

RCCFO 3-Man Mechanics

PRE-SNAP / POSITION

REFEREE:

READY BALL FOR PLAY AND 25-SECOND COUNT

10 seconds – hand in air, 5 seconds – chop

POSITION: OPEN SIDE OF FIELD (OPPOSITE LINESMAN) 3-5 YARDS BEHIND DEEPEST GUY AND OVER TACKLE / END

COUNT OFFENSE AND HOLD FIST OUT FOR 11, DOWN TO SIDE WITH 10 OR LESS, FLAG FOR 12+

PRE-SNAP / POSITION

UMPIRE:

POSITION: ABOUT 10 YARDS OFF THE BALL, OPPOSITE LINESMAN,
OVER TACKLE

Do not stand in front of the safety

Vary position from play to play

KNOW DOWN AND DISTANCE, FOR EXAMPLE:

3rd and 1, expect run, a little tighter (8 yards deep)

3rd and 10, expect pass, a little deeper (12 yards deep)

COUNT DEFENSE ALL DAY. NO NEED TO SIGNAL.

PRE-SNAP / POSITION

LINESMAN:

CHAINS, DOWN AND DISTANCE – ALL DAY

POSITION:

Ball on close hash – start on sideline

Ball on far hash – can take a couple of steps into field

LINE OF SCRIMMAGE – 7 ON THE LINE (MINIMUM OF 5 ON LINE AND 4 IN BACKFIELD)

Observe R count

MAN IN MOTION



KICKOFF

LINESMAN:

KICKERS ALL DAY

COUNT KICKERS AND VERIFY PROPER FORMATION

GO OFF THE FIELD TOWARD CHAINS

OFFSIDES (ENCROACHMENT)

FIRST TOUCHING

YOUR SIDELINE

Ball going out of bounds, touched by who? Untouched?

KICKOFF

UMPIRE:

RECEIVERS ALL DAY

COUNT RECEIVERS WITH R

GO OFF THE FIELD OPPOSITE OF THE CHAINS

OFFSIDES (ENCROACHMENT)

FIRST TOUCHING

YOUR SIDELINE

Ball going out of bounds, touched by who? Untouched?

KICKOFF

REFEREE

COUNT RECEIVERS WITH U

WITH DEEPEST RECEIVER, CENTER OF FIELD

When ball is kicked, flow with the kick

YOUR GOAL LINE

Both pylons

When in doubt - touchback

PUNT

REFEREE:

POSITION: 3-5 YARDS DEEPER THAN PUNTER AND WIDER THAN THE TACKLE, TO THE OPEN SIDE OF FIELD (OPPOSITE LINESMAN)

COUNT OFFENSE

RESPONSIBLE FOR ROUGHING / RUNNING INTO KICKER

RESPONSIBLE FOR TRAILING THE PLAY (LINE GUYS DOING STUPID STUFF)

PUNT

UMPIRE:

POSITION: BACK WITH DEEPEST RECEIVER, TO THE OPEN SIDE OF FIELD

Receiver outside the 20: Even with to 3 yards in front of receiver

Receiver inside the 20: Behind the receiver – Goal line coverage

COUNT DEFENSE

FAIR CATCH SIGNAL

Observe catch and then whistle

BALL GOES OVER HEAD OF RECEIVER, FOLLOW BALL TO GOAL LINE

TOUCH BACK / MOMENTUM EXCEPTION

PUNT

LINESMAN:

COUNT 7 ON LINE OF SCRIMMAGE

(MINIMUM 5 ON LINE AND 4 IN BACKFIELD)

MAINTAIN LINE OF SCRIMMAGE UNTIL BALL CROSSES THE NEUTRAL ZONE

FLOW DOWN AND COVER IN FRONT OF THE RECEIVER

WATCH FOR FAIR CATCH SIGNAL FROM AN UP-PERSON

RUNNING PLAY

REFEREE:

OPEN SIDELINE IS YOURS ALL DAY.

Get to sideline and follow the play

End of play in side zone, get a spot

Observe U to see if he has a spot?

Play out of bounds, get spot and observe out of bounds play

If needed, drop your bag and get opposite color out of sideline

PLAYS TO L SIDELINE, L HAS SPOT, YOU HAVE SUPPORT OUT OF BOUNDS

SIDE ZONE PLAY

SHORT RUNS UP THE MIDDLE – OBSERVE AROUND PILE AND U PICK UP BALL

HELP RELAY THE BALL IN

RUNNING PLAY

UMPIRE:

SUPPORT THE PLAY FROM INSIDE OUT

STAY BETWEEN HASH MARKS TO KEEP INSIDE-OUT LOOK ON PLAY

Don't be afraid to help out on open side.

