

OFFENSIVE/DEFENSIVE HOLDING

Grab and Restrict-Key on defender's feet and *unnatural* body movements at POA. Defender must be making an effort to release from the restriction at POA. Jerk on a screen passes with advantage gained (Jerks are quick and sudden actions)

Hook and Restrict/twist-Unnatural body movement (defender), Defender making effort to release from restriction, but twisted, turned or hooked and prevented from doing so.

- Rip technique-Defender puts self in the "*hold*" by ripping under offensive players arm. Once defender beyond hip/feet, offensive player may not clamp down/takedown or "hook and turn"

Takedown-Almost always called. WWE style. Reverse takedown (unnatural movement by defender)

Tackle-Unnatural -See the whole block and stay away from one player overpowering the other

Offensive holding- Several elements to process before determining whether the restriction constitutes a foul for holding

- Was there Restriction?
- Restriction that has material effect on the play?
- Restriction that has material effect on play at POA?
- Timing of the restriction

When NOT TO CALL OH:

1. Holding occurs simultaneously to runner being tackled.
2. Holding occurs simultaneously to runner going OOB
3. Holding occurs nearly simultaneously to fair catch on punt.
4. Holding occurs after forward pass is thrown beyond LOS
5. Holding occurs well away from POA.
6. Holding when a free kick results in a touchback.
7. Holding when a scrimmage kick becomes a touchback.
8. Double-team* block that does not result in defender being pulled down.
9. Blocker uses defender's own momentum (going to ground on own) and pushes down or falls on a defender (unless won't let that player up near POA).
10. Defender uses "rip" technique (unless offensive player's feet are beat).

*Important to recognize a double team block and alert for possible DH

Defensive holding (close line play)-This is being taught at all levels. B may push, pull player *in an attempt to reach ball carrier*. Process the play and determine intent if possible. Is defender trying to reach ball carrier? Intent of offensive player in close line play impacts whether or not a Defensive

Holding penalty occurs. Pull and shoot on punts, FG's, Pull and shoot/twist on pass plays, Prevent lineman from getting to next level (arm shoots out)