

NYSACFO Syracuse Chapter

March 24, 2025

Girls' Flag  
Points of Emphasis &  
Film Study

# Reviewing Last Week (Mechanics)

- 🏈 Slides on website include Penalty Chart
  - 🏈 Only 2 LODs & 2 Automatic First Downs
- 🏈 Philosophy on Modified Games: work with the girls on non-contact fouls (e.g. formations, motions, encroachment, etc.)
- 🏈 ABO = All But One Principle
  - 🏈 Do NOT apply Tackle Football 2023 “Holding Rule” (i.e. do not enforce an offensive illegal block/personal foul from the previous spot)
- 🏈 Questions from last week?

# Rule 6: Formations, Motions & Shifts

## Position and Action during the Snap

1. The offensive team must have at least 4 players within 1 yard of the scrimmage line at the snap.

*Penalty: Illegal Formation, 5 yards from previous spot*

2. All offensive players must be within 15 yards of the ball. *Penalty: Illegal Formation, 5 yards from previous spot*

3. One offensive player may be in motion, but not in motion toward the opponent's goal line. *Penalty: Illegal Motion, 5 yards from previous spot*

4. To start the game, 2nd half and following scores, the ball will be placed on the 14-yard line. *The ball is to be spotted in the middle of the field for all plays.*

4. The player who receives the snap must be at least two yards behind the offensive scrimmage. *Penalty: Illegal Formation, 5 yards from previous spot*

5. In a snap preceded by a huddle or shift, all offensive players must come to a complete stop and remain stationary in legal position without movement of feet, body, head, arms for at least one full second before the snap. *Penalty – Illegal Shift, 5 yards from previous spot*

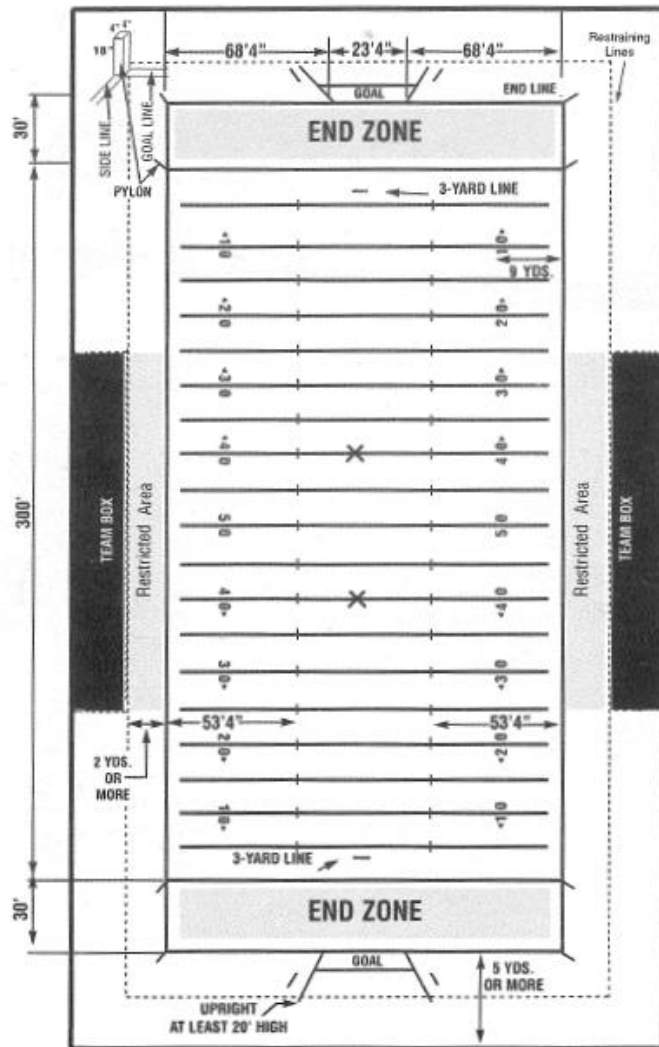
Very similar to tackle football except a player is on the line if they are within 1 yard of the LOS

