AR 33. Team A's legal forward pass is first touched by one of its eligible players, then caught by another. RULING: Completed pass.

Incompleted Pass ARTICLE 7. Any forward pass is incomplete when the pass touches the ground or goes out of bounds. It is also incomplete when a player jumps and catches the pass but lands on or outside a boundary line. When a legal forward pass is incomplete the ball belongs to the passing team at the previous spot. When an illegal forward pass is incomplete, the ball belongs to the passing team at the spot of the pass.

Contact Interference ARTICLE 8. During a down in which a legal forward pass crosses neutral zone, contact by an opponent which interferes with an eligible player who is beyond the neutral zone is pass interference unless it is of the type which may occur:

- a. When, immediately following the snap opposing players charge and establish contact with opponents at a point which is within one yard beyond the neutral zone.
- b. When two or more eligible players are making a simultaneous and bona fide attempt to reach, catch or bat the pass. Eligible players of either team have equal rights to the ball.
- c. When a Team B player legally contacts an opponent before pass is thrown.

PENALTY--Interference by Team A: 15 yards from previous spot plus loss of down, if foul occurs in field of play. If foul occurs in Team B's end one: Touchback or 15 yards from previous spot plus loss of down. Interference by Team B: Team A's ball at spot of foul, first down, if foul occurs less than 15 yards beyond previous spot, if more than 15 yards penalty is 15 yards and 1st down, or, if the previous spot was on or inside that line, first down halfway between the previous spot and the goal line (S14 and 26).

AR 34. A Team B player, defending against a legal forward pass, has his back to the ball and is waving his arms in the face of an eligible player of Team A, who, in his attempt to catch the pass, bumps into the Team B player. RULING: Pass interference by the Team B player. He was not making a bona fide attempt to catch or bat the pass.

Ineligibles Down the Field ARTICLE 9. Immediately after the snap, offensive players may charge into opponents and drive them back provided contact is established at a point which is not more than one yard beyond the neutral zone, but if such contact is lost by a player the pass is thrown. Otherwise, no ineligible player shall be beyond the neutral zone until a legal forward pass is thrown.

PENALTY - 15 yards from previous spot (S15)

Illegal Touching ARTICLE 10. No originally ineligible player while in bounds shall touch a forward pass until it has touched an opponent.

PENALTY - If beyond the neutral zone and in the field of play: 15 yards from previous spot plus loss of a down. If in Team B's end zone: Touchback or 15 yards from previous spot plus loss of

a down. If in or behind the neutral zone: 5 yards from previous spot plus loss of down (S16 and 26).

AR 35. An ineligible player of Team A first touches forward pass. RULING: The ball continues in play but the foul is subject to penalty when the ball becomes dead.

RULE #8

Scoring

SECTION 1. Value of Scores

Scoring Plays ARTICLE 1. The point value of scoring plays shall be:

Touchdown-----	6 points
Field Goal-----	3 points
Safety (Points Awarded to Opponents)-----	2 points
Touchback -----	2 points
Successful Try - Field Goal or Safety-----	1 point

SECTION 2. Touchdown

How Scored ARTICLE 1. A touchdown shall be scored when a player is legally in possession of the ball while any part of it is on, above, or behind his opponents' goal line.

AR 36. The runner is thrown or falls on his opponents' 1 yard line but his momentum cause him to slide across the goal line. RULING: Not a touchdown unless the ball's forward point was on, above, or across the goal line when any part of the runner's body except hand or foot struck the ground.

SECTION 3. Try

Opportunity to Score ARTICLE 1. A try is an opportunity to score one or two additional points while time is out. The opportunity shall be granted a team which has scored a touchdown. The try begins when the ball is ready for play and includes a scrimmage down. The snap may be from any point between the inbound lines on or behind the opponents' 3-yard lines. Ball continues in play on try until it becomes dead, as in a regular scrimmage down.

How Scored ARTICLE 2. The point or points shall be scored if the try results in what would be a touchdown, field goal, or safety under rules governing play at other times.

Next Play ARTICLE 3. After a try the ball shall be put in play by a kickoff. The Field Captain of the team against which the touchdown was scored shall designate which team shall kick off.

SECTION 4. Field Goal

How Scored ARTICLE 1. A field goal shall be scored for the kicking team if a drop kick or place kick passes over the cross bar or directly over an upright of the receiving team's goal before it touches the ground or a player of the kicking team. The kick shall be a scrimmage kick but may not be a free kick. No tee may be used.

Next Play ARTICLE 2. After a field goal is scored the ball shall be put in play by a kickoff. The Field Captain of the team scored against shall designate which team shall kick off.

SECTION 5. Safety & Touchback

How Scored ARTICLE 1. When the ball is out of bounds behind a goal line (except from an incomplete forward pass), or when the ball becomes dead in possession of a player on, above, or behind his own goal line, it is a touchback if the attacking team is responsible for the ball's being on, above, or behind goal line; if the defending team is responsible, it is a safety. When an accepted penalty for a foul or when an illegal forward pass leaves the ball on or behind the offending team's goal line, it is a safety.

Responsibility ARTICLE 2. The team responsible for the ball's being on, above, or behind a goal line is the team whose player carries the ball or imparts an impetus to it which forces it on, above, or across that goal line; or is held responsible for a free ball being on, above or behind the goal line.

Initial Impetus ARTICLE 3. The impetus imparted by a player who kicks, passes, snaps, or fumbles the ball shall be considered responsible for the ball's progress in any direction even though its course be deflected or reversed after striking the ground or after striking a player of either team. However, the initial impetus is considered expended and the responsibility for the progress of the ball is charged to a player: If he illegally kicks a free ball or bats a free ball after it strikes the ground; or if the ball comes to rest and he gives it new impetus by any contact with it.

AR 37. The runner, after receiving the snap in his own end zone, is downed with the resting on his goal line, its forward point being in the field of play. RULING: Safety. A part of the dead ball is on the runner's goal line.

AR 38. The ball is snapped to a Team A player who punts from his own end zone, the ball going out of bounds behind the kicker's goal line. RULING: Safety.

