



Contra Costa County Football Officials Association

Training Session # 6

Free Kicks

Scrimmage Kicks

Fair Catch

Definitions: Scrimmage Kick & Free Kick

Rule Book
Free Kick 2-24-3 & 4

- What is a Scrimmage Kick?
 - Legal Kick from in or behind the neutral zone
 - Can be place kick, punt or drop kick
- What is a Free Kick? “Kick-Off”
 - To start the the game or half
 - After a score (TD, FG, Safety)
- Kick after a Safety.....
 - May be a punt or free kick behind the 20 Yard line.
- “A kick is a kick” until a player secures possession (catch or recovery)

A Few Other Kick-Related Definitions

Rule
2-32-8

- Kicker
 - A player who legally kicks the ball
 - Becomes Kicker when his lower leg strikes the ball
 - Remains a kicker until:
 - He has opportunity to regain balance (scrimmage Kick)
 - He advances 5 yards of kick. Or the ball touches the ground or another player (Free kick)
- Holder – Player controlling ball on the ground or on a tee (i.e Try or Field Goal)
- Fair Catch
 - Catch made by a player in or beyond neutral zone after he gives valid fair catch signal
 - Fair Catch signals – valid, invalid, illegal – What do they look like?
- Kick Catch Interference
 - Touch a kick in flight or catch a kick (unless on a scrimmage kick only there is no R player in position to catch kick)
 - Obstruct R's path to the ball – (i.e – Player signals a fair catch and K obstructs)

Free Kick Fundamentals

- Can be made anywhere between hash marks
- A minimum of 4 players must be on one side of the kicker. Or no more than 6.
- Only the kicker and holder may be in the neutral zone.
- If kick goes into R's end zone – immediately a touchback

What R can do:

- Catch or recover any where in field of play and advance
- Call for a fair catch and give up right to advance

*(WIND THE CLOCK – ABOUT ONLY
TIME YOU WILL START THE CLOCK)*

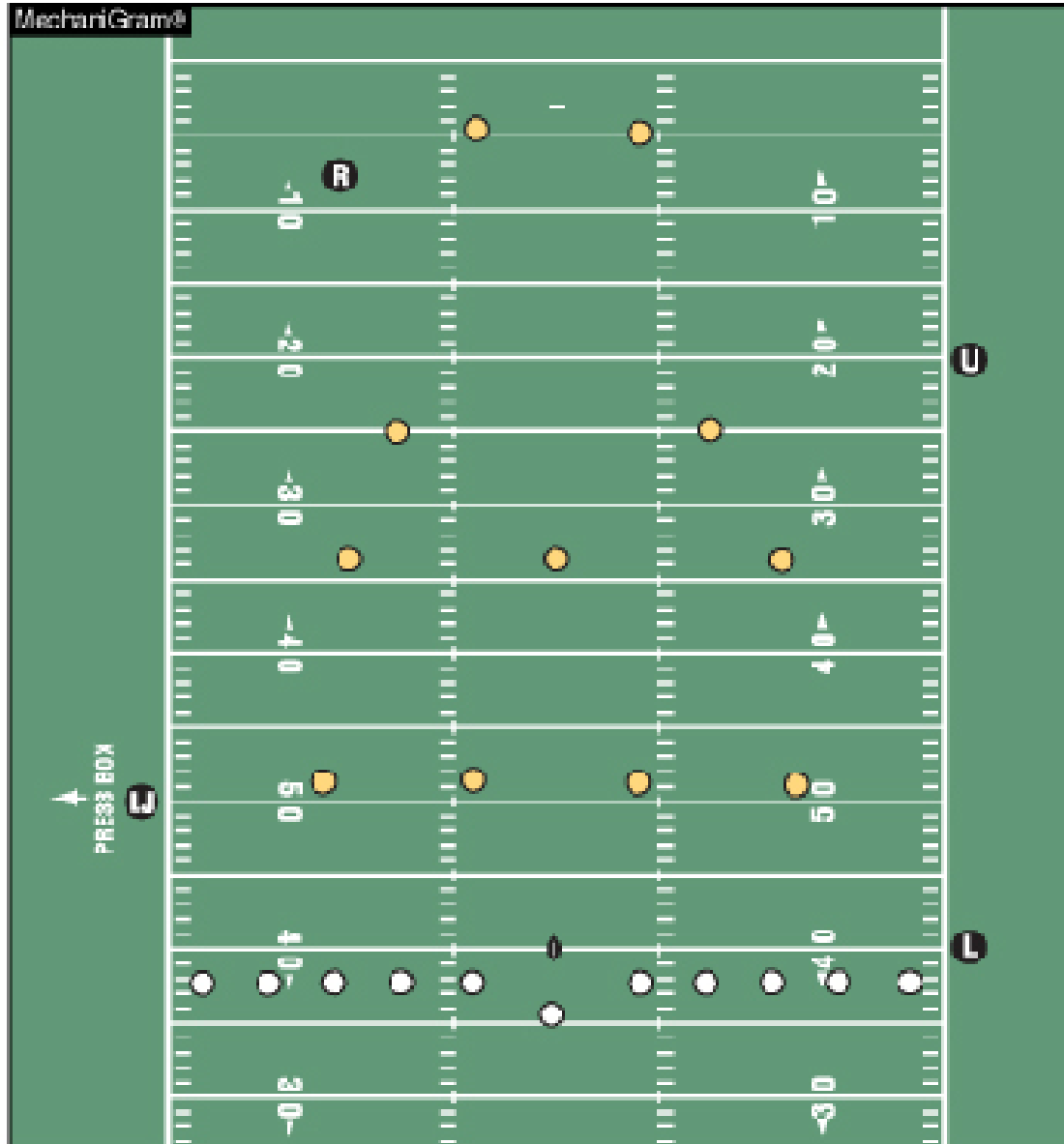
What K can do:

