

National Federation 5 Person Mechanics Football

Football Mechanics Criteria

- Communication**
- Field Positions**
- Keys & General Mechanics**

Mechanics – 5 man

- Before Kickoff
- After Kickoff
- Basic Scrimmage Position
- Prior to the Snap
- Running Plays
- Passing Plays

Mechanics 5 man (cont'd)

- Scrimmage Kicks
- SK's - Field Goals & Try Attempts
- SK's – Field Goals & Try Fakes
- Goal Line – Inside 10 yard line
- Measurements

Before Kickoff

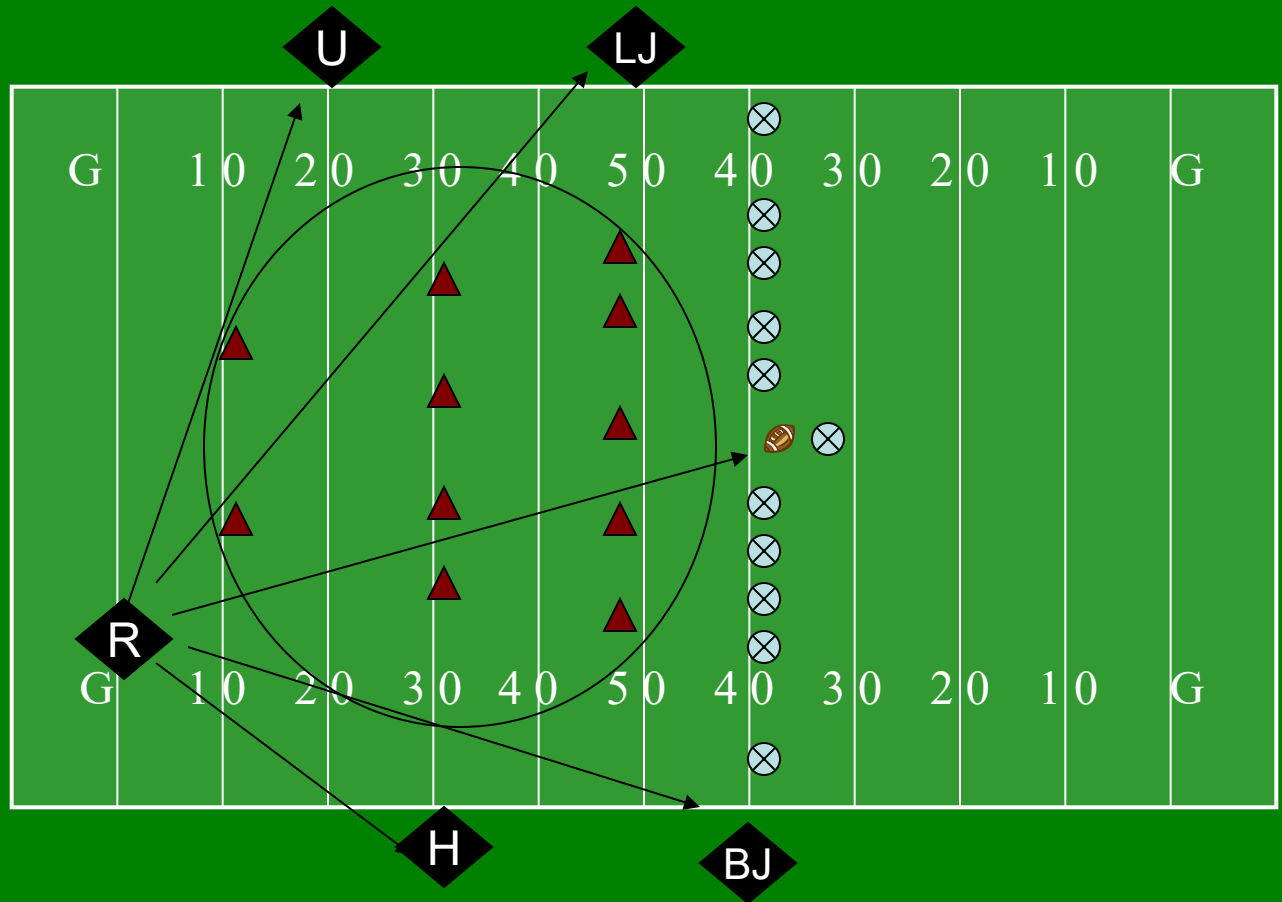
Referee

Position near R's goal line

Linesman's side

Count R Players

Check other officials in position and signal ball ready for play after other officials are ready



Before Kickoff

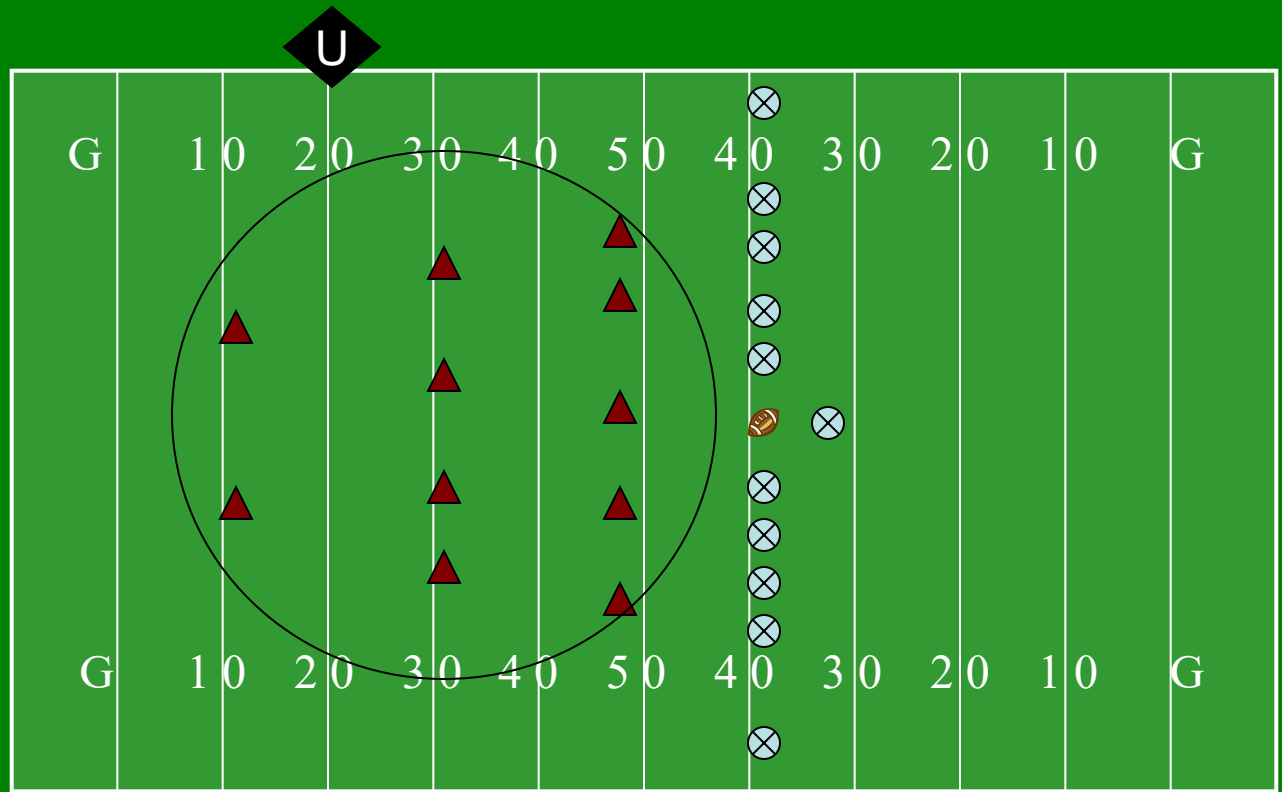
Umpire

Position on R's 20 yard line opposite Linesman

Count R Players

Ensure coaches, players, substitutes in proper location

Hold hand in air to inform Referee ready



Before Kickoff

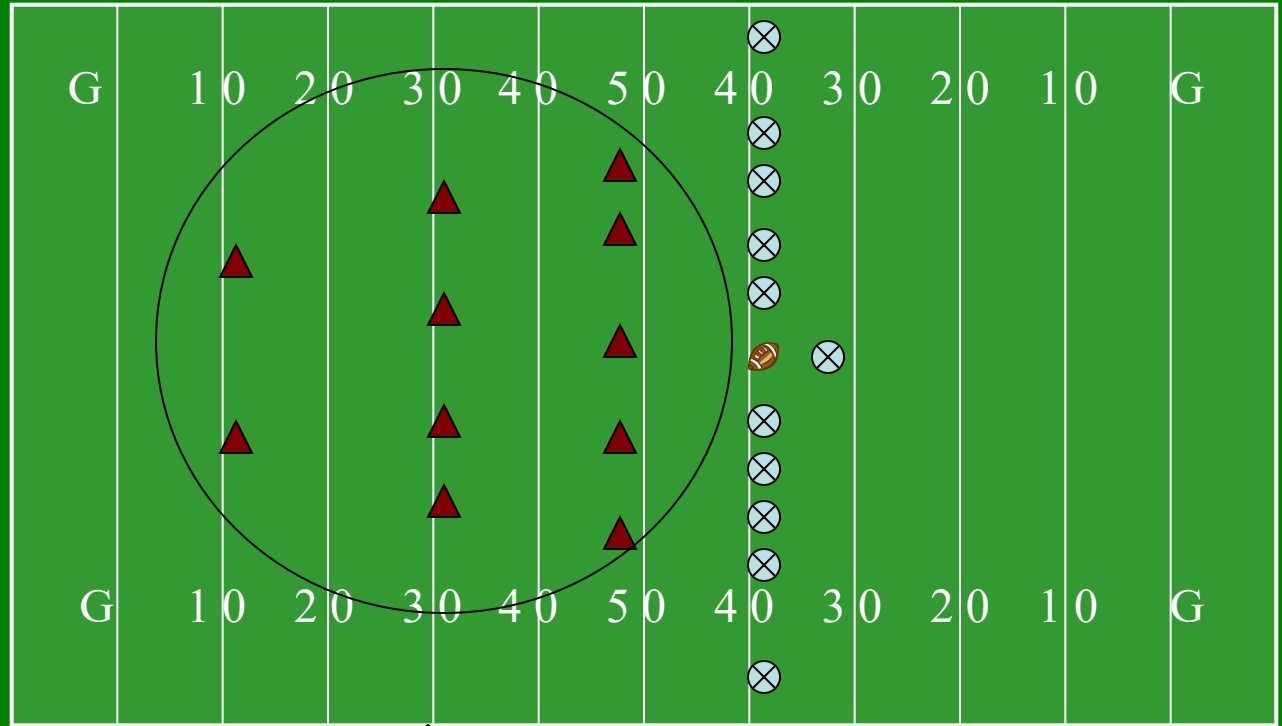
Linesman

Position on R's 30 yard line with line-to-gain equipment

Monitor bench area

Count R Players

Hold hand in the air to inform Referee ready



Before Kickoff

Line Judge

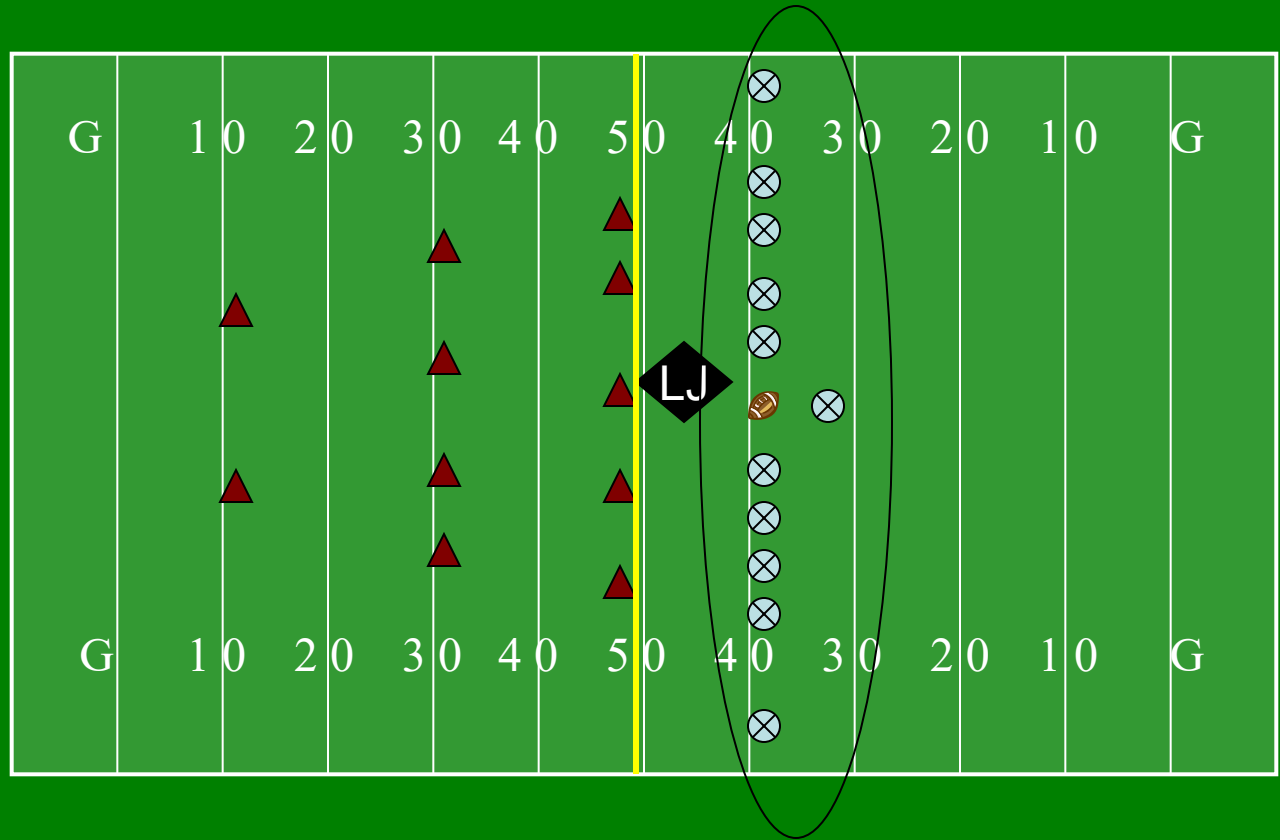
Position on R's Free Kick line and identity

Move to side line opposite Linesman

Ensure coaches, players, substitutes and others in proper location

Count K players

Hold arm in air to inform Referee ready



Before Kickoff

Back Judge

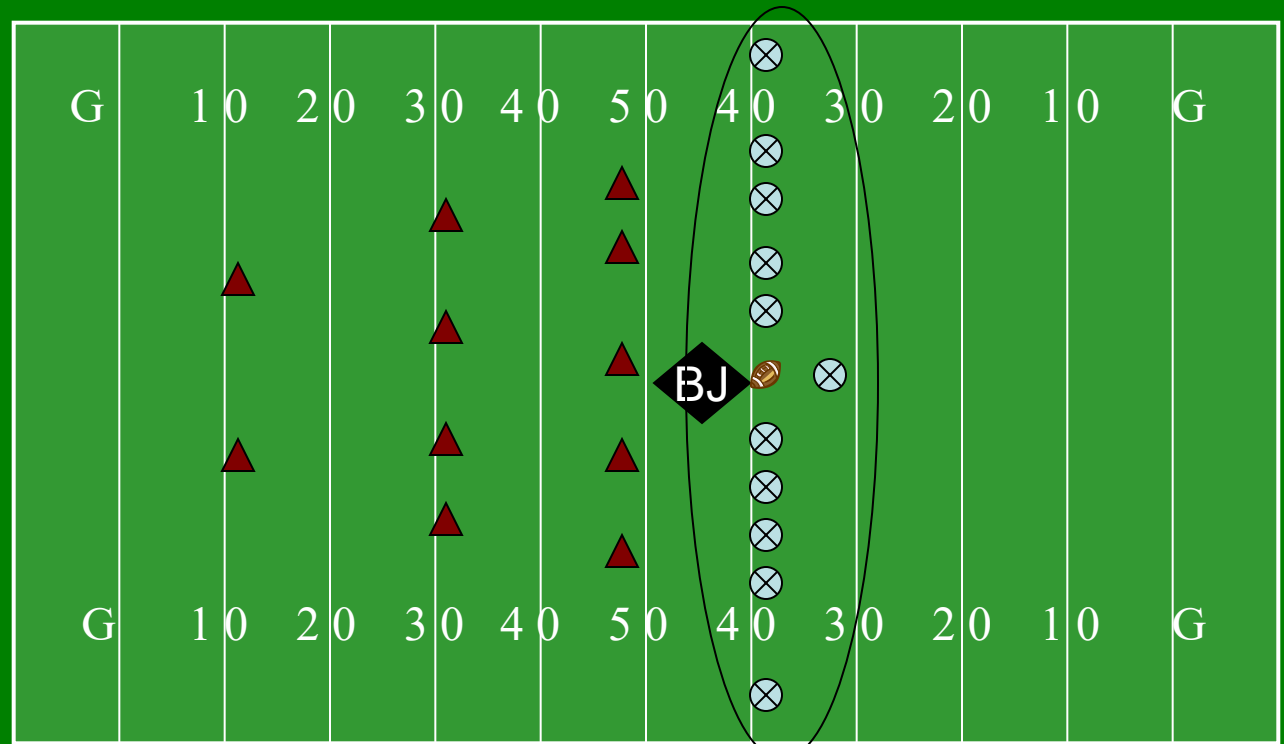
Position on K free-kick line

Hand ball to kicker and advise Referee location.

Inform K to wait for RFP signal

Count K Players

Move to sideline with line-to-gain equipment and hold hand in the air to inform Referee ready



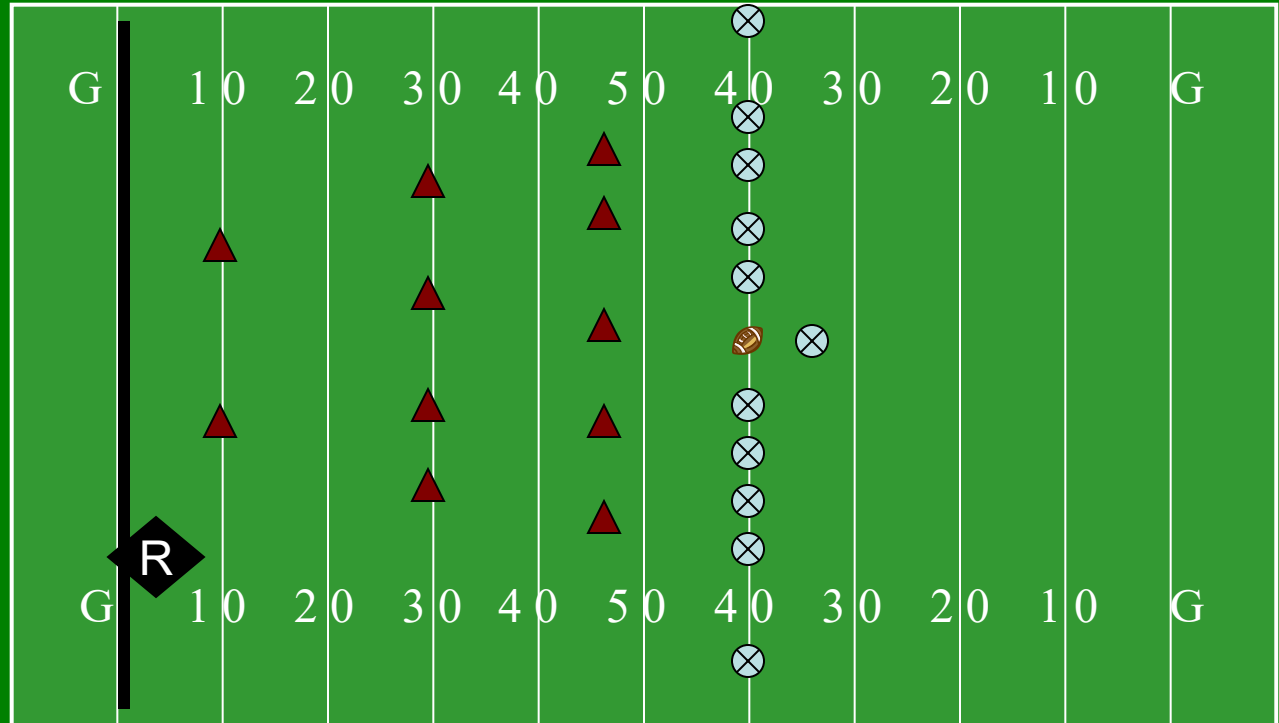
After Kickoff

Referee

Deep Kicks, Be ready to rule on touchback or player momentum

Kicks middle, start clock when kick is touched (other than first touching by K)

Pick up runner and follow until released to covering official



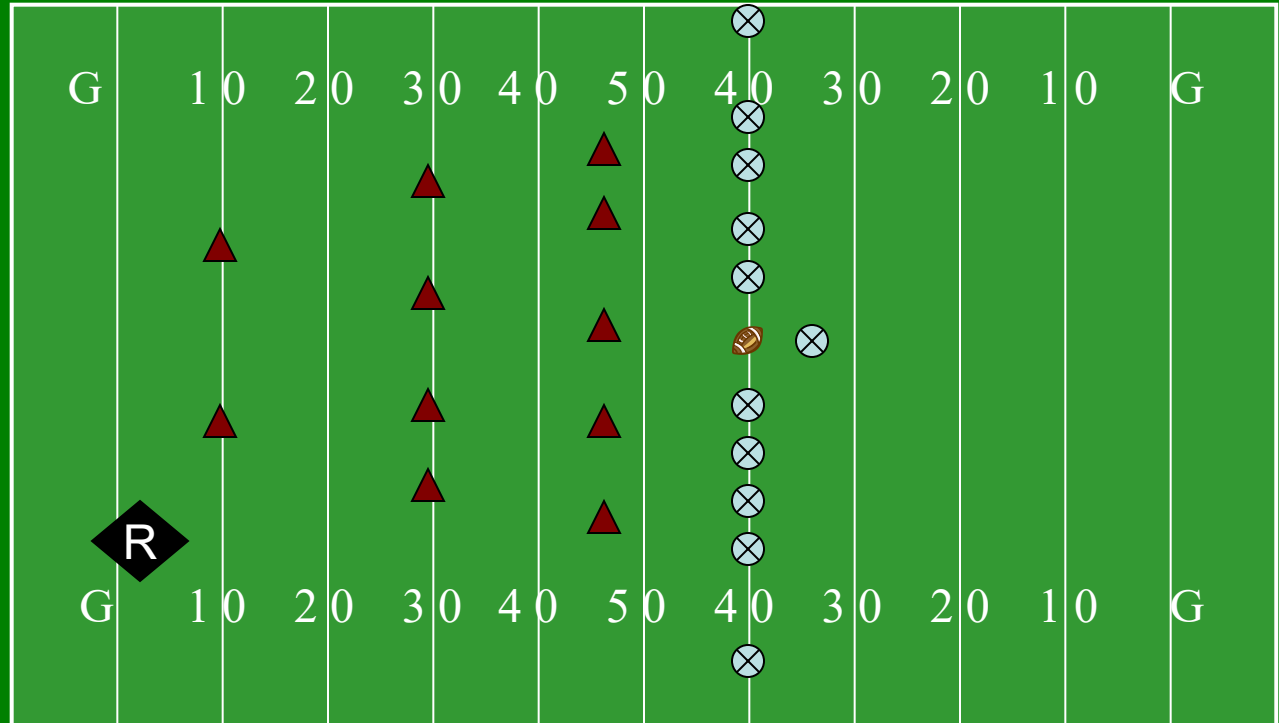
After Kickoff

Referee

If kick goes OOB
determine if touched
by R inbounds

Kicks outside
inbounds lines,
move cautiously
with play

Observe actions
behind play and
clean up

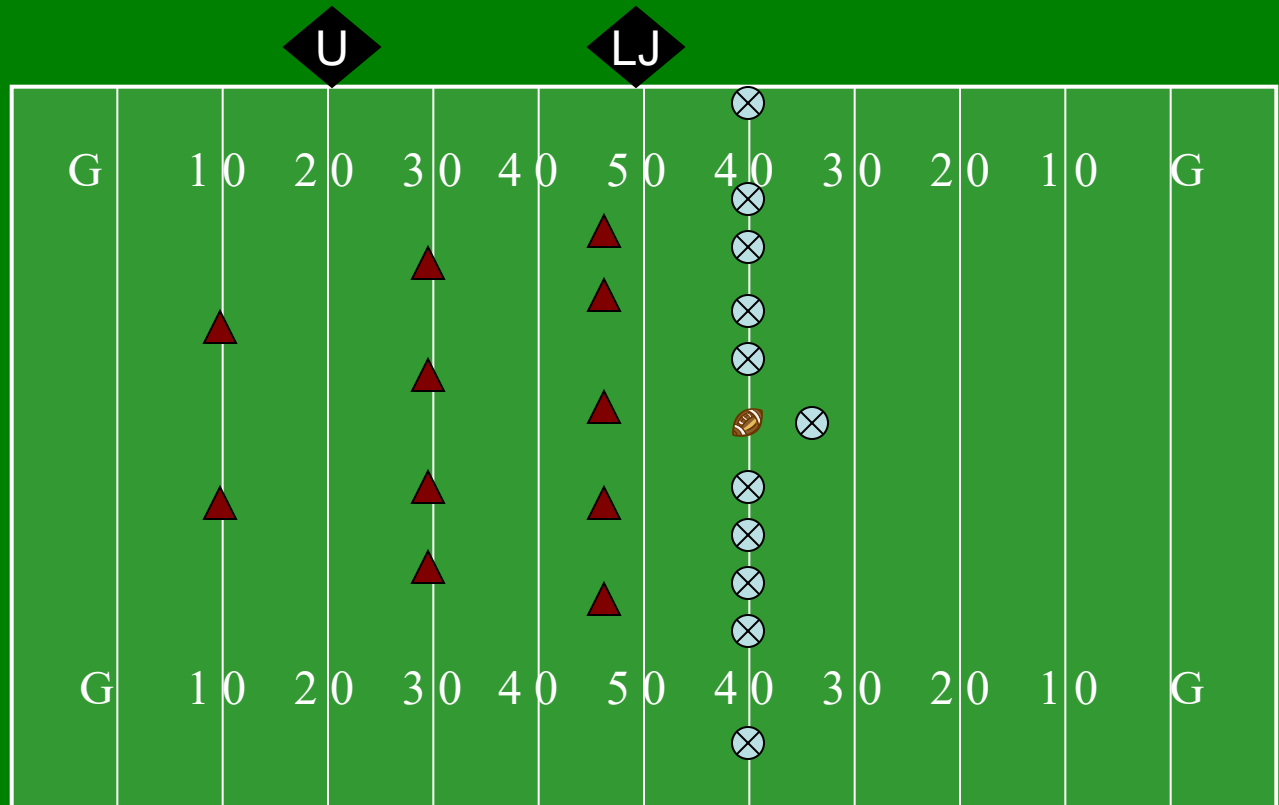


After Kickoff

Umpire

On kicks middle or your side, start Clock when kick is touched (other than first touching by K)

