

OFFENSIVE HOLDING CATEGORIES

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- ▣ 2. At the Point of Attack.
- ▣ 3. Does it effect the play?

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-
- ▣ Material Restriction – An illegal action by a player (usually an offensive blocker) that uses hands or arms to gain an unfair advantage by significantly hindering an opponent's movement, path, or angle of pursuit.

Training yourself to recognize the action



The Four Categories of Holding



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- ▣ 4. Tackle

1. Grab and Restrict



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The blocker usually gets beat and grabs the defender, but there must be material restriction for a foul to occur.

G/R - Jerk and Restrict



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This foul happens quick, and usually on pass plays. It also can happen at the point of attack on a running play. The most common time this happens is on a quick pass or a screen pass. After the snap, the offensive player sets up in pass block and engages the defender and jerks him in a downward motion.

G/R - Pullover/Reverse Takedown



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These set up looking like good blocks. The next thing you see is what appears to be the Offensive player getting “run over”. The critical thing to observe here is the defenders feet. Are they being “taken away”? Is there an unnatural movement by the defender? These fouls are tricky and take some time to learn.

2. Hook and Restrict



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This takes place when a blockers arms go outside the frame of the defender. If the defender plays through the hook its not a foul. An example of this is when a tackle hooks the DE on a pass rush. Also, be careful of the RIP move initiated by the Defense.

3. Takedown



3. Takedown

A takedown is similar to a tackle, but not as obvious. The act in question may look legal at first, but when examining the blocker closer he has fouled. A good example of this is when a blocker blocks in the direction the defender is going and then restricts the defender at the last moment.

4. Tackle



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Just like it says, the blocker tackles his opponent. More times than not, this takes place when the blocker get beat, and his only option is to tackle. These fouls seldom occur, but if they do they smack you in the face when they happen.

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- ▣ 6. Free kick results in a touchback
- ▣ 7. If a scrimmage kick simultaneously becomes a touchback

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- ▣ 9. If a defensive player used a RIP technique that puts the offensive player in a position that would normally be holding (UNLESS the player's feet are beat and he takes the defender to the ground)
- ▣ 10. If a blocker pushes down or falls on a defender whose momentum is carrying him to the ground (UNLESS that blocker prevents the defender from getting up)

As it has been said, holding can be called on every play. The key to calling the foul for holding is being able to put the players action into one of these 4 categories. When adhering to the standards and placing the potential fouls into the 4 categories your holding calls will become more consistent.

Have a great season and have fun!