AR 39. If a scrimmage kick fails to cross the neutral zone, or crosses the neutral zone and is touched by Team B, or is untouched and then rebounds into the end zone where it is recovered by Team A, it is a safety.

AR 40. A fumble occurring in the field of play crosses the goal line and is recovered in the end zone. RULING: the impetus is charged to the player who fumbled.

AR 41. A Team B player intercepts a legal forward pass in his own end zone, attempts to run it out, but is tackled and downed behind his goal line. RULING: Touchback

AR 42. A Team B player catches a kick in his end zone, then fumbles and, in attempting to recover the ball, forces it out of bounds behind his own goal line. RULING: Touchback.

Resulting From Foul ARTICLE 4. If the penalty for a foul committed when the ball is free leaves the ball behind a goal line, it is a safety if behind the offender's goal line; if behind the offended team's goal line, it is a touchback.

Kick After Safety ARTICLE 5. After a safety is scored the ball belongs to the defending team at its own 20-yard line which may be a punt, drop kick, or place kick.

Snap After Touchback ARTICLE 6. After a touchback is declared the ball shall belong to the defending team at its own 20-yard line and that team shall put ball the ball in play by snap.

RULE #9

Conduct Of Players & Others Subject To Rules

SECTION 1. Contact & Interference

Striking, Kicking, Kneeling ARTICLE 1. No player shall strike an opponent with his fist, or deliver a blow with extended forearm, elbow, or locked hands, or kick or knee an opponent during the game or between the periods.

PENALTY -- 15 Yards. Offenders shall be disqualified (S27).

Player Restrictions ARTICLE 2. No player shall commit a personal foul during a period or during an intermission. Any act prohibited hereunder or any other act unnecessary roughness is a personal foul.

- a. No player shall meet an opponent with the knee, or strike an opponent's head, neck or face with the heel, back or side of the open hand during the game or between the periods.
- b. No player shall strike an opponent above the knee with his foot or any part of his leg which is below the knee.
- c. There shall be no tripping.
- d. There shall be no clipping during a free kick down. During a scrimmage down, there shall be no clipping outside the rectangular area centered on the middle lineman of the offensive formation and extending four yards laterally in each direction and three yards longitudinally in each direction. An offensive player who is outside this area, and in motion toward the ball or positioned five yards or more outside this area at the snap, is not permitted to clip in this area.
- e. There shall be no piling on, falling on, or throwing the body on an opponent after the ball becomes dead.
- f. No opponent shall tackle the runner when clearly out of bounds or throw the runner to the ground after the ball becomes dead.
- g. There shall be no hurdling.
- h. No player shall run into or throw himself against an opponent obviously out of play wither before or after the ball is dead.
- I. No player shall grasp the face mask of an opponent.
- j. No player shall deliberately and maliciously use his helmet or head to butt or ram an opponent.

k. There shall be no spearing.

AR 43. A player legally attempting to recover a free ball uses his hands or arms on the back of an opponent to push him out of the way. RULING: Not a violation of the clipping rule.

AR 44. An opponent turns his back to a legal side block, thus making it impossible for the blocker to avoid running into the back of the opponent. RULING: Legal block.

l. There shall be no blocking below the waist except in the legal clipping area.

Roughing Kicker or Holder ARTICLE 3. When it is reasonably obvious that a scrimmage kick will be made, no opponent shall rough the kicker, or the holder of the place kick. The kicker should be protected from injury, but contact which is slight or is caused by the kicker's own motion or which results when a scrimmage kick is blocked shall not be construed as roughing.

PENALTY -- 15 yards from previous spot (S9) and first down. Flagrant offenders shall be disqualified (S27).

Illegal Interference ARTICLE 4. No substitute may interfere in any way with the ball or player while the ball is in play.

PENALTY -- 15 yards (S10). Flagrant offenders shall be disqualified (S27) (See AR 46.)

SECTION 2. Non-Contact Fouls

Unfair Tactics ARTICLE 1. Any act which interferes with orderly game administration is prohibited and includes the following:

a. No player, substitute, coach, authorized attendant, or other persons subject to the rules shall use abusive or insulting language to players or officials.

b. No player of the team on defense shall use words or signals which obviously disconcert opponents when they are preparing to put the ball in play.

c. If a player is injured, attendants may come in bounds to attend him but they must obtain recognition from an official before communicating with any player. No other person except players, officials or eligible substitutes shall be on the field during any period without permission from the Referee.

d. After a score the player in possession must return the ball to an official immediately.

PENALTY --15 yards from succeeded spot (S10). Flagrant offenders shall be disqualified (S27).

AR 46. Anyone other than a player or an official: (a) tackles or impedes a runner who is the clear and on his way to a reasonably assured touchdown; or (b) prevents a

reasonably assured recovery of a free ball which could have resulted in a touchdown.
RULING: (a) or (b) award a touchdown and disqualify the offender.

Unfair Acts ARTICLE 3. If a team refuses to play within two minutes after ordered to do so by the Referee, or if play is interfered with by an obviously unfair act not specifically covered by the rules; or is a team repeatedly commits fouls which can be penalized only by having the distance to it goal line, the Referee may enforce any penalty he considers equitable, including the awarding of a score. For refusal to play, or for repeated fouls, the Referee shall, after one warning, forfeit the game to the opponents.

SECTION 3. Blocking, Use of Hand and Arm

Who May Block ARTICLE 1. Players of either team may block opponents provided it is neither forward pass interference, interference with opportunity to catch a kick, nor a personal foul.

Interfering for or Helping the Runner ARTICLE 2. The runner or passer may use hand or arm to ward off or push opponents but the runner shall not grasp a teammate and no other player of his team shall grasp, push, lift or charge into him to assist him in gaining forward progress. Teammates of the runner or passer may interfere for him by blocking but shall not use interlocked interference by grasping or encircling one another in any manner.

PENALTY -- 5 yards (S11 or 18).

Use of Hand or Arm by Offense ARTICLE 3. When a teammate of a runner or passer uses a hand or forearm in blocking or to supplement a shoulder block.

