



PLAYBOOK

Revised 2011

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LEAGUE RULES - OFFENSE

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LEAGUE RULES - OFFENSE

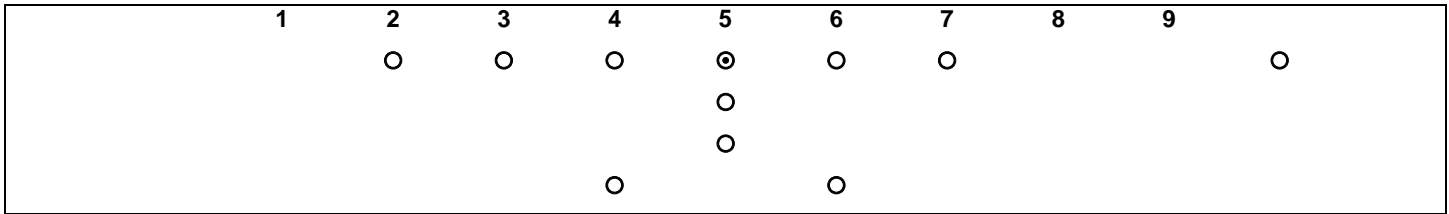
OFFENSIVE PHILOSOPHY (COACH JACKSON, WBLHS VARSITY HEAD COACH.)

- 1) Coaches remember to stress to your players:
 - a) Your **team** comes first! There is no I in team!
 - b) You are only as good as your last play!
 - c) Play each game one play at a time!
 - d) I will play my **best** this play!
- 2) Understand the Wishbone offense is an option offense and what we are able to do at the varsity level will not be what you are able to do at this level. There is a progression from the younger ages to varsity.
- 3) The **Wishbone** is a running offense. It is a ball-control offense. Therefore, it is imperative that the offensive line is well taught. They must come "off the ball" low and hard. This only happens through repetition. Backs must learn to run hard with their shoulders over their toes.
- 4) Personnel Selection: *(It is critical that personnel be placed in the correct positions.)*
 - a) **QB** - Smart, leadership skills, good athletic skills, disciplined, good feet.
 - b) **FB** - Hard-nosed, consistent, quick, physically tough.
 - c) **HB** - Ability to run, good hands, good blocker, balance.
 - d) **SE** - Big play potential, good blocker, good hands.
 - e) **TE** - Must be a blocker first, receiver second, good frame and feet.
 - f) **C** - Smart, good feet, hands large enough for snap.
 - g) **G** - We play our biggest player here, good feet, powerful.
 - h) **T** - We play our smaller linemen here, quick, good feet, and tough.
- 5) Contrary to most offenses, the Wishbone is **not** a high turnover offense. If taught and executed properly, it should be a consistent discipline attack with big play potential.
- 6) Repetition equals success. Mistakes and inconsistent play can be eliminated with repetition. A-frames should be used for the backfield to make sure the backfield routes are consistent.
- 7) It is expected that at the Association level:
 - a) The game of football will be fun and enjoyable.
 - b) The **team concept** will be taught and understood.
 - c) No one player is more important than the team.
 - d) All players will be taught and be able to execute the basic fundamentals of sound football.
 - e) The coach's goals are to prepare players fundamentally and emotionally for the next level of play.
 - f) Winning is not the ultimate goal but, that players have a good experience and being a White Bear Lake football player is important.



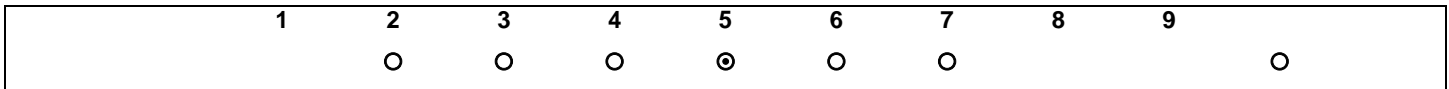
LEAGUE RULES - OFFENSE

BASIC FORMATION



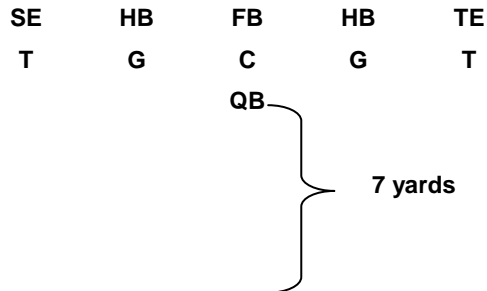
- FB** Lines up directly behind C with heels approximately 13' from the tip of ball (depth changed dependent on FB's quickness).
- HB** Lines up directly behind G with heels approximately 15' from the tip of the ball (2' behind FB).
- C to G** 3' or fingertip-to-fingertip is maximum split.
- G to T** 3' or fingertip-to-fingertip is maximum split.
- T to TE** 3' or fingertip-to-fingertip is maximum split.
- SE** Approximately 4 to 7 yards from offensive tackle.
- Slot** Varies from 1' to split the difference between the T and SE.

HOLE AND PLAY NUMBERING



First number of the play call describes the play (what series it's in -- option 10's, power 50's, etc.). Second number (1, 2, 3, 4, 5, 6, 7, 8, 9) tells the area the ball is going to. The key is anything lower than 5 is to the left of the center and anything higher than 5 is to the right. The ball carrier is **not** numbered.

HUDDLE



Line of scrimmage

PERMISSIBLE OFFENSIVE FORMATIONS

Offenses permitted are **Wishbone** (right, left, tight, & split), **Flexbone** (right, right over, left, & left over), and **Punt Formation**. (See diagrams on page 4, 5, and 22.)

- 1) **Offenses must use the hole and play numbering system listed above.**
- 2) Only players ball carrier weight or below can line up in ball carrier positions (i.e. quarterbacks, offensive backs, split ends and tight ends).
- 3) No players in motion are allowed on the offense. This is a dead ball foul.
- 4) A fumble, lateral, or backward pass recovered by **any** player may be advanced as far as the player is able to advance the ball. A **fumbled snap** between a QB and Center may be advanced by anyone other than an offensive lineman.
- 5) Teams in all grade levels may have as many **pass plays** as the coach wishes **provided** the play is run from one of the permissible offensive formations.

LEAGUE RULES - OFFENSE

ILLEGAL FORMATIONS

- 1) Most common illegal formations on offense are:
 - a) Illegal ball carrier (i.e. ball carrier over weight limit).
 - b) Less than seven players on the line of scrimmage.
 - c) Slotback in Flexbone formation more than 2 yards off the line of scrimmage.
 - d) Illegal player (player exceeding ball carrier weight) in a "ball carrier" position.
 - e) Man in motion.
- 2) First use of an illegal formation results in a warning by the **official (except for 1a above, which is an automatic five-yard penalty in all cases)**.
- 3) Second use of an illegal formation results in a 5-yard illegal procedure call and loss of down.
- 4) Further use of an illegal formation results in a 10-yard penalty and loss of a down.

PLAY CALL

Example of QB calling a play in the huddle:

- 1) **"Left 19 on one"** (SE always goes to call side/TE opposite)
- 2) **"Left 19 on one"**
- 3) **"Ready"**
- 4) **"Break"**

PERMISSIBLE OFFENSIVE SERIES

10's- Option Series - <i>(predetermined at this level)</i> 14 & 16 Predetermined FB Give 13 & 17 Predetermined QB Give 11 & 19 Double Option QB & HB	40's- Perimeter Series - <i>(outside plays)</i> 41 & 49 Sweep 42 & 48 Quick Pitch
20's- Option Series - <i>(against the flow)</i> 22 & 28 QB Bootleg 23 & 27 HB Cross Buck 24 & 26 HB Counter (Flexbone)	50's- Power Series 54 & 56 Inside Power 53 & 57 Power Off Tackle
30's- Passes to the left	70's- Passes to the right

COACHING SUGGESTIONS

We recommend teaching the offense in the following order.

- 1) 10's - Option Series.
- 2) 50's - Power Series.
- 3) 20's - Misdirection Series.
- 4) 40's - Perimeter Series.
- 5) 30's - Passes to the left.
- 6) 70's - Passes to the right.

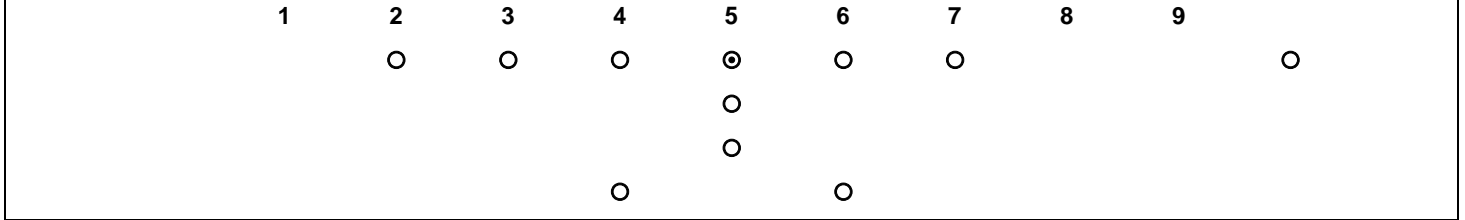
KEY

○	Offensive Player
●	Ball Carrier
⊙	Offensive Center
■	Defensive Player

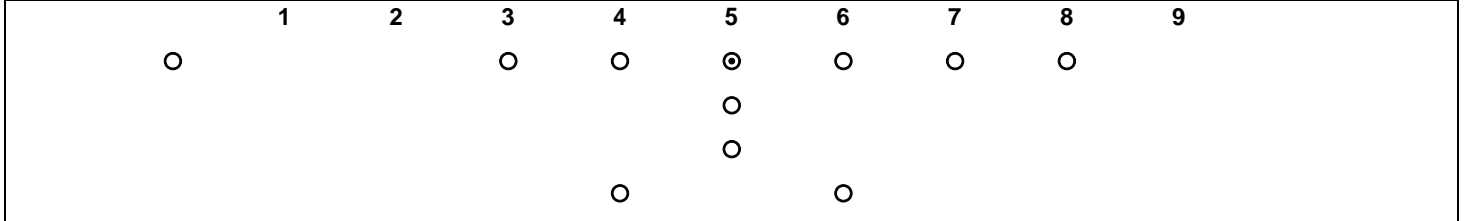
LEAGUE RULES - OFFENSE

OFFENSIVE FORMATIONS

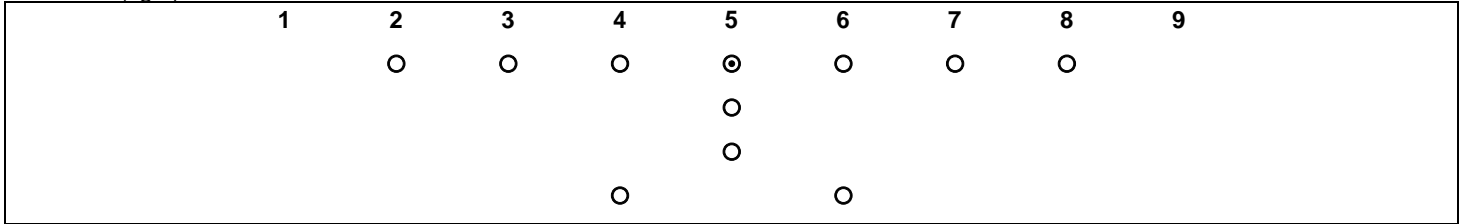
Wishbone (right)



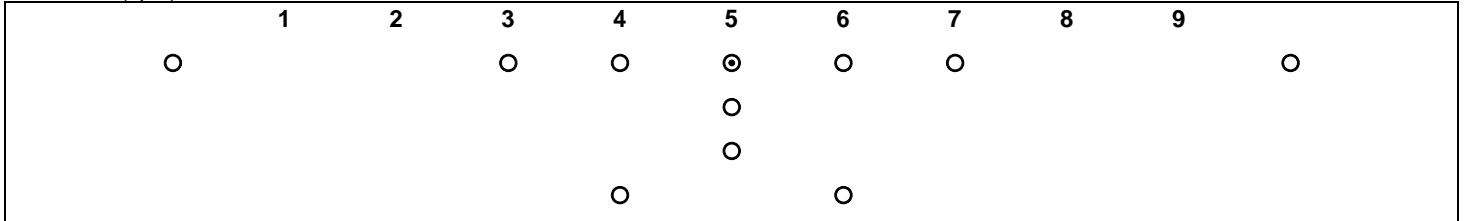
Wishbone (left)