- After ball has gone 10 yards AND hit the ground K may recover
- If ball touches R, then K may catch or recover anywhere

What K can NOT do

- Never advance a kick (*DEAD BALL – WHISTLE*)
- Catch a kick (unless first touches an R player) (*FLAG*)
- Be first to touch ball in neutral zone (*BEANBAG*)
- Kick ball out of bounds untouched by R (*FLAG*)
- Obstruct R's path to ball (*FLAG*)
- Cannot block R unless ball has gone 10 yards OR if K is eligible to recover kick

4 Man Free Kick Mechanics



Head Lines

- With K, start in middle of field, hand ball to kicker, count K, move off your sideline, beanbag in hand, raise arm signaling ready
- Ensure no players are more than 5 yrs behind free kick line
- Instruct kicker to NOT kick until the White Hat blows the whistle.

Line judge

- R's restraining line, count K
- Start on sideline, beanbag in hand, raise arm signaling ready

Umpire

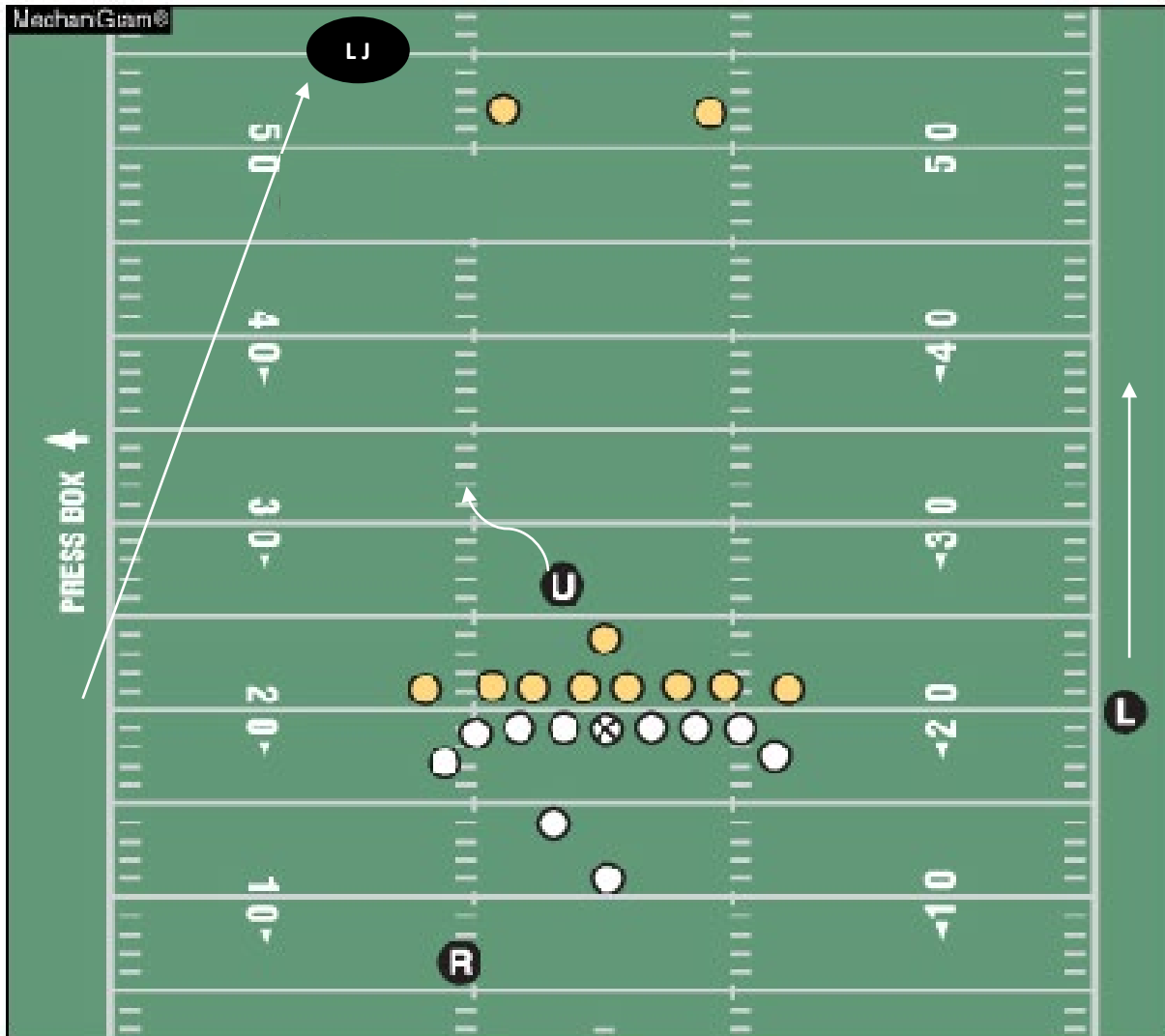
- HL Side about 20 yard line but adjust depending on age and strength of kicker, count R, raise arm signaling ready

Referee

- 5-10 yard line, Same side as LJ, Little outside hash marks
- Ensures K has 4 players on each side of the kicker and counts R
- Signals ready to play

1. Once the ball is kicked – watch the players NOT the ball
2. Prepare as if every kick will be an on-side kick

Scrimmage Kick – 4 Man Mechanics



Line Judge

- Wait's for R to signal to go back behind R's Line
- Line up behind the deepest receiver.

Umpire

- 4-7 yards deep behind the LOS favoring the LJ side.
- Say "Lay off the Snapper" to remind R players about the rule
- Key's : Snapper – once kick is away, rotate towards the LJ side.