Pick up runner and follow until released to Line Judge



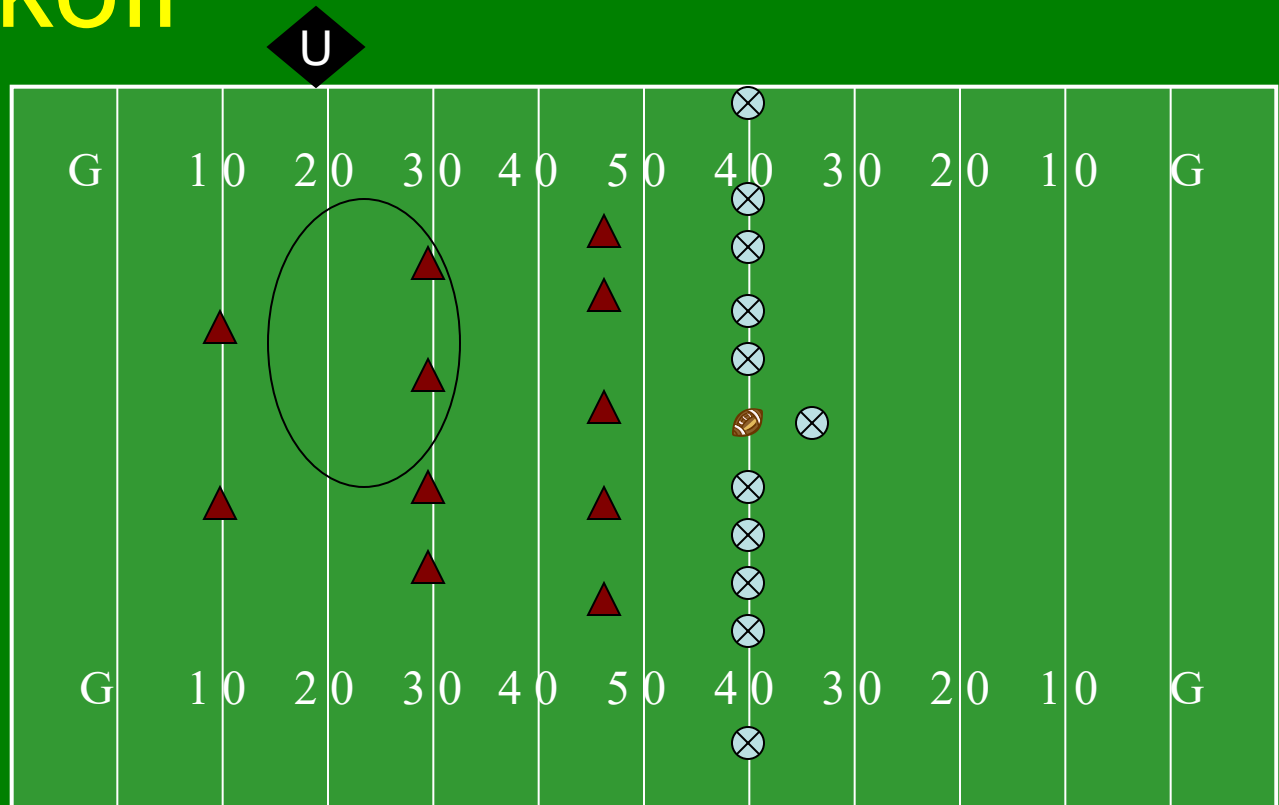
After Kickoff

Umpire

Determine if kick goes OOB and flag if not touched by R

Kicks opposite side, move cautiously with play

Observe actions behind play and clean up



After Kickoff

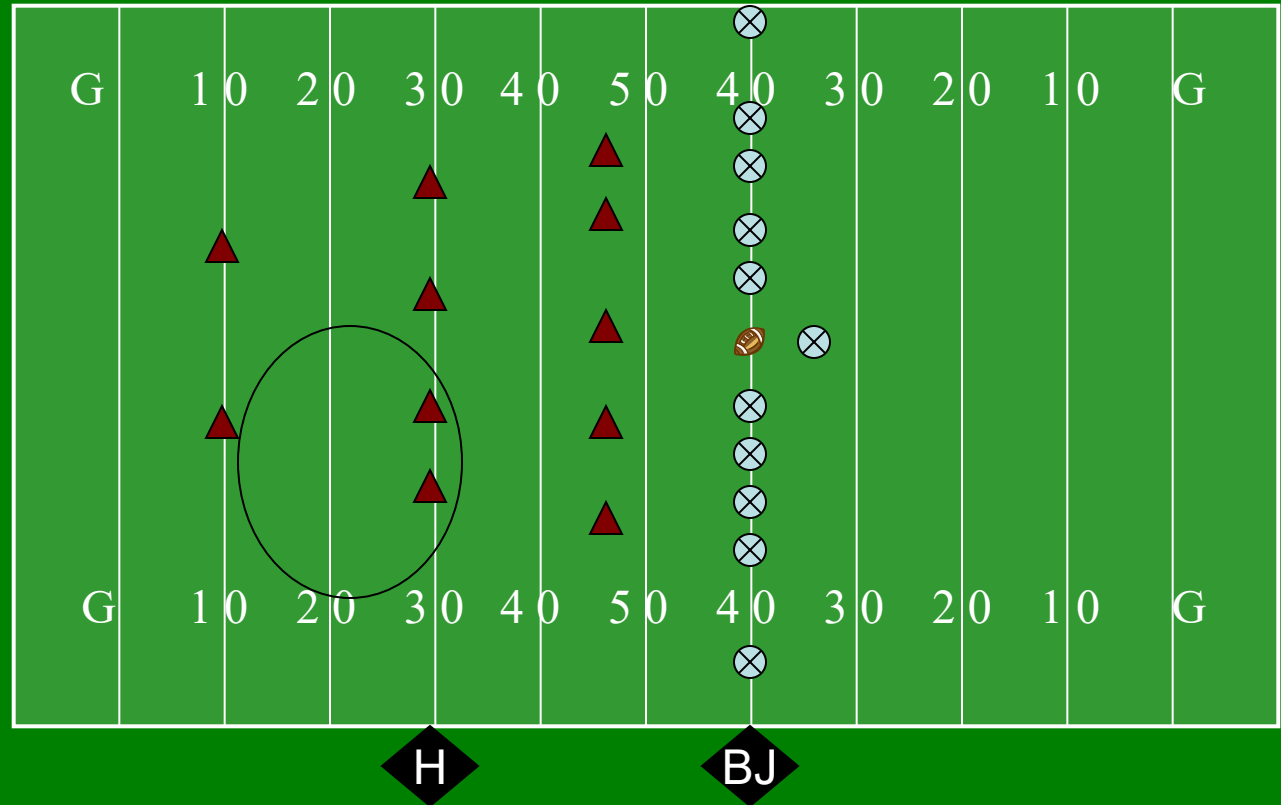
Linesman

Kicks your side,
start clock when kick
is touched by R
(other than first
touching by K)

Pick up runner and
follow until released
to Back Judge

Once you release
runner, observe
action behind play

Maintain
responsibility for you
sideline



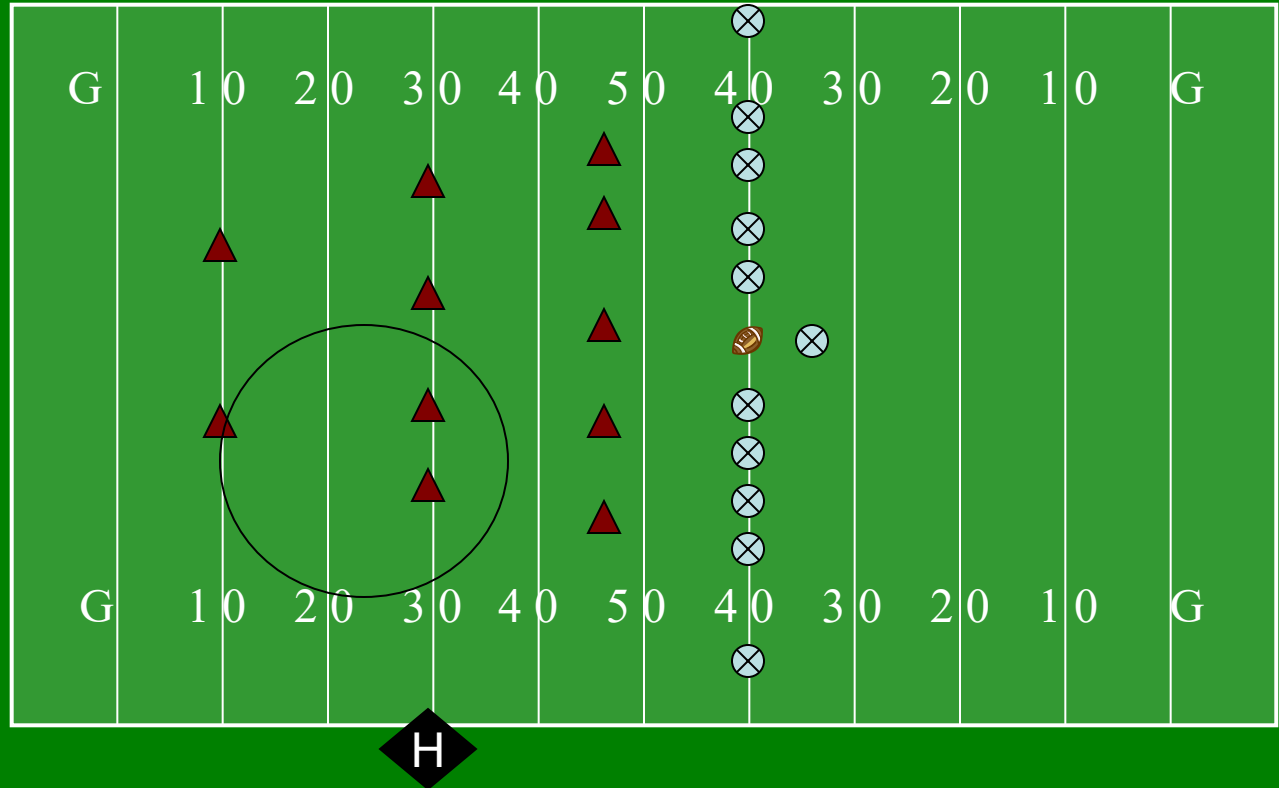
After Kickoff

Linesman

Determine if kick goes OOB and flag if not touched by R

Kicks opposite side, move cautiously with play

Observe actions behind play and clean up

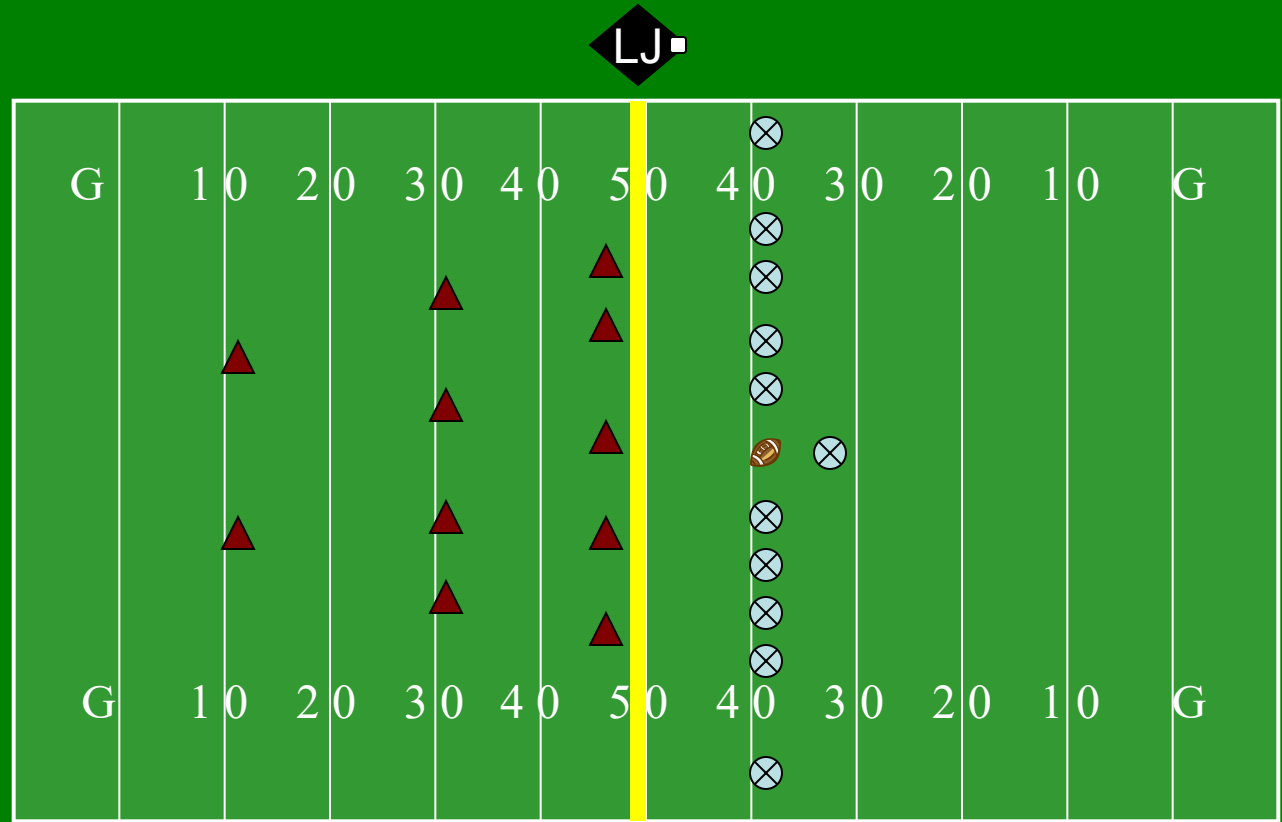


After Kickoff

Line Judge

Watch for free-kick line infractions

Be Alert for first touching by K prior to R's free-kick line and bean bag if necessary



After Kickoff

Line Judge

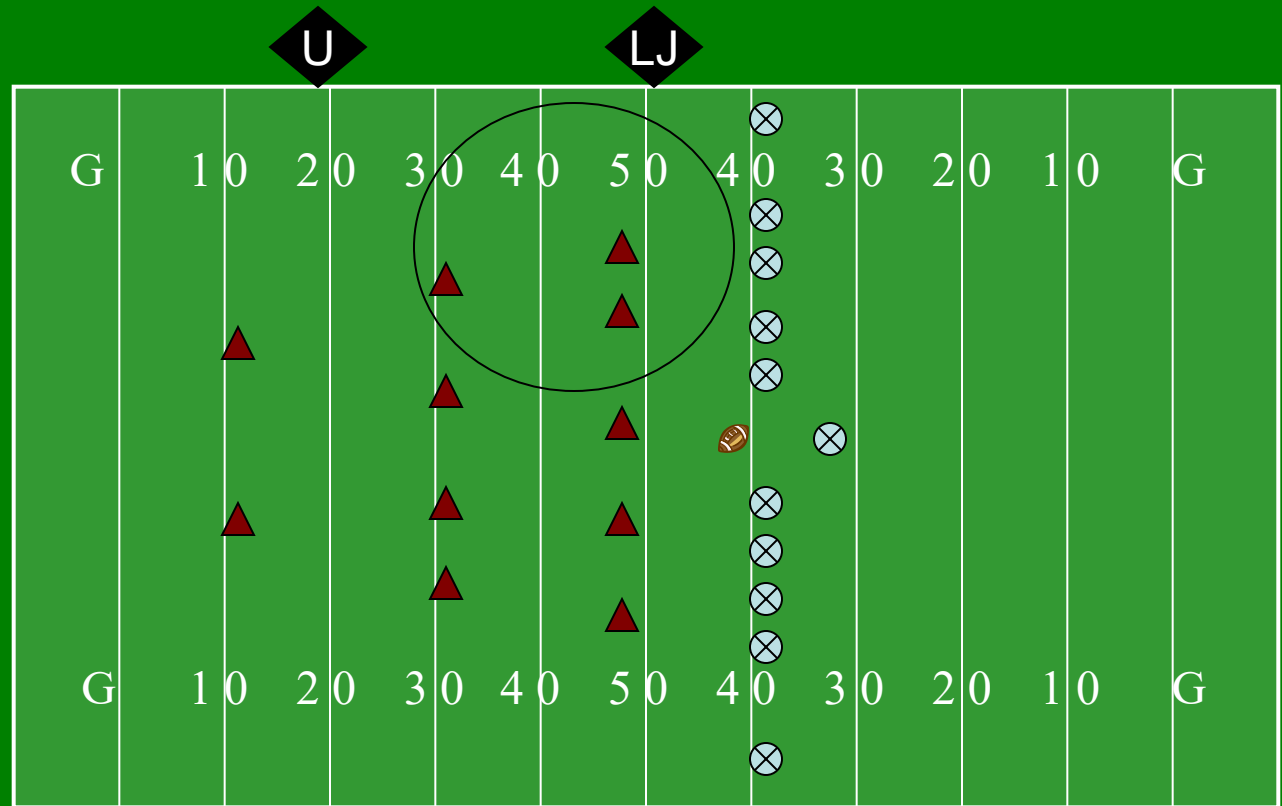
Kick to your side

Move down sideline while watching for fouls and to area best to officiate depending on the kick

Keep spacing with Umpire

Determine if kick goes OOB and flag if not touched by R

Pick up responsibility for the runner from Umpire and follow to goal line



After Kickoff

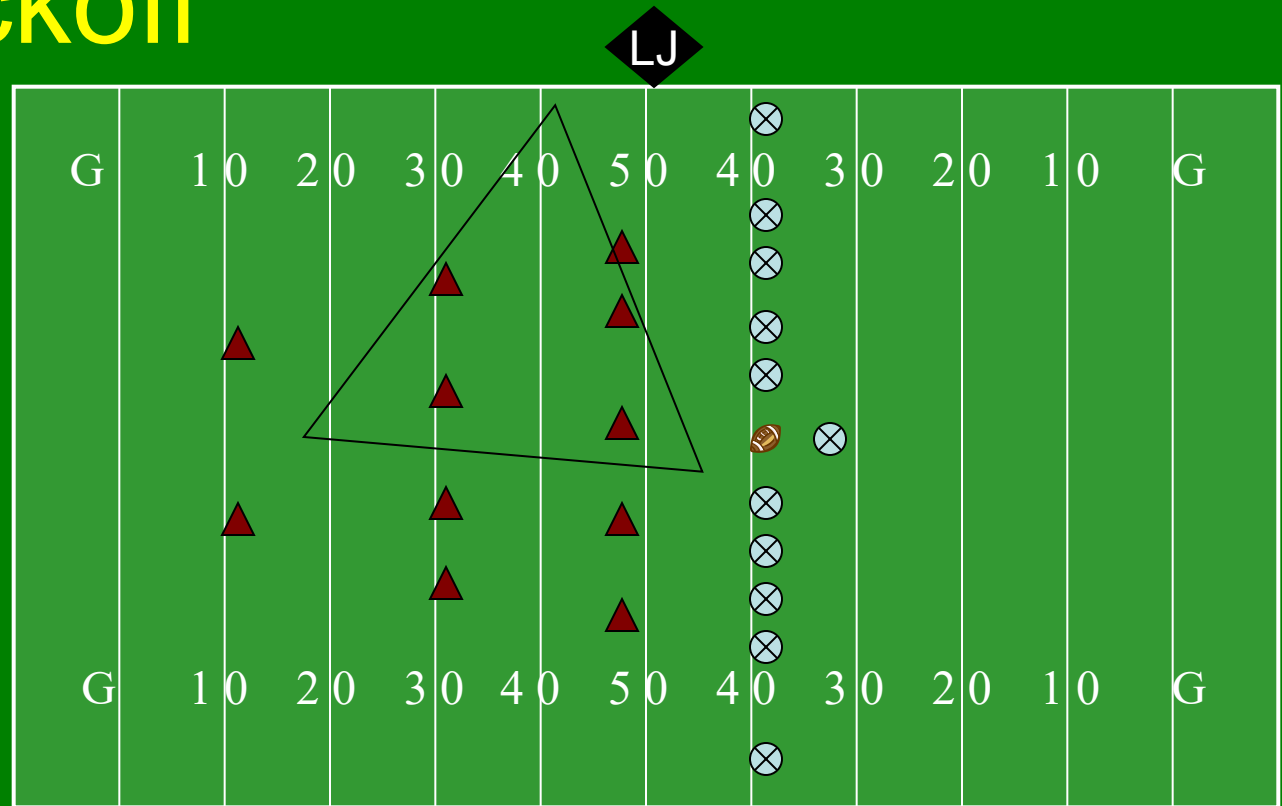
Line Judge

Kick Opposite Side

Move cautiously toward play being ready to rule on your sideline if play reverses

Observe action of player in vicinity of runner and watch for fouls away from the ball

Help Back Judge with goal line on long runs



After Kickoff

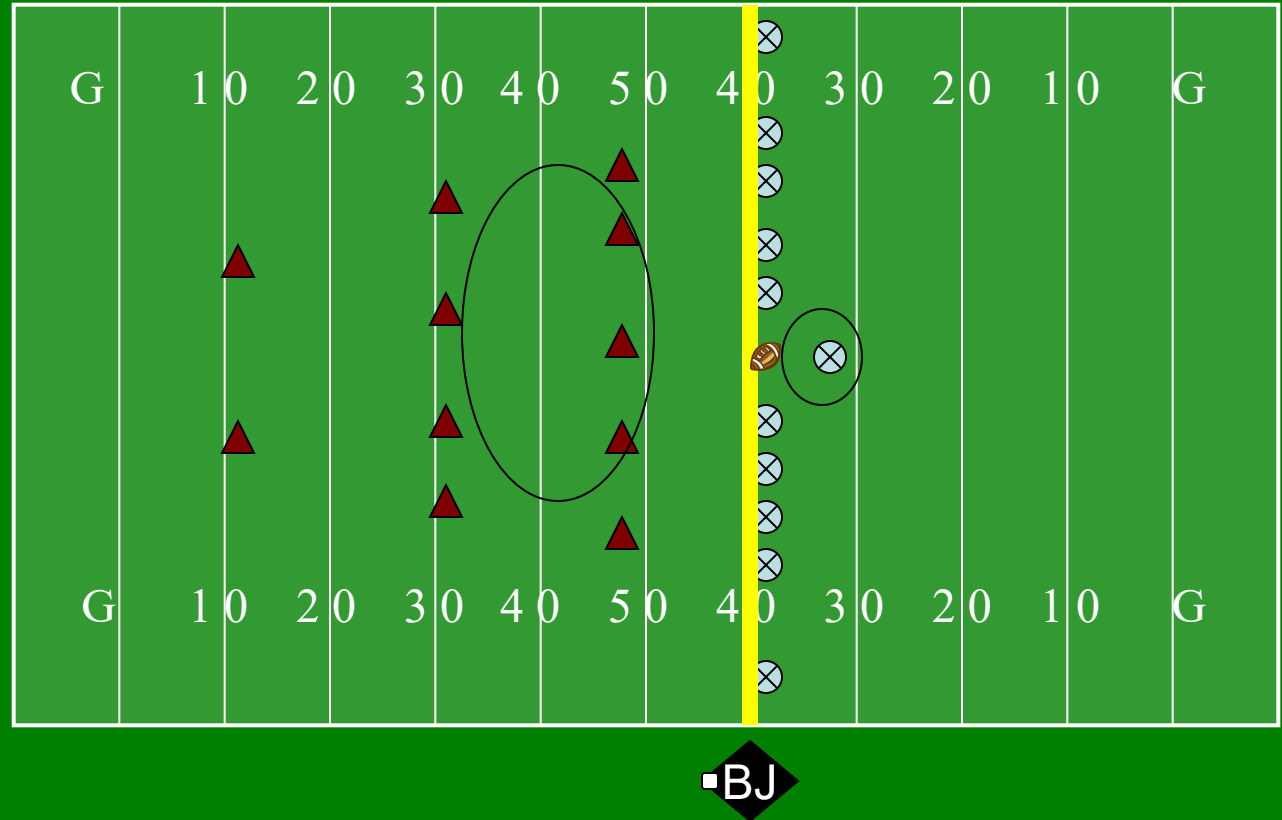
Back Judge

Watch for free-kick line infractions

Help LJ rule on first touching by K prior to R's free-kick line and bean bag if necessary

Watch initial blocks near R's free-kick line and blocks on kicker / holder

Administer fouls prior to kickoff



After Kickoff

Back Judge

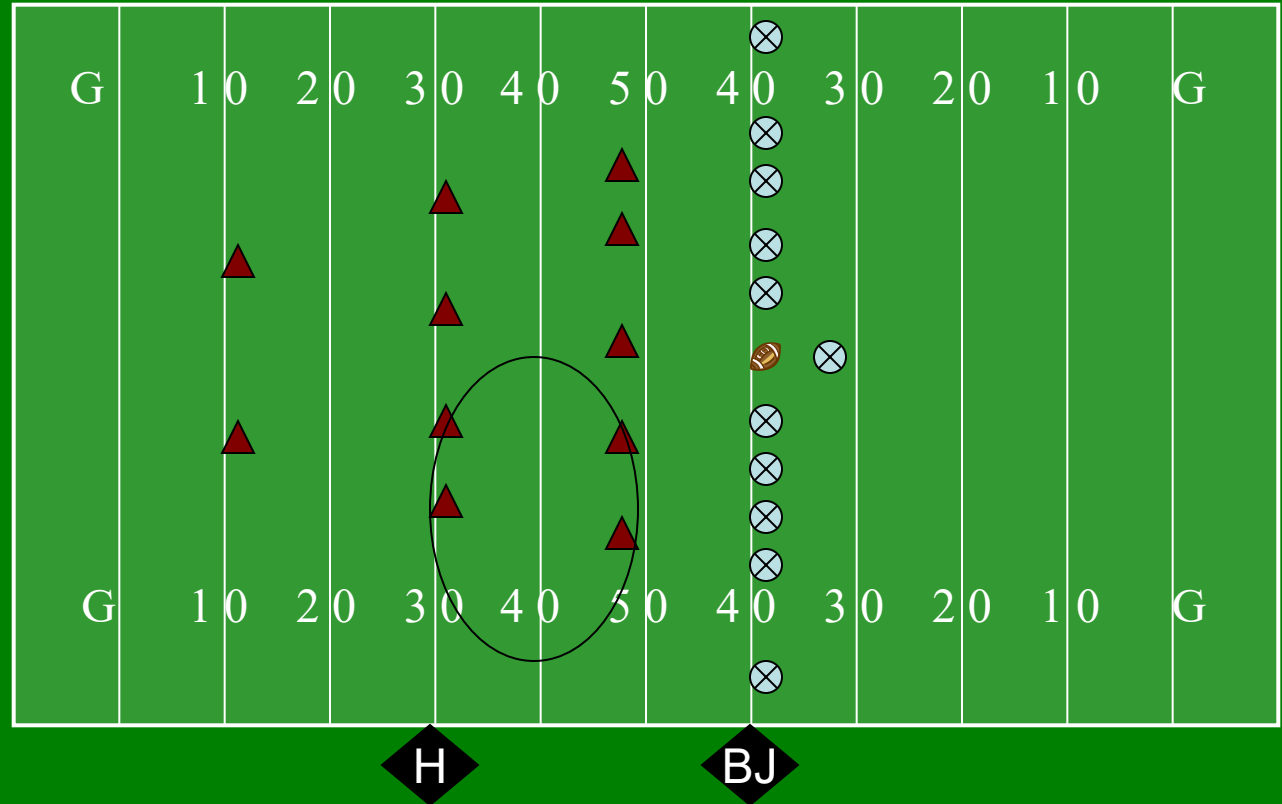
Kicks to your Side

Move down the sideline to area to best officiate depending on kick

Keep spacing with HL

Determine if kick goes OOB and flag if R has not touched

Pick up responsibility for runner from Linesman and follow to goal line



After Kickoff

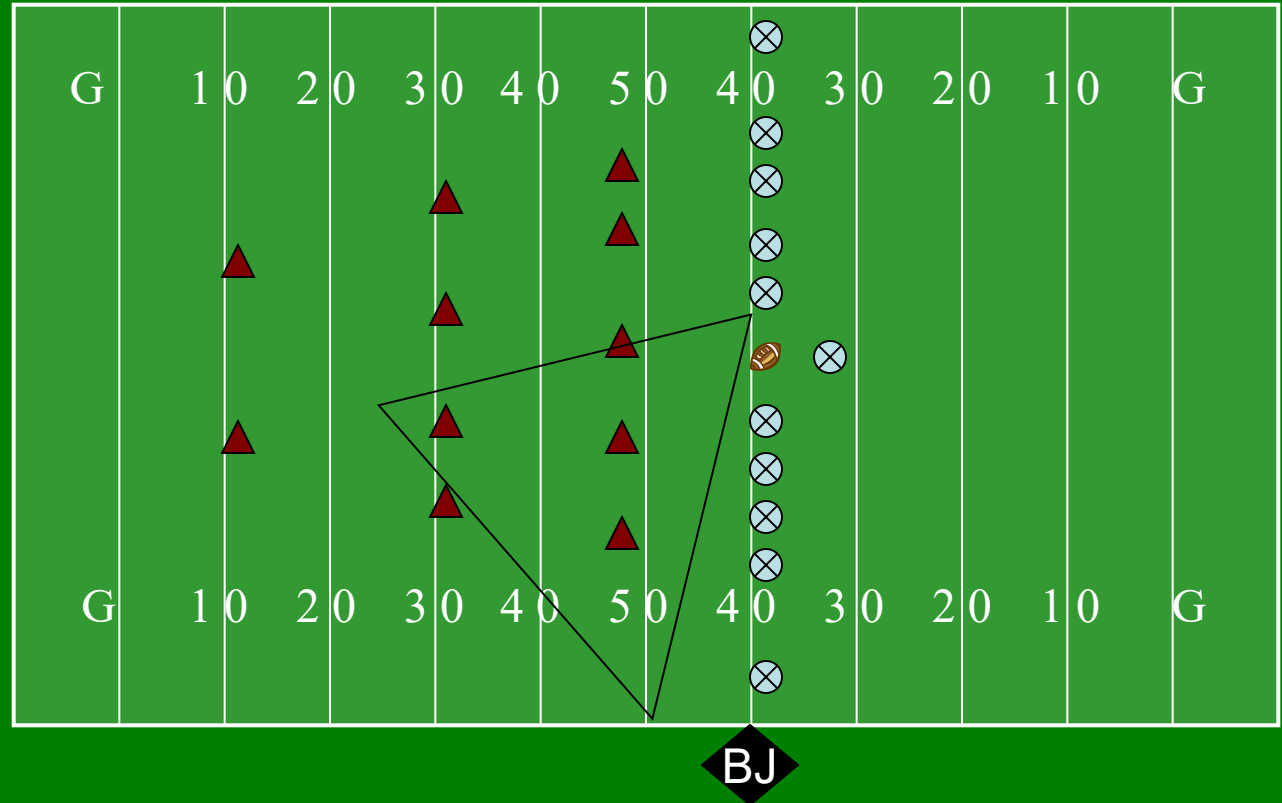
Back Judge

Kick Opposite side

Move cautiously toward play being ready to rule on your sideline if play reverses

Observe action of player in vicinity of runner and watch for fouls away from the ball

Assist Line Judge with goal line on long runs



Basic Scrimmage Position

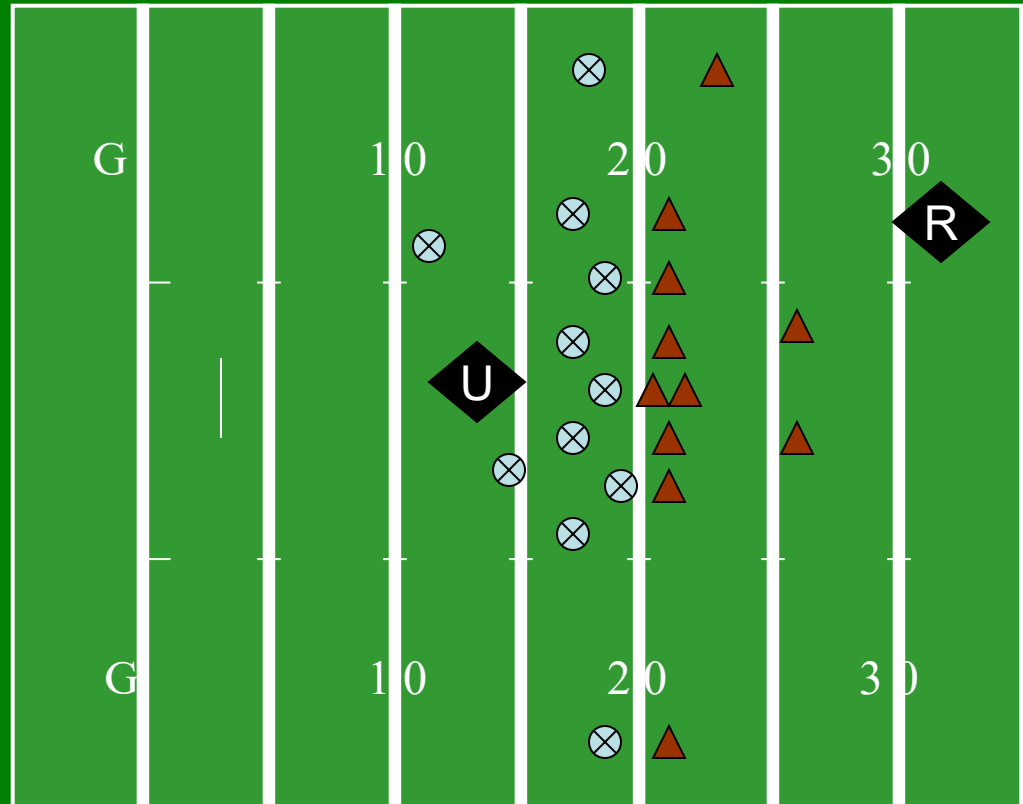
Referee

A's backfield 10-12 yards behind LOS*

Must be able to view tackle on your side**

Umpire

3 to 8 yards off ball as to not interfere with vision or movement of defensive backs.



