



# Contra Costa County Football Officials Association

Training Session # 3  
July 8th 2021

Formations / Shift / Motion

# Shift and Motion

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Scrimmage      Basic Definitions Session (Rule 2)

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Formations (Rule 7-2)

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Shifts (Rule 7-2-6)

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Motion (7-2-7)

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Mechanics and Keys

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# Basic Definitions

- 2-14-1 Scrimmage Formation
  - Minimum of 5 players at the snap.
- 2-14-2 Scrimmage Kick Formation
  - No player in position for hand to hand snap
  - In position to receive long snap and either:
    - Player with knee on ground 7 yards or more behind LOS and another player 3 yards or less behind him (think FG or PAT)
    - Player 10 yards or more behind LOS (Think punt)
  - “Shorten up” in Youth games
- 2-39 Shift
  - Action of one (two) or more offensive players who, after a huddle or taking set positions, move to a new set position before the ensuing snap

# Scrimmage Formation – Motion



**NEUTRAL ZONE**

○  
END  
1-49  
80-99

○  
TACKLE  
50-79

○  
GUARD  
50-79

○  
SNAPPER  
50-79

○  
GUARD  
50-79

○  
TACKLE  
50-79

○  
END  
1-49  
80-99

○  
BACK  
1-49  
80-99

Motion →

○  
BACK  
1-49  
80-99

○  
QUARTERBACK  
1-49  
80-99

○  
BACK  
1-49  
80-99

→ Motion

○  
BACK  
1-49  
80-99

○  
BACK  
1-49  
80-99

*Note: After Ready for Play each A Player must momentarily be between “9 yard marks” (does not have to be simultaneous)  
Only Snapper and adjacent Players may “lock legs”*

## Key's

After a Shift:

- All 11 Players must come to an absolute stop
- The stop must be simultaneous for all 11 Players
- The stop must be for at least one second before the snap

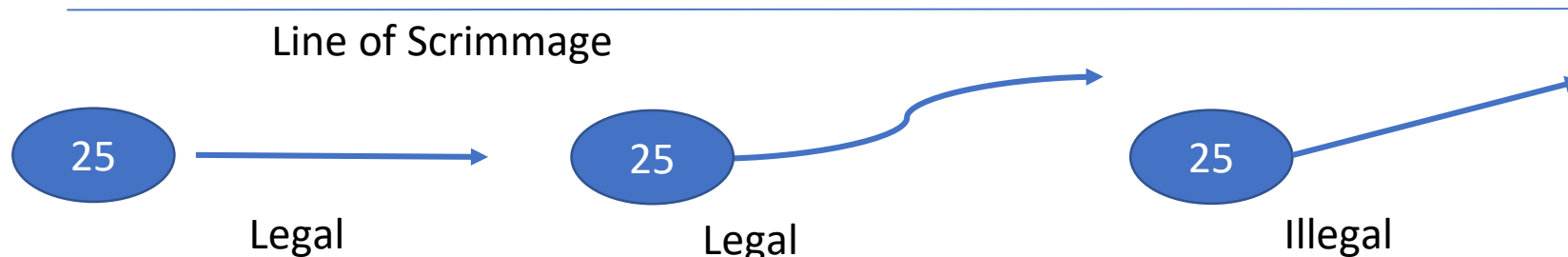
There can be multiple shifts before the snap

