What is a Legal Rush?

Pick 6 Sports defines it as:

A. Any rush from a point 7 yards from the defensive line of scrimmage.
B. A rush from anywhere on the field AFTER the ball has been handed off by the quarterback.
C. If a rusher leaves the rush line early (breaks the 7 yard area), they may return to the rush line, reset, and then legally rush the quarterback.
D. If a rusher leaves the rush line early and the ball is handed off before they cross the line of scrimmage, they may legally rush the ball carrier.
What is an Illegal Rush?

A Penalty may be called if:

A. The rusher leaves the rush line before the snap and then crosses the line of scrimmage before a handoff or pass – **Illegal Rush**.

B. Any defensive player, not lined up at the rush line, crosses the line of scrimmage before the ball is passed or handed off – **Illegal Rush**.

C. Any defensive player crosses the line of scrimmage before the ball is snapped – **Offside**.
1. Throw your flag at spot of foul

2. Whistle is blown at the end of the play unless there is a safety concern (Contact)

3. Turn to sidelines and communicate Illegal Rush penalty - Use hand signal and confident voice.

Penalty: 10 Yards from spot of foul and replay down
(If penalty results in 1st down yardage, then it is 1st down)

Offense can decline the penalty if they so choose.
Game Scenarios
Defender “Leaves early”

What happens if one of them “leaves early,” crossing the 7 yard line before the snap?
There are 5 possibilities when defenders who line up behind the 7-Yard Rush Line leave early:

1. They continue to rush and cross the line of scrimmage before a handoff or pass = ILLEGAL RUSH
2. They continue to rush the quarterback but don’t reach the line of scrimmage before the pass = NO penalty
3. They continue to rush and the ball is handed off before they reach the line of scrimmage = NO penalty
4. They return to the 7 Yard line and “reset” before rushing = NO penalty
5. They stop before the line of scrimmage and defend against the rush or pass = NO penalty
What happens if a defender lines up in front of 7-Yard Rush Line and rushes the quarterback?
Answer #2

- There are 5 possibilities when defenders who line up in front of the 7-Yard line leave early:

  1. They continue to rush and cross the line of scrimmage before a handoff or pass = ILLEGAL RUSH
  2. They continue to rush the quarterback but don’t reach the line of scrimmage before the pass = NO penalty
  3. They continue to rush and the ball is handed off before they reach the line of scrimmage = NO penalty
  4. They can return to the 7 Yard line and “reset” before rushing = NO penalty
  5. They can stop before the line of scrimmage and defend against the rush or pass = NO penalty
Answer #2

The situations are the same as before, just with less room for error for the defender:

1. They continue to rush and cross the line of scrimmage before a handoff or pass = ILLEGAL RUSH
2. They continue to rush the quarterback but don’t reach the line of scrimmage before the pass = NO penalty
3. They continue to rush and the ball is handed off before they reach the line of scrimmage = NO penalty
4. They return to the 7 Yard line and “reset” before rushing = NO penalty
5. They stop before the line of scrimmage and defend against the rush or pass = NO penalty
When You See It

1. Throw your flag at spot of foul

2. Whistle is blown at the end of the play unless there is a safety concerns (Contact)

3. Turn to sidelines and communicate Illegal Rush penalty - Use hand signal and confident voice.

Penalty: 10 Yards from spot of foul and replay down
(If penalty results in 1st down yardage, then it is 1st down)

Offense can decline the penalty if they so choose.
If 10 Yards = 1st Down

If a 10 Yard Penalty on the Defense moves the ball over the 1st Down Marker, the Offense is awarded a 1st Down.
When is a 1st Down NOT a 1st Down?

When is the only time that a 10 yard penalty on the defense moving the ball across the 1st Down Marker does NOT result in a 1st Down for the offense?
When the offense already earned a 1st down but was penalized on a subsequent play, moving the ball back behind mid-field before the play on which the defense was penalized.
Only One 1st Down

For example, imagine this sequence of events:

1. On 3rd down, the offense makes a long completion and earns a 1st down.
2. On 1st down, the offense commits a Charging penalty resulting in loss of down and 10 yards from spot of foul, which moves the ball back behind the 1st Down Marker.
3. On 2nd down, the defense commits a penalty, resulting in a 10 yard penalty, moving ball forward across the 1st Down Marker again. Since the offense can only earn one 1st down per possession, repeat 2nd down.
Now it’s Your Turn
Your Turn #1

Who is eligible to Rush?
Your Turn #2

Who is eligible to Rush?
Your Turn #3

Who is eligible to Rush?

① ② ③ ④ ⑤
Think You Know?

- Email your answers to these scenarios 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:
Illegal Rush