- a. The hand(s) shall be in advance of the elbow(s) and the elbow(s) shall be entirely outside the shoulder(s).
- b. The hand(s) shall be inside the frame of the blocker's body and below the shoulders of the blocker and his opponent.
- c. The hand(s) and arm(s) shall not be used to deliver a blow.
- d. The hand(s) or arm(s) shall not be used to grasp, pull, encircle or lift an opponent.
- e. The hand(s) or arm(s) shall not be used to hook, lock or clamp an opponent.
- f. During no block shall the hands be locked.

A crab or cross body block is legal if there is no contact with the hand(s) or arm(s).

PENALTY--10 yards (S11).

Defensive Use of Hands ARTICLE 4. Opponents of a runner may use their hand and arms to tackle the runner, stop him, or throw him to the ground. They may use their hands and arms to

grasp, pull, or lift other offensive players out of the way if attempting to get a runner. An opponent who is making no attempt to get at a runner may ward off, push, or pull offensive players who are attempting to block him, but shall not use a hand or arm to tackle or hold them. When no attempt is being made to get the ball or the runner, a hand or arm may be used to contact an opponent only when the hand or arm is in contact with the blocker's body. When a hand or arm is used by an opponent of a runner, the hand must be in advance of the elbow.

PENALTY -- 10 yards (S11)

Defensive Restrictions ARTICLE 5. No defensive player may position himself with his feet on the shoulders of a teammate to the snap.

PENALTY -- 15 yards from previous spot (S10).

When Ball is Free ARTICLE 6. When the ball is free:

- a. No player shall grasp, pull or tackle an opponent.
- b. A player who is eligible to touch the ball and is trying to get at it may use his hand and arm extended to ward off or push an opponent out of the way; otherwise he shall not use an extended hand or arm to obstruct any other opponent.
- c. A player ineligible to touch the ball may use his hand or arm extended to ward off or push an opponent who is attempting to block him, but shall not use an extended hand or arm to obstruct any other opponent.

PENALTY -- 5, 10, or 15 yards plus 1st down if before ball is thrown. (Exception: Rule 10-2-1-b-2 and 3). (S11)

SECTION 4. Batting and Kicking

Batting a Backward Pass ARTICLE 2. A backward pass in flight shall not be deliberately batted forward and out of bounds by the passing team in an attempt to gain yardage.

PENALTY-15 yards from previous spot (S16).

Illegally Kicking Ball ARTICLE 3. A player shall not deliberately kick a free ball, a forward pass, or a ball being held for a place kick by an opponent. These illegal acts do not change the status of the free ball for forward pass, but if the player holding the ball for a place kick loses possession during a scrimmage down, it is a fumble; if during a free kick the ball remains dead.

PENALTY -- 15 yards from basic or previous spot.

RULE #10

Penalty Enforcement

SECTION 1. Penalties Completed

How and When Completed ARTICLE 1. A penalty is completed when it is accepted, declined, or canceled according to rule. Any penalty may be declined but a disqualified player must leave the game. When a foul is committed at a time other than following a touchdown and before the ball is ready for play on a try, the penalty shall be completed before the ball is declared ready for play for any ensuing down. A penalty incurred after a touchdown and before the ball is ready for play for the try shall be completed at the ensuing kickoff.

Simultaneous With Snap ARTICLE 2. A foul which occurs simultaneously with a snap or free kick is considered as occurring during that down.

Two or More Fouls by the Same Team ARTICLE 3. When two or more fouls by the same team are reported to the Referee before the penalty for any of them has been completed, the Referee shall explain the alternative penalties to the Field Captain of the offended team who may then elect only one of these penalties.

Offsetting Fouls ARTICLE 4. If fouls by both teams are reported to the Referee before the penalty for any one of them has been completed, each such foul is an offsetting foul and the penalties cancel each other and the down is replayed. Exception: If there is a change of team possession during a down or at the end of a down by rule, the team last gaining possession may decline offsetting fouls if it had not fouled prior to the last change of possession and thereby retain possession after completion of the penalty for its infraction.

AR 50. The runner gain 20 yard is downed, then crawls, and an opponent piles on him.

RULING: Offsetting fouls. 10-1-4 Exception may apply on change of team possession.

SECTION 2. Enforcement Procedures

Spots ARTICLE 1. The enforcement spots are: the previous spot, the spot of the foul, the succeeding spot, the spot where the run ends. The enforcement spot for a foul committed when the ball is dead is the succeeding spot.

Exceptions:

1. When the foul occurs after a touchdown and before the ball is ready for play for the try, the enforcement is either previous spot or at the spot of the succeeding kickoff.

2. Distance penalties for fouls other than those at the snap by opponents of the team in possession during a down that ends in a touchdown or a field goal are penalized at the succeeding kickoff. However, the field goal may be declined and the penalty according to rules (Exception: 10-2-1-a-4-e)

The distance and manner of enforcement in the penalty shall apply.

Exceptions:

1. No distance penalty shall exceed half the distance from the enforcement spot to the offending team's goal line.

2. Team A may elect the enforcement spot for a distance penalty at the kickoff after a successful try. (8-3-3)

When no enforcement spot is specified in a penalty, the enforcement spot shall be:

a. The basic enforcement spot for fouls during running plays in the field of play or in the end zone is the spot where the related run ends. If the foul is by the team in possession and it occurs behind the spot where the run ends, the enforcement is from the spot of the foul.

Exceptions:

1. The basic enforcement spot for fouls when the run ends behind the line of scrimmage before a change of team possession is the previous spot. If the foul is by the team in possession and it occurs behind the previous spot, the enforcement is from the spot of the foul.

2. The enforcement spot for fouls that occur simultaneously with a snap or a free kick is the previous spot.

3. The basic enforcement spot for fouls other than those for pass interference during legal forward pass play is a previous play.

4. The basic enforcement spot for fouls that occur during a legal free or scrimmage kick before possession is gained or regained or the ball is declared dead by rule is the previous spot.

