



There are many fouls that you will need to know and understand. Some of the fouls listed below have exceptions that have purposefully been omitted in order to simplify the learning process. To 'survive' a game, however, these are the fouls you MUST know.

### **NOT ENOUGH OR TOO MANY K PLAYERS**

Even though this is technically a foul, we do not allow a Free Kick (kick off) to happen unless both K and R have 11 players. If your sideline is the offending team say, "hey coach, you need to add/remove a player." During a scrimmage down, we do call this foul.

### **THROW AND BLOW**

Snap Infraction..... If the center flinches, then snaps the ball  
False Start..... Once set, if any offensive player on the line moves prior to the snap  
Encroachment..... If any defensive player enters the neutral zone prior to the snap  
*(NOTE: High School rules do NOT allow a defensive player to 'get back' before the snap)*

### **THROW AND GO**

Illegal Formation..... More than 11 players OR less than 7 players on the offensive line  
Illegal Shift..... 2 or more offensive players moving at the same time  
Illegal Motion..... An offensive person in the backfield moving forward at the snap  
Holding..... Any offensive player restricting a defensive player at the point of attack (other than blocking with forearms or open hands). Most common on pass plays.  
Block in the Back..... Any player blocking another in the back. Most common on Free Kicks.  
Face Mask..... Grasping (fingers closed) or Personal foul (fingers closed and twisting)  
*(NOTE: Placing an open hand on a face mask is NOT face masking)*  
Horse Collar..... Grasping the side or back collar and singlehandedly pulling them down.  
Helmet to Helmet..... The foul will be called against the initiating player.  
Defenseless Player.... A player whose focus is somewhere other than where contact, of an overly aggressive player, is made.  
Targeting..... A defensive player who focuses on and 'punishes' an offensive player.

### **NOTE**

Related to fouls and penalties is the topic of player safety. Any player exhibiting signs of concussion or impairment should be removed from the game immediately. Whether you're a veteran or brand-new football official, it is YOUR job to call a time-out and remove that player.

### **CHALLENGE YOURSELF**

Learn all of the penalty enforcements on pages 90-91 in the NFHS Rule Book.

HINT: It is best to learn all of the 10-yard penalties first. After you know these, the majority of 5 and 15-yard penalties are easily determined.