Work with R to get a spot / assist players

Medium to long runs – keep distance and be ready for a cut back

Runs stopped in backfield – observe around the pile, R get ball

Don't be afraid to assist with relay of ball

RUNNING PLAY

LINESMAN:

PROGRESS ALL DAY

If R has a spot on other side, mirror spot.

IF BALL GOES OUT OF BOUNDS ON YOUR SIDELINE, TURN AND WATCH
PLAY OUT OF BOUNDS

IF BALL GOES TO OTHER SIDE, SUPPORT R AND U BY COMING INTO
HASH MARKS AND OBSERVING BEHIND THEIR BACKS.

Talk to the players so they know you are watching
(good and bad)

DO NOT NEED TO COME IN ON EVERY SPOT

DO NOT TURN YOUR BACK TO PLAY WHEN GOING BACK TO SIDELINE

RUNNING PLAY

ALL:

DON'T OVER-HUSTLE YOUR POSITION

Not good to have 2-3 officials standing on top of the ball.

Who is watching the off-ball action?

PASSING PLAY

REFEREE:

QB RESPONSIBILITY ALL DAY!

L AND U ARE DOWN FIELD COVERING PASS

LINE PLAY (YUP, YOU HAVE 10 GUYS TO WATCH!)

QUICK PASS TO THE FLATS – MAKE CALL

YOU SHOULD NOT SEE A DOWNFIELD PASS CAUGHT

QB RESPONSIBILITY ALL DAY!

PASSING PLAY

UMPIRE & LINESMAN:

SPLIT FIELD DOWN THE MIDDLE AND COVER YOUR HALF

READ PASS AND GO WITH DEEPEST RECEIVER

Short pass – watch catch and play will come to you

INCOMPLETE PASS – HELP RELAY THE BALL BACK, R SHOULD HELP SPOT THE BALL



GOAL LINE (5 YARDS AND IN)

SHORT YARDAGE

EXTRA POINT - RUN

**** REFEREE AND UMPIRE – NORMAL POSITIONING**

REFEREE - DO NOT MOVE TO SIDELINE ON LINE OF SCRIMMAGE

UMPIRE – DO NOT START ON GOAL LINE

GOAL LINE / SHORT YARDAGE

REFEREE:

POSITION: MAINTAIN 3-5 YARDS BEHIND DEEPEST BACK,
BUT WIDER ON THE OPEN SIDE

Be ready to rule on forward progress on plays to your side

PASSING PLAYS – YOU STILL HAVE QB AND LINE RESPONSIBILITY

GOAL LINE / SHORT YARDAGE

UMPIRE:

POSITION: 7 YARDS OFF THE LINE, WIDER THAN THE TACKLE ON OPEN SIDE

WHEN BALL IS SNAPPED:

Run play: Step up to cover goal line

Pass play: Step back to cover end line

COVER WHISTLE FOR REFEREE / LINESMAN ON SCORING PLAY

HELP DIG THE BALL OUT OF THE PILE

Let Referee & Linesman know where ball is if a call has not been made

GOAL LINE / SHORT YARDAGE

LINESMAN:

POSITION: SAME AS ALL OTHER PLAYS

Goal line responsibility (ball is short of goal line / in the end zone)

FIRST STEPS ARE TO GOAL LINE

BALL UP THE MIDDLE – BUST IN AND GET SPOT

BALL TO YOUR SIDELINE – COVER GOAL LINE

IF YOU SEE BALL CROSS GOAL LINE, SIGNAL TOUCHDOWN

EXTRA POINT – KICK

REFEREE:

COUNT OFFENSE

5-7 YARDS DIRECTLY BEHIND KICKER / HOLDER

RESPONSIBLE FOR BOTH POSTS

IF PLAY BREAKS DOWN:

Observe play:

Pass: roughing the passer?

Run: open sideline responsibility

EXTRA POINT – KICK

UMPIRE:

COUNT DEFENSE

POSITION AT THE END LINE

CENTER PROTECTION: AT SNAP, OBSERVE INITIAL PLAY ON THE CENTER
OVER / UNDER, SIGNAL NO GOOD ON KICKS UNDER TAHE CROSSBAR,
NO SIGNAL ON KICKS OVER THE CROSSBAR ON KICK

WHISTLE

IF PLAY BREAKS DOWN – BE OBSERVANT OF PASS



EXTRA POINT – KICK

LINESMAN:

INITIAL LINE PLAY

KICKER / HOLDER – RUNNING INTO / ROUGHING

**Move in to backfield, tough to make / sell a call with feet on
the sideline**

IF PLAY BREAKS DOWN – GET TO GOAL LINE AND COVER