

## MSHSL Football

### Free Kicks:

- Kick offs from the 40-yard line.
  - Ball must hit the ground and travel 10 yards for K to receive ball. If K catches the ball, it becomes dead.
  - Must have at-least 4 players on each side of the ball prior to kicking it (timing play)
  - All K players (except the kicker) must be within 5 yards of the ball
    - Only the player beyond 5 yards is allowed to kick the ball. If anyone else does, an illegal kick and Back Judge should kill the play.
    - A Bunch kick is illegal. Players need to be 2 yards from each other and the ball. If K shifts into bunch formation – Back Judge should kill the play.
    - A kick driven into the ground so that it immediately goes in the air is illegal. Line Judge should kill this play.
  - Any kicks that cross the goal line become dead
  - If K touches the ball prior to 10 yards, it is considered first touching of the ball, if touched past 10 yards start clock and no bean bag. K may recover the ball but not advance.
  - No K player can block within the 10 yards on an on-side kick unless R is first to contact them (if they do penalize from preceeding spot 10 yards) signal 43
  - A or K can never advance the ball
  - Ball must stay inbounds during the kickoff. If goes out of bounds, then 3 options:
    - 5-yard penalty and re-kick
    - Take the ball 25 yards from previous spot
    - Decline penalty and take the ball at the spot where it went out of bounds.

### Scrimmage Kicks:

- Scrimmage kicks must be kicked from in or behind the neutral zone
- Any R player may catch or recover a scrimmage kick and advance, unless R has given a fair catch signal
- Any K player may catch or recover a scrimmage kick and advance while it is in or behind the neutral zone.
- Any K player may catch or recover a scrimmage kick while it is beyond the neutral zone, provided such kick has been touched by R who is beyond the neutral zone. R can't be blocked into the ball.
- Any scrimmage kicks that cross the goal line become dead

- When any K player touches a scrimmage kick beyond the neutral zone not touched by R, it is considered first touching of a kick. The ball remains alive and R may still advance.
- Any kick out of bounds belongs to R (doesn't matter what down)
- Kick Catching Interference – R may choose an awarded fair catch after the enforcement of a 15-yard penalty enforced from the spot of the foul or R may take the results of the play, or R may choose to have K re-kick after a 15-yard penalty from the previous spot. After enforcement, team R may snap or free kick.
- Only A can score on a Try

## Passing the Ball

- Legal forward pass is from in or behind the neutral zone.
- Illegal forward pass is:
  - After change of possession
  - A pass beyond the neutral zone
  - A pass intentionally thrown into an area not occupied by a receiver
  - A pass intentionally thrown to save loss of yardage – you may take a direct snap and throw the ball to the ground to conserve time
  - A second forward pass during the down
- Forward pass completed:
  - By eligible receiver – ball remains live
  - By ineligible receiver – ball remains live
  - Intercepted – ball remains live
  - Simultaneously by opponents – ball becomes dead
- Incompleted forward pass:
  - Pass which touches the ground
  - Pass which goes out of bounds
  - Pass possessed by a player who is in the air, then first touches the ground out of bounds
- Pass Eligibility:
  - All A players by position and numbers who at the snap are on the ends of the LOS or behind the LOS and who's numbers are 1-49 or 80-99.
  - All A players are become eligible when B touches the ball.
  - All B players
  - A player eligible at the start of the snap is eligible throughout the down.

- Pass Interference:
  - Restrictions only apply beyond the neutral zone and only if the legal pass is thrown forward untouched by B and crosses the neutral zone.
  - Restrictions begin for A at the snap and B when the ball leaves the passers hand.
  - Restrctions end for eligible A when the pass has been touched by any player. For all ineligible A when B touches the pass. For B when the pass touches any player.
  - It is forward pass interference if any player of A or B who is beyond the neutral zone interferes with an eligible opponent's opportunity to move toward, catch or bat the pass. Any player hinders the vision without making an attempt to catch, intercept or bat the ball – even though no contact was made.
  - Place the action into one of these categories:
    - Not playing the ball
    - Arm bar
    - Hook and turn
    - Face guarding
    - Getting there too early
    - Cut off
  
- Penalty for forward pass
  - Pass after legal possession has changed – Loss of 5 yards
  - Pass beyond the neutral zone – Loss of 5 yards and loss of down
  - Pass intentionally thrown into an area not occupied or to conserve time – Loss of 5 yards and loss of down
  - A hinders B – Loss of 15 yards
  - B hinders A – Loss of 15 yards
  - Ineligible down field – Loss of 5 yards
  - Illegal touching – Loss of 5 yards and loss of down
  
- Catch
  - A catch is the act of establishing player possession of a live ball which is in flight, and first contacting the ground inbounds while maintaining possession of the ball, *or having the forward progress of the player in possession stopped while the opponent is carrying the player in possession and inbounds.*
  
- Helmet off
  - Any situation in which a player whose helmet comes completely off during the down without being attributable to a foul, must sit out one play unless halftime or overtime. You may not buy their way back into the game with a time out.
  - 3-5-10d states that a player whose helmet comes completely off during a subsequent dead-ball action is treated the same as a live-ball situation.

- 9-4-3l initiating contact with an opponent whose helmet has come completely off is a personal foul.
- 9-6-4 states that a player who continues to participate beyond the immediate action in which the player is engaged after their helmet has come completely off shall be penalized for illegal participation.
- Free blocking zone
  - Blocking below the waist or clipping and blocking in the back is permitted in the free blocking zone when:
    - All players involved in blocking are on the line of scrimmage and in the zone at the time of the snap
    - The contact is in the free blocking zone
    - The ball has not left the free blocking zone
  - Basic rules to keep in mind at the snap
    - Defensive players may not clip
    - Offensive backs may not clip
    - Offensive lineman not in the zone at the snap may not clip
  - Holding – 3 categories
    - Take down
    - Grab and restrict
    - Grab and twist
    - Shirt stretch
    - Hook and restrict
  - 2016 New Rules
    - Mouth guards can be any color
    - Gloves must have the NOCSAE or SFIA stamp or made of cloth
    - Clipping in the free blocking zone is illegal
    - New Minnesota Rules
      - A bunch kick for a free kick is illegal. Players must be 2 yards apart on the free kick. Blown dead by Back Judge
      - A free kick that immediately goes into the ground and then into the air is illegal. Blown dead by the Line Judge