Referee Training

Forward Pass: Test Your Knowledge
The Quarterback (QB)

Pick 6 Sports defines it as:

The quarterback is the offensive player that *receives the snap*, regardless of where he or she lines up.

This means there are effectively no “Wild Cat” plays. If the center snaps directly to the “running back”, the running back becomes the QB and all QB rules apply to them, regardless of where they lined up in formation.
The Quarterback (QB)

Limitations on the Quarterback

- The quarterback does have the ability to scramble in the back field, but cannot advance the ball beyond the line of scrimmage.
- There are no situations where the QB is ever permitted to run the ball across the line of scrimmage after receiving the snap.
A Legal Forward Pass?

Pick 6 Sports defines it as:

A. All passes must be from behind the line of scrimmage
   • A pass does not have to be an overhead pass; passes can be thrown underhand across the line of scrimmage.
   • In the Pass Only zones, passes must be thrown forward and received beyond the line of scrimmage.

B. The quarterback has a 7-second "pass clock." If a pass is not thrown within the 7 seconds, play is dead, the down is consumed and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule no longer is in effect.
   • If the QB is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).
What is an Illegal Pass?

A Penalty may be called if:

A ball carrier makes a pass, lateral or pitch of any kind beyond the line of scrimmage.
When You See It

1. Throw your flag at spot of foul.
2. Whistle is blown immediately
3. Turn to sidelines and communicate Illegal Pass penalty - Use hand signal and confident voice.

Penalty: 10 Yards from spot of foul and loss of down
Hand Signal - Illegal Pass

Move hand back and forth above your head, with palm facing forward (almost as if you are waving at someone far away)
Notes on the Pass

Once the ball has been handed off in front, behind, or to the side of the quarterback, all defensive players are eligible to rush:
• The 7-Yard Rush Line does not apply and
• The 7-second clock is no longer in effect.
Legal Pass

QB (yellow) throws behind the LOS (red) to receiver down the field

The QB has 7 seconds to release the ball

Note: The Center is a legal receiver in Pick 6 Sports
If QB (yellow) tosses, pitches, or laterals to a running back, the running back can throw down field (or run).

Note: After the RB has the ball, the QB is an eligible receiver.

Note: After the ball leaves the QB’s hands, the 7 second count no longer applies.
Illegal Pass

QB (yellow) can NOT run the ball or throw from beyond the Line of Scrimmage (red)
QB (yellow) scrambles to avoid the sack but takes more than 7 seconds before releasing the ball.
Illegal Pass

If the snap is directly to a player lined up as “Running Back” (i.e. a “Wildcat” play), he or she becomes the QB by definition and can NOT run the ball or throw from beyond the Line of Scrimmage (red).

The 7 Second rule IS still in effect.
Pass Only Zones

There are two “pass only” (i.e. No Running) Zones for each offensive drive

• These are designated by blue cones and are 5 yards before the 1st down marker (mid-field) and 5 yards before the end zone

• When an offense has the ball in one of these zones, they MUST pass the ball

• The ball must be passed over the line of scrimmage (no “screen passes”)
Lesson Review

A. All passes must be from behind the line of scrimmage
   - A pass does not have to be an overhead pass; passes can be thrown underhand across the line of scrimmage.
   - In the Pass Only zones, passes must be thrown forward and received beyond the line scrimmage.

B. The quarterback has a 7-second “pass clock.” If a pass is not thrown within the 7 seconds, play is dead, the down is consumed and the ball is returned to the line of scrimmage.
   - Once the ball is handed off, the 7-second rule no longer is in effect.
Now it’s Your Turn
Your Turn #1

After a Handoff, which of the following is true:

A. The recipient of the handoff (i.e. the running back) can run the ball forward (if the team isn’t in the “No Running Zone”)
B. The recipient of the handoff can throw, pitch, or lateral the ball
C. The 7-Yard Rush Line does not apply
D. The 7-second clock is no longer in effect
E. All of the above
With his offense in the No Running Zone, the quarterback hands the ball off to the running back, who faces a major rush from the defense. The running back runs left, turns around, runs right, escapes a tackle, then another, all while staying behind the line of scrimmage for 8 or 9 seconds. Meanwhile, the quarterback runs down field 20 yards where the running back finally passes it to him.

Is this a legal play? Why?
Is this a penalty? What penalty(ies)? Why?
On 2nd down, the center snaps the ball directly to the running back, standing behind the quarterback. The running back then runs for 7 yards, short of the end zone.

What is the call?  
What down is it on the next play?  
Where does the ball get marked?
Think You Know?

• Email your answers to these q to training@Pick6Sports.com.

• Remember to include your name (even if it is part of your email address) so you can receive credit for this part of your training.
Congratulations
You have completed your training on: Forward Pass