

TSSAA 7-man Football Mechanics Outline

General Notes

- Read the TSSAA mechanics book before each game.

Preparation

- 7-man work harder... involved in every play... MAKE A PRESENCE!!!! Communicate & be visible
- 5 officials box in play... watch dead ball & off ball
- Don't over officiate
- Hustle... but don't run over each other
- "accordion in" to 9-yard mark (top of numbers) or until you feel pressure
- Lead has goal line - trail stop @ 2 yd line - Lead has forward progress inside 2 yd line (on plays outside the 5-yd line)

Mechanics Focus

- HL/SJ work together & LJ/FJ work together
- HL/SJ/LJ/FJ work starting on sidelines (work outside-in) – HL/LJ heels on "back of restricted area"
- HL/LJ pinch in on short yardage & goalline plays if formation is away from you (no closer than top of #'s)
- SJ/FJ work balls in/out from sideline to/from U – must have new ball on all incomplete passes
- HL/LJ follow play (do not leave LOS until ball crosses it) – remember "shadowing or mirroring" concept
- HL/LJ – spot at top of #'s (but crash spot on close 1st downs, goal line, or 4th downs) – inside the #'s, turn & jog to sideline – top of #'s - back out to sideline
- R do not echo TD signal (echo only on FG & Try)
- Keep old ball on field until new ball is marked if old ball is in the side zone
- HL/LJ/SJ/FJ give 'winding' signal on plays close to sideline – COMMUNICATE so everyone knows status
- If TV game, BJ goes to "Red Hat" on time-outs (sprint to position w/ 0:30 to go)
- Parade rest on pre-game, coin-toss, waiting on kick-off, time-outs, injury

Pre-game

- Crew meets coaches – except for introductions **only** R does the talking
- LJ/FJ/U/ECO check **visiting team** for any illegal equipment
- HL/SJ/BJ check **home team** for any illegal equipment
- HL/LJ meet get back coach
- BJ – provide ECO/PCO instructions, **then position on 50-yd line @ hash mark (observe teams)**
- HL check chains – then position on 50-yd line (observe teams)
- SJ/FJ check game balls, ball person instructions & obtain kicking ball - then position on 50-yd line (observe teams)
- U talk to snappers, check field & pylon placement & 3-yd line (get black towel if needed) – then position on 50-yd line (observe teams)
- ECO/PCO check clocks – then position on 50-yd line (observe teams)
- R Game Admin meeting (U join after Admin meeting if there is pre-game toss)
- Crew meet in endzone when teams clear field (may go inside) – perform radio check

Coin Toss

- SJ/FJ give kicking balls to LJ/BJ
- When R gives receiving signal, toss ball to BJ for placement on 40-yd line
- FJ/SJ enter on 50-yd line behind captains
- HL/BJ & LJ/ECO should also enter behind captains (even with FJ/SJ)

LJ>	45yd	<BJ
	R	
FJ	50yd	SJ
	U	
ECO	45yd	HL

Start of 2nd half

- @ start of mandatory warm-up SJ/FJ get coach's choices & relay to crew
- @ 2-minute mark be in position to enter field
- @ 1-minute mark go to kick-off position - place ball on the correct 40-yd line

Pre-Kickoff

- BJ put kick ball on kicking line
- Take spot so that when we break, you move in direction of our kick-off spot
- Call out & point to the spot you are going

LJ R HL		
FJ	50yd	SJ
BJ ECO U		

Kickoff

- R/LJ/HL count R & signal to each other
- BJ/SJ/FJ make sure 12:00 on the game clock at start of each half
- R signals BJ to hand ball to kicker (then BJ moves to sideline)
- R begins checking crew for readiness
- BJ read mechanics (p. 127 mechanics book carefully)
- BJ don't leave field until 45-sec count expires & both teams have exactly 11 players
- BJ to verify 'K' formation
 - o at least 4 on each side of kicker
 - o no player other than kicker is deeper than 5 yards from kick line
- U/BJ count K & signal
- For beginning of each half & after Safety:
 - o FJ/SJ @ hashes, give R free kick line
 - o BJ/U give K free kick line (BJ hand ball to kicker @ 15 second mark, U @ hash)
 - o U/FJ/SJ leave field together on BJ signal
- **BJ/U/FJ/SJ heels on back of restricted area**

