

OFFICIAL FOOTBALL SIGNALS HIGH SCHOOL AND COLLEGE

NATIONAL COLLEGIATE ATHLETIC ASSOCIATION
NATIONAL FEDERATION OF STATE HIGH SCHOOL ASSOCIATIONS



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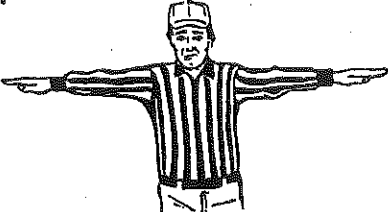





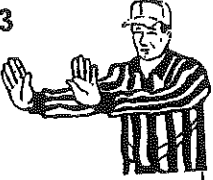
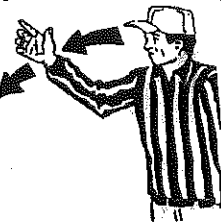















<p>1</p> <p>Ball ready for play *Untimed down</p>	<p>2</p> <p>Start clock</p>	<p>3</p> <p>Time-out Discretionary or injury time-out (follow by tapping hands on chest)</p>	<p>4</p> <p>TV/Radio time-out</p>	
<p>5</p> <p>Touchdown Field goal Point(s) after touchdown</p>	<p>6</p> <p>Safety</p>	<p>7</p> <p>Ball dead Touchback (move side to side)</p>	<p>8</p> <p>First down</p>	
<p>9</p> <p>Loss of down</p>	<p>10</p> <p>Incomplete forward pass Penalty declined, No play, No score, Toss option delayed</p>	<p>11</p> <p>Legal touching of forward pass or scrimmage kick</p>	<p>12</p> <p>Inadvertent whistle (Face Press Box)</p>	<p>13</p> <p>Disregard flag</p>
<p>14</p> <p>End of period</p>	<p>15</p> <p>Sideline warning</p>	<p>16</p> <p>First touching (NFHS) Illegal touching</p>	<p>17</p> <p>Uncatchable forward pass (NCAA)</p>	
<p>18</p> <p>Encroachment (NFHS) Offside defense (NCAA)</p>	<p>19</p> <p>Illegal procedure (NFHS) False start Illegal formation Encroachment offense (NCAA)</p>	<p>20</p> <p>Illegal shift - 2 hands Illegal motion - 1 hand</p>	<p>21</p> <p>Delay of game</p>	<p>22</p> <p>Substitution infraction</p>

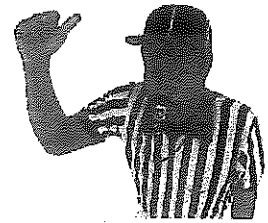
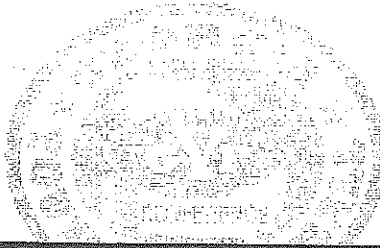


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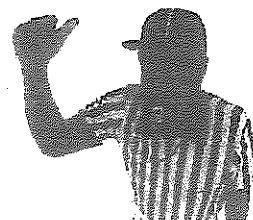


<p>23</p>  <p>Failure to wear required equipment</p>	<p>24</p>  <p>Illegal helmet contact</p>	<p>27</p>  <p>Unsportsmanlike conduct Noncontact foul</p>	<p>28</p>  <p>Illegal participation</p>	
<p>29</p>  <p>Sideline interference</p>	<p>30</p>  <p>Running into (NCAA) or Roughing kicker or holder</p>	<p>31</p>  <p>Illegal batting/kicking (Followed by pointing toward toe for kicking)</p>	<p>32</p>  <p>Invalid fair catch signal (NFHS) Illegal fair catch signal</p>	<p>33</p>  <p>Forward pass interference Kick catching interference</p>
<p>34</p>  <p>Roughing passer</p>	<p>35</p>  <p>Illegal pass/forward handing</p>	<p>36</p>  <p>Intentional grounding</p>	<p>37</p>  <p>Ineligible downfield on pass</p>	<p>38</p>  <p>Personal foul</p>
<p>39</p>  <p>Clipping</p>	<p>40</p>  <p>Blocking below waist Illegal block</p>	<p>41</p>  <p>Chop block</p>	<p>42</p>  <p>Holding/obstructing Illegal use of hands/arms (NCAA)</p>	<p>43</p>  <p>Interlocked blocking Illegal use of hands or arms (NFHS) Illegal block in the back (NCAA)</p>
<p>44</p>  <p>Helping runner</p>	<p>45</p>  <p>Grasping face mask or helmet opening</p>	<p>46</p>  <p>Tripping</p>	<p>47</p>  <p>Player disqualification</p>	

NOTE: Signals number 25 and 26 are for future expansion.



1. **Chucking:** Warding off an opponent who is in front of a defender by contacting him with a quick extension of arm or arms, followed by the return of arm(s) to a flexed position, thereby breaking the original contact.
2. **Clipping:** Throwing the body across the back of an opponent's leg or hitting him from the back below the waist while moving up from behind unless the opponent is a runner or the action is in close line play.
3. **Close Line Play:** The area between the positions normally occupied by the offensive tackles, extending three yards on each side of the line of scrimmage.
4. **Crackback:** Eligible receivers who take or move to a position more than two yards outside the tackle may not block an opponent below the waist if they then move back inside to block.
5. **Dead Ball:** Ball not in play.
6. **Double Foul:** A foul by each team during the same down.
7. **Down:** The period of action that starts when the ball is put in play and ends when it is dead.
8. **Encroachment:** When a player enters the neutral zone and makes contact with an opponent before the ball is snapped.
9. **Fair Catch:** An unhindered catch of a kick by a member of the receiving team who must raise one arm a full length above his head while the kick is in flight.
10. **Foul:** Any violation of a playing rule.
11. **Free Kick:** A kickoff or safety kick. It may be a placekick, dropkick, or punt, except a punt may not be used on a kickoff following a touchdown, successful field goal, or to begin each half or overtime period. A tee cannot be used on a fair-catch or safety kick.
12. **Fumble:** The loss of possession of the ball.
13. **Game Clock:** Scoreboard game clock.
14. **Impetus:** The action of a player that gives momentum to the ball.
15. **Live Ball:** A ball legally free kicked or snapped. It continues in play until the down ends.
16. **Loose Ball:** A live ball not in possession of any player.
17. **Muff:** The touching of a loose ball by a player in an unsuccessful attempt to obtain possession.
18. **Neutral Zone:** The space the length of a ball between the two scrimmage lines. The offensive team and defensive team must remain behind their end of the ball.



