

Kicking Game – Free Kick 2018 Training

Free Kick

Ball is kicked to the 2-yard line and is:

- Caught by R and his momentum takes him into the end zone (Ball spotted at 2-yard line)
 - If caught inside the 1, give benefit of the doubt and call a touchback
- Caught by R and he turns and runs into the end zone (Live, no momentum rule – could be safety)
- Caught by R who pitches ball into end zone to another R player (Live, no momentum rule – could be safety)
- Muffed by R and is recovered in the end zone by R (Touchback)
- Muffed by R and recovered by K at 1-yard line who takes it into the end zone (K ball @ 1)
- Muffed by R and recovered in the end zone by K (Touchback)
- Muffed by K and goes into the end zone (Touchback)

Ball is kicked directly into the air 15 yards down field and is:

- Caught by K with R player in position to catch the ball (KCI)
- Caught by K with no R player in position to catch the ball (KCI)
- Touched by K and then recovered by R who then fumbles the ball and K recovered it (No first touching other than 1st 10 yards – K's ball)
- Muffed by R and recovered by K (K's ball but can't advance)
- Muffed by R and rolls out of bounds (R's ball at spot OB)
- Muffed by K and rolls out of bounds (Kickoff OOB)
- Caught by R, advanced, then fumbled & recovered by K (K's ball – K can advance it)
- Bounces off R and recovered by K (K's ball)
- Touched by R who is standing with one foot out of bounds (Kick OOB)
- Touched by R and recovered in joint possession of K & R (R ball)

Ball is kicked into the ground (onside kick) and is:

- Touched by R 8 yards down field (Live ball – Can be recovered by K)
- Touched by K 8 yards down field (First Touching)
- K hits R in position to recover the ball before the ball has gone 10 yards (Ill Block–10 yards)
- K hits R not in position to recover the ball before ball has gone 10 yards (Ill Block–10 yards)
- Recovered by K who runs for a touchdown (Illegal – K can't advance kick)

Rules

****New Rule** – If the kicking team commits a foul other than KCI during a free or scrimmage kick (and doesn't end up with the ball) the receiving team may choose to have the penalty enforced at the end of the down. R still has all the previous options as well. Allows R to tack on penalty yardage.

- Tricky part of this rule is when did K commit the penalty – If before the change of possession, may enforce on the try or decline penalty – if after change of possession, may enforce on the try or succeeding kickoff.

-Kickoff – must be place kick or drop kick between the hash marks from 40-yard line

-Kickoff after a safety – May be a punt, place kick or drop kick from 20-yard line

-K may have no players more than 5 yards behind their free kick line except Kicker.

-Clock starts when the ball is touched by either team (other than first touching by K)

-Once the ball is legally kicked, it remains a kick until the ball becomes dead or is caught or recovered.

-K may not touch the ball until it touches a Team R player or it touches the ground and it breaks the plane of Team R's free kick line

- Team K is prohibited from blocking an opponent until they are eligible to recover the ball, ball has gone 10 yards or receiving team initiates a block within the neutral zone (10 yards Illegal Block)
- Team R may not block the kicker until he has advanced 5 yards beyond Team K's free kick line or until the kick has touched the ground or a player. (15 yards Illegal Block)
- A fair catch may be made during a free kick in or beyond the neutral zone (different from scrimmage kick-scrimmage kick is only beyond the neutral zone)
- Fair catch protections are given to a player who makes a valid fair catch signal (No protection if another player gives a signal or the signal is invalid)
- Receiving team players must have an unhindered opportunity to catch a kick regardless of if he has made a fair catch signal or not.
- Pop up kick – Kicker drives the ball directly into the ground and it bounces into the air higher than player's head.
- Kick Catch interference penalty options – (1) 15-yard penalty from previous spot and rekick (2) Result of the Play (3) Awarded Fair Catch with enforcement of a 15-yard penalty from spot of foul
- Blocking below the waist is prohibited everywhere on the field
- Team K player who goes out of bounds during the down before any change of possession (unless blocked out) must remain out of bounds until the ball becomes dead. (No such restriction on R player)
- Momentum Rule – Team R catches a kick inside his 5-yard line and his momentum carries him into his end zone and the ball becomes dead there. Team R gets the ball at the spot of the catch (Bean Bag)
- If team K commits first touching, team R may take the ball at that spot. Exceptions: Team R touches the ball and commits a foul or there is an accepted penalty or offsetting fouls, this option is cancelled.
- Team K may recover a kick but they cannot advance it.
- First touching only occurs in the neutral zone (10-yard area on a free kick)
- K must have at least 4 players on each side of the ball at the time of the kick. They may line up with less than 4 players on one side as long as a player moves over before the ball is kicked.
- There is no requirement for players to be within the 9-yard marks after the ready for play (unlike scrimmage kick) 7-2-1 & 2-14-3
- There can be more than one spot of first touching.