The requirements above apply only to the last shift

Penalty = Simultaneous with the Snap

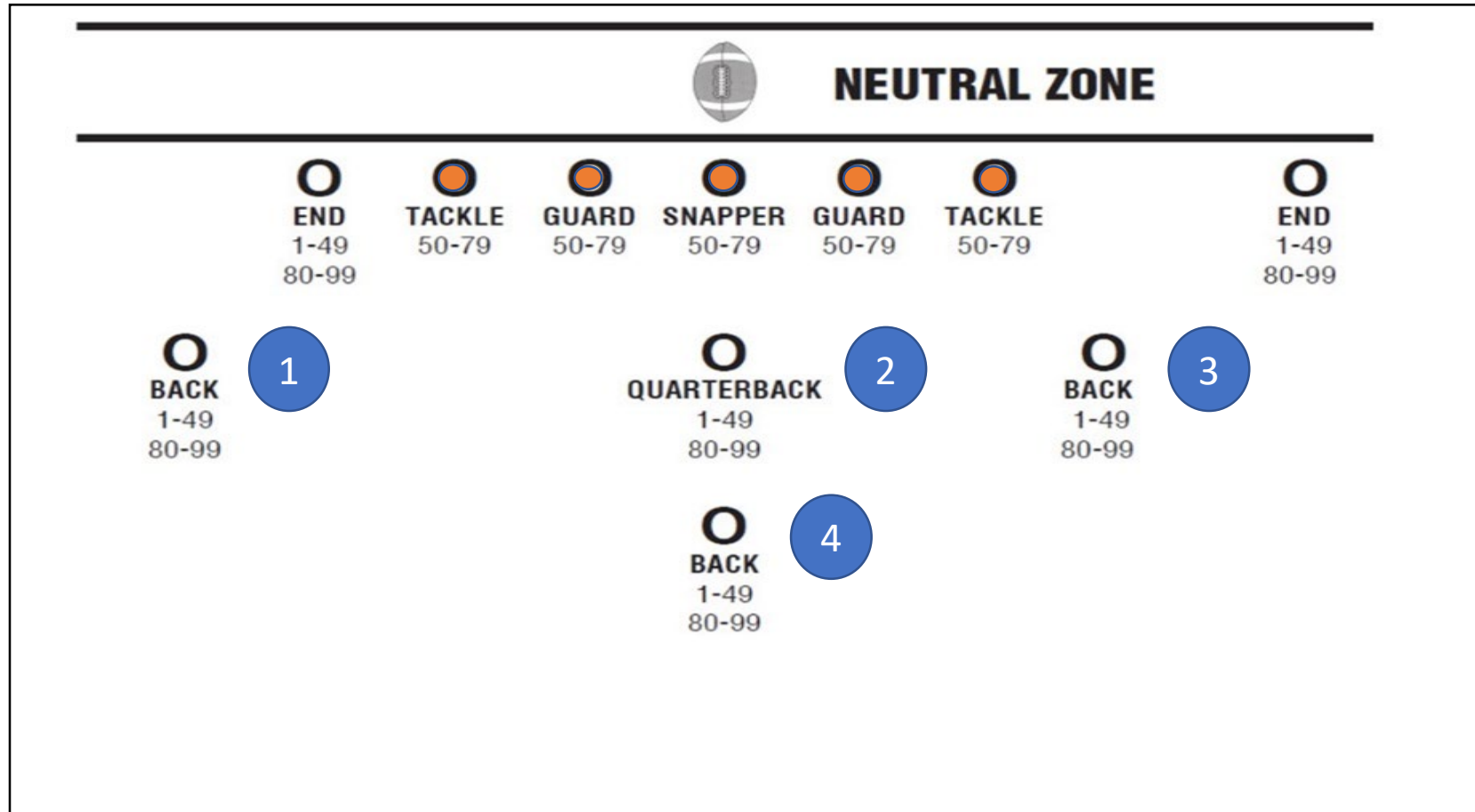
# Motion Rule 7-2-7

- Only one Player may be in motion at Snap
- At the moment of the snap the motion must not be towards opponents goal line (parallel to LOS or backward for A)
- Motion can be initiated by any Player in backfield
- Player under Snapper may go in motion but cannot be intended to cause B to Encroach
- Motion by a Player on the LOS – RARE :
  - Five yards deep at time of Snap; or
  - Player must stop in backfield for a full second before snap