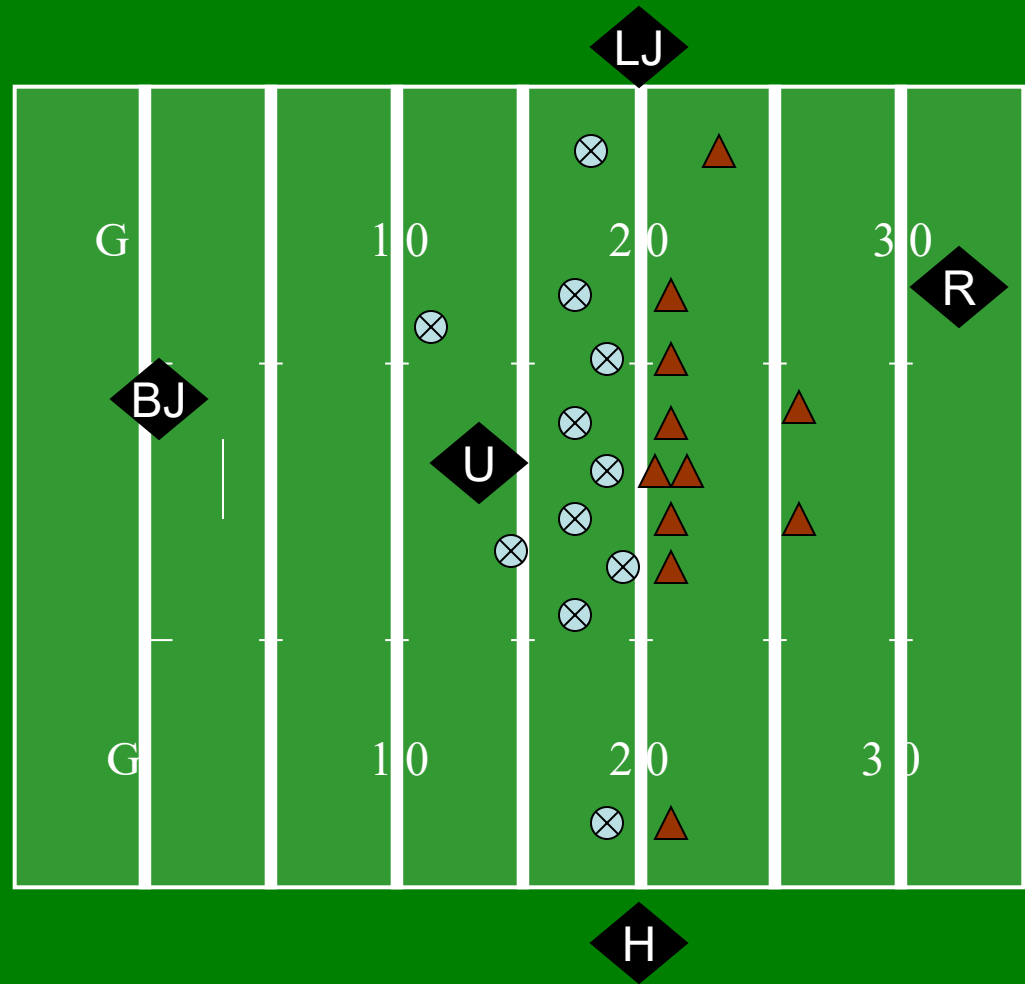
Basic Scrimmage Position

Linesman & Line Judge

Start on side line OFF the field straddling line-of-scrimmage.

Back Judge

15 to 20 yards off the ball AND always deeper than deepest back



Prior to Snap (All Plays)

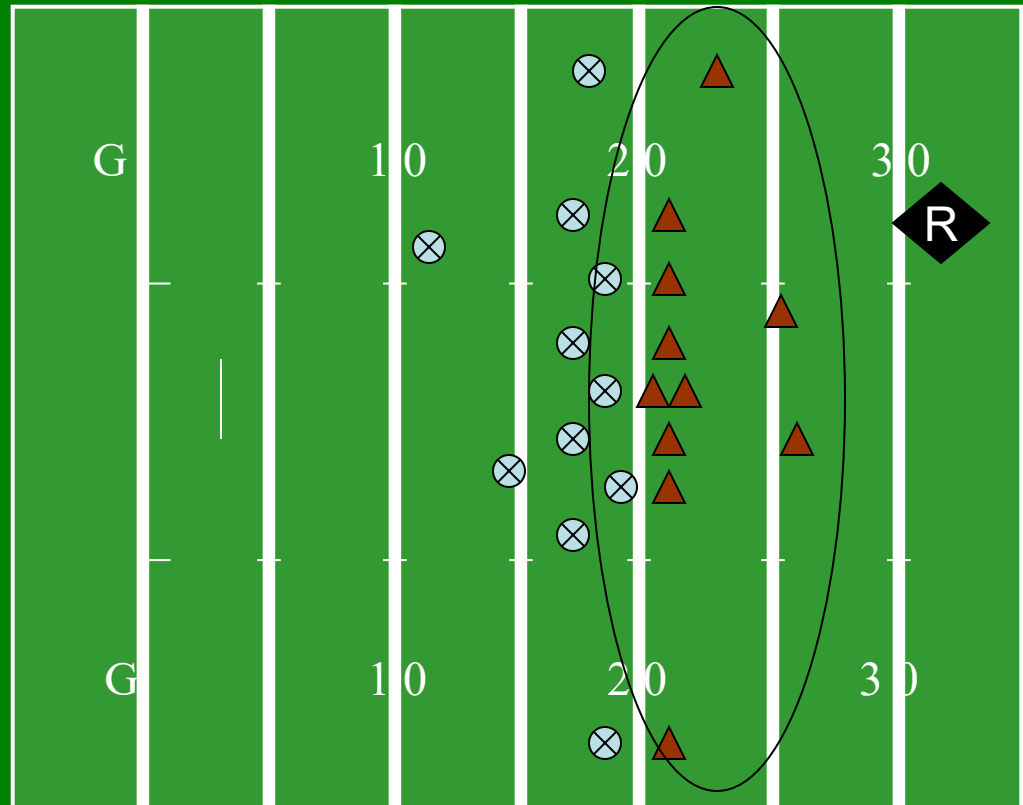
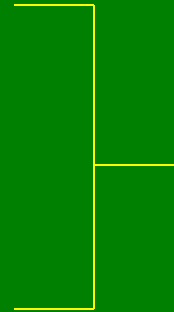
Referee

Declare ball ready-for-play

Count A players

Check players set for one second prior to snap.

Watch for snap infractions, illegal shifts, and false starts



Prior to Snap (All Plays)

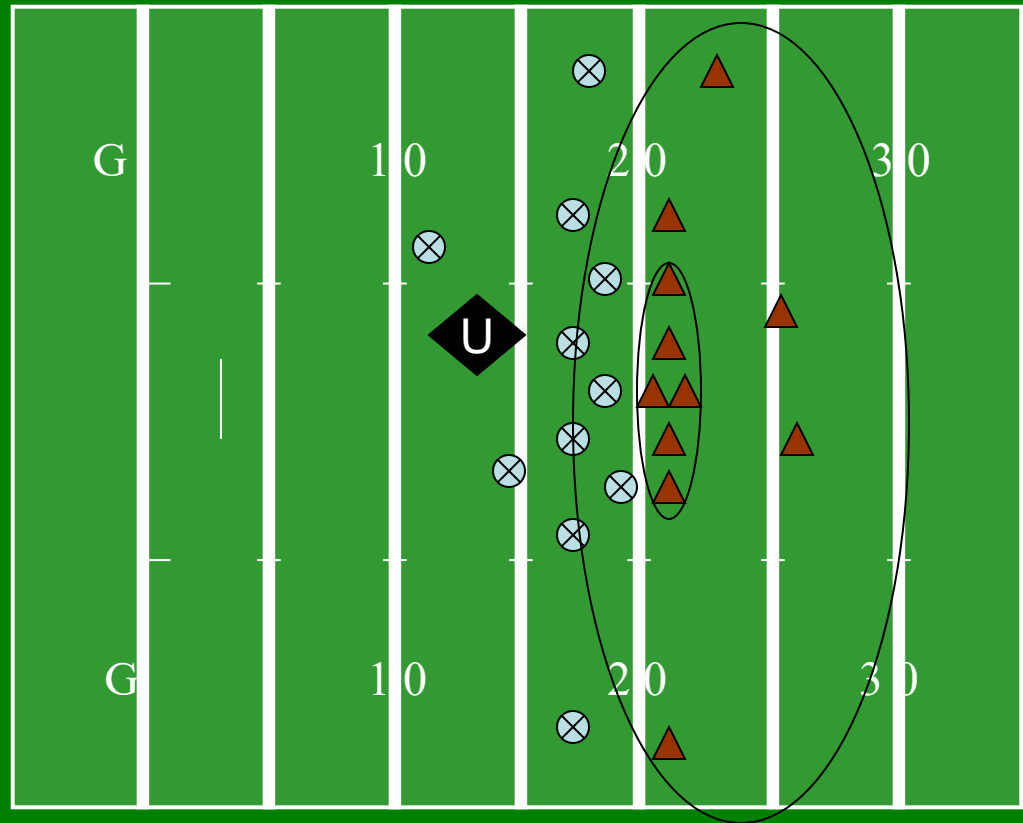
Umpire

Vary position to not block view of B players or allow A to use you as interference

Count A Players

Check five players on line numbered 50-79

Be ready to rule on snap infractions, false starts, encroachments, disconcerting signals by defense and be aware of B players line up in free blocking zone



Prior to Snap (All Plays)

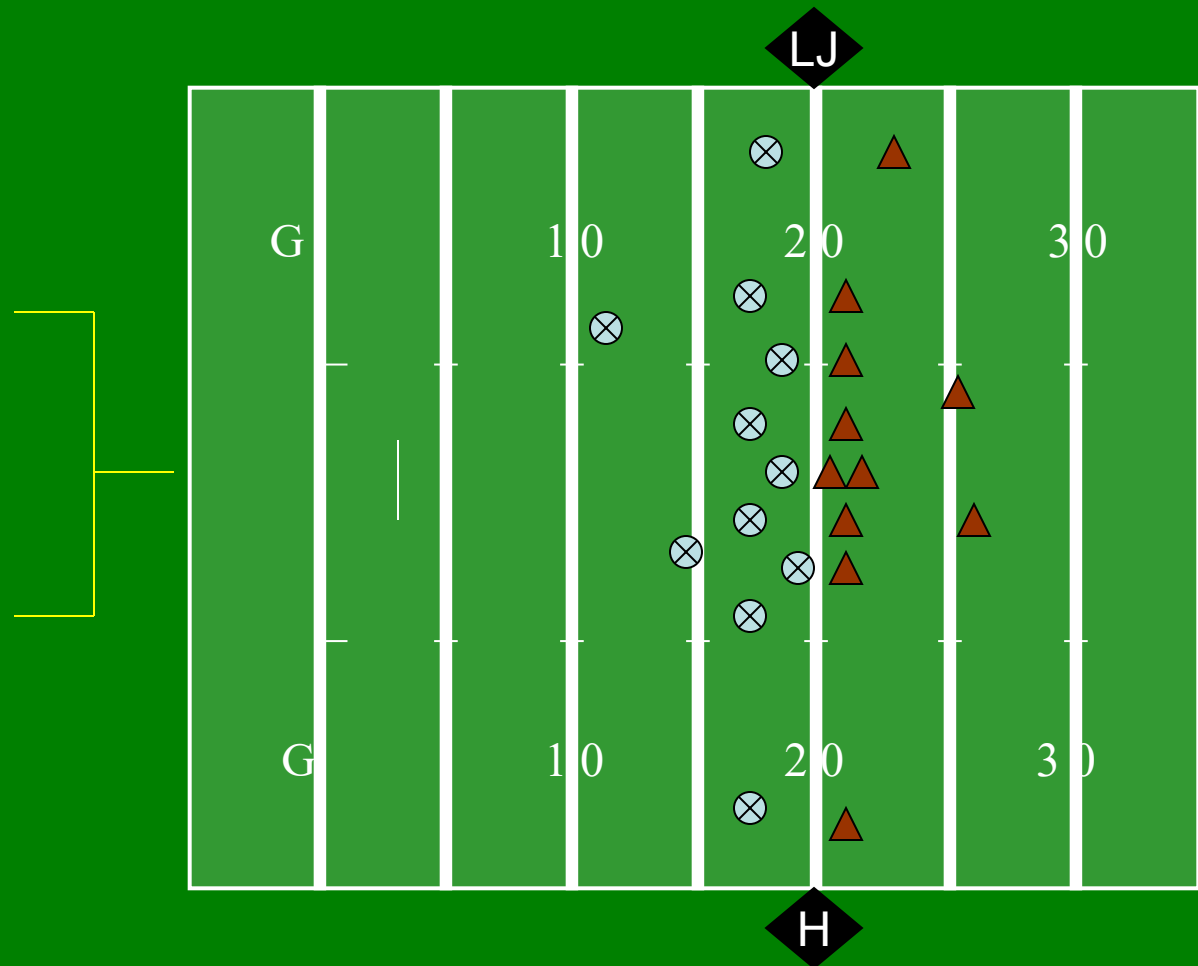
Linesman & Line Judge

Check down number on box and signal down

Extend arm back with palm extended toward backfield to indicate A player closest to you off the LOS

Check to see if all backs, flankers, split ends in legal position and check eligibility

Determine if player in motion's movement is legal



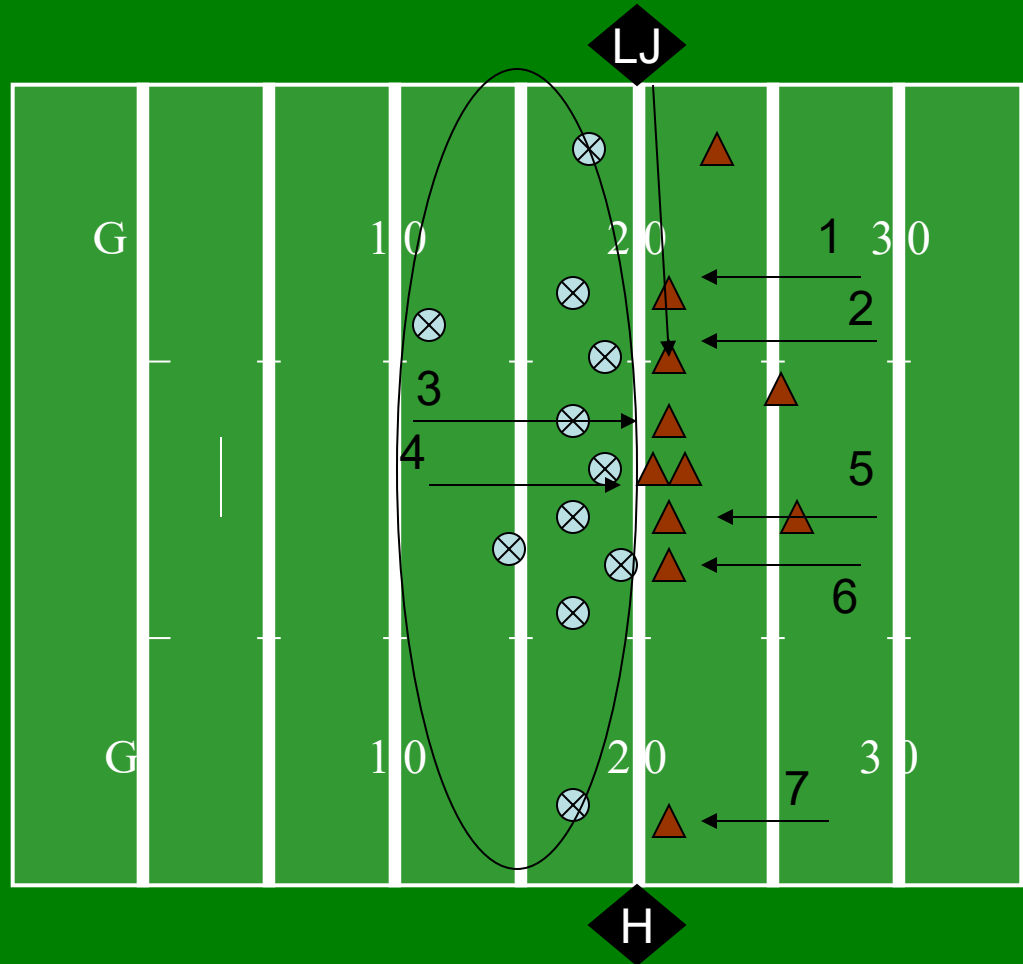
Prior to Snap (All Plays)

Linesman & Line Judge

Check for seven on the line-of-scrimmage

Help in determining false start, encroachment, interference with snap

Count B players and be alert for illegal substitutes



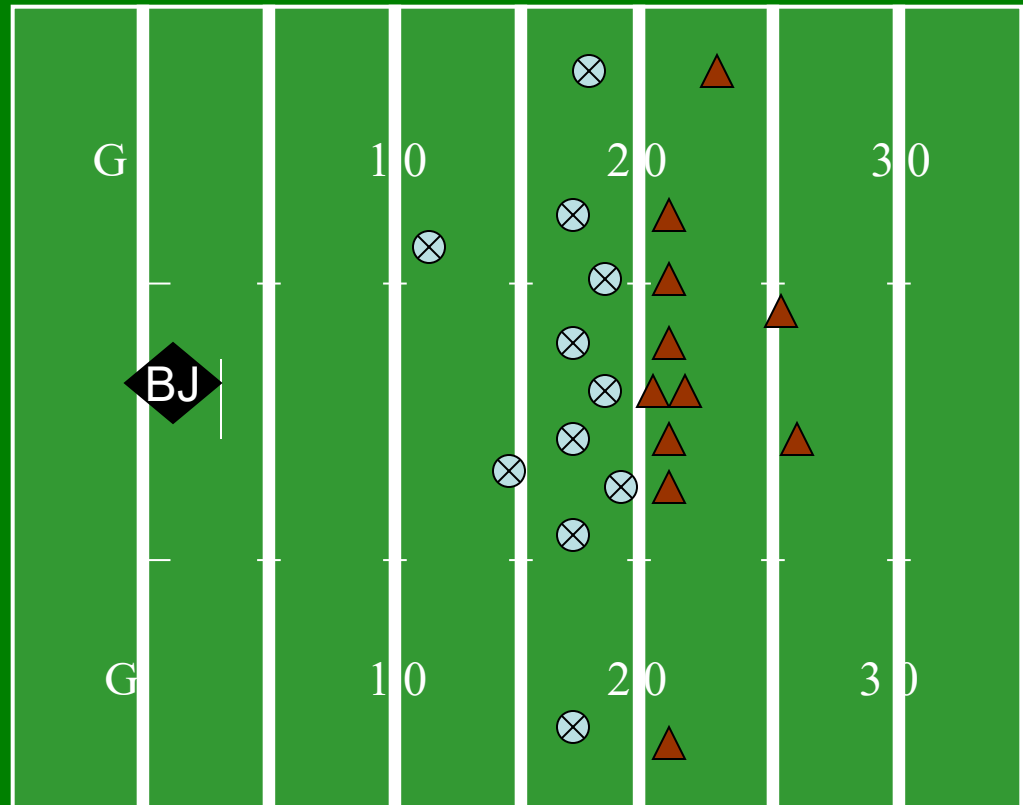
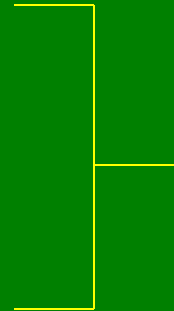
Prior to Snap (All Plays)

Back Judge

Responsible for 25 second count

Provide a visible count of the last 5 seconds
EVEN when 25 second field clock is utilized

Count B players



Keys and Priorities (All Plays)

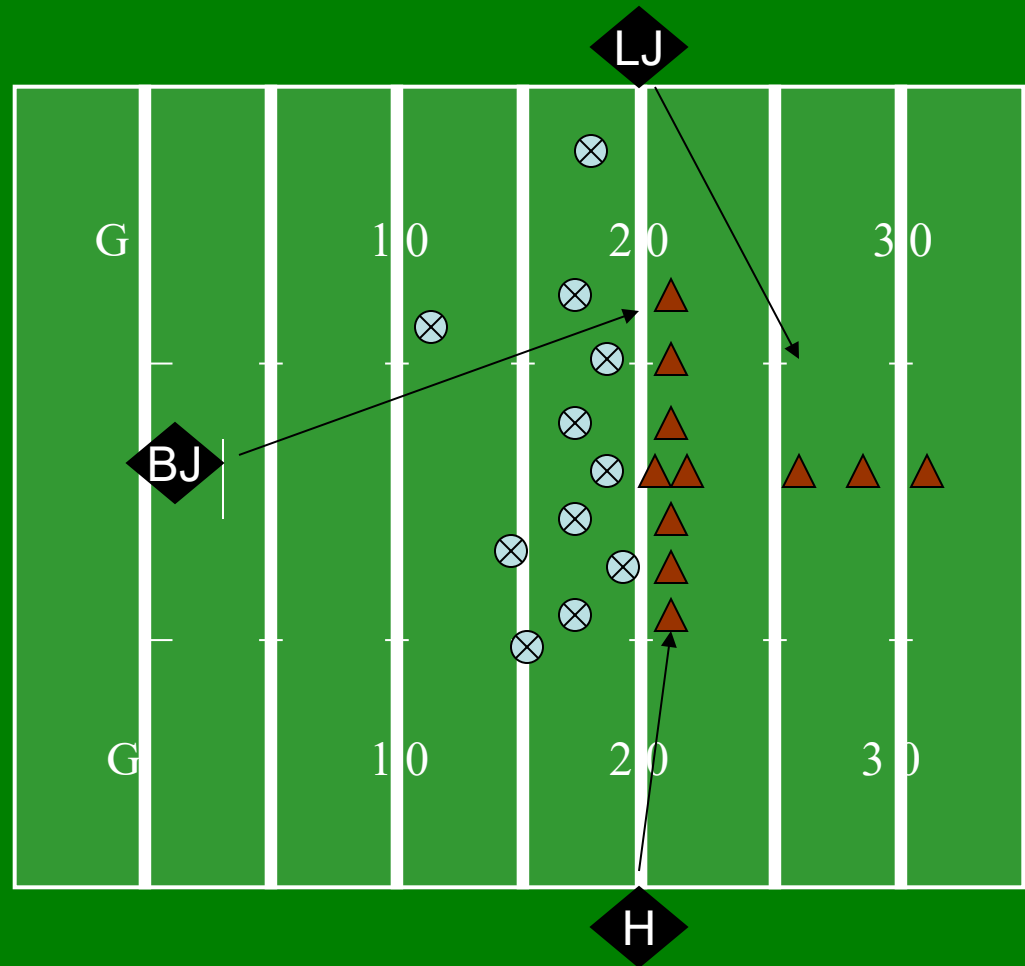
Balanced Formation

When no strength is declared, Line Judge side considered strength

Back Judge Key: End Line Judge side

Linesman Key: End on his/her side

Line Judge Key: First back out his/her side



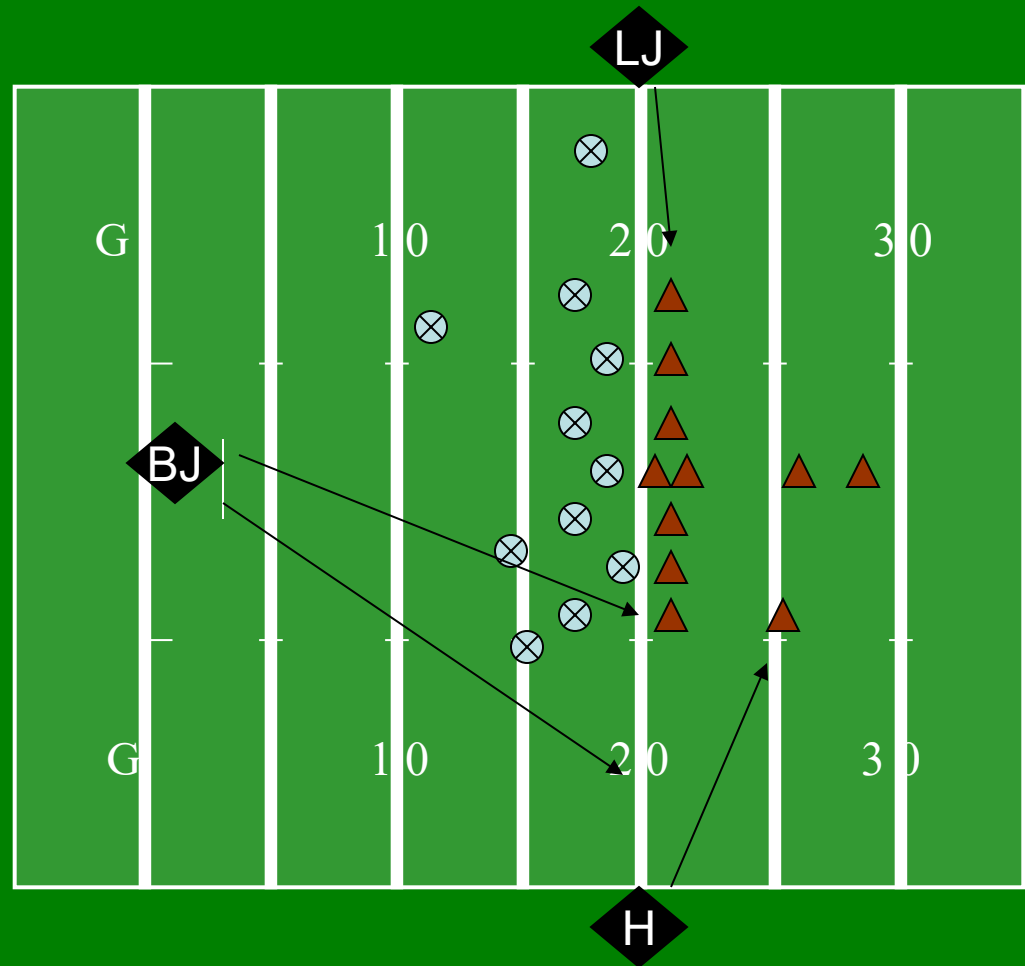
Keys and Priorities (All Plays)

Strength to Linesman

Back Judge Key: End on Lineman's side

Linesman Key: Back his/her side

Line Judge Key: End his/her side



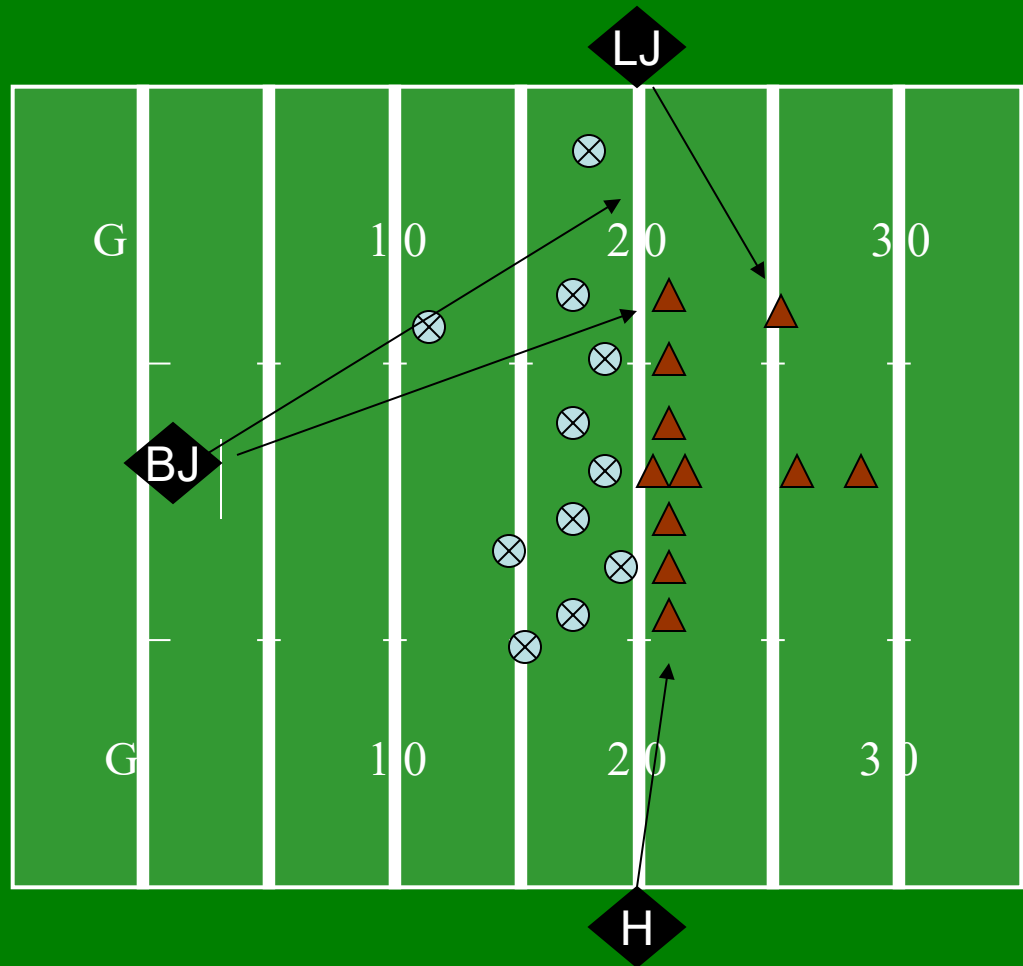
Keys and Priorities (All Plays)

Strength to Line Judge

Back Judge Key: End on Line Judge side

Linesman Key: End his/her side

Line Judge Key: Back his/her side both formations



Keys and Priorities (All Plays)

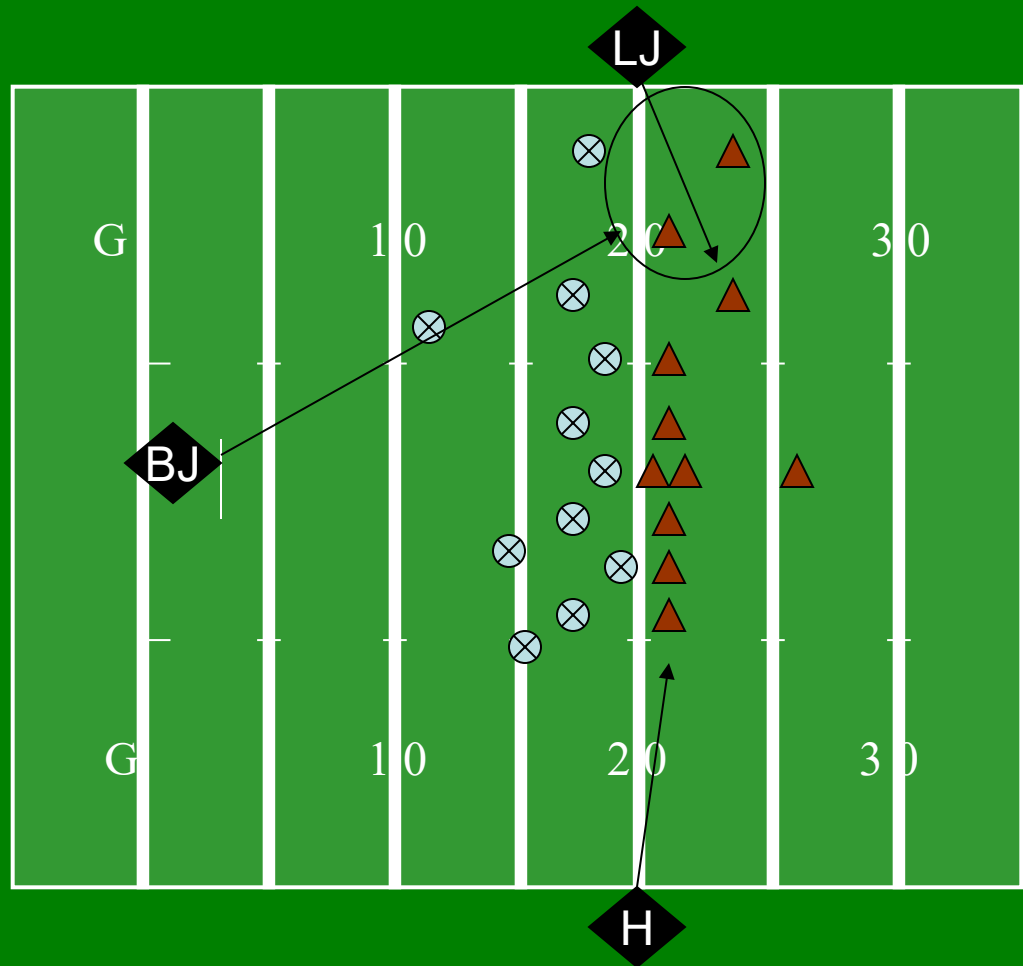
“Trips” Formation

Back Judge Key: Two
outside receivers

Linesman Key: End
his/her side

Line Judge Key: Inside
receiver his/her side
formation

Note: Reverse
coverage for trips
formations to Linesman
side



Keys and Priorities (All Plays)

Motion

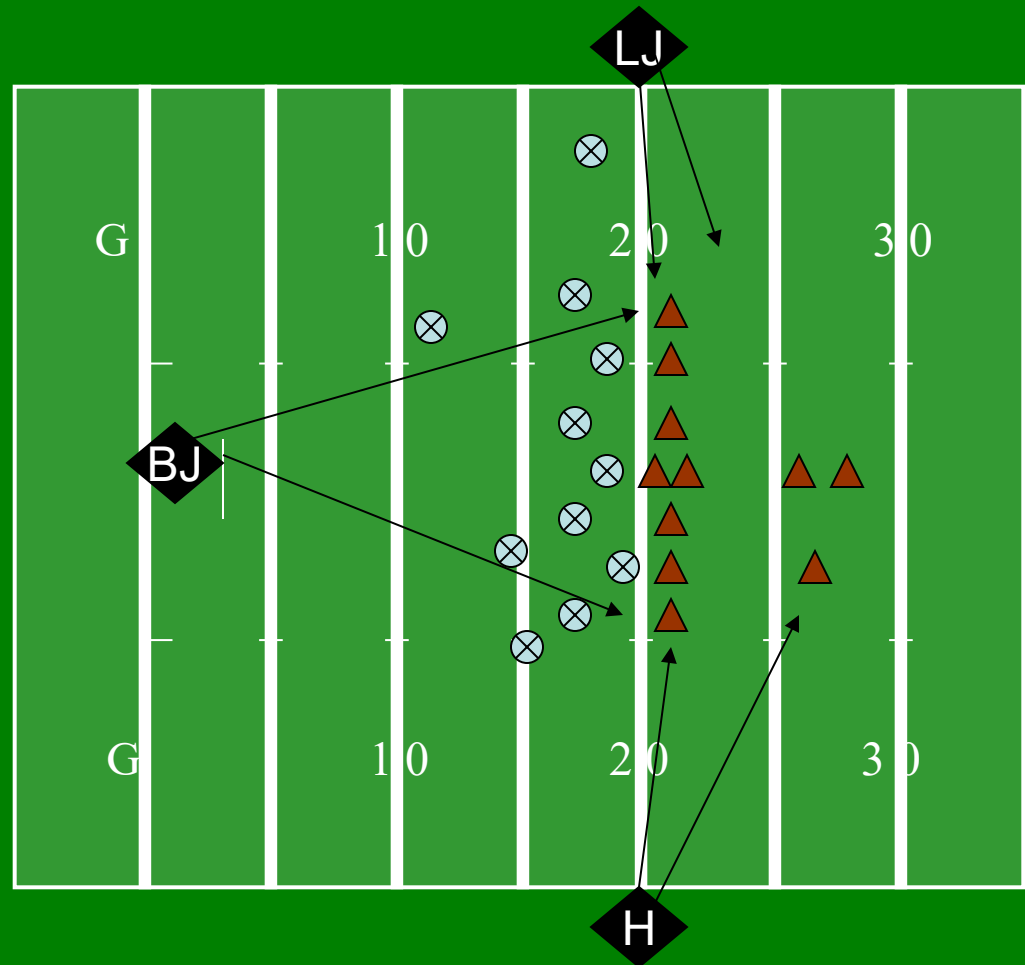
Initial Coverage same as Strength to Lineman

Motion to Line Judge

Back Judge Key:
Change to End Line
Judge side

Linesman Key: Change
to End his/her side

Line Judge Key:
change to Back in
motion his/her side
formation



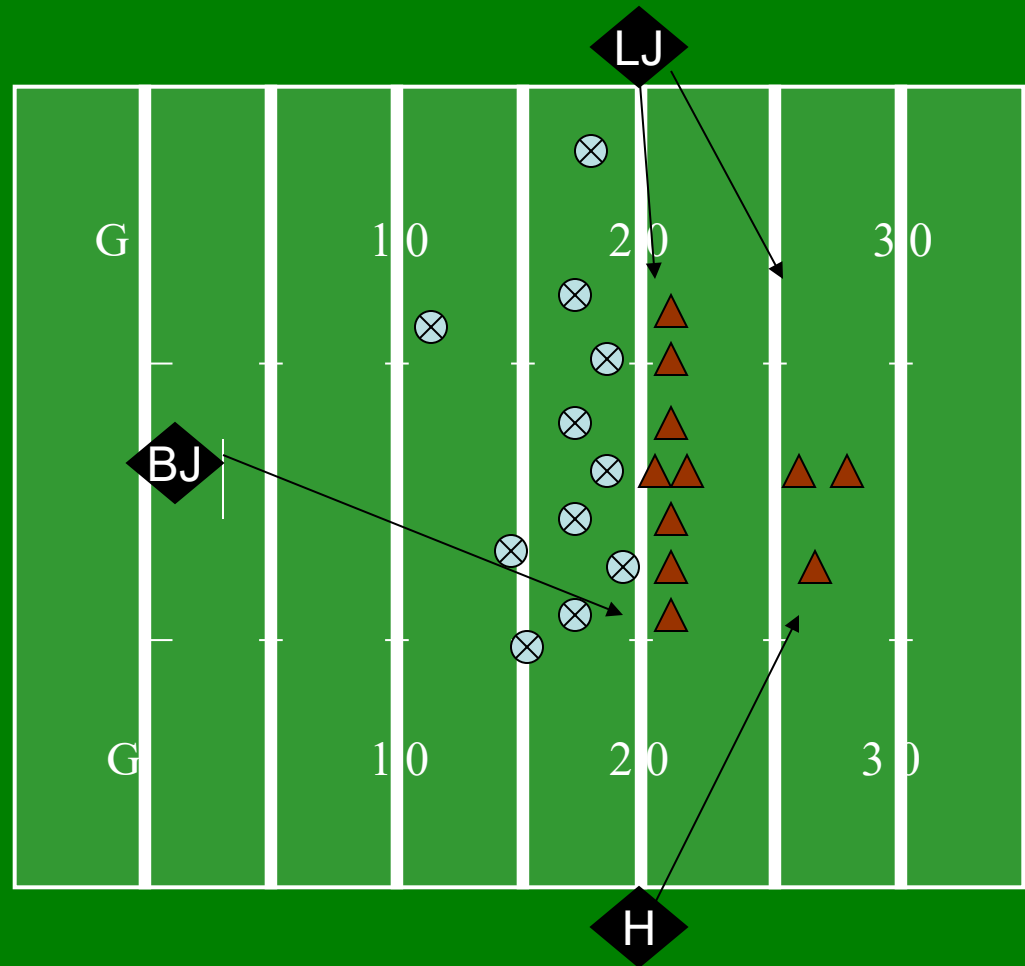
Keys and Priorities (All Plays)

Motion

Initial Coverage same as Strength to Lineman

Motion to Line Judge

Formation now balanced but since strength was established to Lineman side, keys remain the same with the Line Judge picking up responsibility for receiver in motion to his/her side

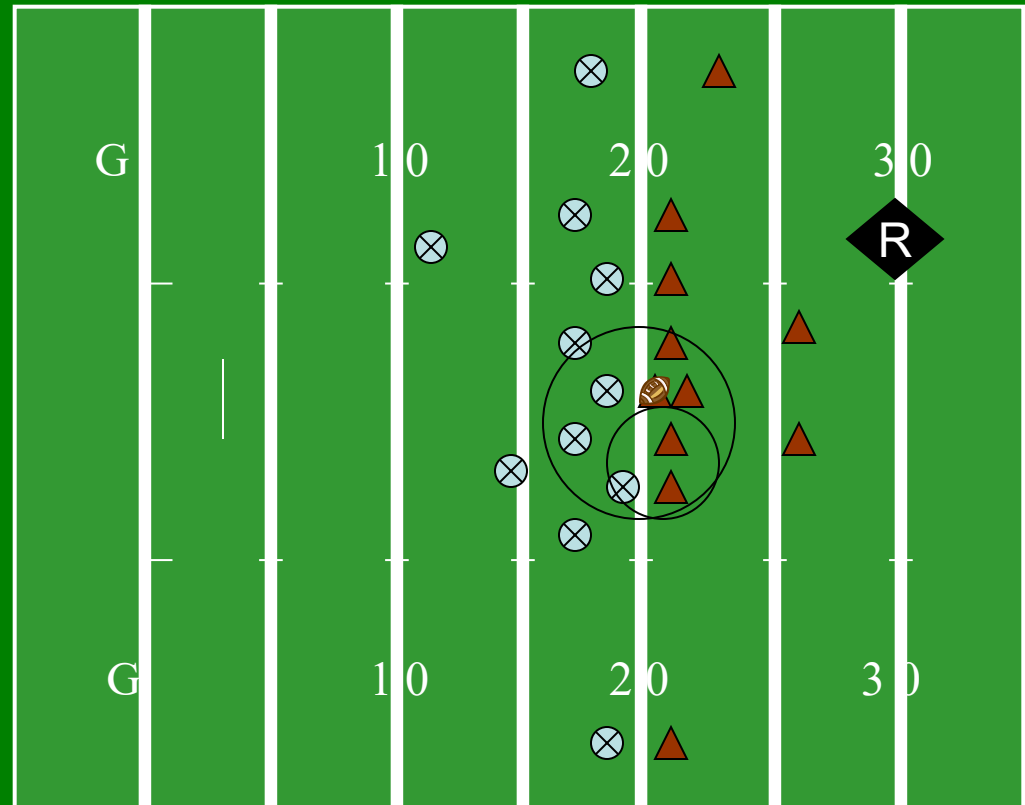
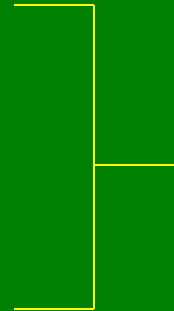


Running Play

Referee

Key opposite guard / tackle

Responsible for ball carrier and action around him to the neutral zone

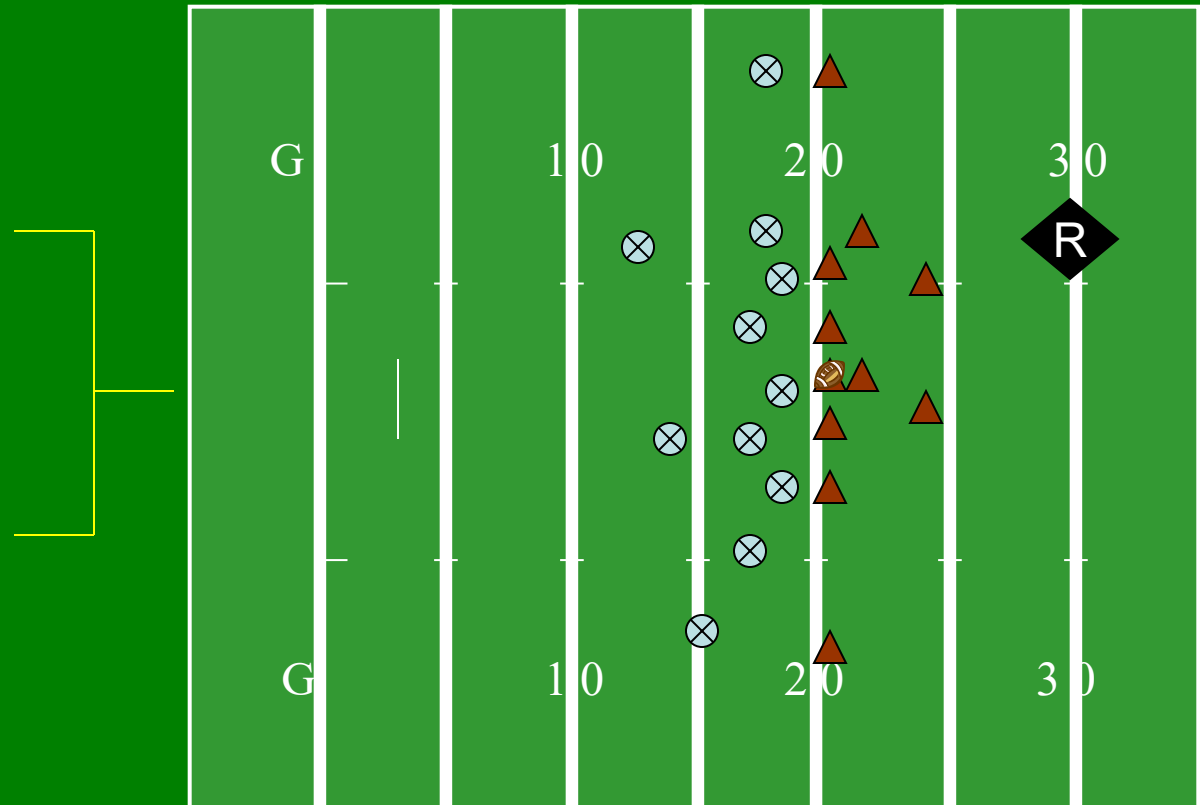


Running Play

Referee

Move behind play toward side of field where play advances and cover runner until reaching neutral zone or if down near line-of-scrimmage

Watch action behind ball and away from runner, action on quarterback, and backward or forward passes.



Running Play

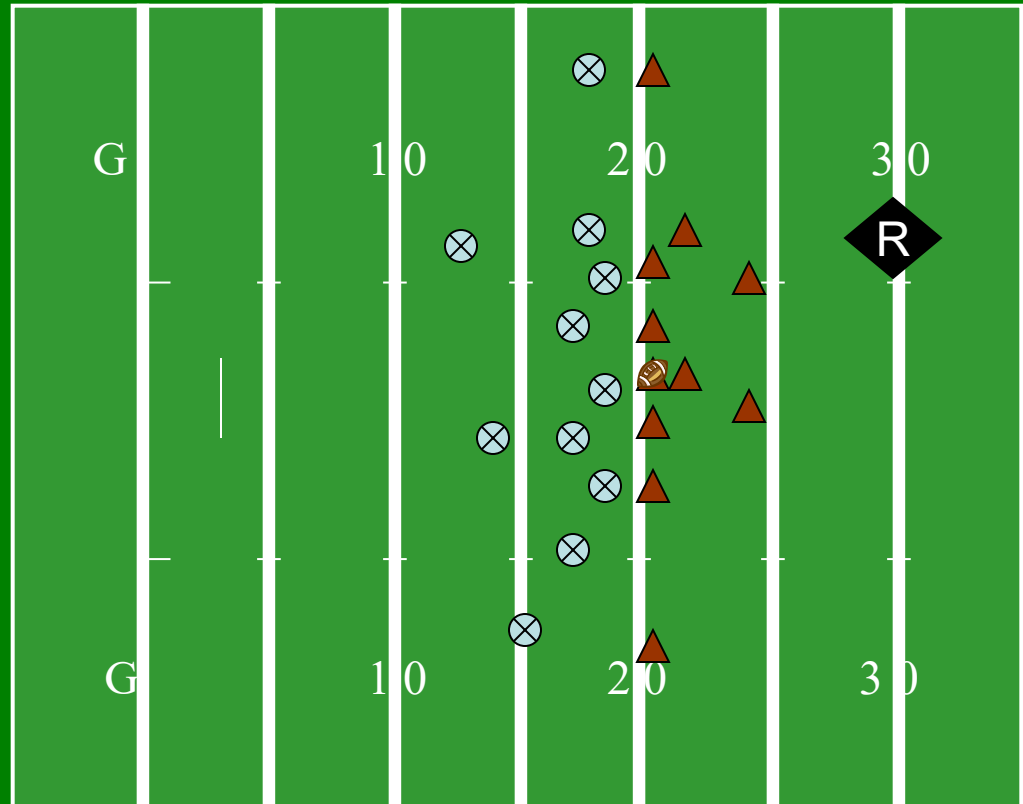
Referee

When ball is dead, move to location and signal next down

Help relay ball and assist umpire with spot

If first down, stop clock and signal

Make sure all officials ready to go before signal ball ready for play



Running Play

Umpire

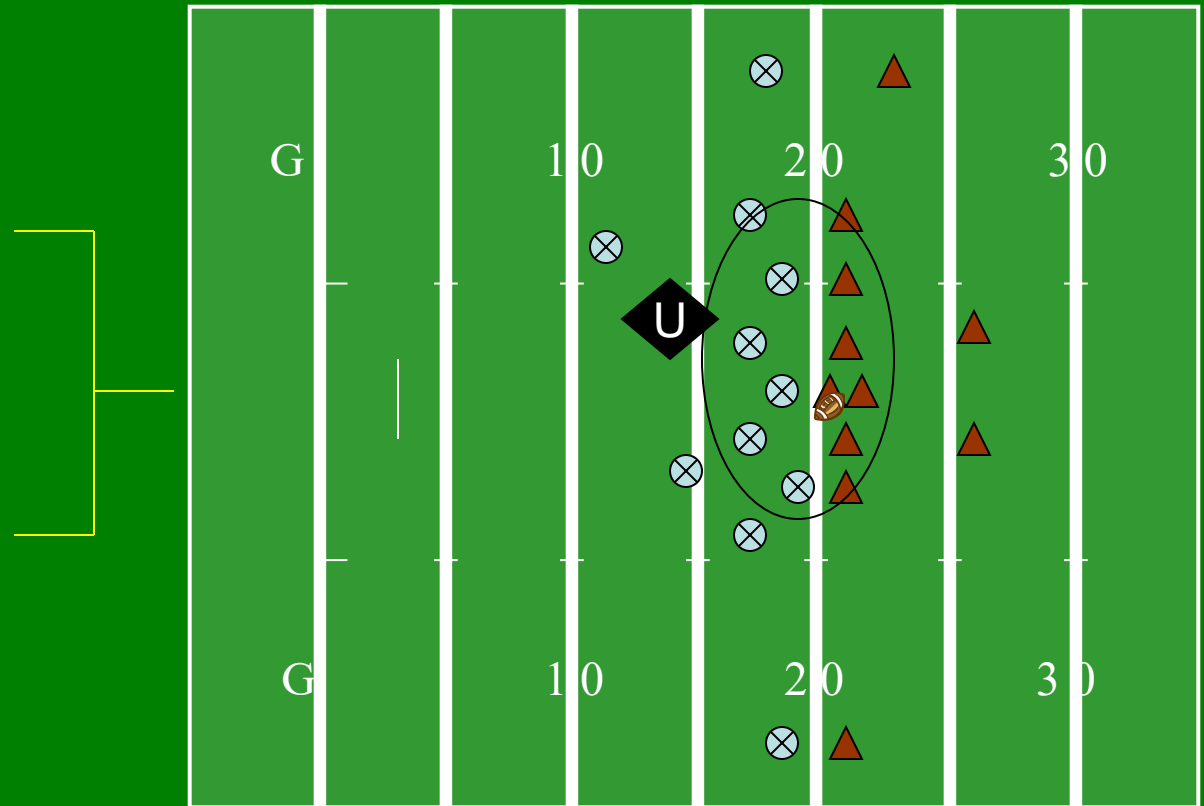
Read point of attack
(POA)

Watch line play for
illegal action around
ball carrier and in free
blocking zone

Move accordingly
depending on play
working inside out

Be alert for fumbles
beyond neutral zone
and help determine
who gains possession

After play spot ball



Running Play

Linesman

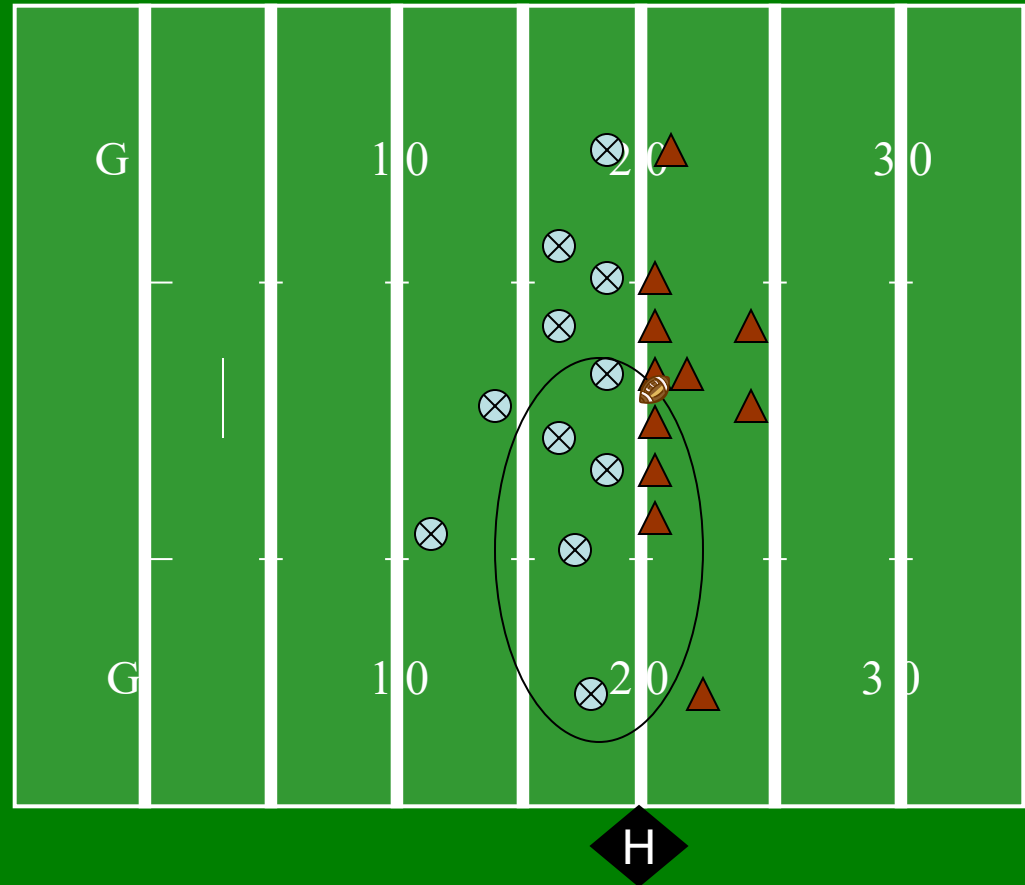
Action toward you

Work OFF the field

Observe actions of linemen your side and blockers in front of ball carrier

Pick up responsibility of ball carrier, mark forward progress and stop clock if out of bounds

Stop clock if ball carrier crosses line to gain



Running Play

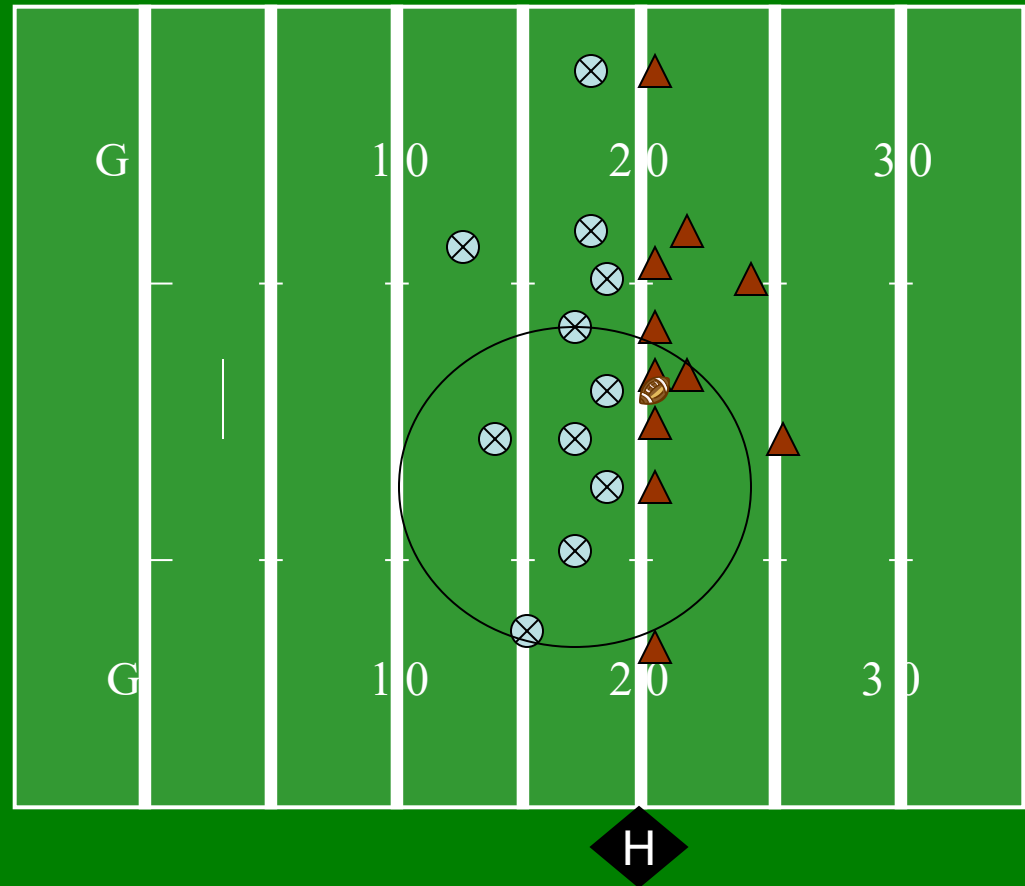
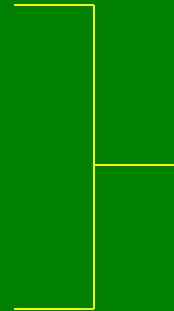
Linesman

Action away from you

Move cautiously onto field ready for reverse action

Observe action behind play

Be ready to help with forward progress spot



Running Play

Line Judge

Action toward you

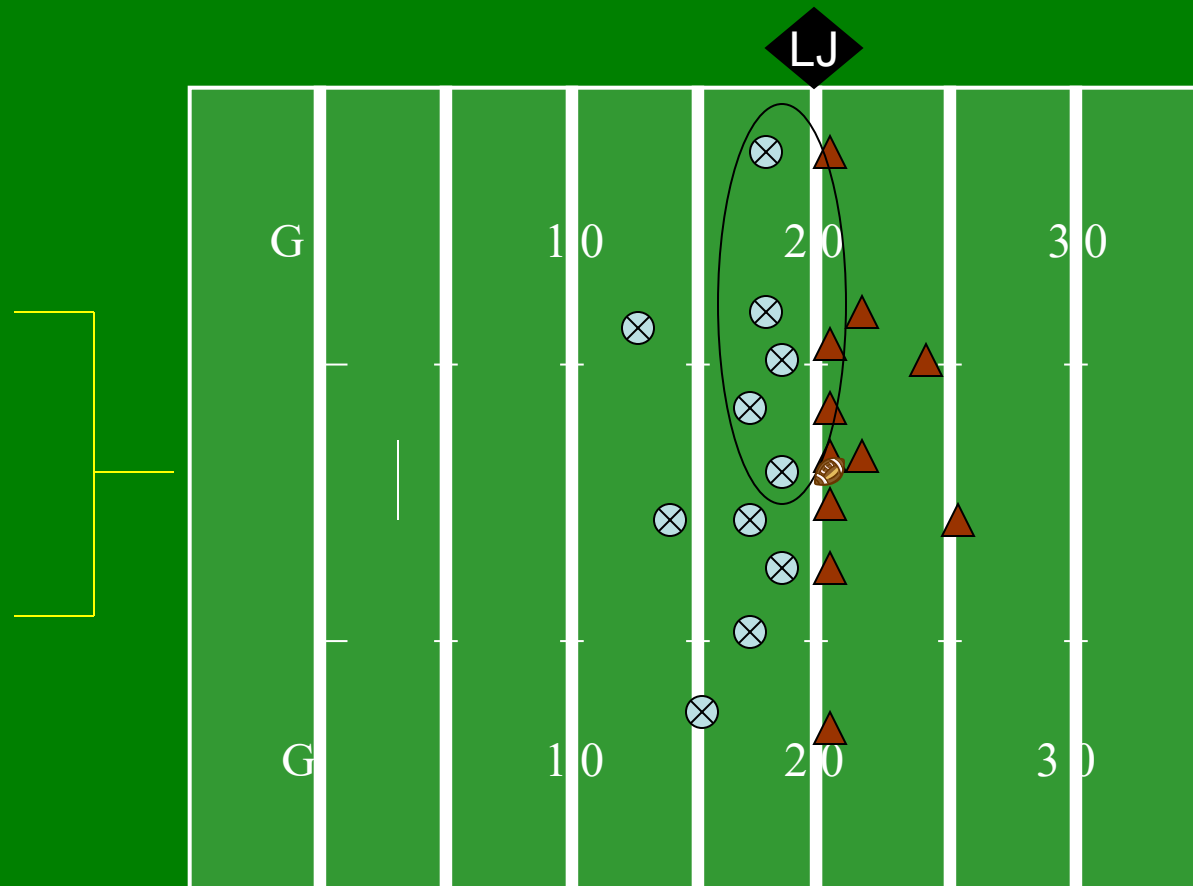
Work off the field

Observe actions of linemen your side and blockers in front of ball carrier

Have responsibility for ball carrier

Mark FP and stop clock if out of bounds

Stop clock if ball carrier crosses line to gain



Running Play

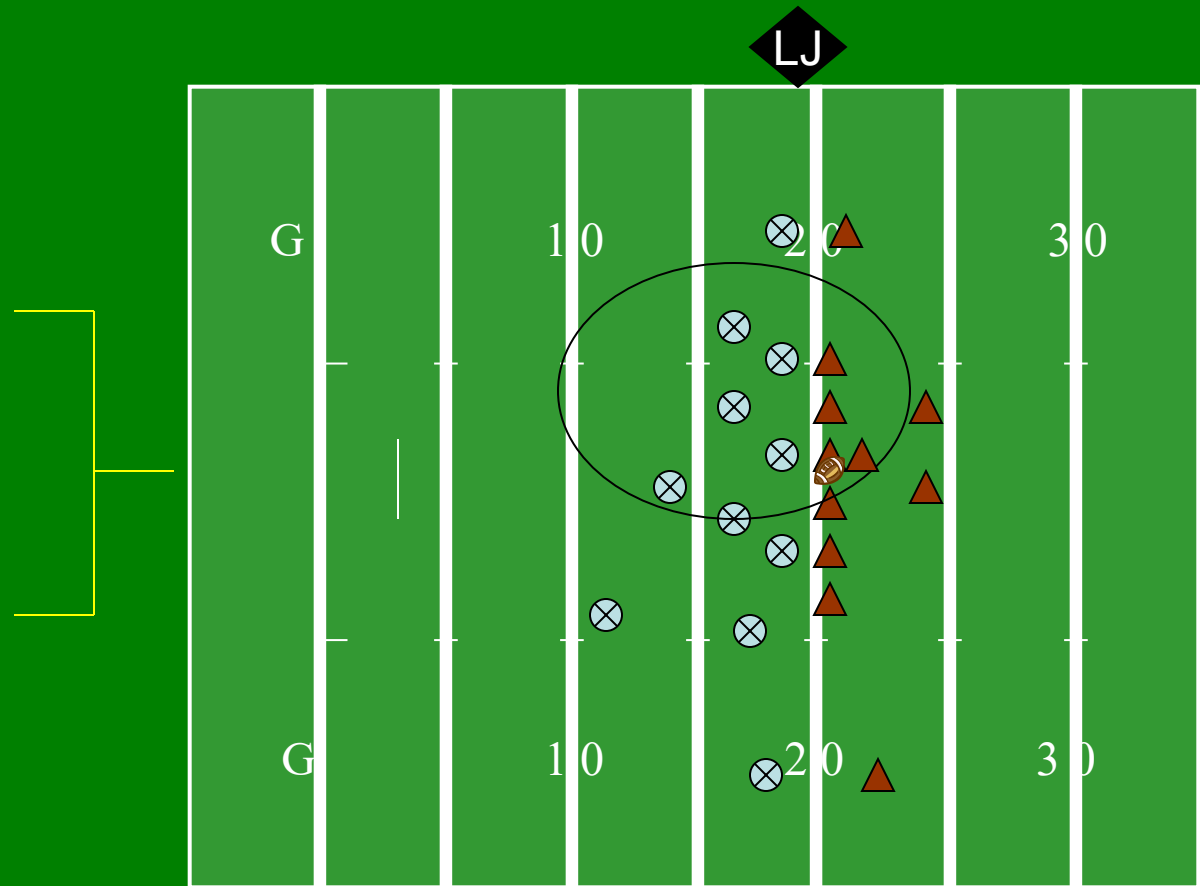
Line Judge

Action away from you

Move cautiously onto field ready for reverse action

Observe action behind play

Be ready to help with forward progress



Running Play

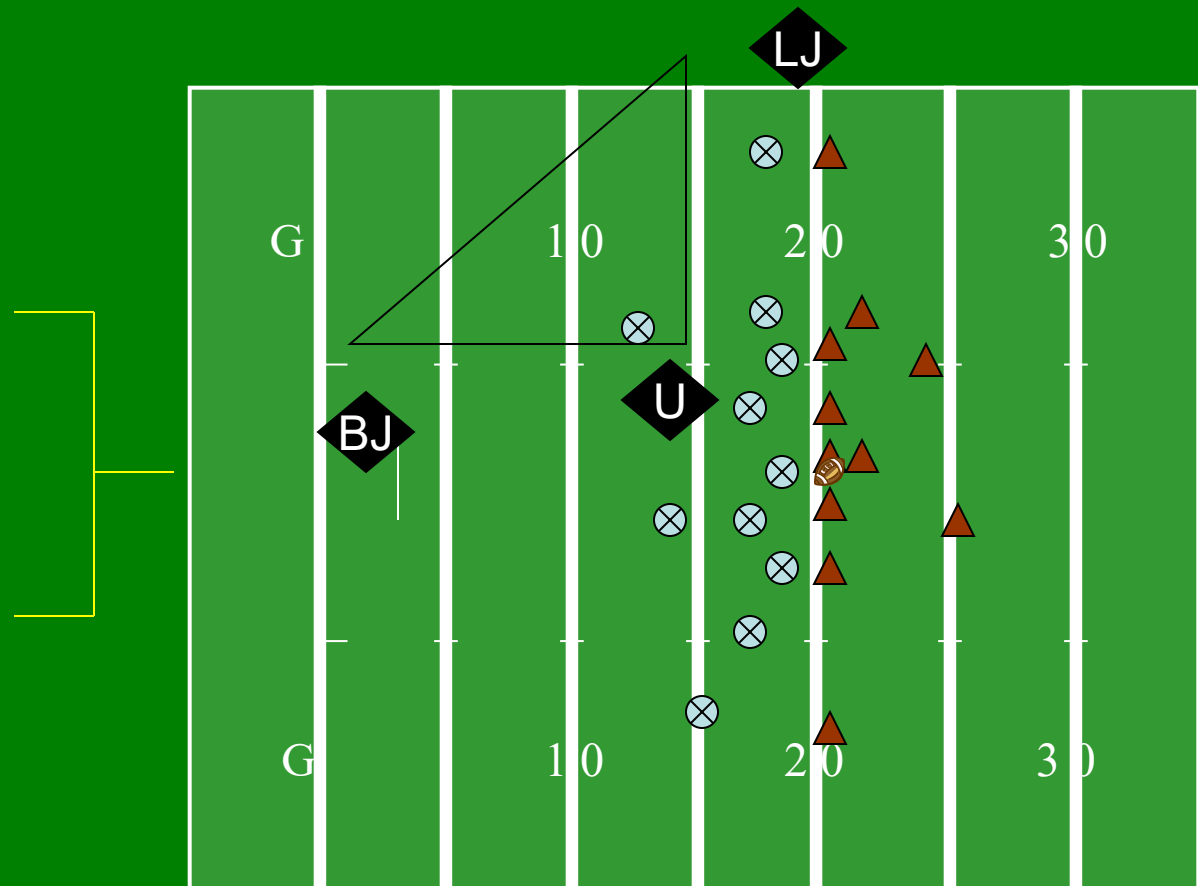
Back Judge

Work inside out

Move to maintain triangle coverage with Umpire, Linesman or Line Judge on runs to side zones

Trail play to sideline and move into dead ball area assisting covering official

Goal line responsibility on long runs



Passing Plays

Referee

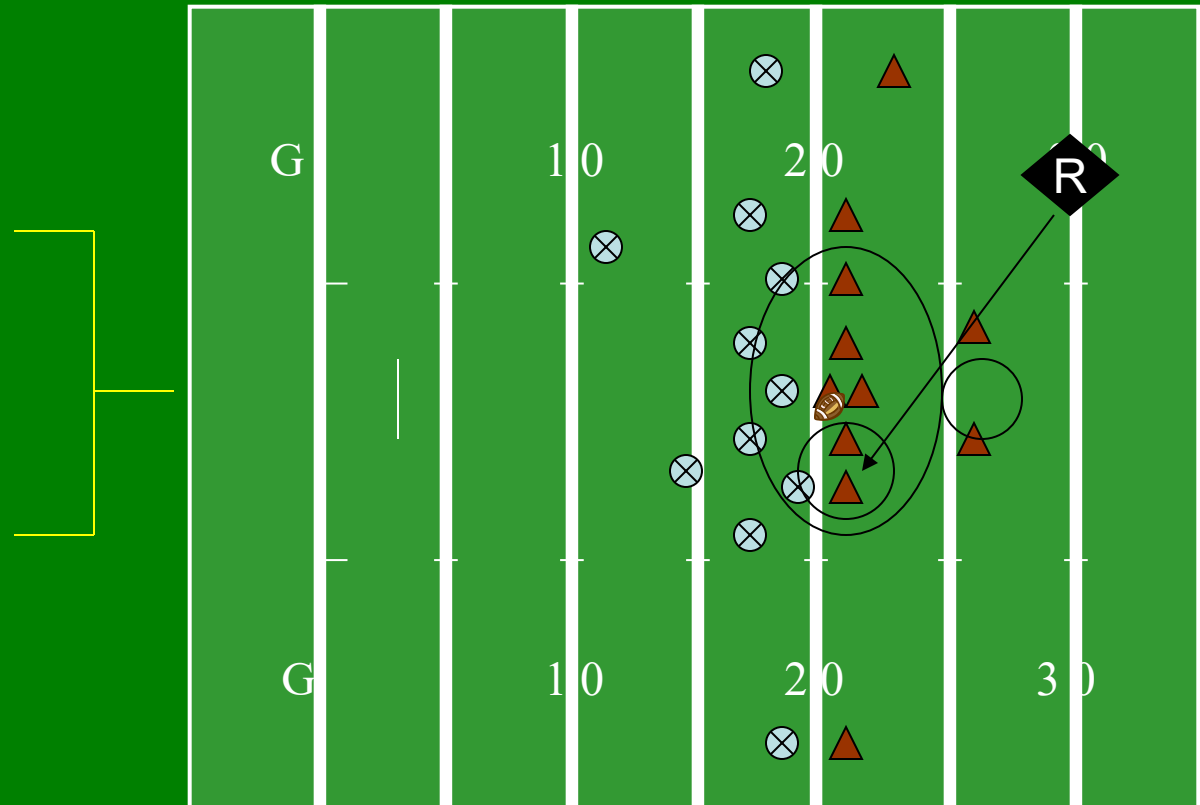
Key opposite guard / tackle (see notes)

Watch blocking

Remain wider and deeper than passer

After pass released, verbally alert defenders and observe action on passer not ball

Determine pass forward or backward



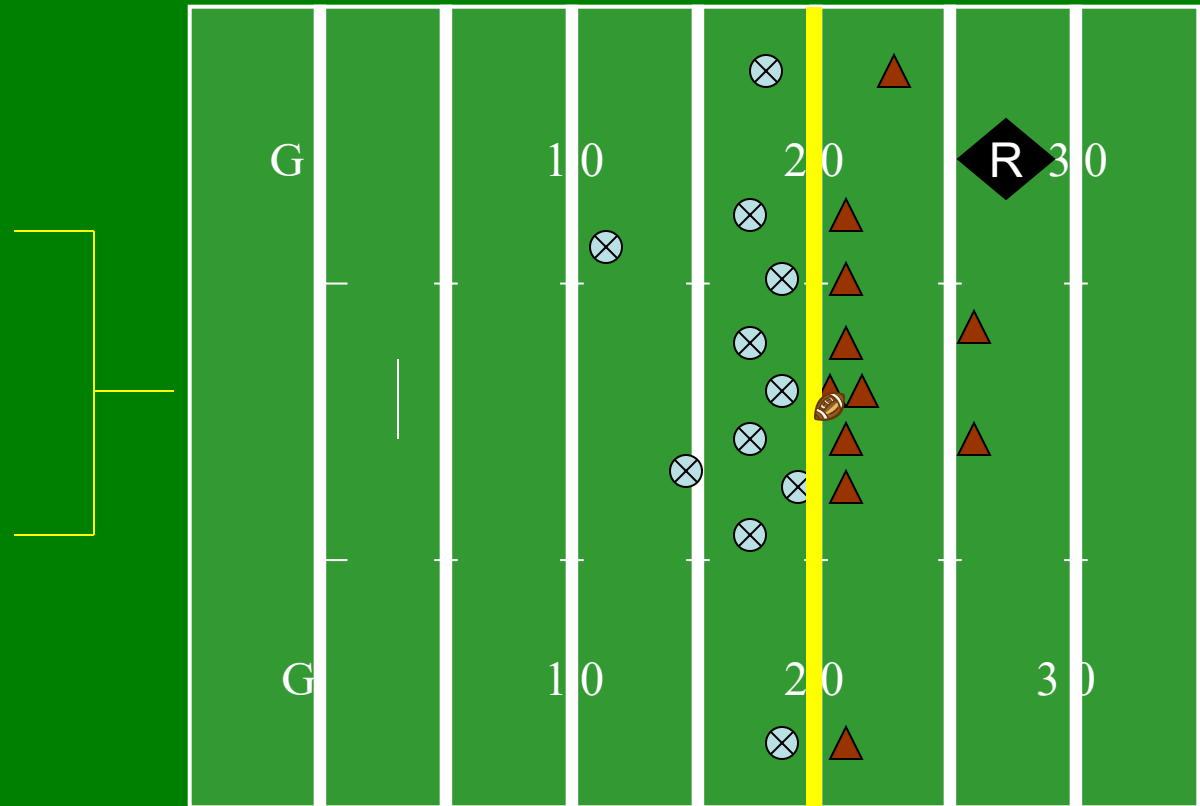
Passing Plays

Referee

Sole responsibility for intentional grounding; however, can get assistance from covering official

Determine if passer crosses neutral zone (see notes)

Continue to observe action behind neutral zone before leaving



Passing Plays

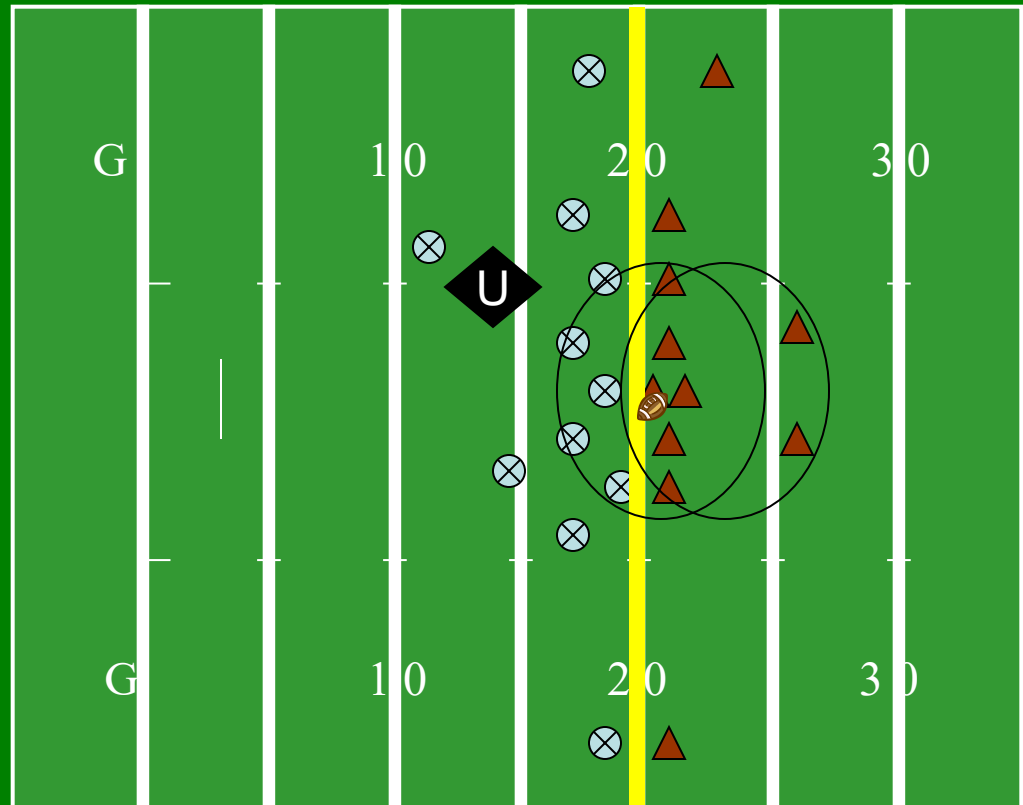
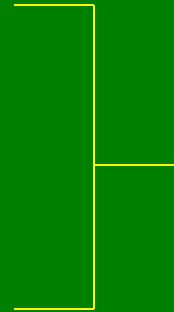
Umpire

Watch for illegal contact in free blocking zone

Move towards line-of-scrimmage (LOS)

Observe action of players in and just behind neutral zone

Assist Referee in determining if forward pass released beyond neutral zone

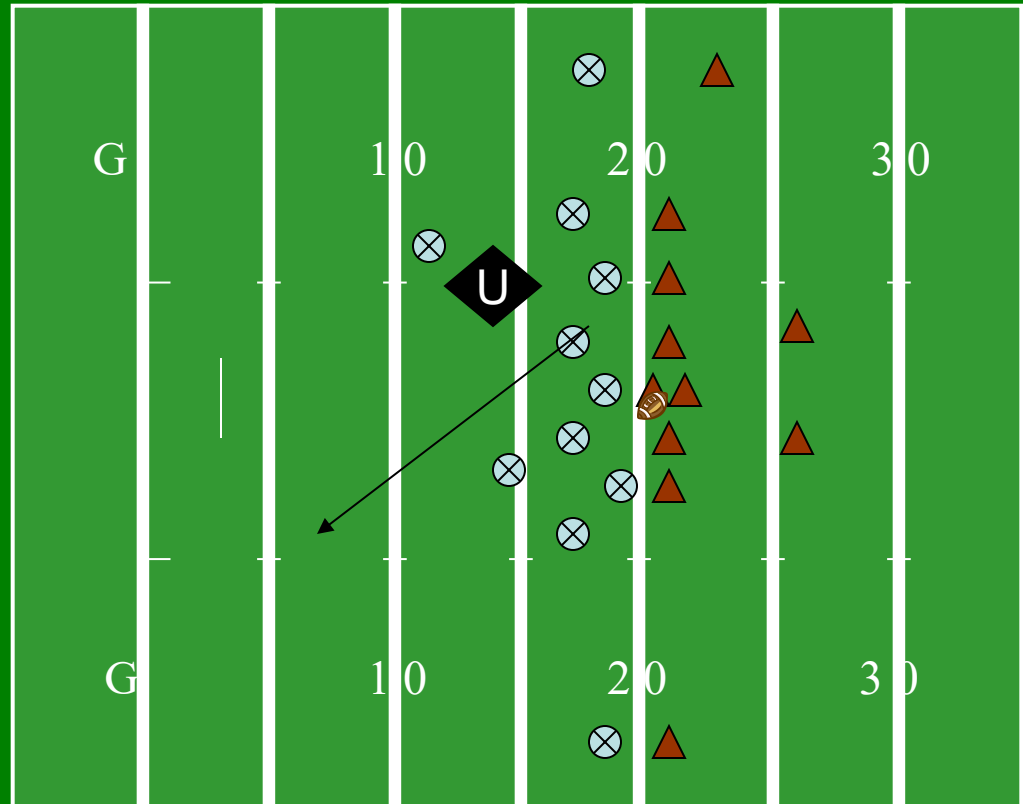
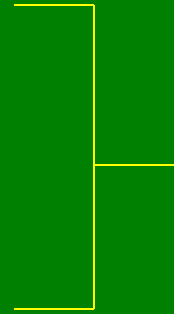


Passing Plays

Umpire

Know if ball tipped at line-of-scrimmage (if so – give tipped signal)

Pivot after pass crosses neutral zone and assist on determining catch or no catch



Passing Plays

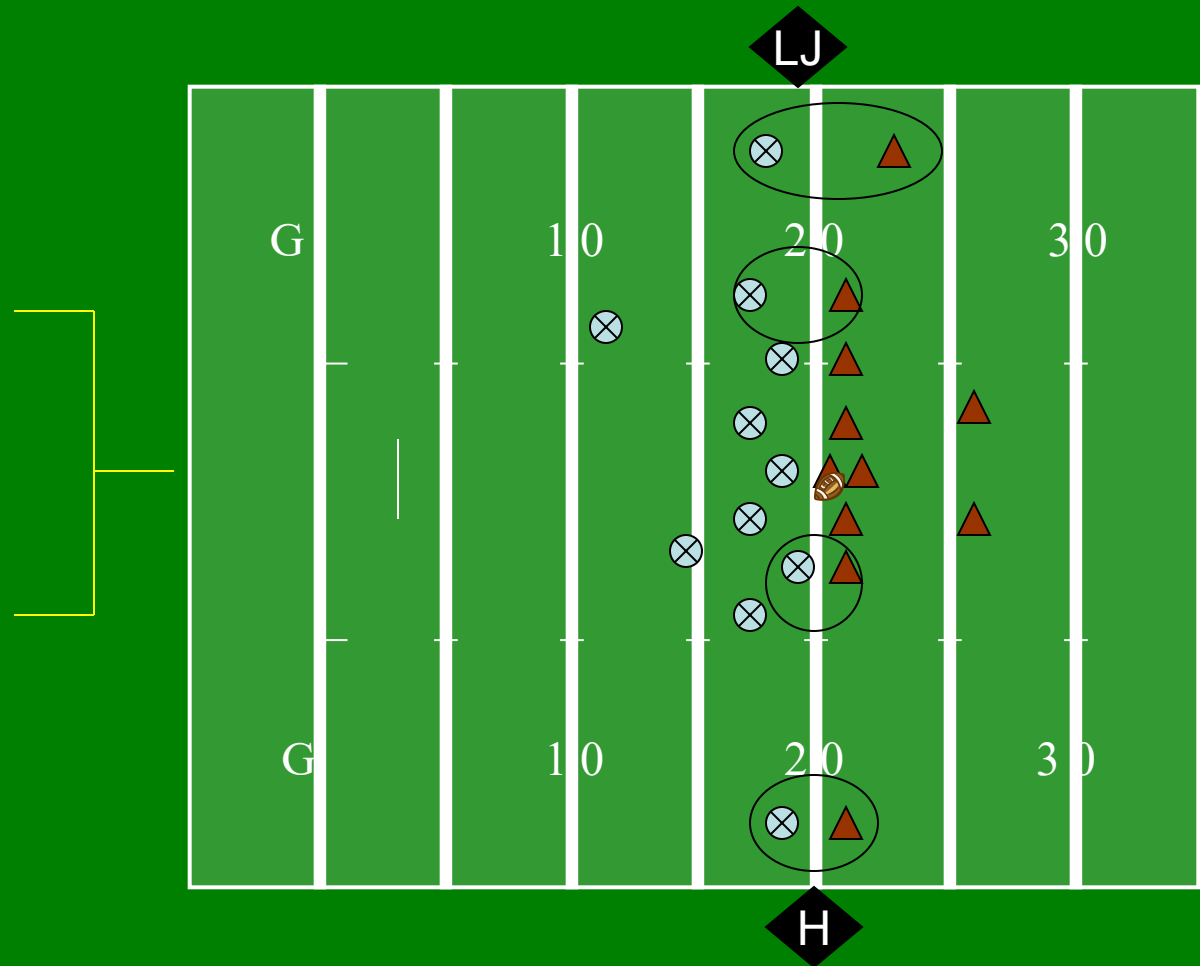
Linesman & Line Judge

Watch initial action off line for defensive holding

Move downfield cautiously (5-7 yards) on passes to your side

Be ready to adjust back for run

Be ready to rule on pass incomplete / complete and interference



Passing Plays

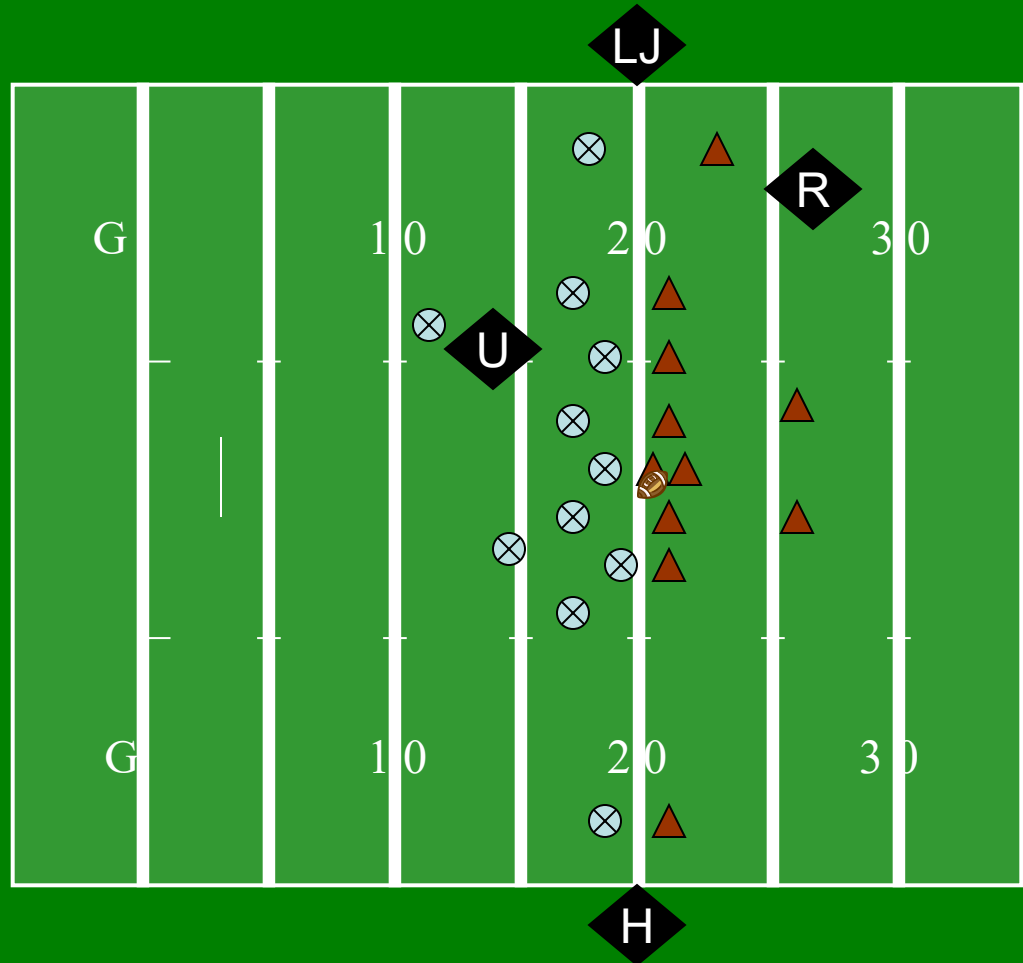
Linesman & Line Judge

If ball intercepted, observe action until ball is dead, covering official stop clock and signal first down, if inside defensive 5 yard line, be ready to rule on momentum

If incomplete pass in your area, sound whistle and signal

Be alert for illegal passes

Rule on touching or catching by ineligible



Passing Plays

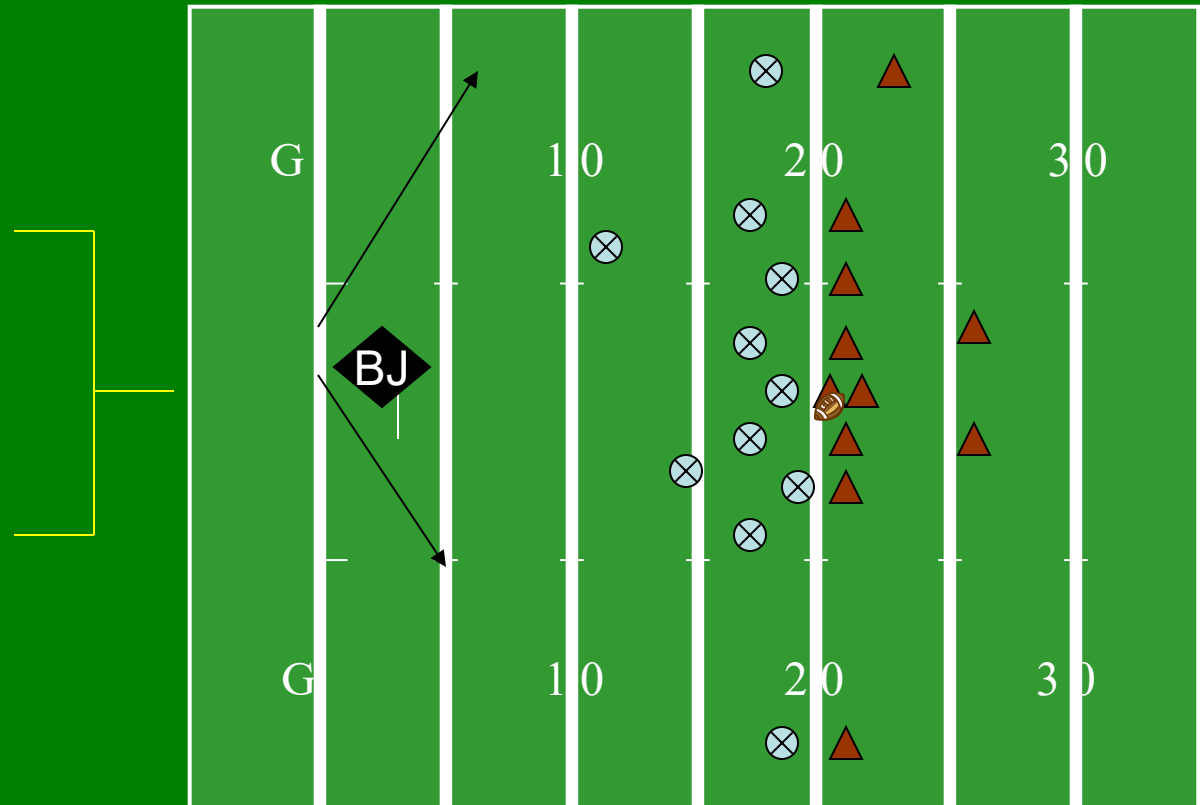
Back Judge

Retreat to be in position behind deepest receiver

Responsible for deep receivers

Be ready to rule on complete / incomplete pass and interference

Move to goal line or end line if either is threatened



Scrimmage Kick

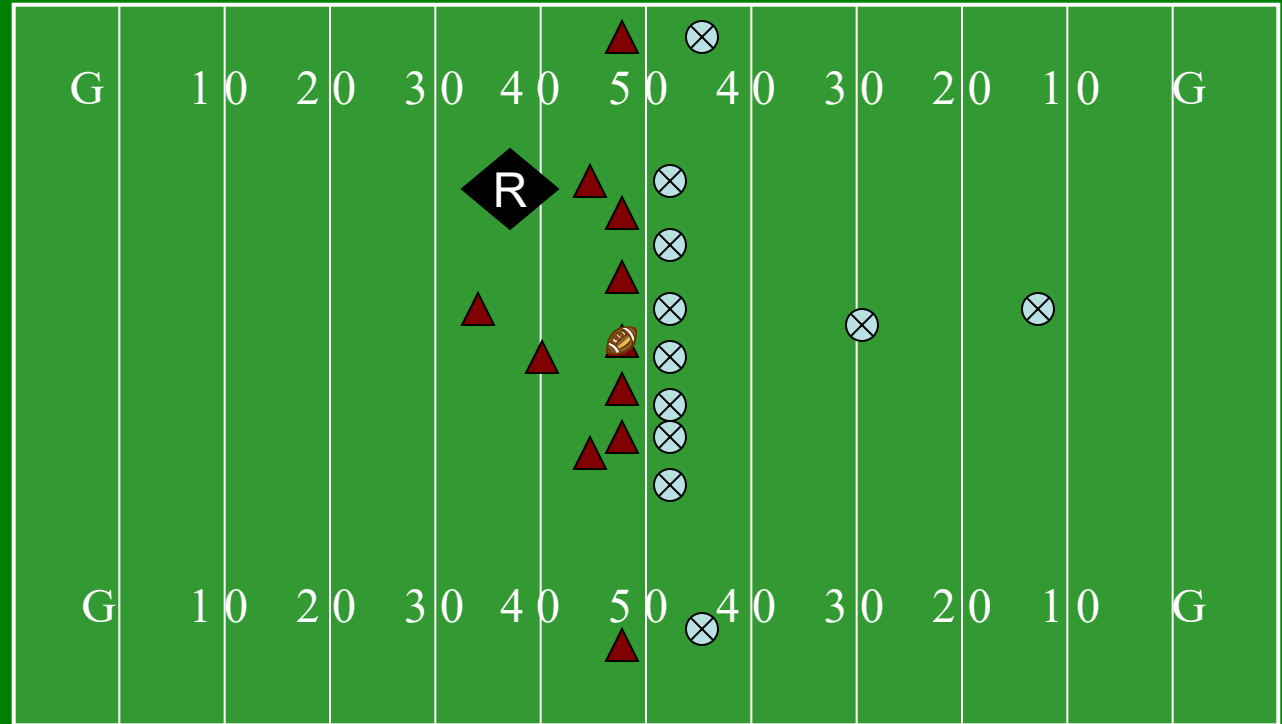
Referee

Position NO closer than 3-4 yards in front of kicker (see notes), 5-7 yards wide on Line Judge side

Be able to see ball and all backs

Watch for fouls behind neutral zone and roughing / running into kicker

Be alert for blocked kicks and recovery

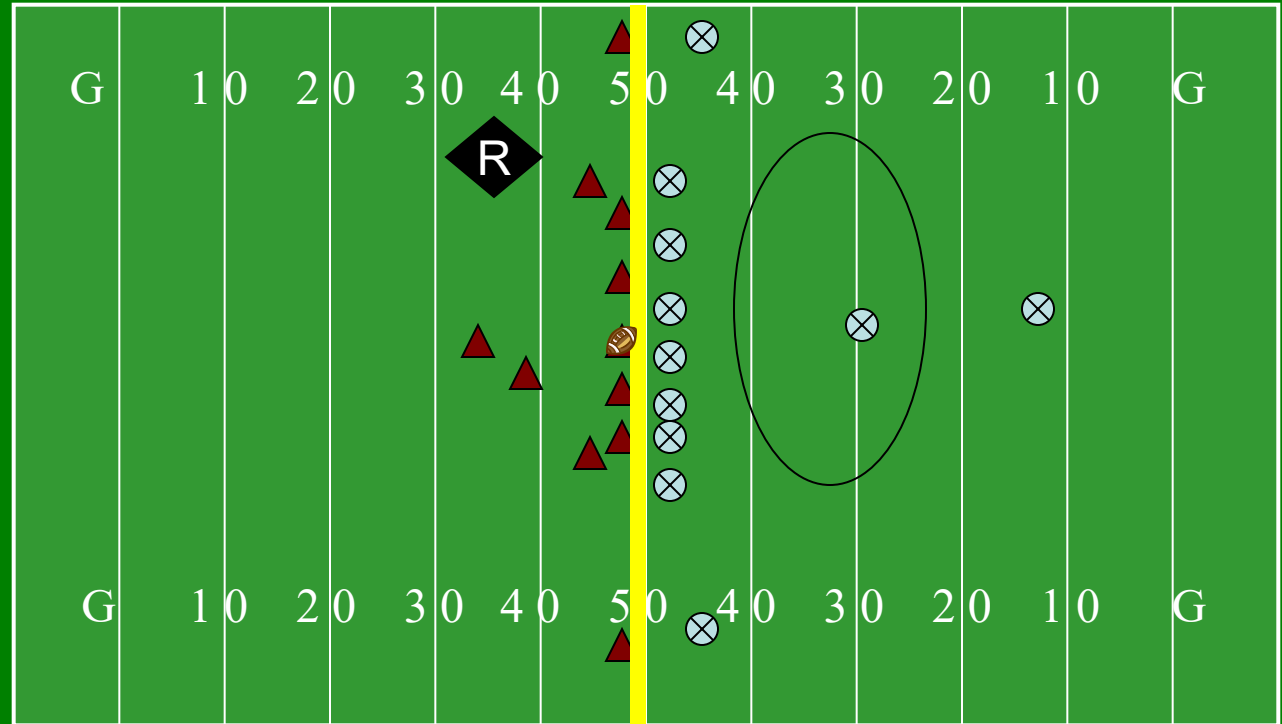


Scrimmage Kick

Referee

After ball crosses neutral zone, observe line play and move down field slowly

Be ready to pick up runner on long run and continue with him to goal line



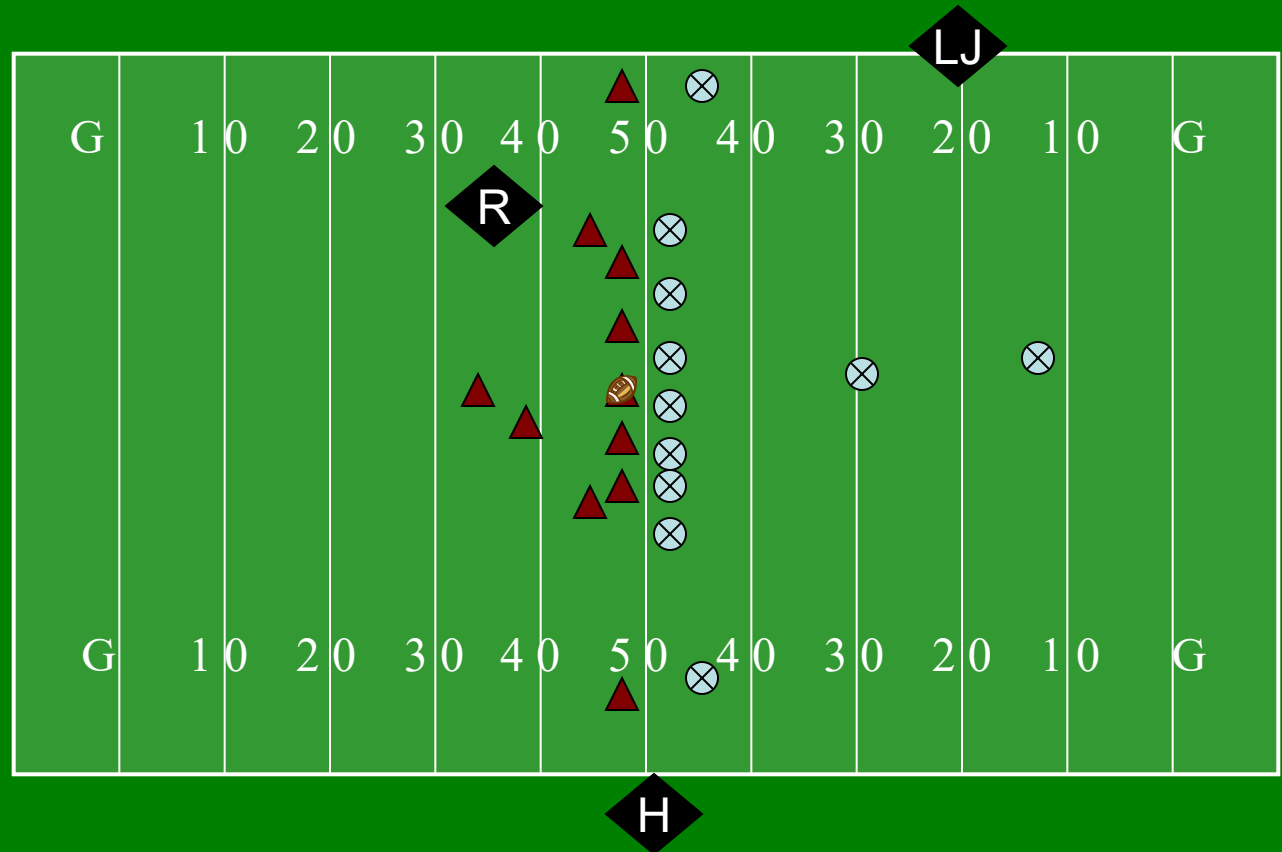
Scrimmage Kick

Referee

If ball kicked out of bounds in flight, assist the covering official with spot

In no foul, signal linesmen and line-to-gain equipment into position for next play

Make sure all officials ready prior to giving ready-for-play signal



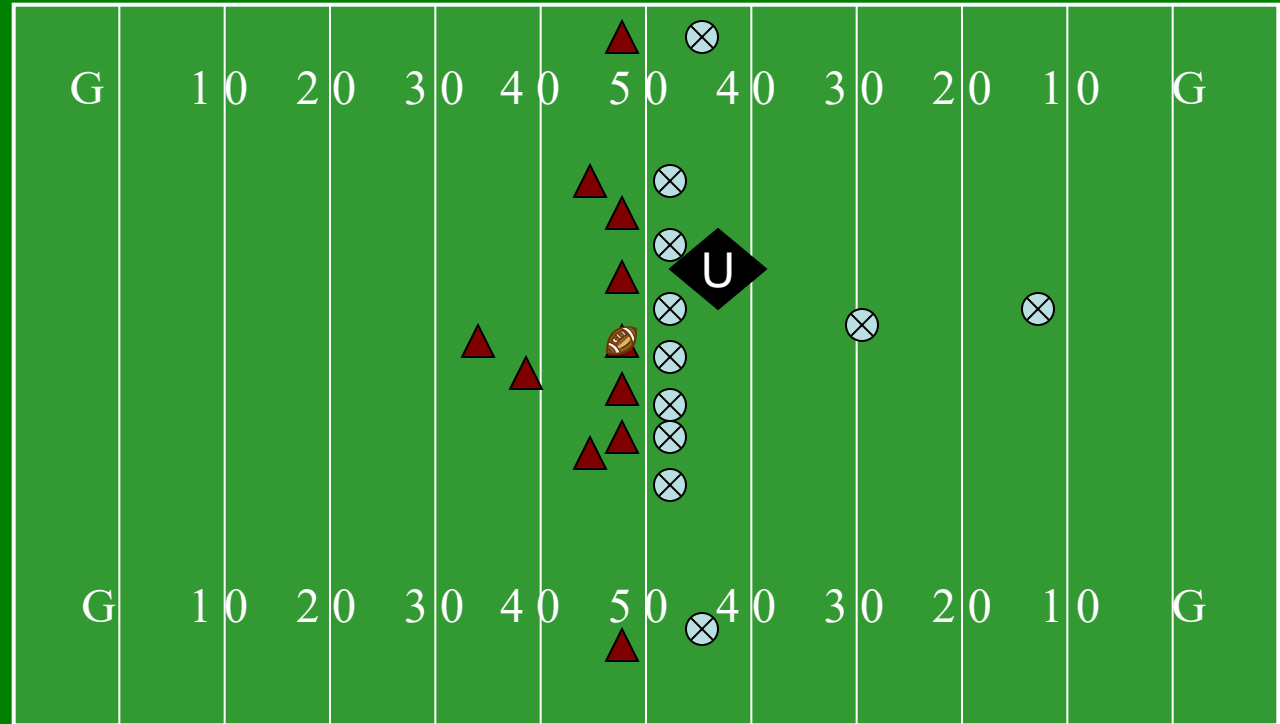
Scrimmage Kick

Umpire

Position 7 yards deep (see notes section), keeping ball in view

Check numbering exceptions

After snap, step toward neutral zone watching for possible roughing of snapper, then shift to blocking action

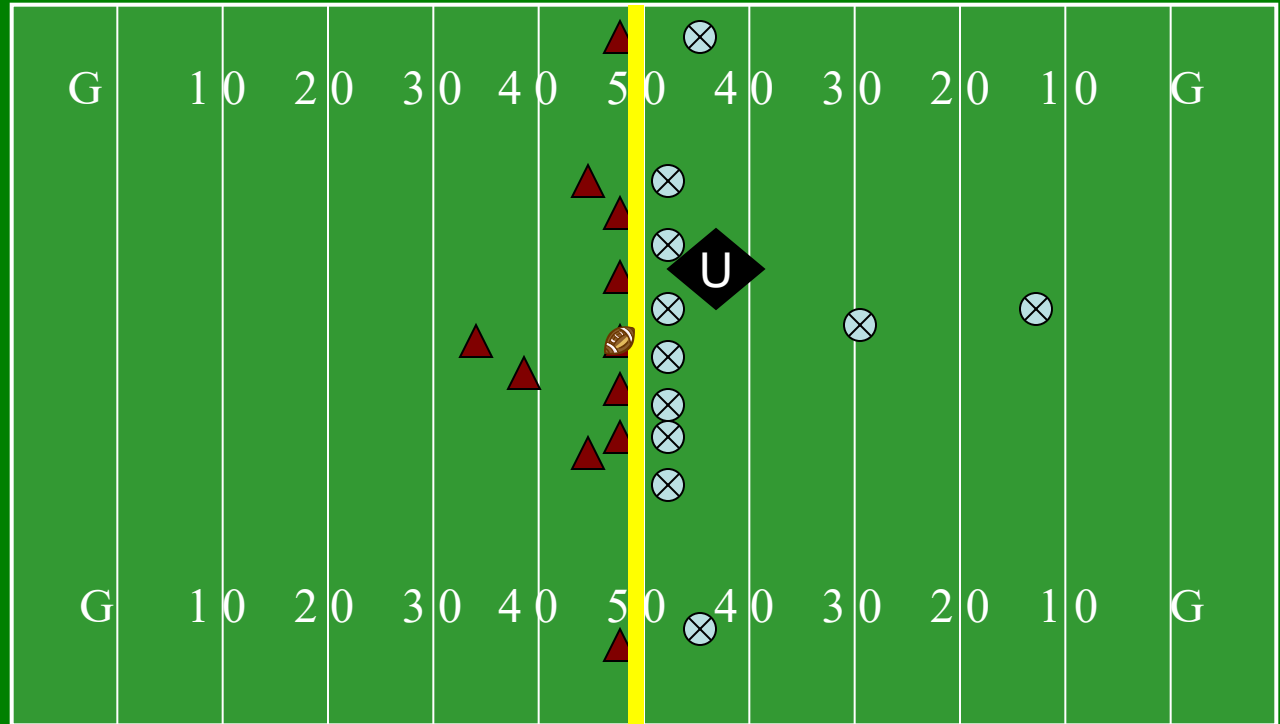


Scrimmage Kick

Umpire

Assist Referee with short or blocked kicks

Once kick crosses neutral zone, pivot and observe blocks downfield and players away from ball



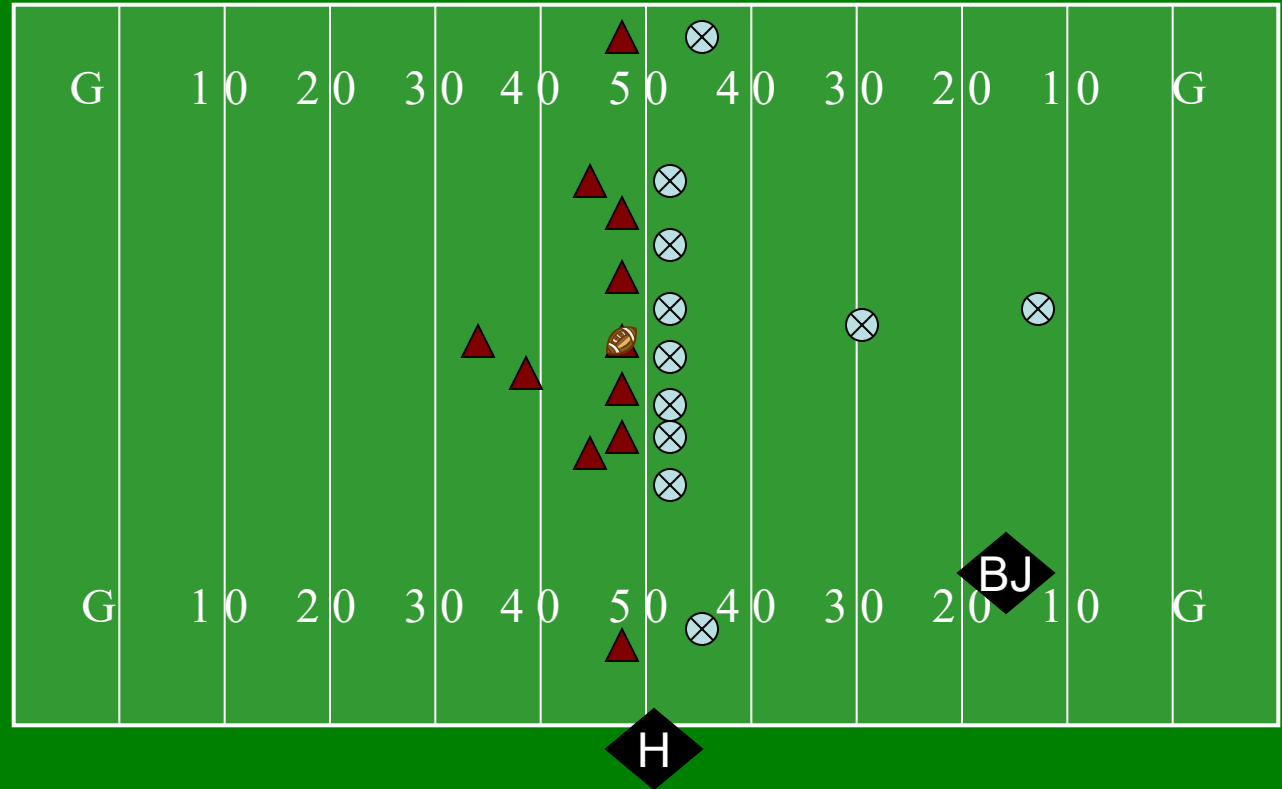
Scrimmage Kick

Linesman

Determine if kick crosses NZ

Hold line-of-scrimmage until ball crosses then move slowly down field and keep spacing with Back Judge

Grounded kicks out of bounds close to you, mark spot and observe action



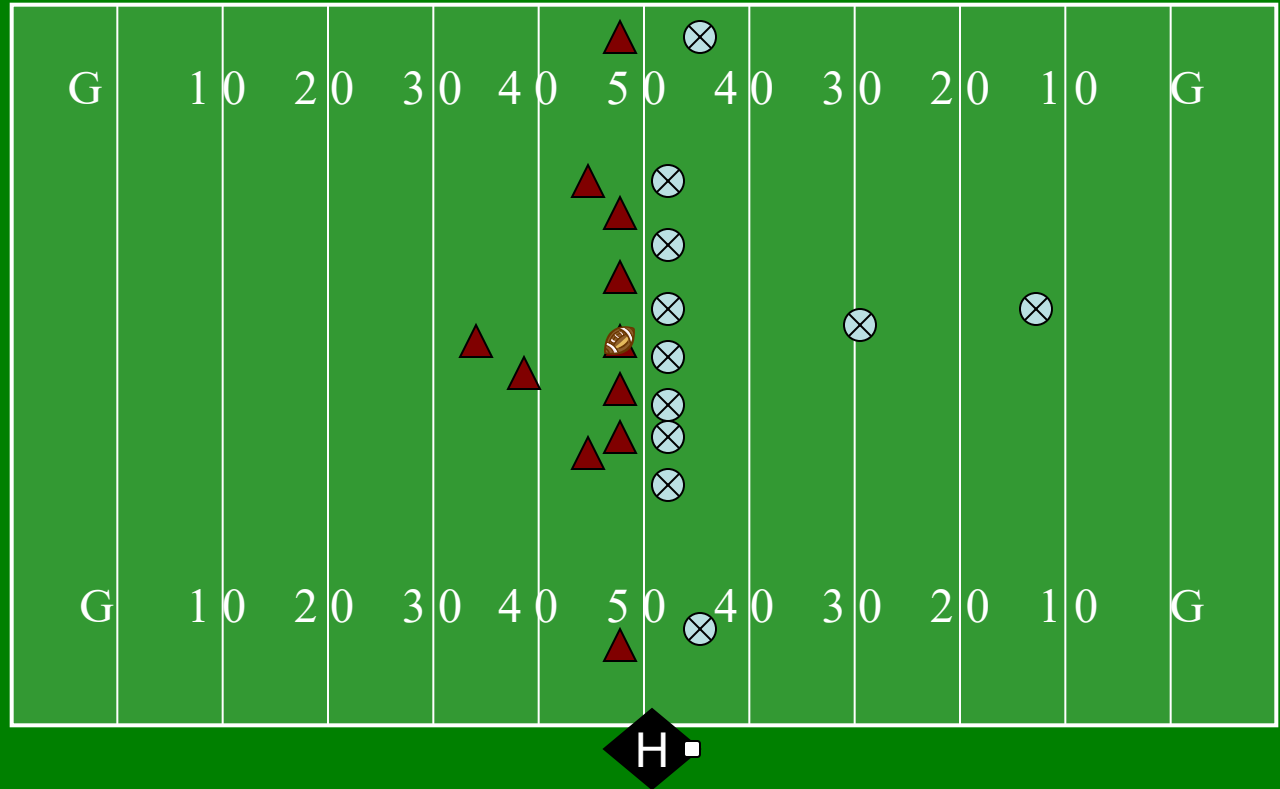
Scrimmage Kick

Linesman

Help Referee with short or blocked kicks and note spot of recovery

On short kicks to your side, bean bag spot of first touching and end of kick

Be ready for fair catch on short kicks to your side and blow whistle only after kick is secured



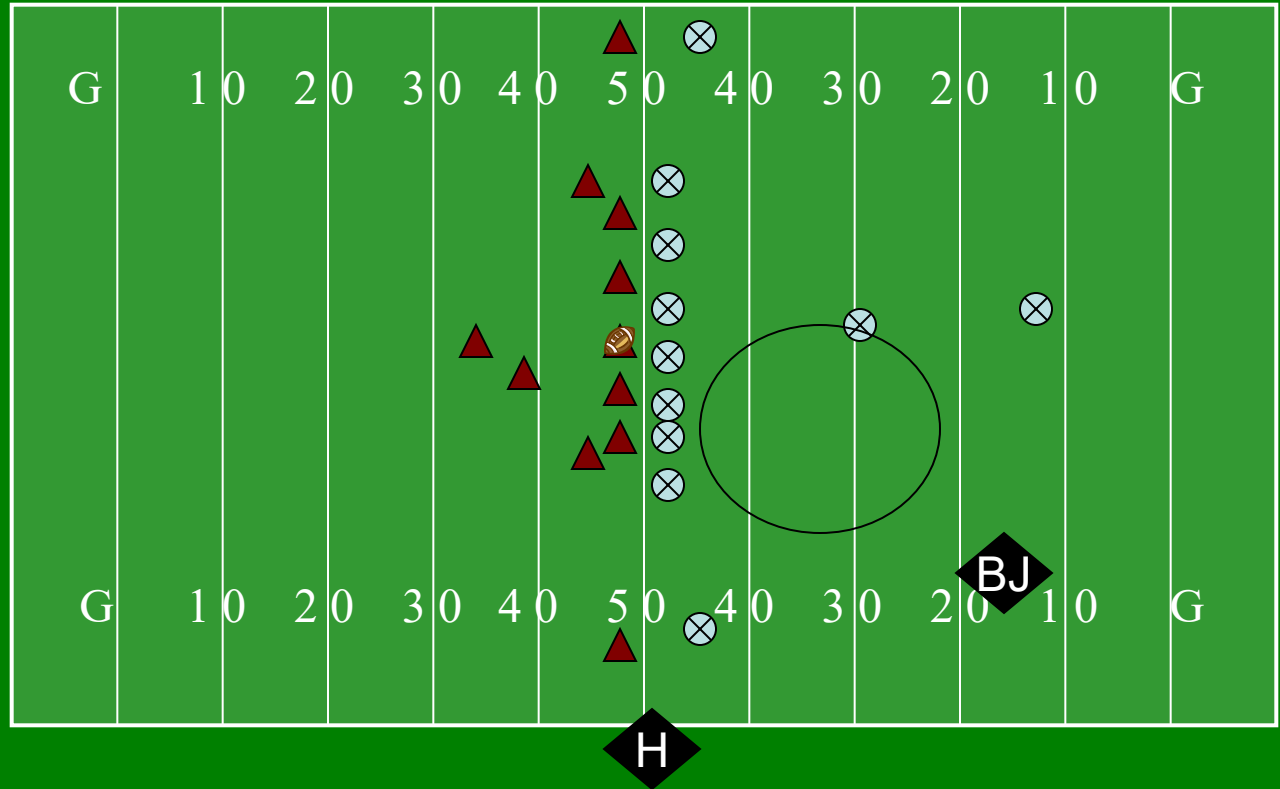
Scrimmage Kick

Linesman

Routine kick, move downfield cautiously observe action in front of ball carrier

Move with runner to your sideline and follow until goal line

Only move line to gain equipment when sure no foul on play and signaled by Referee



Scrimmage Kick

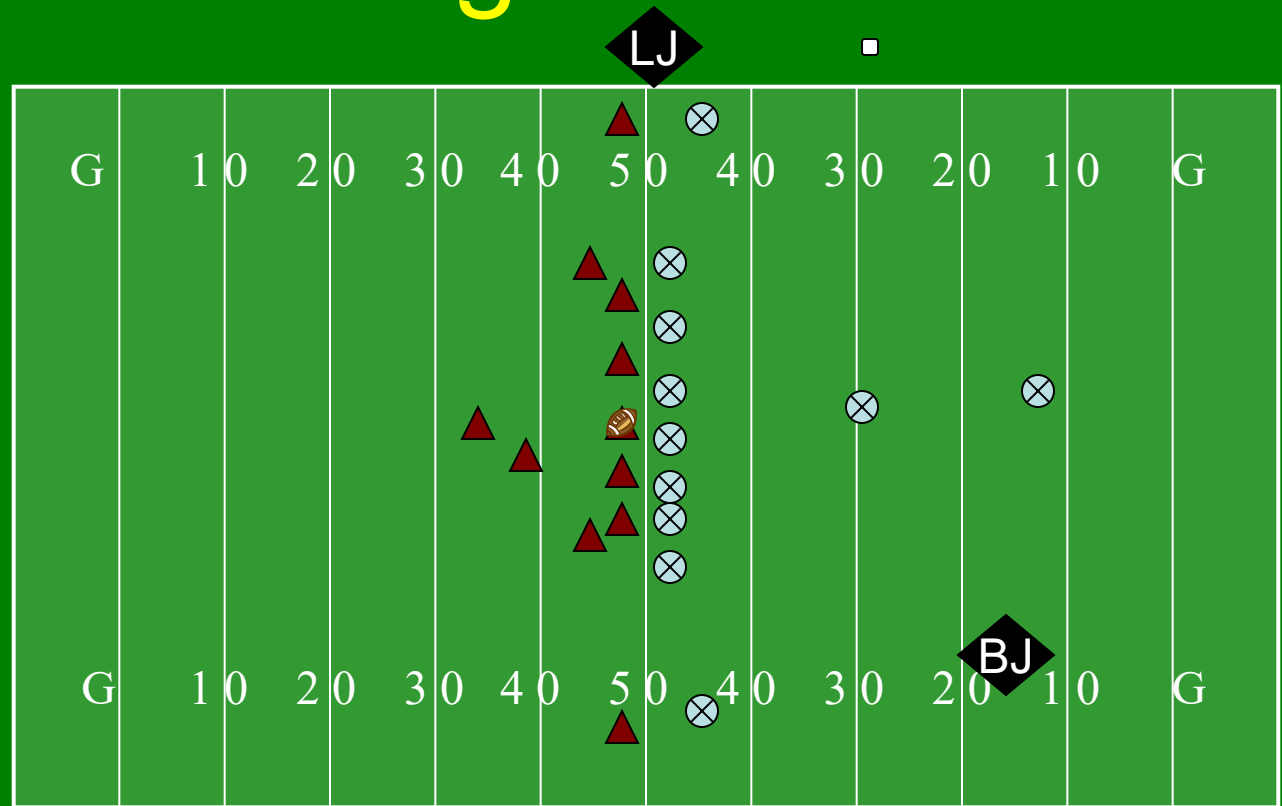
Line Judge

Position on line of scrimmage

Move down field after snap

Drop Bean Bag to mark end of short kicks to your side

Pick up responsibility for ball carrier from Back Judge on returns to your side



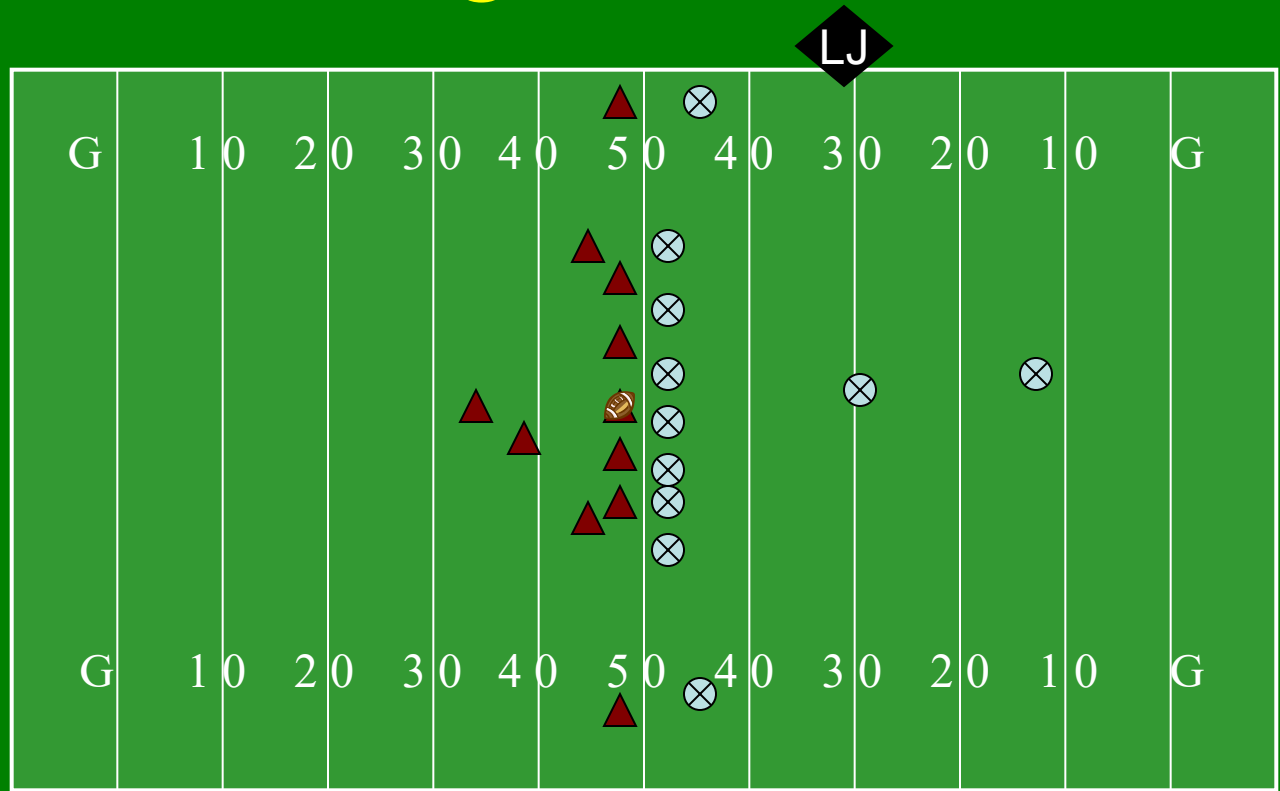
Scrimmage Kick

Line Judge

If out of bounds in flight, move past where ball went out and walk forward until Referee spots you

On grounded kicks out of bounds, mark spot and observe action

On return to Linesman side, move slowly behind play observe all action



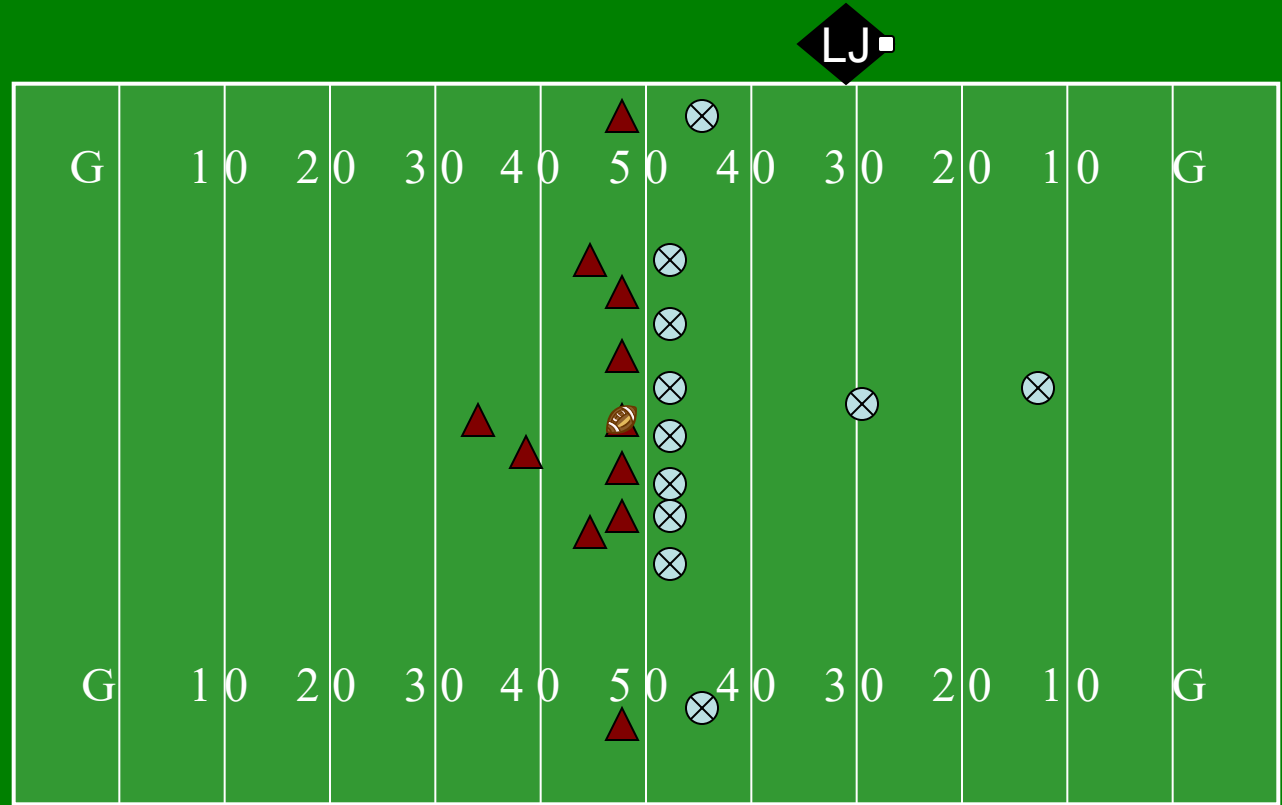
Scrimmage Kick

Line Judge

If K first to touch, mark spot of first touching with bean bag

If fair catch is signaled on short kicks to your side, sound whistle (see notes) after kick is complete (know when Kick ends), and mark spot

If muffed, you must clean up



Scrimmage Kick

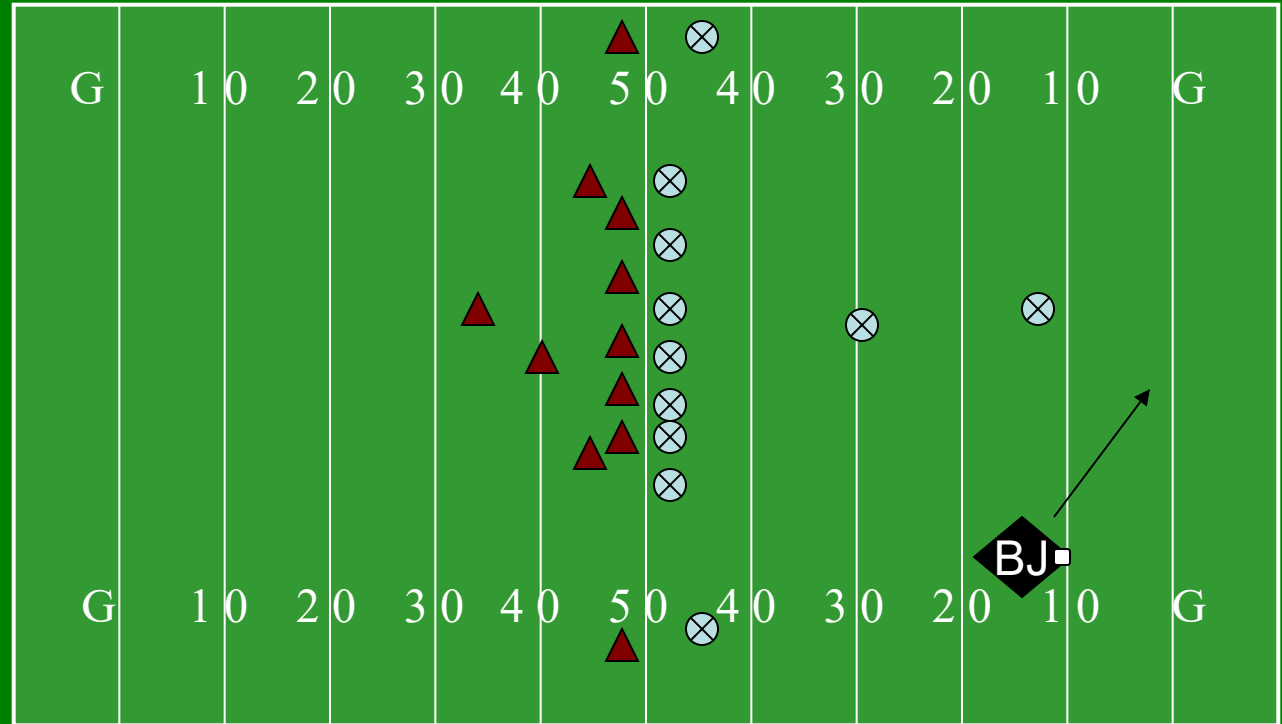
Back Judge

Position 7 to 10 yards in front of deepest receiver and in position to cover sideline

Carry bean bag in hand

Be ready to rule on momentum inside 5 yard line

Observe initial action around receiver

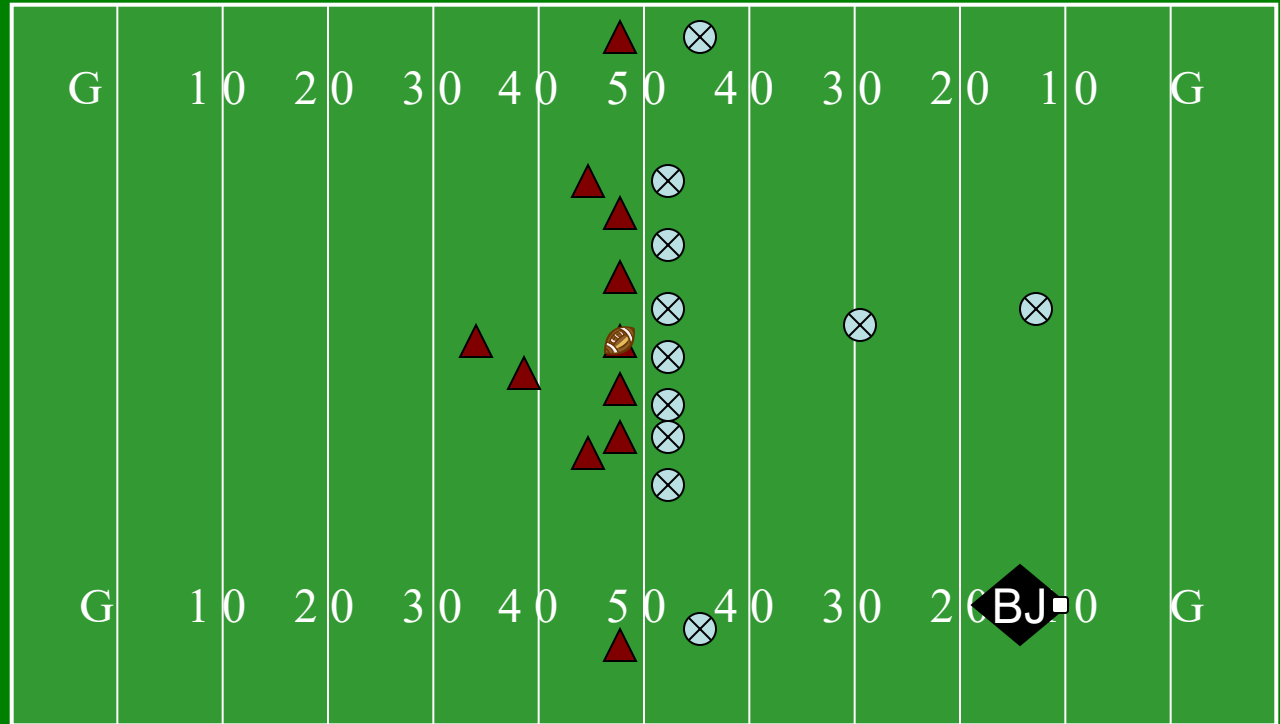


Scrimmage Kick

Back Judge

Drop Bean Bag to mark end of kick

Maintain responsibility of ball carrier on returns up the middle and to your side until released to other official



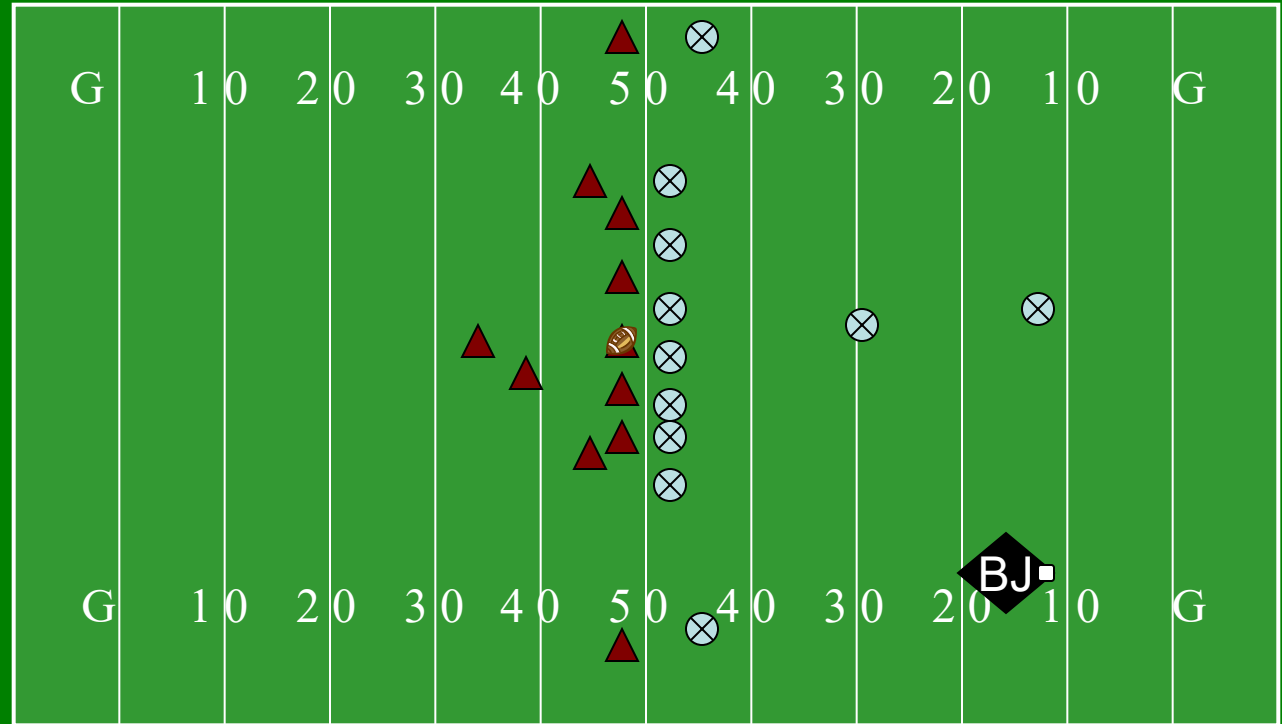
Scrimmage Kick

Back Judge

If K first to touch, mark spot of first touching with bean bag

If fair catch is signaled on short kicks to your side, sound whistle (see notes) after kick is complete (know when Kick ends), and mark spot

Be ready for muff



Field Goal and Try Attempts (all)

Referee

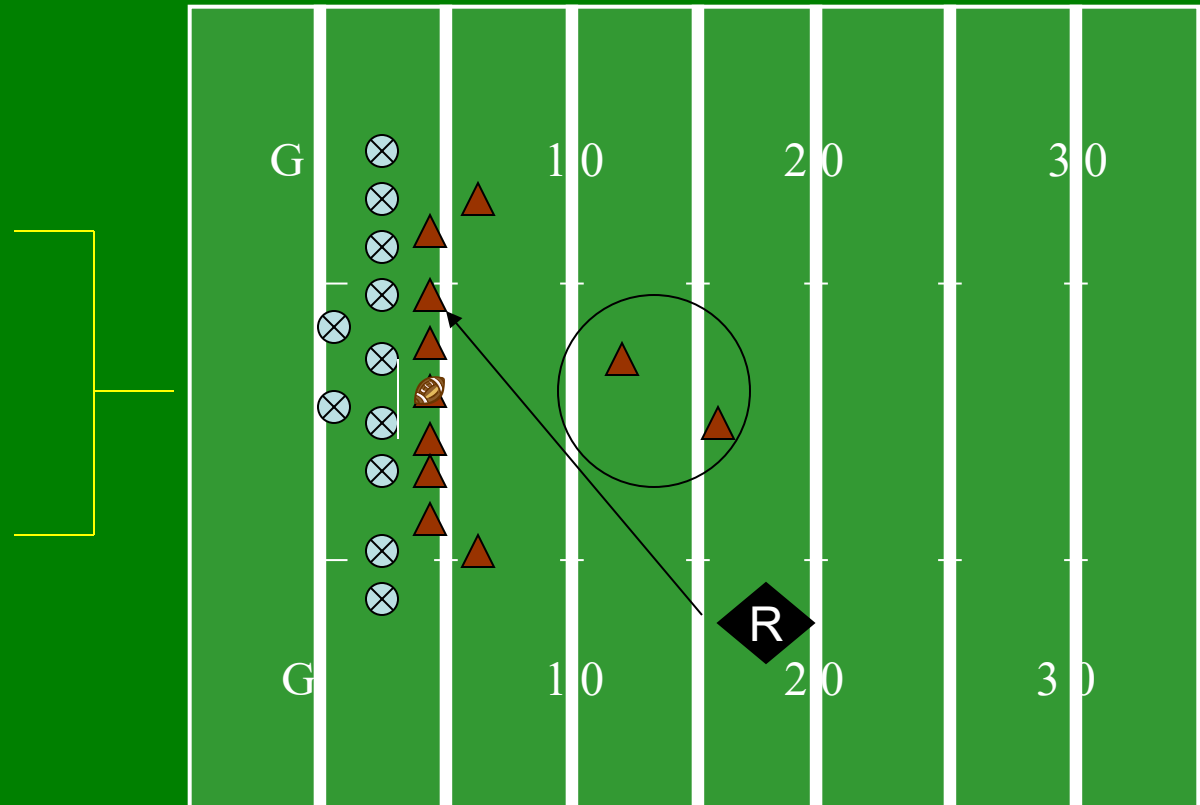
Position 1 yard behind and 2 to 3 yards to side of kicker facing holder

Observe Kicker, Holder, and opposite side tackle

Be ready for fumble or fake

Assist Line Judge / Linesman with side line if run develops

Rule on roughing kicker / holder

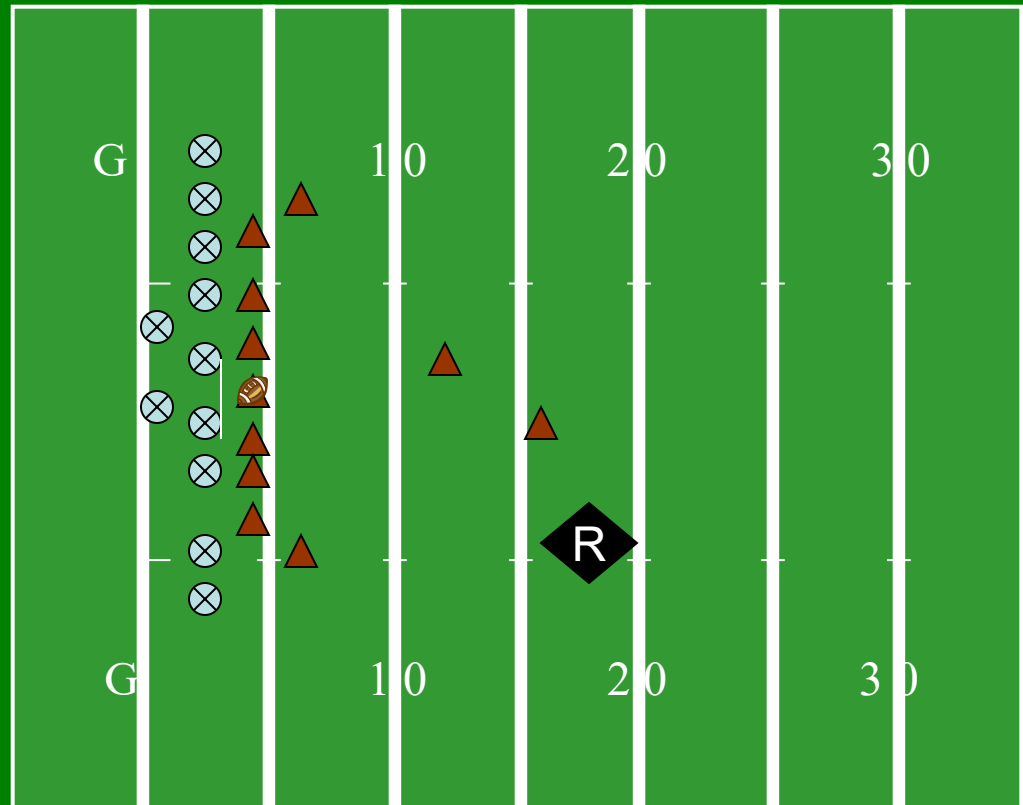
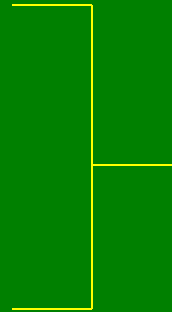


Field Goal and Try Attempts (all)

Referee

After ball is kicked, if try, sound whistle, if field goal, ball live

Signal score or no score after receiving signal from Back Judge or Line Judge



Field Goal and Try Attempts (all)

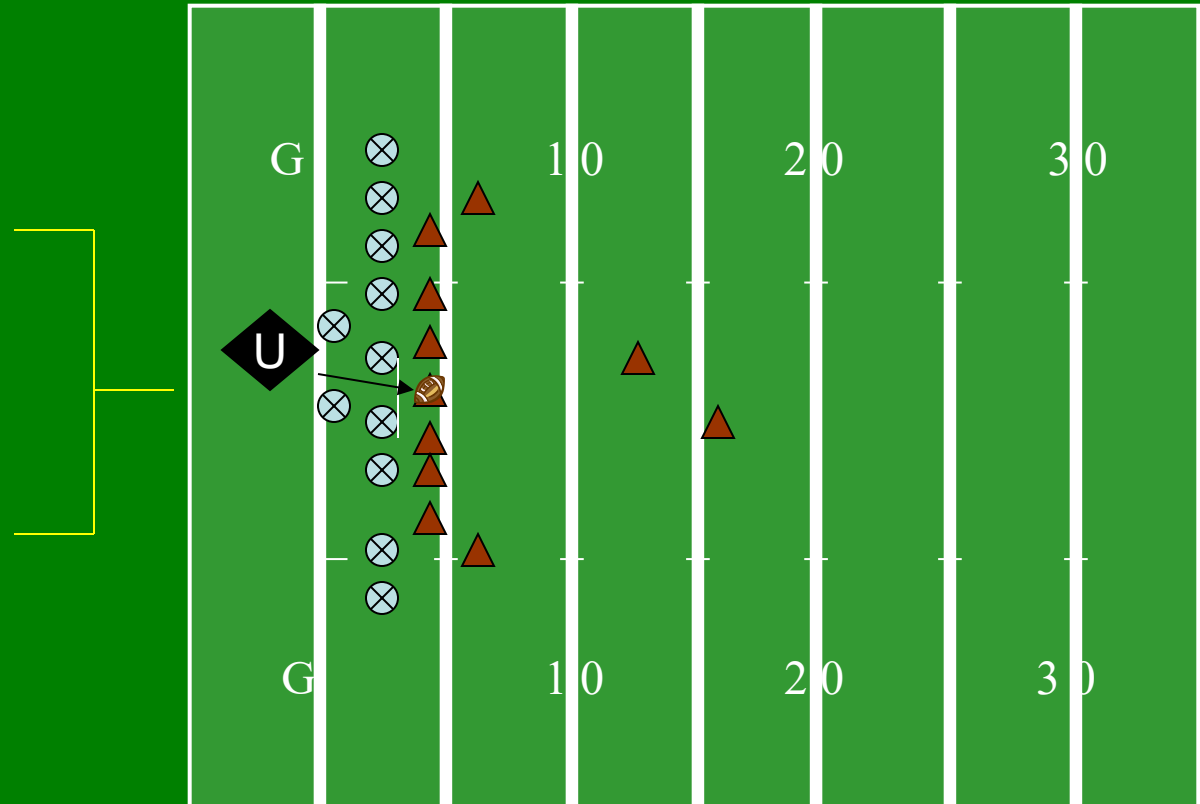
Umpire

Position 5-7 yards deep keeping ball in view

Check numbering exceptions

After snap, step toward neutral zone watching for roughing the snapper

After kick crosses neutral zone, pivot to line judge side and assist with coverage



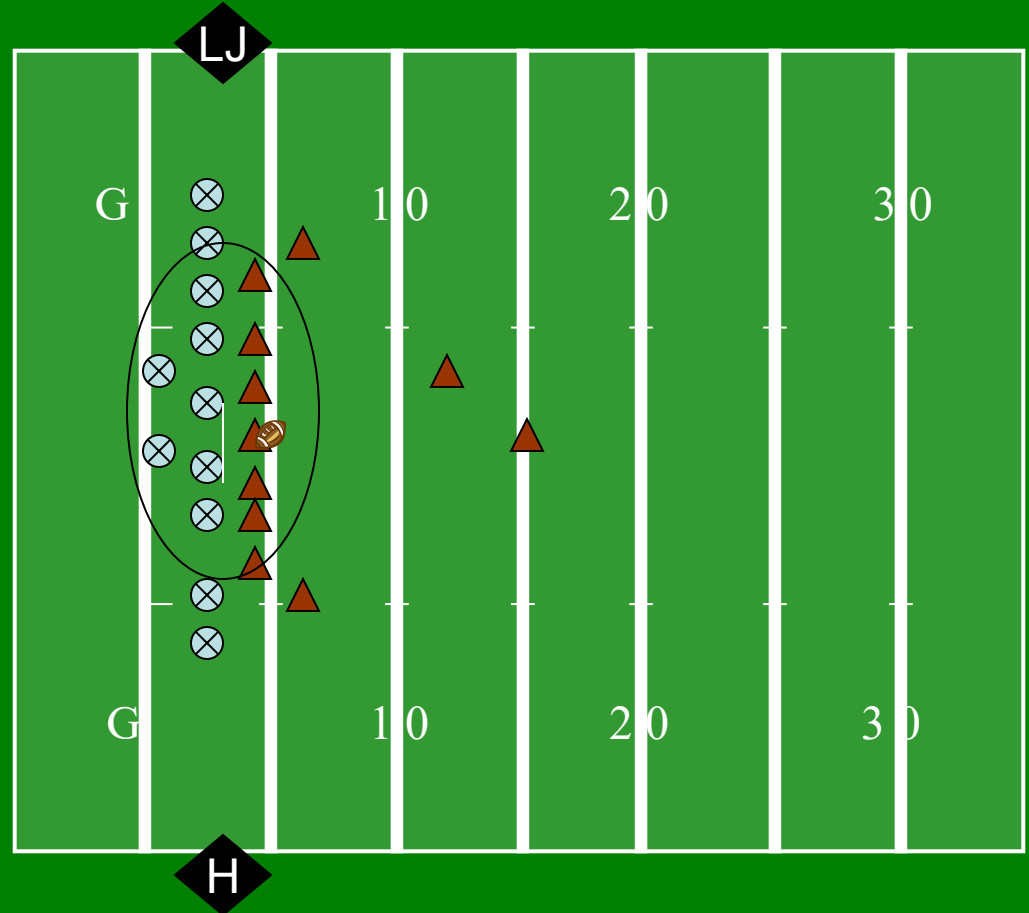
Field Goal and Try Attempts

H/LJ

Position on line-of-scrimmage to be determined by R's position (see notes)

Watch line play

If run or pass develops handle as goal line play



Field Goal and Try Attempts (inside 25 yard line)

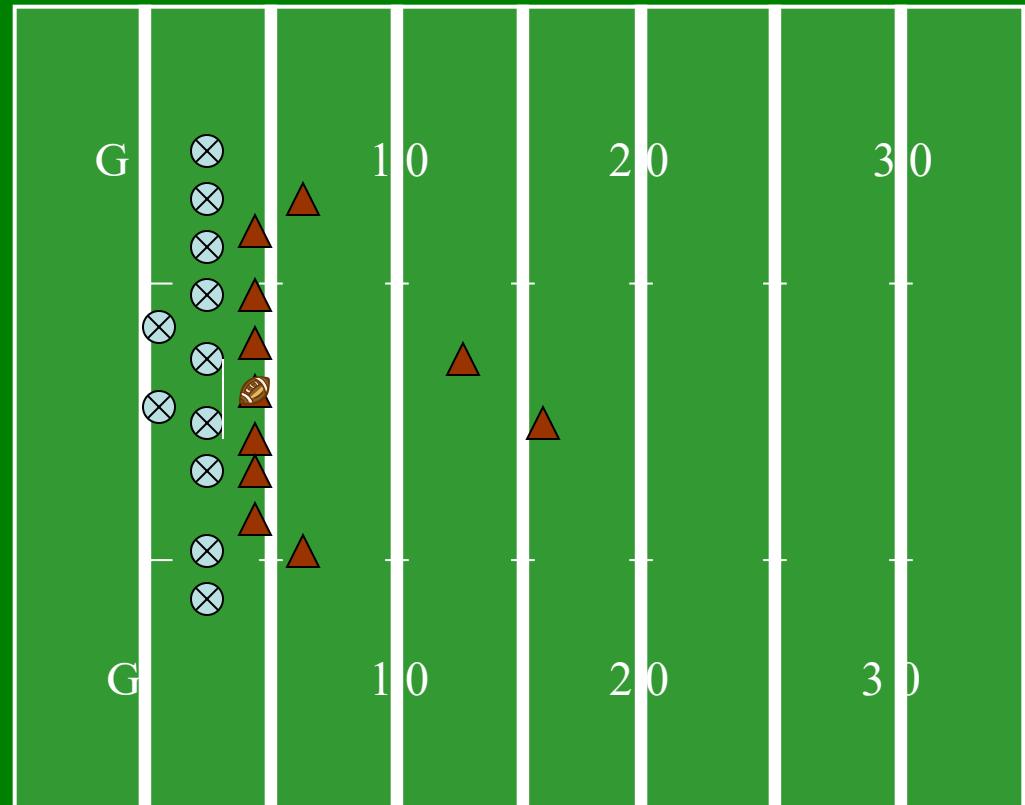
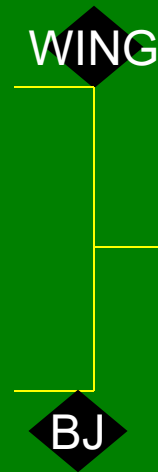
LJ/H

Position under
uprights with Back
Judge determined by
R's position

Rule on kick to your
upright

If run or pass
develops, move to the
side line and work
back to the play

Signal score for
successful or
unsuccessful (see
notes) for no score



Field Goal and Try Attempts (all)

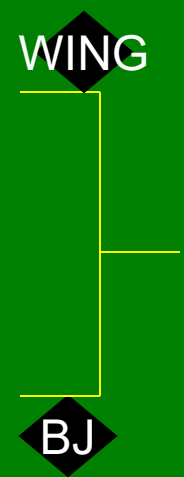
Back Judge

Position under uprights EITHER with H or LJ

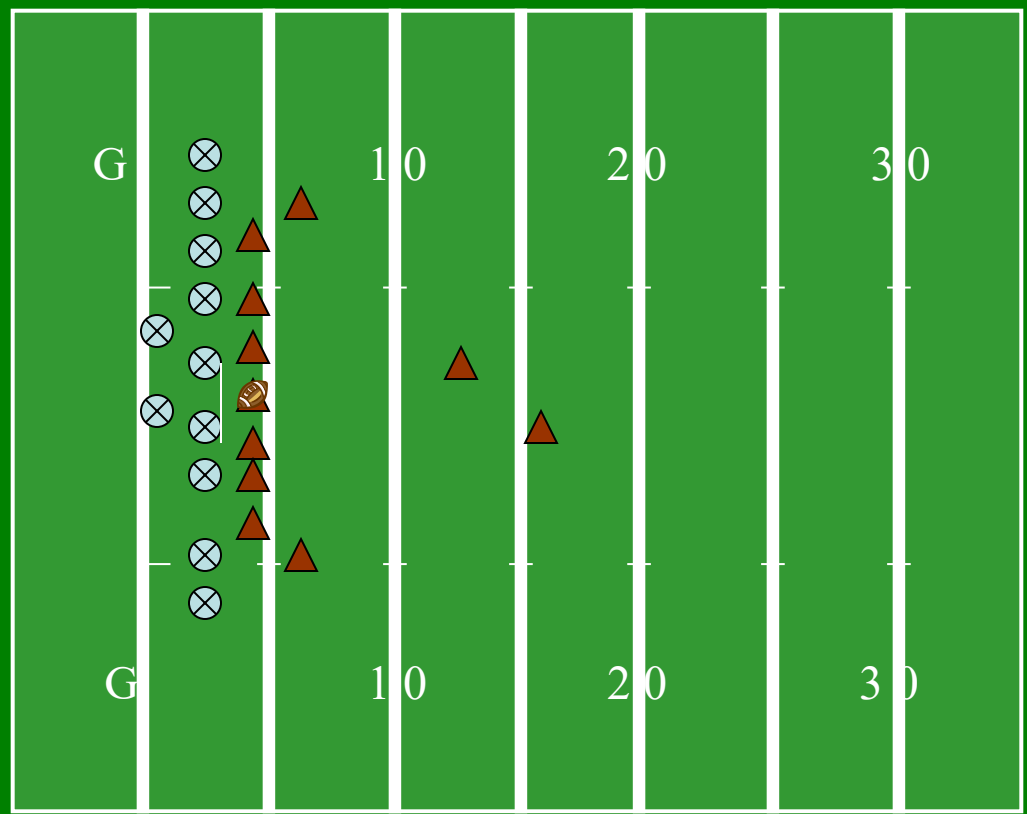
Sound whistle when ball crosses plane of end zone and rule on kick

Successful signal score, unsuccessful, signal no score and if field goal attempt, signal touchback

If field goal does not cross plane, handle as scrimmage kick



Inside 25 yard line



Field Goal Attempt 25 yard line +

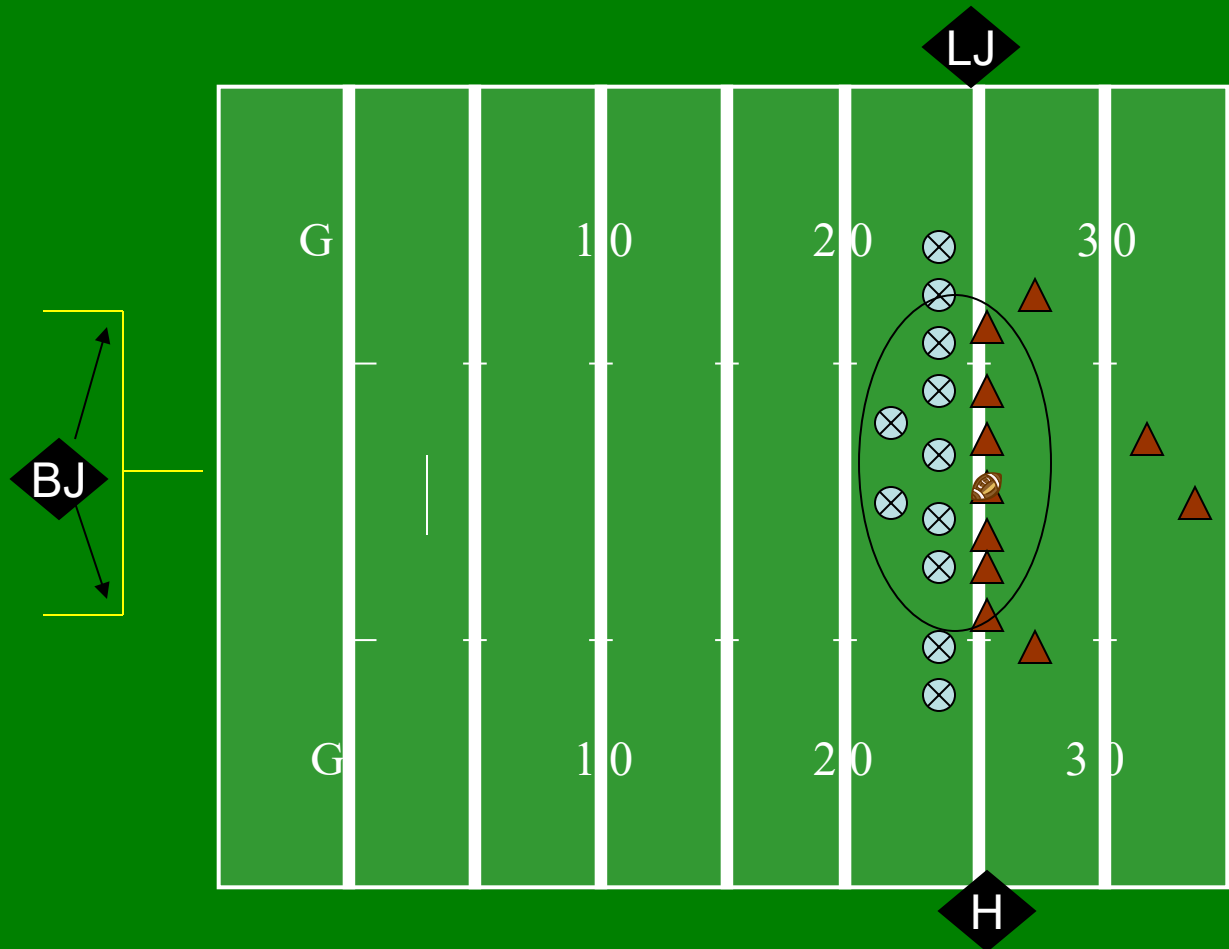
Back Judge

Initial position will be in center of Crossbar

Will have responsibility of BOTH uprights!

BJ will slide to challenged upright to make appropriate ruling

H/LJ will have "normal" LOS positions



Goal-Line Plays (Inside 10 yards)

Referee

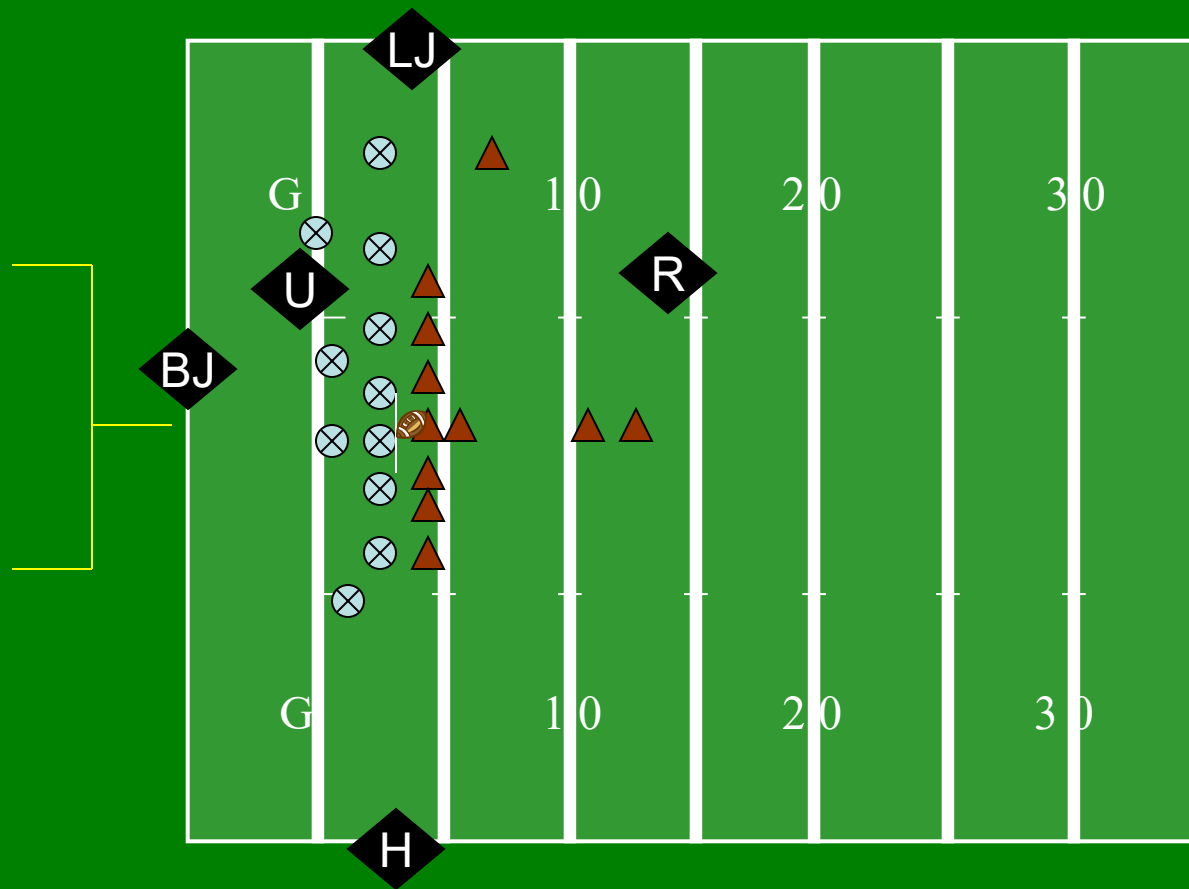
Same Coverage as Running and Passing Plays

Umpire

Move to goal line AFTER ball is snapped depending on initial position

Linesman & Line Judge

Move to goal line and work back on play



Goal-Line Plays (Inside 10 yards)

Back Judge

End line responsibility

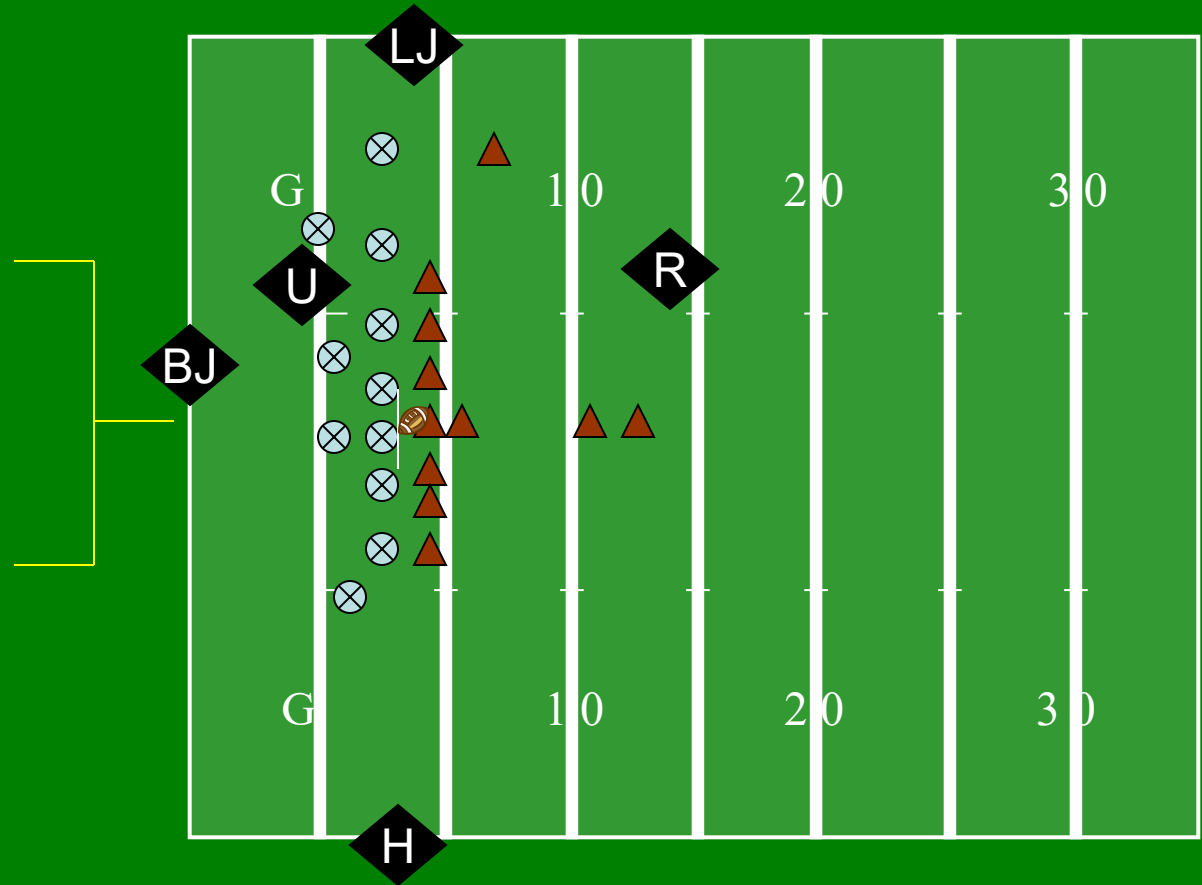
All Officials

ONLY signal

Touchdown if you see ball cross goal line
(primary coverage is wing officials – U should communicate only)

Do NOT mirror signal

Communicate on dual coverage areas



Measurement

Line Judge

Align Linesman up with line and ball

Linesman

Walk chains out, place clip on line and hold

Back Judge

After Linesman ready, pull chain

Umpire

Hold Ball

Referee

Determine if ball across line-to-gain