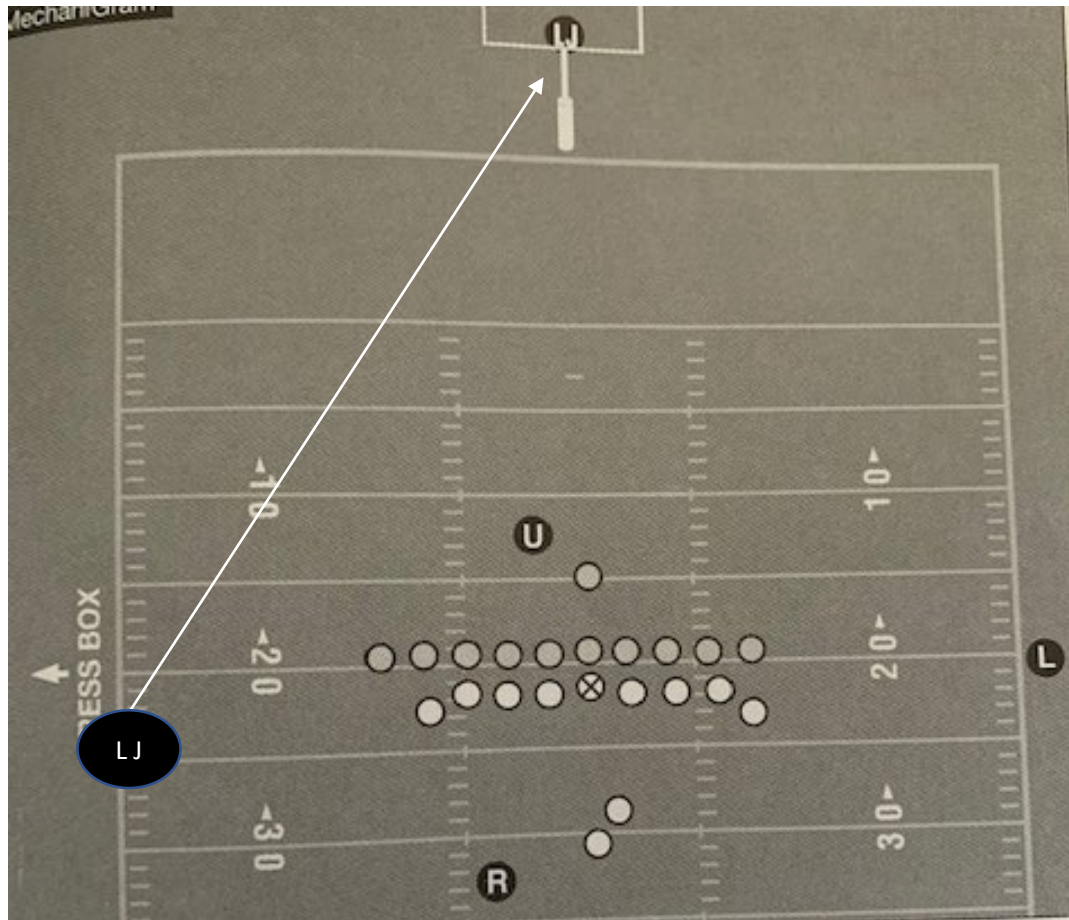
Linesmen (Headlines)

- Starting position is to straddle LOS
- Once the kick passes the LOS, release down the field and watch blocks (not the ball)

Referee

- Starting position is 2-3 yards behind the 3-5 yards outside the punter, on the line judge side.

4 Man Mechanics Scrimmage Kick (FG or Try) – Outside the 15 yard line



Line Judge

- Starting position is beyond the end line and between the uprights
- Responsible for ruling whether the kick is good or no good.

Umpire

- 4-7 yards deep behind the LOS favoring the LJ side.
- Say "Lay off the Snapper" to remind R players about the rule
- Key's : Snapper.