Exceptions:

a. Interference with the opportunity to make a catch - spot foul

b. Team A, during a scrimmage kick, illegally bats a loose ball behind Team B's goal line. It is a live-ball foul and a touchback.

c. A block or foul after a valid, invalid or illegal signal for a fair catch by a Team B player who signaled for a fair catch during a free kick and had not touched the ball - spot foul.

d. Illegal fair catch signal during a free kick - spot foul.

e. Post scrimmage kick enforcement.

The basic enforcement spot for Team B fouls during scrimmage kicks, other than tries, which cross neutral zone and occur beyond the legal clipping zone extended to the sideline and prior to player possession, is the spot where the kick ends.

5. The enforcement spot is the goal line for fouls by the opponents of the team in possession after a change of possession in the field of play when the run ends behind the goal line. Safety is no foul occurred. (Exception: 8-5-1).

6. The basic enforcement spot is the 20-yard line for fouls which occur after a change of team possession in the end zone and the ball remains in the end zone where is it declared dead. These are live-ball fouls. Touchback if no foul occurred.

RULE #11

Summary of Penalties

LOSS OF 5 YARDS

1. Delay of game
2. Substitution infraction
3. Free kick infraction
4. Interference with opportunity to catch a kick (non contact)
5. Taking more than two steps after a fair catch
6. Team A not within 15 yards at ready for play
7. False start
8. Off side or motion at the snap
9. Ineligible downfield
10. Grabbing facemask (also 15 yard)
11. Running into kicker and holder

LOSS OF TEN YARDS

1. Holding - offense or defense
2. Illegal use of hands

LOSS OF 15 YARDS

1. Illegal batting
2. Contact interference with opportunity to catch a kick.
3. Illegal signal for fair catch
4. Blocking by signaler for fair catch
5. Tackling or blocking fair catcher
6. Defensive pass interference (automatic first down)
7. Offensive pass interference (loss of down)
8. Personal fouls-blipping, tripping, piling on, striking, kneeling, tackling out of bounds, facemask (also 5 yds.), spearing, roughing passer or kicker or holder, blocking below the waist, swinging and missing

CONTENTS

<u>SUBJECT</u>	<u>PAGE</u>
INTRODUCTION	42
RESPONSIBILITIES OF THE CADET- IN-CHARGE	43
RESPONSIBILITIES OF THE COACH	45
ELIGIBILITY AND PARTICIPATION	47
MATERIAL THAT MUST BE COVERED	48
DAILY SCHEDULE	49
DEVELOPING AN OFFENSE	50
DEVELOPING A DEFENSE	53
THE KICKING GAME	55
EQUIPMENT	57
REFERENCES	58

INTRODUCTION

Football has been historically one of the most challenging, aggressive, and intense team sports offered in the USMA Intramural Program. The sport attracts individuals from all sections of the United States, bringing forth a wide array of skills, knowledge, and enthusiasm that cadet coaches must channelize into a cohesive unit. Skill levels range from the All-State high school player to a participant who has never worn a set of pads. The diversity of skill levels, in conjunction with the time constraints placed on the intramural program by the USMA overall schedule, is a challenge to be met by every Intramural Football Coach.

The purpose of this manual is to assist the intramural football coach and the Cadet-in-Charge in the conduct of their duties. This manual is a guide which will allow the coach to better utilize his time and further prepare his team for the upcoming season. With the passing of each football season, new ideas are generated and, at times, old problems surface. This manual is designed to reduce the possibility that these problems will occur and to stimulate the imagination of all coaches to make the season and the sport better.

Eight-Man Football is governed by a set of rules and regulations designed to allow every coach the flexibility to mold his team into an organized, conditioned and well disciplined unit. With eight players the demands of organizing a cohesive offense, well planned defense and a strong kicking game remain as vital tasks to be achieved within the time allotted. Reducing the number of players from the traditional number of eleven to eight generally results in less congestion and fewer pileups. As a consequence, the importance of open field tackling, blocking, passing, and running ability is further heightened.

The offensive and defensive strategy presented in this manual is intended to serve as a guide since most coaches are unfamiliar with eight-man football. The examples included in this manual need not be adopted if they do not fit the coach's intent and game plan. The duties and responsibilities of every coach which are presented are required by every coach. No deviation from the responsibilities is permitted unless authorized by the Brigade Athletic Officer.

RESPONSIBILITIES OF THE CADET-IN-CHARGE

The Regimental Cadet-in-Charge (CIC) is the Commissioner of that Regiment's football program and is responsible for insuring that the program is administered IAW the regulations presented in the current Intramural Athletic Program Manual, USCC Cir 28-1. CIC's work for and are directly responsible to the Regimental Athletic Officer. Each CIC has the following responsibilities:

A. Prior to the first attendance:

1. Coordinate with the corresponding CIC of the sister regiment with regard to schedules, officials, playoffs, etc.
2. Hold an organizational meeting with coaches and officials under his jurisdiction to outline policies for the administration and conduct of the sport.

B. Prior to each attendance:

1. Allocate available space to teams for practices or contests.
2. Draw from the DPE Supply Room any special equipment designated as such by the Regimental OIC.

C. At the playing site:

1. Account for all officials, coaches, and players under his jurisdiction.
2. Assign officials to games.
3. Ensure that contests are started NLT 1630. Late arriving teams will be penalized on the opening kick-off.
4. Enforce the wearing of proper uniforms, equipment and mouthpieces.
5. Ensure that teams jog as a unit to and from games/practices.
6. Ensure that protests arising during contests are settled before play continues.
7. Identify and immediately correct any serious breach of character displayed by a player or a coach.

8. Bring Team Record of Participation Forms to each contest and ensure that coaches make proper entries.

9. Ensure coaches have their teams police the field before they leave the area. This includes the return and accountability of all equipment pulled from the connex. In addition, ensure that the connex is locked.

D. At the conclusion of each intramural attendance:

1. Submit the regimental absentee report via E-Mail to the Regimental Athletic Officer.
2. Submit a results of intramural competition report via E-Mail to the Regimental Athletic Officer.
3. Return to the DPE Suply Room any equipment drawn for the day of competition.