Kicking Game – Scrimmage Kick 2018 Training

Scrimmage Kick

Ball is kicked to the 20-yard line and:

- Is moving when K touches the ball and the ball remains in motion (remains live)
- comes to rest in the field of play and K touches the ball and quickly removes it. (Dead when ball came to rest and no player attempting to recover it.)

4th & 3 @ K40, ball is kicked 5 yards downfield from LOS and:

- Ball is touched by R and recovered by K (K's ball)
- Ball hits ground, bounces behind the LOS untouched, and K recovers the ball. (K has multiple options (run, pass kick) but must get 1st down to keep the ball.)

3rd & 10 @ K40, ball is kicked 5 yards downfield from LOS and:

- Ball hits ground, bounces behind LOS & K runs short of LTG. (K can run, pass kick but (If they don't get a first down, the continuity of downs has not changed and it is 4th down.)
- Ball goes out of bounds at K45 (R's ball regardless of where it went OOB)

Ball is kicked 20 yards downfield and:

- K jumps and catches the ball while R is in position to catch it (KCI)
- K jumps and catches the ball with no R player in position to catch it (Legal)
- R blocks K into Receiver (No KCI)

FG attempt from 40 yards and:

- Ball comes to rest on 2-yard line (R's ball @ 2-yard line)
- Ball goes into end zone – No good (R's ball @ 20-yard line)
- Ball is blocked at LOS and recovered by K 10 yards down field (touching ignored – R's ball)
- Ball is blocked at LOS and recovered by K behind LOS and runs for 1st down. (1st down for K)

Definitions:

Neutral Zone – Rectangular area between the team's scrimmage lines - width of the football

Expanded Neutral Zone – Extends 2 yards beyond the defensive line of scrimmage in the field of play.

- Blocking a kick by R in or behind the expanded neutral zone is ignored.

Kicker – Player who legally kicks the ball

Rules

-Must be made in or behind the neutral zone during a scrimmage down

-First touching only occurs by K beyond the expanded neutral zone

-Scrimmage Kick Formation

-FG/XP-a player in position with a knee on the ground at least seven yards behind the LOS

-Punt-a player at least 10 yards behind the LOS.

-4th down - any number of lineman outside 50-79

-3rd down – only snapper can be outside 50-79

-Scrimmage Kick Formation-Defense may not charge directly into the snapper until snapper can protect himself, blocks or moves to participate in the play.

-If a scrimmage kick goes out of bounds regardless of the down, who touched it last or whether or not it crossed the line, ball goes to the receiving team.

-Scrimmage Kick Key Question – Is the ball beyond the neutral zone when touched

If No, either team may catch or recover the ball and advance it

If No, Team K may run, pass or kick it again from behind the line.

If No, the continuity of downs is not broken even if R touches the ball behind the LOS

If No, there is no first touching

If Yes, the continuity of downs is broken

If Yes, if Team R touches or muffs the kick, Team K may catch/recover but not advance it.

If Yes, If Team K touches the ball, it is first touching. Team R may take the ball at any spot of first touching as long as team R doesn't commit a foul after the ball is touched, there are offsetting fouls, or there is an accepted penalty.

-Field Goals are treated just like punts, except when the ball breaks the goal line, it doesn't become dead until ruled good or no good.

-Receiving team must have an unhindered opportunity to catch the kick regardless if he signaled for fair catch or not.

-Blocking below the waist is prohibited everywhere on the field except right after snap on the LOS or against the runner.

-Momentum Rule – Team R catches a kick inside his 5-yard line and his momentum carries him into his end zone and the ball becomes dead there. Team R gets the ball at the spot of the catch (Bean Bag)

-The ball becomes dead when any player on Team makes a fair catch signal (regardless of valid or invalid & regardless of who catches the ball)

-There are no restrictions on Team K players going downfield before the kick.

-If Kicker is beyond the Neutral Zone during a kick, it is an illegal kick, 15-yard penalty from spot of the kick. Ball remains live and is treated as a fumble.

-Extra Point – Like FG except only option is good or no good. Kick ends when recovered by R or it is apparent kick will not score.

-A receiver who gives a fair catch signal can not block until the kick has ended.

-No Roughing the Kicker if the ball is not kicked.