Formations / Shift / Motion

# Scrimmage Formation

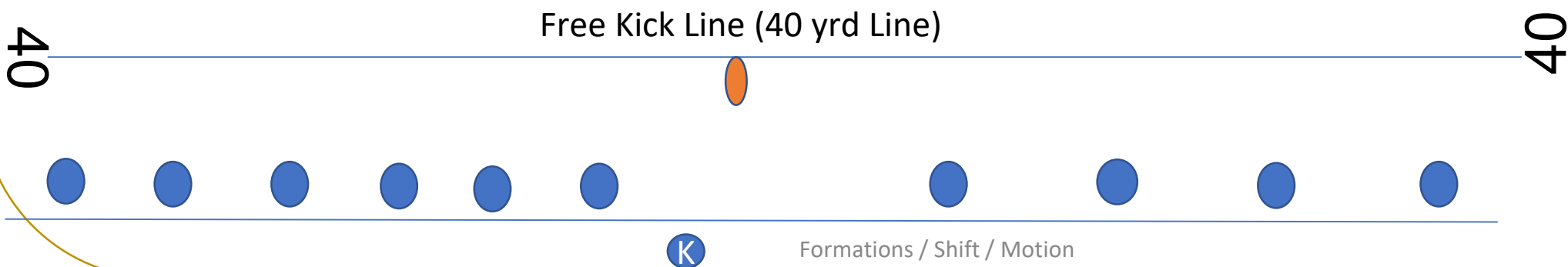


## Requirements

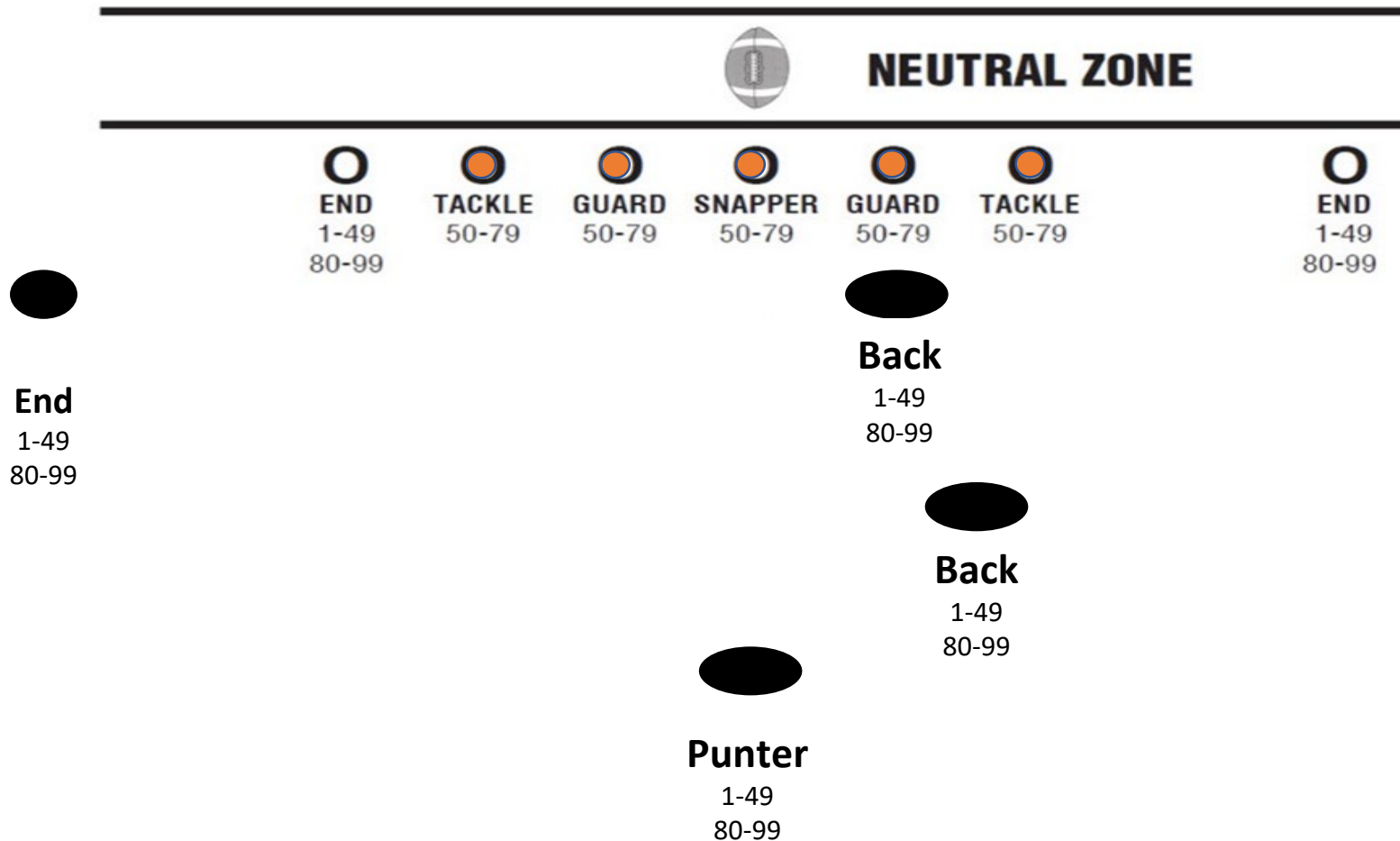
- No more than 4 players in the backfield
- At the Snap must be 5 players numbered 50-79 on the Line of Scrimmage ● (see Scrimmage Kick Formation exception)