E. At the conclusion of the intramural season:

1. Submit an AAR to the Regimental Athletic Officer and to the DPE Sport Educator, offering constructive criticism pertaining to the administration and conduct of the sport.
2. Rate each official and submit the report to the DPE Sport Educator.

RESPONSIBILITIES OF THE COACH

As the coach of an intramural football team, you have two primary responsibilities. You must first ensure that your team is physically conditioned to meet the demands of the game. Second, you must teach your players the fundamentals needed to play the game to the best of their ability. Physical conditioning and a knowledge of the basic fundamentals will significantly minimize both the number and the severity of injuries. These two responsibilities are of equal importance and should never be neglected. A mistake traditionally made by some coaches is to emphasize fancy plays and neglect conditioning and the basic fundamentals.

You will be starting from scratch as far as developing your team. Do not assume your players know the basic skills and common terms used in football. As a general rule do not assume that anyone knows a thing about football until you see them perform.

Since you will be working under a time constraint when developing your team, it is very important that you thoroughly plan your practices. Meet with your assistant coaches or team captains the night before you practice. Mentally rehearse your practice schedule, including the techniques and skills you want your team to master. Outline your practice schedule on paper or a notecard, outlining in reasonably precise detail the amount of time you want both the offense and the defense to spend practicing specific skills or drills. Once established, adhere to the schedule and force yourself not to deviate from the original plan. The CIC and the DPE Sport Educator will spot check coaches on the thoroughness of their practice schedule each day as teams arrive at the field.

Time management is your greatest challenge! Time spent planning will maximize the benefits gained during practice. Historically, those teams which practiced effectively have performed much better in games.

The Department of Physical Education is willing to provide you with substantial assistance in the development of your team. DPE's personnel however, are present to serve as a guide. They will not, except in a few instances, require specific actions. The team is yours to coach. DPE's primary concern is twofold: that you are prepared (knowledgeable or not) to do your job and that your preparation includes a reasonable level of the overall physical condition of your team. In addition your responsibilities include:

A. Prior to the first scheduled practice period:

1. Coordinate with the Company Athletic Officer on the assignment of team members. Ensure that cadets assigned to the team are, in fact, eligible to participate in the sport.
2. Draw team equipment from the DPE Supply Room IAW current directives from DPE. Issue equipment to individual team members on a hand receipt.
3. Read and understand all regulations pertaining to IMFB.

B. During the season:

1. Organize, train and condition the team.
2. Ensure proper maintenance and use of all items of uniform and equipment. Ensure that complete uniforms are worn to include mouthpieces and knee braces. Ensure that no unauthorized equipment is used(screw-in cleats).
3. Drop or add squad members only with the concurrence of the Company Athletic Officer.
4. Submit justifiable protests IAW USCC Cir 28-1.
5. Ensure that cadets who are medically excused from intramurals do not participate in practices or contests.
6. Ensure that teams run as a unit to and from practice/games.
7. Plan all practices to maximize learning.

C. At each intramural attendance:

1. Hold formations at designated site; comply with all movement instructions, report all absences to the CIC, and render absentee reports as indicated in USCC Cir 28-1.
2. Ensure that each team member is wearing the prescribed uniform and equipment.
3. Conduct a warm-up period for at least 5 minutes for the entire team.
4. Ensure that mouthpieces and knee braces are worn at all times.
5. Ensure that all injuries occurring during games and practices are referred to the DPE trainer or student trainer for evaluation and treatment.
6. Following each contest, make appropriate entries on the participation form IAW instructions in USCC Cir 28-1. Coaches are responsible for ensuring that all team members meet the minimum daily participation requirement. This requirement includes cadets who have appointments for additional instruction. Failure of a coach to do so, for reasons other than injuries incurred during the contest, will be grounds for protest. Approved protests will result in forfeiture of the contest.
7. Lead by example. Do not get into and do not let your players get into shouting matches with officials or the other team. Require good sportsmanship and fair play.

D. At the conclusion of the season:

1. Complete and initial the Team Record of Participation Form IAW USCC Cir 28-1 and submit to the Company Athletic Officer.
2. Collect and return all team equipment to the DPE Supply Room NLT 48 hours of the team's final contest of the season. All items of equipment, except jerseys and football trousers, must be properly cleaned prior to turn-in.
3. Submit appropriate comments and recommendations to the Company Athletic Officer for inclusion in the AAR to the Regimental Athletic Officer.
4. Ensure that the team votes for an MVP. Personally vote on members for the regimental all-star team.

ELIGIBILITY AND PARTICIPATION

A. ELIGIBILITY:

1. General:

a) Cadets whose names appear on current Corps Squad(CS) rosters and Competitive Club Team(CCT) rosters that authorize an athletic participation credit from intramurals will not be members of an intramural team, except to meet TCC requirements.

b) A cadet is ineligible to participate in any intramural sport in which he has:

1) Received participation credit for two previous seasons in either on or off-season CS or intramurals, or combination thereof.

2) Received a letter, numerals, or monogram for CS or CCT participation (including Sprint Football).

3) Been dropped during the current season from a CS or CCT of the same sport, regardless of the reason.

4) December grads are held to these restrictions.

2. Exceptions:

a) Coach Rule: First Class cadets who are ineligible for competition in a sport may be assigned in a non-playing status as team coach.

b) Non-playing Managers: Former service as a non-playing manager of a CS or CCT does not affect a cadet's eligibility for participation in the same intramural sport.

c) Non-athletic Activities: The cast and crew of the 100th Night Show, members of the Debate Council and Forum, and non-playing managers of CS teams, otherwise receiving athletic participation credit from intramural athletics, may compete provided they obtain permission of their CS coach or DPE Sport Educator in the other activities. If assigned to an intramural team, they must meet minimum participation requirements.

B. PARTICIPATION:

1. Each team member must participate for a length of time equal to at least one half of each contest. Non-participation of a team member during a game are grounds for forfeiture.

2. A cadet will be credited with a season of participation in an intramural sport if he meets daily participation requirements in at least 50% of the regular season record contests.

3. Football coaches will not compete in record contests except as approved on an individual basis by the Brigade Athletic Officer in exceptional circumstances; i.e., insufficient players available to field a team.

