

Holding Quick Reference Guide

Definition(s)

Blocking (2-3-2 a and b)

- Closed or cupped hand
 - Elbows inside or outside shoulders
 - Hands must be closed or cupped w/palms not facing opponent
 - Forearms not extended more than 45 degrees from body
- Open hand
 - In advance of elbow
 - Inside the frame of blocker's body
 - Frame is front of the body at or below the shoulders
 - Inside the frame of opponent's body
 - At the shoulders or below other than the back

Illegal Use of Hands and Holding (9-2-1)

- Offensive player shall not
 - Use any blocking technique not allowed by rule (2-3-2, 2-3-3)
 - Blocker may not initiate contact with arm/hand above shoulder
 - Hands to the face (10-yard penalty not personal foul)
 - Grasp or encircle teammate to form interlocked blocking
 - Use hands, arms, or legs to hook, lock clamp, grasp, encircle, or hold to restrain opponent
- Defensive player shall not
 - Use a technique not allowed by rule (2-3-2, 2-3-5)
 - Blocker may not initiate contact with arm/hand above shoulder
 - Hands to the face (10-yard penalty not personal foul)
 - Use hands to add momentum to the charge of a teammate on the line of scrimmage
 - Use hands, arms, or legs to hook, lock clamp, grasp, encircle, or hold to restrain opponent other than the runner
 - Contact an eligible receiver who is no longer a potential blocker

Illegal Personal Contact (9-4-3-c)

- No player or nonplayer shall pile on any player who is lying on the ground

Reasons for holds

-Offensive holding arises out of necessity

-Defensive holding is a scheme

Things to consider when determining if you have a hold

-We need to make the holding find us/Make them big

-Grabbing happens every play; Very few rise to the level of a holding foul

-Did you see the entire act to know it was a foul (not an overpower, tangled feet etc.)

-Does the action impact the play

-Double team blocks are hard to have a hold (likely no advantage when dedicating 2 to 1)

Pregame

- Talk about consistency/establish a standard for foul/who is watching certain areas for holds
- Who is watching certain areas for holds (i.e., backside tackle)

Philosophy v Rule

- Know when/how to properly apply the rule/spirit of the rule v letter of the rule

Indicators of holding

- Body position
 - Crack gets whack and doesn't stay facing QB/RB/pocket
 - The person is getting beat, which increases likelihood of a foul
 - The necessity to hold is created to avoid sack or loss of yardage
 - Color barrier gets broken
 - Defense penetrates and gets beyond all offensive players (blitz scenario)
 - Defensive tackle splits a double team
 - Bad body behavior
 - Arms wide, off balance, attempt to overpower, bad feet, slow off snap
 - Defense is beyond the hip
 - Defense rips and gets past the offensive hips creating the necessity to hold
 - Shoulders turn
 - Shoulders get perpendicular to line of scrimmage
 - Feet stop
 - When feet stop moving/adjust and watch what follows (i.e., takedowns)
- Hand Placement
 - Grabbing is allowed
 - Shoulder or below
 - Within the frame
 - Start by looking high and working down
 - Communicate to players if they are wide/high and instruct them to replace hands
 - Look for wide arms/reach and pull down
- Follow the Blitzter
 - Blitzing increases the likelihood of holding out of necessity and panic

Categories of holds

- Grab and restrict
- Hook and Turn/Restrict
- Jerk and Restrict (Screen plays)
- Grab and Turn
- Takedown