# Formation Requirements – Free Kick and Scrimmage Kick R and K

- R – No Requirements (neither on scrimmage nor free kicks)
- K – Free Kicks
  - At least 4 players on either side of kicker at time of kick
  - All players must be FULLY within 5 yards for K free kick line except for kicker from RFP to kick
- K – Scrimmage Kicks
  - All requirements of “A” with some additional requirements....



# Scrimmage Kick Example



## Numbering Guidelines

- Exemptions: 4th Down: Players can be numbered 1-99
  - 50-79 numbering requirement does not apply – can be 1-49 and 80-99
- Does not affect pass eligibility rules so must know who are in game under this exception



# K Formation Requirements

## Scrimmage Kick Formation (7-2-5)

- Basically, an exception to the numbering rule
- Fourth Down (or Kick Try) if K sets or Shifts into a Scrimmage Kick Formation:
  - 50-79 numbering requirement does not apply – can be 1-49 and 80-99
  - Does not affect pass eligibility rules so must know who are in game under this exception
- On Down other than fourth - Rare:
  - The numbering exception only applies to the Snapper (and if so Snapper cannot be on end of line)

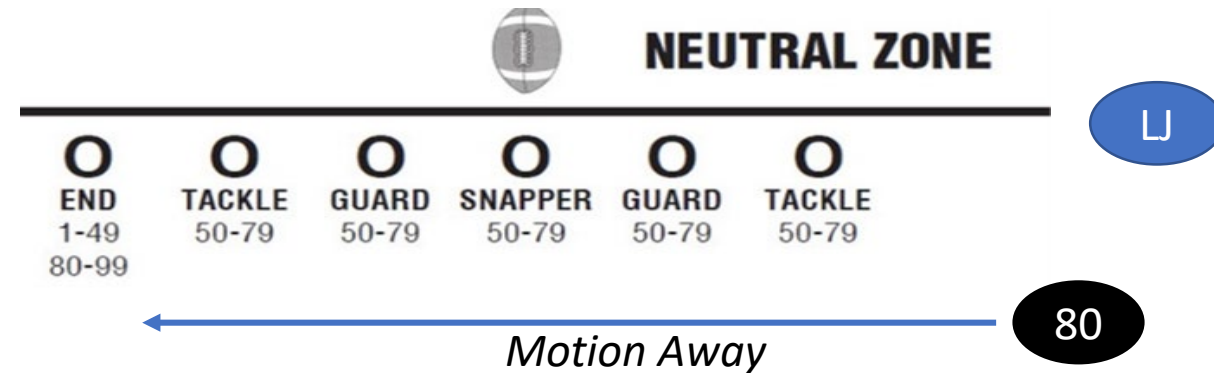
# Formation Requirements

## Miscellaneous

- Allowable numbers are 1-99
- Two Players may not participate while wearing same number
- Note: Some Youth leagues waive or go lax on numbering requirements (White Hat will know)
- Penalty for Illegal Formation – Simultaneous with Snap (throw flag at snap and allow play to proceed)

# Mechanics & Keys

- Illegal Formation
  - Less than 7 on line – L, or LJ – Mechanics
  - Illegal numbering – R or U (note if leads to ineligible downfield than also H, LJ)
- Illegal Shift - R, L, or LJ
- Illegal Motion – L, LJ - take motion away from you
- Neither Illegal Shift nor Illegal Motion are to be called by U
- All are fouls simultaneous with snap – why?
  - When to Kill the Play.



*LJ has responsibility for Motion away*