Assistant Coaches are subject to the minimum participation requirements specified above for players.

MATERIAL THAT MUST BE COVERED

1. Physical conditioning of all players.

- Warm-up
- Muscular Strength /Endurance
- Agility
- Flexibility
- Anaerobic Endurance

2. Fundamentals.

- Blocking
- Tackling
- Ball Carrying
- Passing
- Receiving
- Punting
- Kicking

3. Offense.

- Depth Chart
- Huddle
- Basic Formations & Common Terms
- Play System
- Rules

4. Defense.

- Depth Chart
- Huddle
- Basic Alignments & Common Terms
- Responsibilities
- Rules

5. Special Teams

6. Fair Play Ratings

DAILY SCHEDULE

1600 - Formation in the company area.

- Move as a unit at a double time to Buffalo soldiers Field or North Athletic Field.

1610 - Arrive at the assigned field and immediately submit absentee slips and the planned practice schedule for that day to the CIC. While the teams are warming up the coaches will meet with the CIC and the DPE Sport Educator for any administrative instructions.

1615 - Warm-up

1625 - Practice IAW the coach's plan.

1745 - Practice ends. Teams move as a unit at a quick time back to their company area

DEVELOPING AN OFFENSE

After you have assessed the talent, size and experience of your team, you should then select an offensive strategy that will maximize your team's potential. The offense you choose should be simple and most importantly, effective. Bill Yeoman, former Head Coach at the University of Houston, once said that "execution is the meat of everything". accordingly, you should start with a few basic plays. Teams traditionally have been successful using only a limited number of basic running and passing plays, each of which they could execute with precision.

In eight-man football, the offensive team must have five men of the line of scrimmage. This means there will be six spots along the line at which your plays could attack. These holes should be numbered. The holes to the left could be odd and to the right could be even.

In the development of your plays, it is imperative that your linemen have a direct angle to block the defensive player. On passing plays, linemen could take one foot splits which will prevent the defense from shooting the gaps and likewise sacking the quarterback. You may want to consider three-foot splits when running, especially if your team is quick. Three-foot splits spread the defense out and allow you to run wide, thereby avoiding congestion.

If you number holes it is also wise to number the backs. the first number could represent the offensive back and the second number could identify the hole. the diagram below depicts a play using the aforementioned numbering system. A solid circle represents the ball carrier and a half circle is a potential ball carrier (option).

The manner by which you call your plays is your prerogative. One team found that making numerous copies of the play on small sheets of paper and having a substitute run the play in was beneficial. Therefore, all the players saw their assignment. Once the basic plays are thoroughly rehearsed, additional plays often seem to be more easily understood. In addition, if your team practices its plays against several different defensive alignments, the offensive line tends to adjust their blocking assignments more effectively. Basic defenses used in the past have been a 4-2 and a 3-2. If you can afford the time it would be wise to scout your next opponent for alignments, offensive and defensive strengths and weaknesses.

THE PASSING GAME

In developing your team's passing game, your first priority should be to develop a line that can block various defensive alignments and protect your quarterback. The receivers will usually get open. The time the quarterback has to throw, however, depends upon the skills and abilities of your defensive line. Make it difficult to rush the passer by ensuring adequate protection. Also, spread your receivers out and ensure their patterns do not lead them to the same area on the field. Passes are generally grouped into three categories: short, medium and long. For a short pass, the quarterback uses a three step drop and takes no more than two seconds to release. For a medium pass, a three to five step drop and a release time of 2-2.5 seconds is used by your quarterback. Receivers in both the short and medium pass must run disciplined patterns and should not be concerned with beating the defensive backs. The pattern must be the same every time. For a long

pass, the quarterback uses a seven step drop. When you throw the long pass, your receivers are asked to maneuver into whatever openings exist.

If your team has a reputation for throwing the ball often, your opponents will normally try to incorporate a strong pass rush. Often the emphasis on a pass rush will open up your running game. Hence, the importance of a well balanced attack. The greater the threat of a pass, the greater the opportunity for successful running plays.

Offensive linemen should adhere to the following techniques when pass blocking:

A. Body Position

1. Head up, elbows in, knees flexed.
2. Weight distributed equally on the balls and heels of the feet.

B. General pass blocking techniques

1. Do not lower the head or bend forward at the waist.
2. Place the facemask beneath the rusher's chin.
3. Form fists and strike the pectoral area.
4. Knock the hands of the defense off your elbows and shoulders.
5. Lift instead of blocking.
6. Keep your eyes open.
7. Use hands to push and recoil.

The pass receiver in the past has often turned a game around in one play. This is primarily due to only eight men being on the field at a time. The pass receiver must know the pattern and have the speed to get open in a limited amount of time. Before covering pass patterns, the coach should have his receivers adhere to the following rules:

- A. Run under control. Be at the right place at the right time.
- B. Keep your eyes on the ball once it leaves the hands of the passer.
- C. Catch the ball with your hands, not your body.
- D. Get the best position on the ball.
- E. Look the ball into your hands.
- F. Your thumbs should be in for high catches and out for low catches.

Remember, the passing game is a matter of timing and speed. The receiver must be at the right place, at the right time and the ball must be thrown properly.

Pass patterns should be simple. The patterns can be numbered or described. A post pattern could be given a number. To be consistent with the running game, a pass can be numbered in a similar manner. For example, a pattern on the right side is even and on the left side is odd. A post pattern on the right side is a six route and a flag pattern is a ten route.

Ideally speaking, the quarterback for your team should be able to both throw and run. If he is quick, the roll out pass will be a great asset to your team. He should be a leader at all times and

always present a confident attitude. He should always be aware of the tactical situation on the field, including:

- A. The position of the ball on the field.
- B. The down and distance to go.
- C. The amount of time to play.
- D. The defensive scheme of the other team.
- E. The number of time-outs his team has remaining.

The quarterback and the center need to practice the exchange, both the close and the shotgun snap. You would be surprised how many games are lost because of a poor exchange between the center and the quarterback.