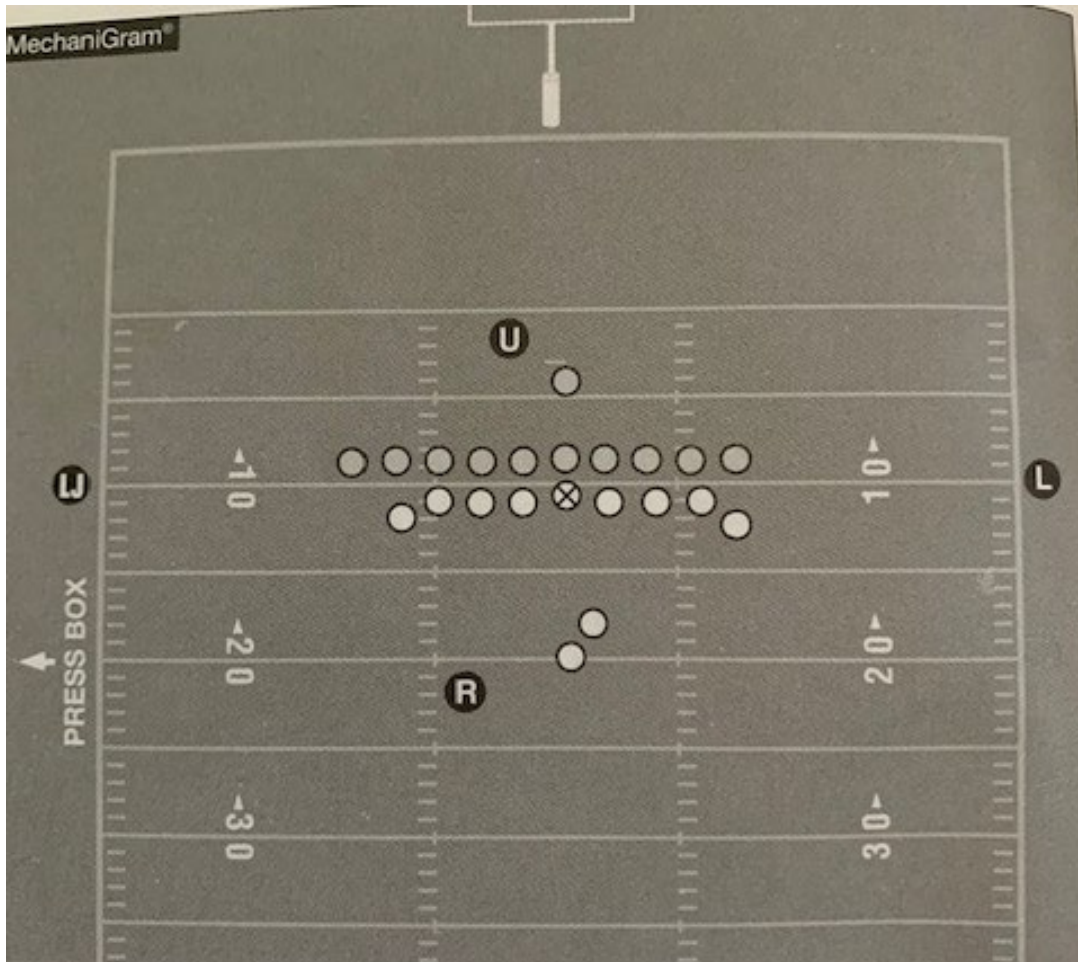
Linesmen (Headlines)

- Starting position is to straddle LOS
- Rules on roughing the holder or kicker

Referee

- Faces the holder
- Rules on roughing the holder or kicker
- Echoes the call from the LG.. Good or No Good signal to the press box.

4 Man Mechanics Scrimmage Kick (FG or Try) – Inside the 15 yard line



Line Judge

- Starting position is beyond the end line and between the uprights
- Responsible for ruling whether the kick is good or no good.

Umpire

- 4-7 yards deep behind the LOS favoring the LJ side.
- Say “Lay off the Snapper” to remind R players about the rule
- Key’s : Snapper – once kick is away, rotate towards the LJ side.
- Check number of players numbers on O – Line.

