

7-Man Mechanics Football “Cheat Sheet”

	Referee	Umpire	HL/LJ	SJ/FJ	BJ
COIN TOSS	Enter the field with the U from the home side, back to the scoreboard.	Enter the field with the R from the home side, face the scoreboard.	Stay with your team on the sideline, HL and LJ secure your team’s game ball.	Escort the captains to the hash marks, then return back to the side line.	Be on the home side, after the toss obtain the proper ball from either the HL or LJ.
KICKOFF	Count R. On the goal line in the center of the field. Sound the ready for play after the BJ gives the kicking team instructions and the crew is ready.	Count K. On K’s free kick line (opposite press box), be on the look out for the ball hitting the ground. After the kick, come off the sideline and out onto the field to the hash.	Count R. On the pylon at the goal line, stay on the goal line until it is not threatened. Move downfield with the return.	Count K. On R’s free kick line, watch the blocks and touching.	Count K. Hand the ball to the kicker and give him instructions. Move to the side line on K’s free kick line (press box side). After the kick, come off the sideline and out onto the field to the hash.
ON-SIDE	On the goal line by yourself. All other 6 officials are up field.	Normal positioning.	Leap between the FJ/BJ and SJ/U. Did the ball go 10 yards, strike the ground, get touched, etc?	Normal positioning. Did the ball go 10 yards, strike the ground, get touched, etc?	Normal positioning. Did the ball go 10 yards, strike the ground, get touched, etc?
SCRIMMAGE PLAYS	Count A. Position 12-14 yds deep on the passing arm side. Key = opposite tackle, then QB. Move to view running lanes side line to side line.	Count A. Position 5-8 yds deep and opposite the tight end. Key = G, C, G and assist with the tackle nearest the R.	Count A. Off the field and on the sideline. You have forward progress. Key = Inside receiver on your side and/or backs in the backfield.	Count B. Position 18-22 yds deep on a solid line on the side line. Key = Widest receiver on your side.	Count B. Position 5 yds deeper than the FJ/SJ on a solid line. Key = Second receiver in on the strong side.
RUN	Watch the blocks in the running lanes on the front side at the point of attack.	Watch the blocks on the interior line and on the back side at the point of attack.	Forward progress up to the 2 yard line on long runs.	Spot from the goal line to 2 yard line. Clean up out of bounds.	Monitor dead ball areas and clean up out of bounds if needed.
PASS	Watch the opposite side tackle at the snap, observe the QB and stay with him until not threatened. After the pass, watch the QB and not the ball. Follow the QB out of bounds into the side zone if he scrambles. Rule on pass vs. fumble, roughing the passer and also intentional grounding.	Watch for ineligible downfield, move up to line of scrimmage once you read pass, turn after the pass is thrown and assist on pass plays behind you.	Watching for forward/backward passes and the passer beyond the LOS .	Keep all the players in front of you and don’t get beat. Let HL/LJ take forward progress all the way to the 2 yard line UNLESS a long pass completion is right in front of you. From snaps at the 25 yd line in, you are positioned at the goal line pylon. Clean up out of bounds.	Keep all the players in front of you and don’t get beat. Goal line coverage when the ball is snapped outside the 25 yd line. From snaps at the 25 yd line in, you have the end line.

2015	Referee	Umpire	Head L/Line J	Side J/Field J	Back J
SCRIMMAGE KICKS	2 yards behind the kicker at the top of the #’s on the kicking leg side.	10 yards deep, let the 1st wave pass, then turn and monitor blocks.	Both hold on the line of scrimmage until the kick crosses, drift 8-12 yds downfield, use reverse mechanics, monitor blocks	If the ball is snapped at the 50 yd line or in, be on the goal line. Otherwise, on a major yard line approximately even with or slightly behind the deepest receiver, take forward progress.	If the ball is snapped at the 50 yd line or in, be on the goal line. Otherwise, approximately 5 yds behind the deepest receiver to the wider side of the field on a major yard line (5 yards deeper than SJ/FJ). Bean bag the PSK spot.
SCORING KICKS	2 yards behind the kicker at the top of the #’s, on the side observing the holder.	U is on the weak side and the SJ is a second umpire to the strong side (or remains on side he came from if a balanced formation). U and SJ must know the numbering exceptions on their sides of the line.	Both remain on the line of scrimmage, HL primarily rules when the ball crosses the LOS. If a fake or botched FG snapped from the 20 yd line in, HL/LJ has goal line responsibility.	SJ is a second umpire. FJ has the upright on his side of the field. If a fake or botched FG snapped outside the 20 yd line, fire out to the goal line pylon on your side.	BJ has the upright and crossbar. If a fake or botched FG snapped outside the 20 yard line, fire out to the goal line pylon on your side, otherwise you will remain on the end line.
MEASUREMENTS & CHANGE OF QUARTERS	Normal.	Normal	Normal. <hr/> LJ goes to proper NEW spot at opposite end of field	FJ has a new ball and helps get players back, SJ has the down box <hr/> FJ stays with the home team SJ moves the box.	Normal <hr/> Normal BJ monitors the visiting team.
PENALTY ENFORCEMENT	Normal. Use good microphone mechanics on televised games.	U walks the penalty off with the HL, both confirm with the LJ.	HL walks off the penalty with the U, both confirm with the LJ who has already moved to the enforcement spot.	Watch and confirm.	Watch and confirm.
GOING IN 5 TO G	You must rule on a forward vs. backward pass. (The wings are breaking at the snap and can’t help you.)	Move up to the LOS, you must rule on a pass beyond the LOS. (The wings are breaking at the snap and can’t help you.)	Outside the 5 yd line, you have up to the 2 yard line. From the 5 yd line in, you go to the goal line at the snap and work back.	Outside the 5 yd line, you have the goal line. From the 5 yd line in, you move to the end line pylon.	End line once inside the 25 yd line.
GOING OUT REVERSE G	End line Responsibility.	Move up to the LOS, you must rule on a pass beyond the LOS. (The wings are breaking at the snap and can’t help you.)	From the 3 yd line to goal, BOTH move to the goal line at the snap. 3 to 5 yd line, LJ moves back at the snap and the HL moves back if the goal line threatened.	Normal	Normal
POINTS OF EMPHASIS	We may be using 7 man mechanics partially borrowed from the NCAA, but this is still a high school game using NFHS rules.	Be careful NOT to bunch up, too many officials in one spot does not look good. Wing guys make sure NOT to run up on one another (HL on SJ and LJ on FJ). You must remember you have help deep.	VERY important to get your sideline clear and KEEP it clear, teams are not use to having an official 20 yds deep on the side line. You only need to run into one coach to ruin your day!	On time outs “box in” the teams so you will always have at least one official “pushing” them back onto the field.	SJ take water to R and U if the water boys do not. FJ take water to BJ if the water boys do not.