GOAL LINE AND SHORT YARDAGE

One of the signs of a well-coached team is to never be stopped without a score with a first down inside the opponents ten-yard line. Most teams use their short yardage plays as their goal line plays in order to minimize confusion. Your goal line strategies and principles may include the following:

- A. Present a well-balanced offensive attack inside the ten-yard line(pass and run).
- B. Force the defense to balance up to your offensive formation.
- C. Make use of motion to change the defense's run support rules.
- D. Inside the ten yard line consider the run option.
- E. Use minimum line splits.
- F. Eliminate mistakes-fumbles, penalties and missed assignments.
- G. Control the line of scrimmage-no penetration.
- H. Sustain and block lower; remember, no crack-back blocking!
- I. Backs must run harder and lower, driving for the extra yard.
- J. Throw the roll-out/play action pass, have the receivers run crossing patterns.
- K. Develop a strong short yardage or goal-line offense by practicing with the ball placed on the ten, nine and eight yard lines.

BLOCKING

With only eight players on the field, blocking becomes even more critical. Pass blocking was addressed in a previous section of this manual. The section covers the technique required for an offensive lineman or back to employ when blocking for the run. The techniques discussed below are explained for use with a blocking dummy.

BLOCKING SURFACE: The player slides his head to one side as he drives his shoulder into the dummy. The blocker's head should separate the runner and the defensive player. The blocker then brings the corresponding fist to his chest with his thumb in, his palm parallel to the ground, and hits the dummy with his forearm. The blocking surface is from the side of the head, through the front of the shoulder, and continues to the upper arm, the forearm and the fist.

EXPLODE FROM THE KNEES: Ensure that each player is familiar with the blocking surface prior to the application of force. The force of the block is dictated by the speed that the player moves his hips through the block. Next have the player step back from the dummy and use a step to strike. The player steps with the opposite foot while his other shoulder moves forward. As the blow is struck, his buttocks should be beneath his shoulders, creating a lifting technique which comes as a "dip, hit and lift" action as contact is made.

It is important that the blocker maintains contact until the whistle is blown. If the man to be blocked is close, the offensive blocker should fire out using both feet. If there is considerable distance between the blocker and his opponent, the blocker should step with his foot in the direction of the block and hit with his opposite shoulder.

DEVELOPING A DEFENSE

The key to a strong defense is control at the line of scrimmage and pursuit. In eight-man football, it is imperative your defense avoids deep penetration unless they read pass. The most common defenses used are the 4-2 and the 3-2.

You may consider having a goal line and a prevent defense when the situation dictates. When you make adjustments, however, your players must know their responsibilities. In addition, a signal system would be helpful when communicating with your defensive team captain.

THE GOLD NUGGETS OF DEFENSE

TACKLING: Proper body position, balance, and, most importantly, desire are essential in tackling. The elements of proper tackling techniques are numerous. A tackler should:

- A. Stay square when approaching the ball carrier and refrain from raising or lowering himself from a good hitting position.
- B. Maintain his elbows close to the side, bull his neck and keep his eyes open.
- C. Accelerate his feet upon contact by using short, choppy steps, and wrap his arms around the ball carrier.
- D. Drive through the ball carrier, driving him five yards back and placing him on his backside.
- E. Ensure he keeps his eyes open to avoid knocking off another tackler when he's assisting on a tackle.
- F. Spring from his stance and attempt to meet a ball carrier in the air who is diving for short yardage or a score.
- G. Use the sideline to his advantage when making a tackle, by taking away a runner's inside cut and forcing him out of bounds.

PURSUIT: When pursuing the ball, it is important that the defense approaches the ball carrier at the proper angle. Using the proper lane of pursuit can help overcome the advantage of speed that most offensive backs have over defenders. Key points which will help your team in pursuing the ball include the following:

- A. Pursue in a lateral direction. Attack from an inside position.
- B. If the ball carrier runs away from your position, maintain a position slightly to the inside to protect against the cutback.
- C. Make ball carriers run laterally.
- D. Take a steeper angle of pursuit in order to save a touchdown.

BLITZING:

- A. Do not alert the offense.
- B. Go on the snap of the ball.
- C. Attempt to penetrate across the line of scrimmage and then read the play.
- D. React to the pressure of blocks and use your hands when rushing the passer.
- E. Try to get the offensive player to turn one way and then go in the opposite direction.

PASS RUSHING:

- A. Once you recognize pass, yell "pass".
- B. Do not raise up; maintain a proper body lean and get to the blocker as quickly as possible.
- C. Lean slightly forward and keep your hands in front of your body.
- D. Never stop; take short choppy steps; and keep your momentum toward the QB.
- E. Stay in the rush lane. If you get knocked out of the rush lane, fight to regain your position.
- F. Keep the QB in front of you. When the QB cocks his arm to throw, if you can see his eyes, raise your arms to distract him and perhaps block the pass. If you can't see his eyes, keep your arms down and run through him.
- G. Tackle the QB high and attempt to press his arms down to his sides.
- H. Contain rushers should never leave their feet.
- I. Once the ball is thrown, the rushers should turn and break on the ball because the play is not over until the whistle is blown.
- J. In the event of an interception, the contain rusher is tasked with blocking the QB. The QB is often the player who makes the touchdown saving tackle on an interception, run-back play.

THE KICKING GAME

The elements of a successful kicking game are intensity, elimination of mistakes and fundamentals. Intensity is best observed on how well a team covers kicks(punts, kickoffs, extra points).

A true test of desire and determination is the manner by which a team covers kicks. A kick will never be returned for a touchdown unless at least one defender fails to execute at 100%. The first kickoff or kickoff return should set the tempo for the entire game.

The elimination of mistakes can be accomplished with increased concentration. The result of poor concentration is poor coverage, poor protection and careless application of the kicking game rules. Fundamentals are inherently important and must be practiced to perfection. Punters, snappers, holders and kickers should work many hours perfecting their skills. Time and distance requirements must be precise when practicing.

KICKING GAME CHECKLIST

A. Kickoff

1. Coverage.

- a) Huddle prior to the kickoff. Kicker counts the team.
- b) All men line up facing the kicker with the front foot on the 35 yard line.
- c) Go down the field as fast as possible, staying in your respective lane under control.