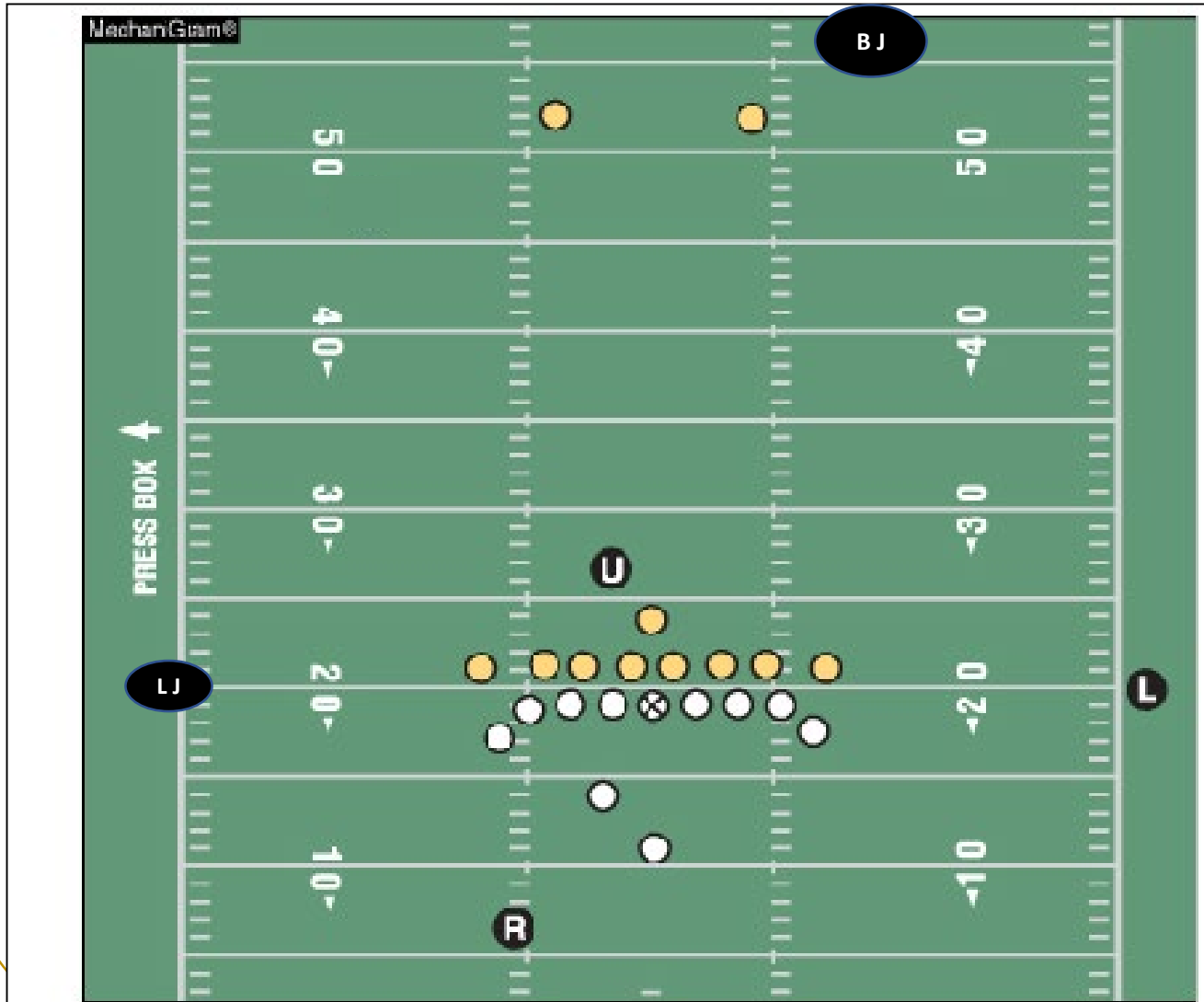
Linesmen (Headlines)

- Starting position is to straddle LOS
- Rules on roughing the holder or kicker

Referee

- Faces the holder
- Rules on whether the kick is good or no good.

5 Man Mechanics – Scrimmage Kick Try or Field Goal



Line Judge & Headlines

- Position same as a scrimmage play. Straddle the LOS
- Watch for encroachment
- After kick passes the LOS, watch blocking on your half of the field

Umpire

- Set's up 4-7 yards deep and favoring line judge's sideline

Back Judge

- The Back Judge begins play 10-12 yards behind the deepest receiver and the linesmen side of the field.
- The Back Judge drops the back where the receiver gains possession.

Referee

- The referee position is 5 yards outside the tight end on behind the kicker on kicking –leg side

Numbering Exception

- 1st Down – 3rd Down
 - The snapper can be numbered from 1-99
 - The snapper must not be on the end of the line of scrimmage. (i.e not eligible for a pass)
 - 4 players on the line must be numbered 50-79
- 4th Down
 - Team A is allowed to have any number of players on the line numbered outside the 50-79 range.