# Rule 6 Summary: Formations, Motions & Shifts

- Offense = 4 within 1 yard, and all 7 within 15 yards
  - No QB under center (2 yards back)
  - Only 1 player in motion at snap
  - **2025 NEW RULE**: if the illegal motion results from a player on the line failing to first become a back, **DEAD BALL** foul (**yellow text**) (film play 7)
- Defense = no restrictions other than encroachment (just behind the "puck")

1. Following the ready for play and until the snap, no player on defense may encroach, touch the ball, nor may any player contact opponents or in any other way interfere with them. This includes standing in the neutral zone to give defensive signals or shifting through the zone. After the snapper has placed his/her hands on the ball, it is encroachment for any player to break the scrimmage line plane, except for the snapper's right to be over the ball. A player initially lined up within 1 yard of the line of scrimmage, can shift to a position clearly more than 1 yard behind the line of scrimmage and then go in motion. *Penalty: Dead Ball Foul, Encroachment, 5 yards from the previous spot.*

NFHS Football Field Diagram  
11-player Football Field



# The Field

Tackle Football R. 1-2-3(e): "hash marks" . . . shall be located 53 feet, 4 inches from and parallel with each sideline dividing the field of play longitudinally in thirds (i.e.  $53.333/3 = 17.77$  yards between hashes)

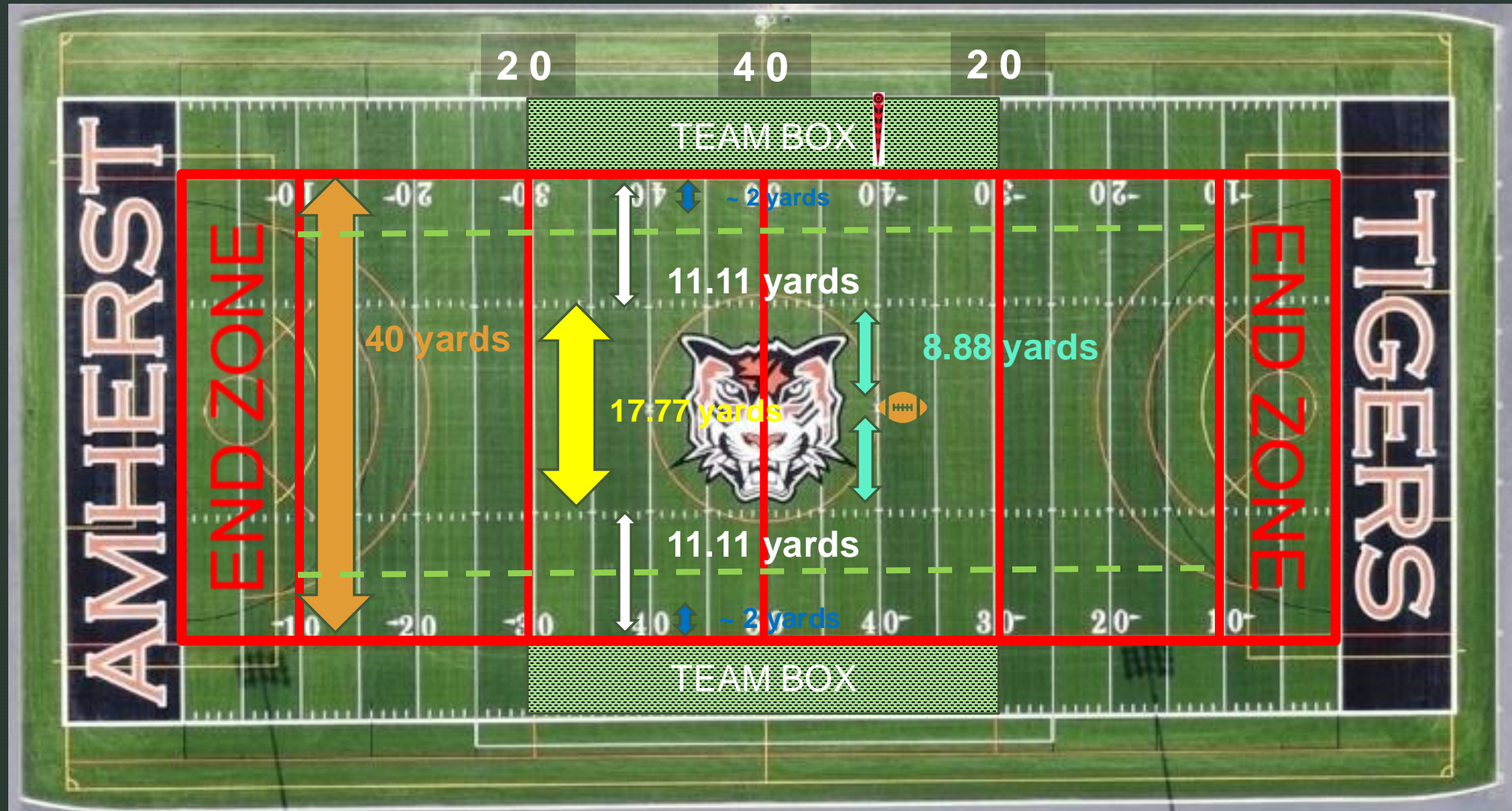
8.88 yards of hash + 6.12 yards of sidezone =  
15 yards (if snapped from center of field)