Be ready to react to the ball.

d) When the kicker passes your line of vision, take off closely behind the kicker. Avoid being offside!

e) Avoid all blockers if you can(particularly early in the play). Do not stop and have physical contact with a blocker, if it can be avoided. If it can't, get back in your lane as soon as possible. When you close on the ball carrier(within seven yards), go through blockers, never around them.

f) Stay on your feet. If you ever get knocked down, get up immediately and regain your position in the proper lane.

g) All kick defenders should angle toward the ball, move as a unit and maintain lane integrity.

- h) Once the ball goes 10 yards it is a free ball.

2. Kickoff Return.

- a) Hustle the first 10 yards to the blocking position.
- b) Most blocks are missed because the kicking team out-hustled the receiving team.
- c) Use a wedge, a right and a left return.
- d) Ensure a deep kick before turning your back on the ball.
- e) After 10 yards it is a free ball.

B. Punt

1. Coverage.

- a) Run full speed. After 10 yards, locate the ball carrier over your inside shoulder.
- b) Stay in your lane and fan out.
- c) If a fair catch is signaled, anticipate a fumble. If a fair catch is signaled on the 10 yard line, anticipate a fake fair catch.
- d) The first man down field should take a shot at the ball carrier.

2. Return.

- a) Don't be offside or rough the punter.
- b) Don't clip; block high.
- c) Generally, do not handle punts inside your 10 yard line.
- d) Never go into a return situation unless you are sure the opponent is punting. Know the procedures for quick kicks.
- e) Know the rule of first touch.
- f) A punt return is an easy way to make big yardage. Think "Big Play"!

3. Punt Block.

- a) Get off the ball; do not be offside.
- b) Look at the ball. Go to the kicking area; avoid roughing the kicker.
- c) A fourth line punt that does not cross the line of scrimmage is your ball, so try to advance it.
- d) On a third down punt, a ball which does not cross the line of scrimmage is a free ball; therefore, try to get possession.
- e) A blocked punt is often converted into a touchdown.

C. Field Goal and Point After Touchdown

1. Offense.

- a) The kicker calls huddle/counts players.
- b) A field goal must be covered! Every player must know their coverage.
- c) Be alert for a possible runback.
- d) Field goal coverage rules are the same as punt rules.
- e) A placekicker must never be blocked.

2. Defense.

- a) Be alert for a fake.
- b) A single safety should be back. Be conscious of field position, time remaining and score.
- c) Know which is the rush side. Rush from one side only.

- d) Automatic return from the block side or to the wide side of the field.
- e) Don't be offside! A blocked field goal or a blocked extra point may be the deciding factor.

EQUIPMENT

The equipment provided your team is excellent. However, unless it is fitted and worn correctly, it will not do the protective job for which it is designed. It is the coach's responsibility to see that every player has well fitting and undamaged equipment. Any pads, shoes or trousers that are defective or ill-fitting should be turned into the DPE Supply Room immediately.

The checkpoints on the various equipment that should be made at the first practice and periodically through the season are:

Trousers

1. Free from rips or holes.
2. Long enough so that the knee pad will cover the knees when the player's legs are bent.
3. Pockets for knee and thigh pads are intact.
4. Knee and thigh pads are in the pocket correctly.
 - a. Thigh pad pockets are of white material and completely cover the pad. You cannot see the stitching on a thigh pad that is correctly in the pocket.
 - b. The inner top corner of each thigh is slanted.
5. The trousers have a belt and are worn waist high.

Hip and Kidney Pads

1. Are of correct size so that the vest can be buckled at the waist.
2. Are worn high enough to protect the crest of the hip bone and kidneys.
3. Ridge of hip pad directly over the hip bone.

Helmet

1. Correct size, especially not too large.
2. Has chin strap.
3. All padding and straps are intact.
4. Face guard screws are in place and are tight.

Shoes

1. Correct size.
2. All cleats intact.
3. No rips or tears.
4. Shoe strings laced all the way.

Safety Equipment

1. Knee braces worn properly under the trousers.

2. Mouth piece attached to the facemask and used while playing.

REFERENCES

Books available in the Cadet Library:

- 796.33 Bible, Dana X.
B 471 Championship Football
- 796.33 Bierman, Bernard W.
B 477 Winning Football
- 796.33 Camerer, David M.
C 144 w Winning Football Plays
- 796.33 Crisler, Herbert O.
C 868 m Modern Football
- 796.33 Dietzel, Paul F.
D 568 w Wing T And The Chinese Bandits
- 796.33 Ecker, Tom
E 19 c Championship Football by 12 Great Coaches
- 796.33 Fqurot, Don
F 274 fb Secrets of Split T Formation
- 796.33 Leahy, Frank W.
Notre Dame Football, The T Formation
- 796 Moore, Jim
M 784 f Football Techniques Illustrated
- 796.33 Meyer, Leo R.
M 575 Spread Formation Football
- 796.33 Nelson, David M.
N 332 Football Principles and Play
- 796.33 Schiffer, Don
S 333 f Football Rules in Pictures
- 796.33 Tatum, James M.
T 189 c Coaching Football and Split Formation
- 796.33 Thayer, Dave
T 335 g A Guide for Coaching 8 Man Football

796.33 US Naval Institute
U 62 Football

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Activity Risk Assessment Form

Name of Activity:Football

Date: 27JUL01

Risk Identification	Reduction Strategies
Hypothermia (loss of body temperature)	Conduct assessment of weather conditions prior to training Awareness of symptoms by all members Mandatory attendance at safety brief
Heat exhaustion / Heat stroke	Awareness of symptoms Individual brings full canteen Wear sun-block / lotion as needed Mandatory attendance at safety brief
Major Injury	Wearing of knee braces by all Protective gear and mouthpieces DPE trainer onsite with commo for ambulance Coaches assess personal for injuries prior to and after training
Muscle injuries	Conditioning prior to season Proper stretching and cool down
Blisters	Proper fitting gear Proper Technique Appropriate First Aid to prevent infection

Prepared By: