

CFOA Flag Football 4- Person Mechanics

Emilee Howard

Initial Positioning – Pre Snap

- R- same side as FJ, 7x7 from snap receiver
- LJ- Press box side, on LOS
- F- Same side as R, 10yds downfield on sideline (45° angle)
- BJ- **opposite R**, same side as LJ, 17yds downfield, 15 yds in
 - Work the hash marks

Press Box

L

J

B

J

R

F

G

20

40

20

G



Responsibilities- Pre Snap: Referee

- Set Pucks/ball spotters on or inside hashmarks
- Ensure down is correct with other officials
- Count *A' Flag Belts*
- Mark RFP with whistle, start 25-second play clock

Responsibilities: Live Ball - Referee

- Position:
 - Stick with the QB
 - Maintain an “inside out” look
- Keys:
 - Player(s) in position to receive the snap and blockers in the backfield
 - Progression: Snap, Ball, QB, Rush, and Pass
- Be ready to rule on close flag pulls/passes
- Announce “away” or “back” for passes behind the LOS

Responsibilities- Pre Snap: Line Judge

- Ensure players are on their respective side of the ball spotters
- Count A's flag belts
- Clearing your sidelines
- Watching pre-snap penalties
- Responsible for A player in motion
 - Illegal shift-motion-snap

Responsibilities- Live Ball: Line Judge

- Keys:
 - Snapper and blockers in the immediate vicinity of the snapper
 - Progression: Snap, Keys, Zone, Ball
- Observe the initial charge of rushers after the snap
- “Back” calls beyond the L.O.S
- Use downfield foot and down field hand to mark end of play
- Most common fouls called:
 - False Start and Encroachment
 - Illegal Motion and Illegal Shifts
 - Illegal Contacts
 - Flag Guarding

Responsibilities- Pre Snap: Field Judge

- Position:
 - 10 yards off the LOS, R side, on the sideline, boxing in the play
 - 3rd and 4th down, stand on the line to gain
- Assist with Down and Distance to ensure accuracy
- Count B's flag belts
- Keep sideline clear
- Keys: receivers on your side of the ball
- 3rd/4th down: You have Line to Gain
 - If less than 10 yards, stay home and on the line, but do not be in the Neutral Zone
 - If more than 10 yards, move deeper
 - Release off the L2G once it has been achieved and move to stay ahead of the play

Responsibilities- Live Ball: Field Judge

- Keys:
 - Receivers on your side of the snapper
 - Progression: Snap, Keys, Zone, Ball
- Stay ahead of the play
- Help with out of bounds spot on your sideline
- Main fouls to be on the lookout for include
 - OPI/DPI
 - Illegal blocking downfield
 - Illegal Contact
 - Flag Guarding
- Help clean up after the plays

Responsibilities- Pre Snap: Back Judge

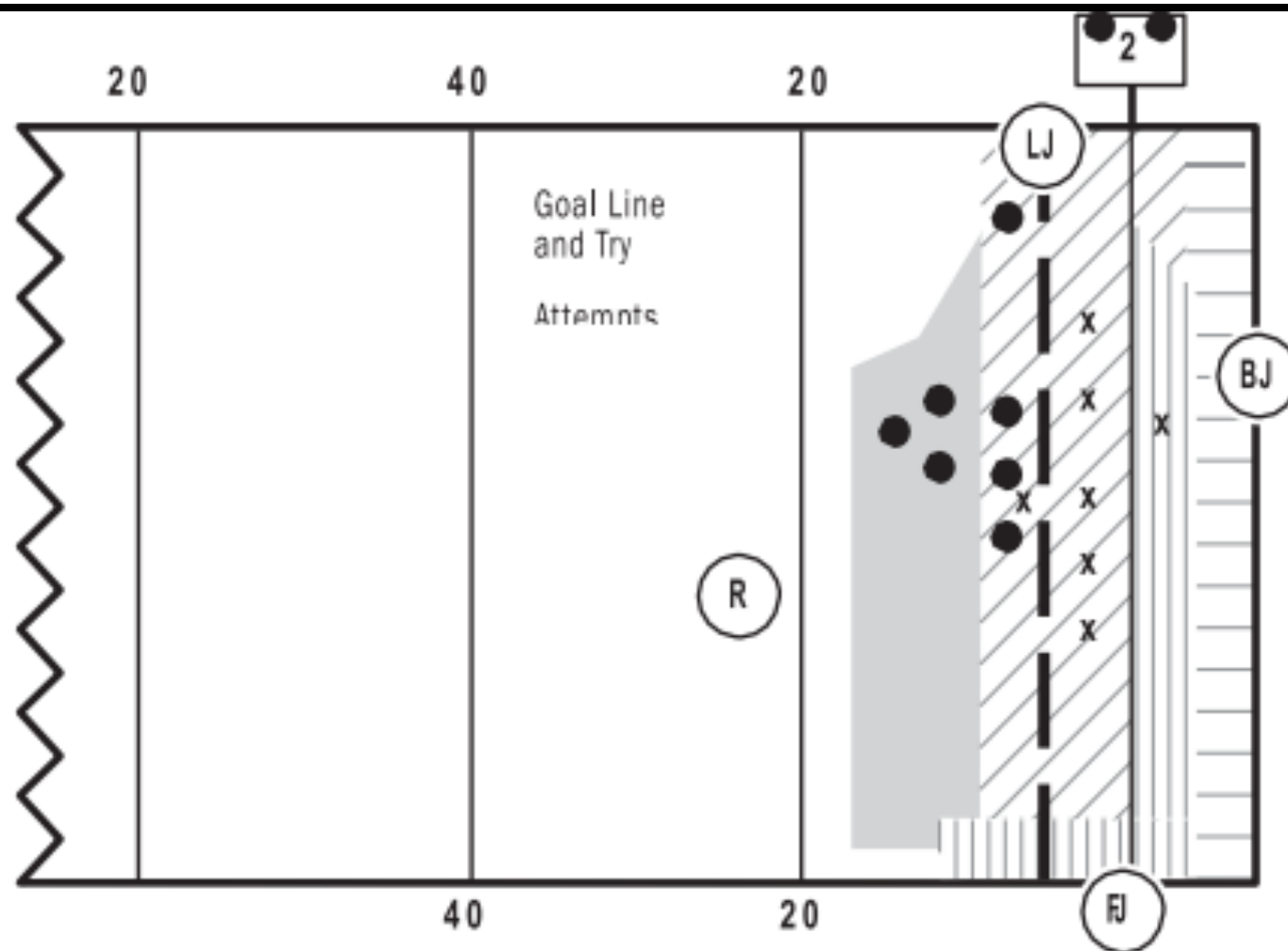
- Help the Referee spot the ball according to the previous play between hash marks
- Position:
 - 20 yards off LOS, in between hashes, on LJ side of the field
 - Be behind the deepest defensive backs
 - Remember to “box in” the play!
- Responsibilities:
 - You are the official game clock, so keep a check on the time and inform players, coaches, and officials of the remaining time
 - Count flag belts on defense
 - Help watch flag belts and shirt tails
 - Communicate the down before each play