—Or—

Top of numbers = Just over 2 yards from sideline  
so take three big steps from top of numbers



The Field & Offensive Formations  
15 yards from ball or  
3 BIG STEPS from the top of the numbers



# Rules 6 & 7: Flag Removal & Blocking

## 7. BLOCKING

1. Offense Blocking – The offensive blocking shall take place without contact. The blocker shall have his/her hands and arms at his/her side, behind his/her back, or crossed on his/her chest. Any use of the hands, arms, elbows, legs, or body to initiate contact during an offensive block is illegal. *Penalty: Personal Foul, 10 yards*
2. Interlock Blocking - Teammates of a runner or passer may interfere for him/her by screen blocking but shall not use interlocked interference by grasping or encircling one another in any manner.
3. Defensive Rush and Use of Hands – Defensive players must attempt to go around the offensive blocker. Defensive players must not use any part of his/her arms, hands, elbows, or any part of the body to contact the offensive player. *Penalty: Personal Foul, 10 yards from previous spot*

Not a Contact Sport like Fall Football –  
Incidental Contact is OK but Intentional Contact is a FOUL

Similar to block/charge in basketball – if there's significant, intentional contact, expect a flag on one team or the other, particularly at the line of scrimmage

# Rules 6 & 7: Flag Removal & Blocking

- Screen Blocking - Screen Blocking is legally obstructing an opponent without initiating contact with him/her with any part of the screen blocker's body. There shall be no moving screens beyond the line of scrimmage. Offensive players beyond the line of scrimmage may set a standing pick (similar to basketball) or may follow the play in event of a backward pass (pitch play). *A screen blocker shall take a position so that a moving opponent can avoid contact; a blocker cannot 'blind side' an opponent.*

**Not a Contact Sport like Fall Football**  
**Similar to a screen in basketball – can not be moving**

- Flag Guarding - A runner shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt. A player may use a spin, jump cut, or dip, however; must keep their arms away from their flag to avoid flag guarding. *There does not need to be contact by the runner for flag guarding to occur. Penalty: Flag guarding, 10 yards*

A. A runner shall be prohibited from contacting an opponent with an extended hand or arm which includes the use of a "stiff arm" to flag guard. *Penalty: Flag guarding, 10 yards*

**Is screen blocking a personal foul? No. Zero Contact. No Penalty Statement.**  
**Give the Signal for Flag Guarding but announce Screen Blocking Downfield.**







## FILM STUDY

Formations, Encroachment, Illegal Motion/Shift, Blocking Personal Fouls, Flag  
Guarding for Illegal Screen Blocking Downfield