19. **Offside:** A player is offside when any part of his body is beyond his scrimmage or free kick line when the ball is snapped.
20. **Own Goal:** The goal a team is guarding.
21. **Play Clock:** 40/25 second clock.
22. **Pocket Area:** Applies from a point two yards outside of either offensive tackle and includes the tight end if he drops off the line of scrimmage to pass protect. Pocket extends longitudinally behind the line back to offensive team's own end line.
23. **Possession:** When a player controls the ball throughout the act of clearly touching both feet, or any other part of his body other than his hand(s), to the ground inbounds.
24. **Post-Possession Foul:** A foul by the receiving team that occurs after a ball is legally kicked from scrimmage prior to possession changing. The ball must cross the line of scrimmage and the receiving team must retain possession of the kicked ball.
25. **Punt:** A kick made when a player drops the ball and kicks it while it is in flight.
26. **Safety:** The situation in which the ball is dead on or behind a team's own goal if the impetus comes from a player on that team. Two points are scored for the opposing team.
27. **Shift:** The movement of two or more offensive players at the same time before the snap.
28. **Striking:** The act of swinging, clubbing, or propelling the arm or forearm in contacting an opponent.
29. **Sudden Death:** The continuation of a tied game into sudden death overtime in which the team scoring first (by safety, field goal, or touchdown) wins.
30. **Touchback:** When a ball is dead on or behind a team's own goal line, provided the impetus came from an opponent and provided it is not a touchdown or a missed field goal.
31. **Touchdown:** When any part of the ball, legally in possession of a player inbounds, breaks the plane of the opponent's goal line, provided it is not a touchback.
32. **Unsportsmanlike Conduct:** Any act contrary to the generally understood principles of sportsmanship.



THE COACH'S , PARK AND GYFC FIRST AID KIT

Every Coach, Park and GYFC Special Event Staff should be prepared to handle emergency situations during practice or at games. It is essential that coaches have a least one fully stocked first aid kit on hand whenever athletes are playing. The National Center for Sports Safety has compiled a list of items that should be included in every first aid kit.

- 1 Non-powered Barrier Gloves
- 2 Resuscitation mask/face shield
- 3 Instant Ice Cold pack
- 4 Elastic Fabric Flexible Bandages-standard size
- 5 Strip Bandages (Band-Aids)
- 6 Triangular Bandage for sling
- 7 2' x 2" Sterile Gauze Pads
- 8 2" King Roller Gauze Pads
- 9 Telfa Non-Stick Pads
- 10 Large patch Bandage
- 11 Eye Patch kit (Eye Patch and Clear Tape)
- 12 Adhesive Tape
- 13 Alcohol Swabs
- 14 Disinfectant Pads
- 15 Iodine-Povidone Prep. Pads
- 16 Insect Sting Swabs
- 17 Antiseptic Pads
- 18 Hydrocortisone Cream
- 19 Q-tip Swabs
- 20 Sun Block (30)SPF
- 21 Insect Repellant
- 22 Splint
- 23 **Small Tool Set** (screw drivers)
- 24 **Ziploc or Plastic Bags**
- 25 **SPORT BLANK**

Procedures in Certification of Players and Roster Books

1. Jersey Number on Roster must match the # on Players Affidavit
2. Team with two (2) number must be type on both Affidavit and Roster.
3. Pictures must be made in home Jersey # close up and waist up only.
(note all picture that the face and number can not see clearly will not be certified until corrected.
4. No player will be certified wearing a Jersey number belonging to another player who has already been certified or absent and will be certified in that number meaning if the coach has a picture affidavit and on the roster another player with that number Jersey on know other player will be certified in that number..
5. At the GYFC Certification Weigh-In the players must have both Jersey (wearing the home Jersey, in hand the second jersey if the number is not the same.)
6. All Jerseys order before or after Certification must be the same numbers on affidavit and Roster (NO EXCEPTION)
7. If a player is drop from the team that number # Jersey CAN NOT be worn by another player if the player was certified in that number. (note: no Jersey can switch out without the GYFC Commissioner approval)
8. Unless a player had an medical emergency and the EMT cut Jersey to give medical help, lost or just miss places, other damages; his/her Jersey the number certified by GYFC is the only Jerseys the player will be allow to wear in any game. This includes Home and Away Jersey
9. In case a player has left his Jersey he/she will have up to 5 minutes before the kick off to get in the proper uniform and be weigh in/ check Roster and Affidavit by an Assistant Coach from BOTH team.
10. The Head Coach is responsible for all players Jersey, the assistant is to make sure each player has on the proper jersey number before Weigh-In.

VIOLATION PENALTIES

1. \$50.00 The Head Coaches of both Association
2. \$25.00 Fine for the Host Park (REP, RED HAT)
3. 100.00 Repeated violation Fine and one game suspension of the Head Coach who are in violation of the GYFC Rules.