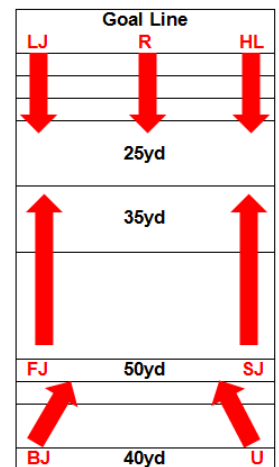
Goal Line		
LJ	R	HL
25yd		
35yd		
FJ	50yd	SJ
40yd		
BJ	40yd	U

After Try, Move to Kickoff Positions

- BJ/U/FJ/SJ meet at pylon
- BJ/U leave first, FJ/SJ follow 10 yards behind (come down sideline)
- Square off at yard line & only BJ enters field (unless Safety)

Post-kickoff

- R/LJ/HL work up from goalline to 25-yd line
- LJ/HL after ball kicked should move up to be on yard line where ball caught
- R has hash to hash
- FJ/SJ drift down 10-15 yards to 35-yd line
 - o look for illegal blocks
 - o watch for 1st touching
 - o did ball hit the ground
 - o fair catches
- BJ/U move at 45° angle to hashes (at 45-yd line), & to middle of field
 - o work down field 10-15 yards
 - o work inside-out
 - o observe center of field down to 25-yd line
 - o BJ DON'T get beat to the goalline
- BJ observe action on kicker
- If touchback, HL/LJ come out at 45° angle with signal



Scrimmage down

- R 12-15yds from LOS & 5-yards wider than huddle
- U 6/9-yards behind B LOS, between A's tackles w/snap in view; keep ball covered if snap threatened. Count Team A & # of players numbers 50-79 on LOS.
- SJ/FJ 20-yards from LOS (key off SJ – SJ key off HL)
- BJ 25-yards from LOS (take the lead of the backfield officials)

On/Inside 25-yd		
End Line		
BJ		
FJ	Goal Line	SJ
2yd		
↑	U	↑
LJ	25yd	HL
R		

- HL/LJ LOS with heels on back of restraining line - hold LOS until ball crosses. Count players in backfield & signal.

Outside 25-yard line

- Lead official (BJ/SJ/FJ) read keys & keep 20-yd cushion - has goalline & forward progress inside 2-yd line
- Trail Official (HL/LJ) STOP @ 2-yd line & has forward progress down to 2-yd line
- BJ works inside-out, all other work outside-in

On/inside B's 25-yard line (25-yd line down to 5-yd line)

- BJ on endline
- SJ/FL on goalline outside pylons (stay with goalline & signal touchdown)
- HL/LJ on LOS move with play but STOP at 2-yd line
- SJ/FJ be 3 yards off pylon when ball snapped inside the 15-yd line

On/Inside B's 5-yard line

- BJ on endline
- SJ/FJ on endline outside pylons (may pinch-in if necessary)
- Exception: SJ/FJ if line-to-gain is inside 5-yd line on 4th down – position on goal line**
- HL/LJ on LOS & move to goalline at the snap

