

Week of 10/15 Notes/Reminders:

1. Play of the Night on the Friday night highlight show was a player Hurdling an opponent. The play looked great on TV, but this play is actually illegal under federation rules.

Rule references:

Rule 2.22 HURDLING

Hurdling is an attempt by a player to jump (hurdle) with one or both feet or knees foremost over an opponent who is contacting the ground with no part of his body except one or both feet.

Rule 9.4

ART. 3... No player or non-player shall:

- d. Hurdle an opponent.

This is a 15 yard penalty, spot of the foul



2. The same restrictions apply to the defense as the offense when it comes to blocking below the waist. Defensive backs cannot come up and block low on offensive players who are out blocking. Blocking below the waist is only legal for players
3. Lineman in the free blocking zone at the snap can only block below the waist from a 3 or 4-point stance when the QB takes the snap from the shotgun.
4. Live ball Defensive penalties (unless covered by special enforcement rules) are always enforced from the basic spot depending on whether the play is a running play (end of the run) or loose ball play (previous spot). Only live ball offensive fouls carry the “spot of foul” enforcement.

	By Offense	By Defense
At or In Front of The Basic Spot	Basic Spot	Basic Spot
Behind The Basic Spot	Spot of Foul	Basic Spot

5. 15 minute Video – Various plays and some mechanics review
<https://www.youtube.com/watch?v=DNoU8UrEye4>