Responsibilities- Live Ball: Back Judge

- Keys:
 - Receivers on LJ side of the snapper
 - Progression: Snap, Keys, Zone, Ball
- Stay ahead of the play
 - Don't get beat!
- Main fouls to be on the lookout for include
 - OPI/DPI
 - Illegal blocking downfield
 - Illegal Contact
 - Flag Guarding
- Help clean up after the plays

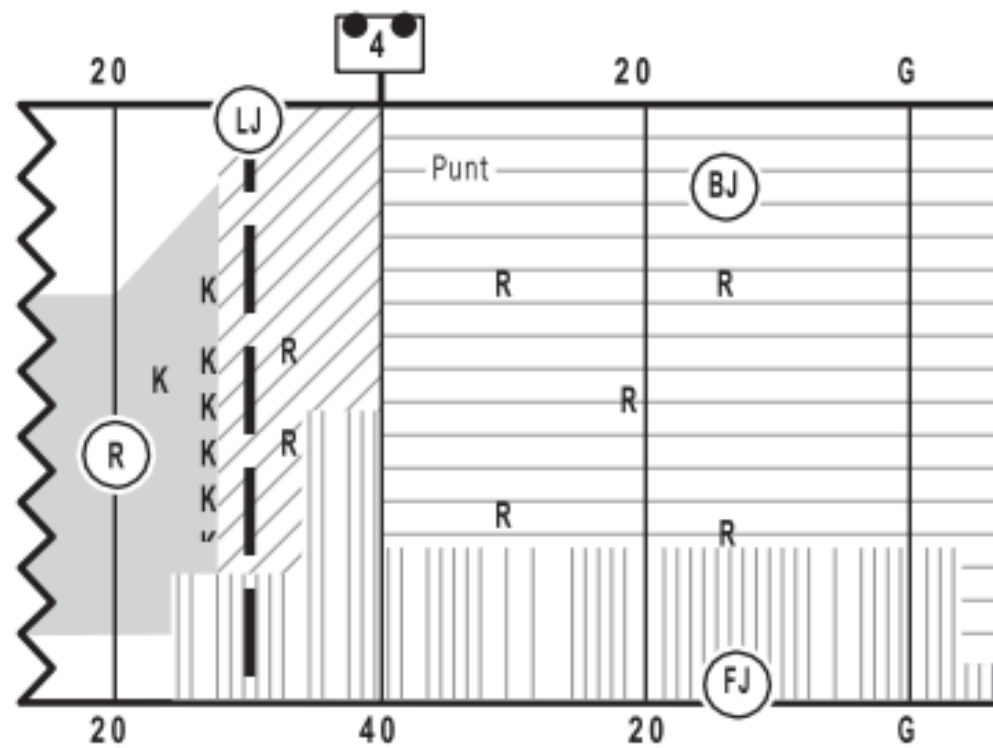
Goal Line Mechanics

- 20yd – 16yd Line:
 - BJ is on End Line
 - FJ has Goal Line and will work towards it as the play moves downfield
 - R and LJ- Same responsibilities as normal
- 15yd- Goal Line:
 - BJ- End Line
 - FJ: Goal Line
 - LJ: Hold LOS for a few extra moments, then move to GL
 - R: Same as normal



Punt Mechanics

- R and LJ: Same responsibilities as Pass/Run plays
 - LJ: do not move downfield until ball is kicked and goes beyond LOS
- FJ: Move downfield 35 yards near the sideline on the side opposite the LJ and BJ.
 - Can move up if the punter is not able to kick it far
- BJ: Same side as LJ
 - Parallel to the deepest receiver(s) and at least 8yds wide of the nearest receiver
 - **Do not get caught inside the players**



Punts (Continued)

- R: If the punt goes out-of-bounds in flight, line up the LJ or FJ only by chopping your as he/she reaches the out-of-bounds spot.
- LJ: Move downfield with the players and observe any illegal contact after the punt has crossed the A scrimmage line, concentrating primarily on your half of the field.
- FJ: Communicate verbally with the BJ once the punt is in flight.
 - The BJ has responsibility for two-thirds of the field.
 - Unless the punt is near your sideline, concentrate primarily on the screen blocking.
- BJ: observe the catch, follow the runners upfield