On/Inside A's 5-yard line

- R near endline
- HL/LJ backup to goalline on snap

Passes

- HL/LJ if pass is behind LOS, “**punch backward or forward**” – responsibility goes to position in direction of pass
- Only covering official(s) give ‘incomplete pass’ signal, everyone else ‘stop-the-clock’ signal**
- Same Official **NEVER gives incomplete & TO signal on same play**
- HL/LJ move with key no more than 5-yards downfield
 - Responsible for receptions between you & lead official
 - SJ/FJ help with reception & out of bounds
- HL/LJ stay on LOS until pass crosses (except inside 5-yd line, then U is on LOS)
 - fwd/bwd pass (punch forward/backward)
 - ineligibles downfield
 - pass behind LOS
 - passer beyond LOS
- BJ DON'T get beat to the goalline
- SJ/FJ keys on widest receiver, then zone coverage, then the ball
- BJ help with reception (SJ/FJ out of bounds – are feet down)

FG/Try

- FJ/BJ have uprights, BJ has whistle & crossbar
- FJ/BJ take 2 steps **forward (no angle) & signal** ‘good’/‘no good’ (hold signal until eye contact w/ R)
- R echo signal
- U/SJ on/near goalline on try (or same yard line)
- U has snapper
- HL/LJ crash in after kick on try to help shut play down
- Everyone communicate “LIVE BALL” on FG attempt
- If FG blocked or faked outside 25-yd line, BJ/FJ get to the pylons on goalline

On/Inside 5-yd		
FJ	BJ	SJ
End Line		
U		
↑	Goal Line	↑
LJ	5yd	HL
R		

On/Inside 5-yd		
R		
Goal Line		
↑	5yd	↑
FJ	20yd	SJ
BJ		
25yd		

FG/Try		
FJ	BJ	
End Line		
U		
Goal Line		
LJ	5yd	HL
R		

FG (after fair catch)		
FJ BJ		
End Line		
LJ		HL
R's Free Kick Line		
SJ		
R	K's Free Kick Line	U

Punts

- HL/LJ hold position until ball crosses LOS, then drift 10-15 yards
- **NOTE: HL/LG become lead officials, SJ/FJ become trail officials**
- BJ middle of field
- Inside 45-yd line, BJ/SJ/FJ on goal line
- Outside 45-yd line, BJ/SJ/FJ 5-yds behind deepest receiver(s) – **same yard line**
- BJ rule on touchback, 1st touching, end of kick (but everyone be alert for 1st touching)
- BJ stay with ball
- SJ/FJ has fair catch & stays with signaler

End of Qtr

- R/U/HL meet at ball to record information. HL provide clip spot.
- HL flip & move chains. Signal to R when ready.
- BJ confer w/ HL then get clip spot (& observe team). Give 15 sec warning whistle.
- FJ record info & go to new ball spot (& observe team). Give verbal 15 sec warning when direct by BJ).
- SJ record info & observe team (give verbal 15-sec warning when directed by BJ)
- LJ record info & observe team (give verbal 15-sec warning when directed by BJ)

Penalty Admin

- Get team to huddle
- LJ hold enforcement spot
- SJ/FJ hold enforcement spot
- HL spot we end up after penalty administration (succeeding spot); arrive before U; be certain of down #
- U/HL signal “1”, “2”, or “3”, or “half” to 5, 10, 15 yard or half-the-distance penalty
- U walk off penalties; visually confirm with HL & look to LJ before placing ball
- BJ observe teams; cover flag; help obtain ball
- Don't give penalty signals & don't have penalty discussion in front of coaches or teams

Measurements

- LJ spot where clip will be placed (& observe team)
- HL chains (reset if not 1st down)
- SJ down marker
- BJ ball
- FJ clear players – obtain new ball if needed
- U front stake
- R declares after measurement
- Leave ball in place until spot is determined (new ball is spotted off ball if turn-over; R take chains to spot before moving ball if next down – use new ball; U gets spot before moving ball if 1st down – use new ball)

Time Out

- Everyone record time out
- R confirm time out status w/ officials – notify head coach if that is last time out of half
- HL/LJ/SJ/FJ observe team for legal authorized conference. Give verbal 15-sec warning.
- BJ sound 15-sec warning whistle. Observe “Red Hat” on TV games.
- U stand over ball