Wishbone (tight)



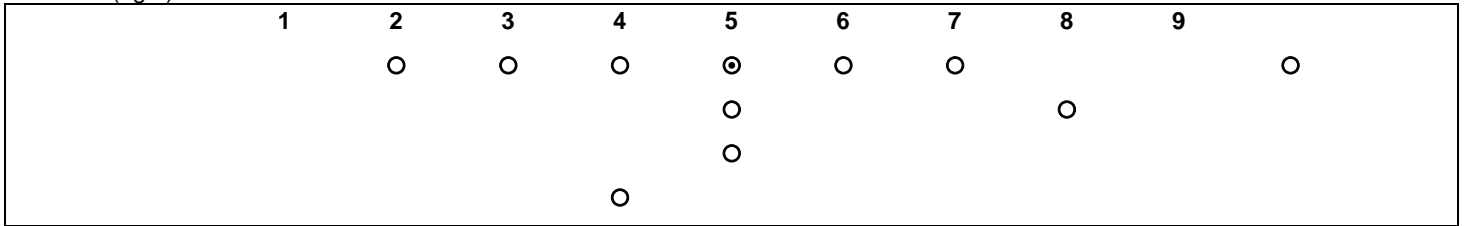
Wishbone (split)



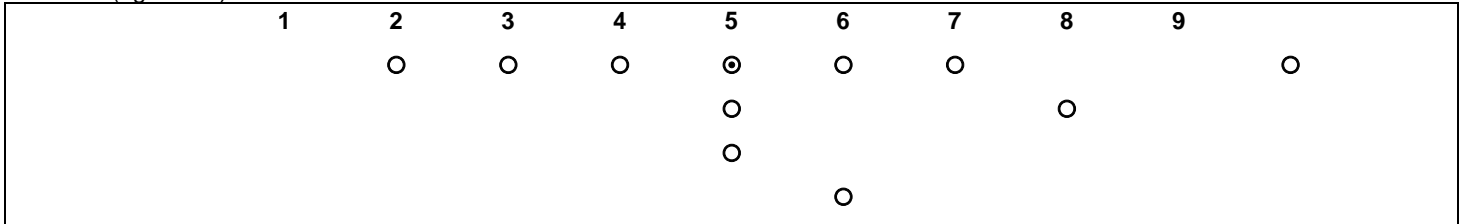
LEAGUE RULES - OFFENSE

OFFENSIVE FORMATIONS (CONTINUED)

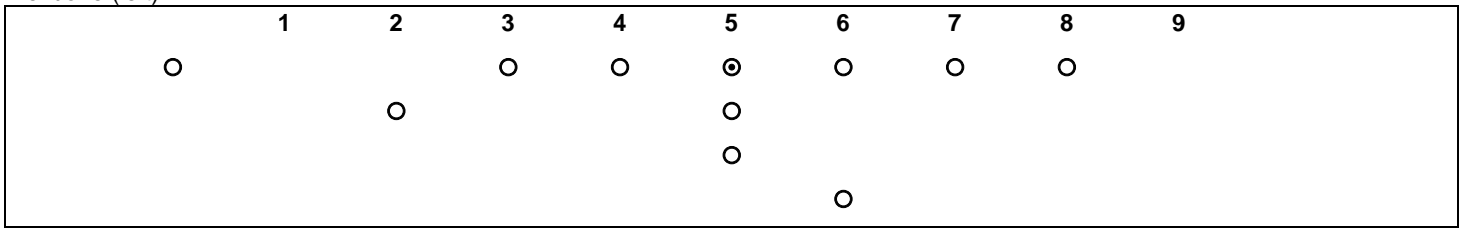
Flexbone (right)



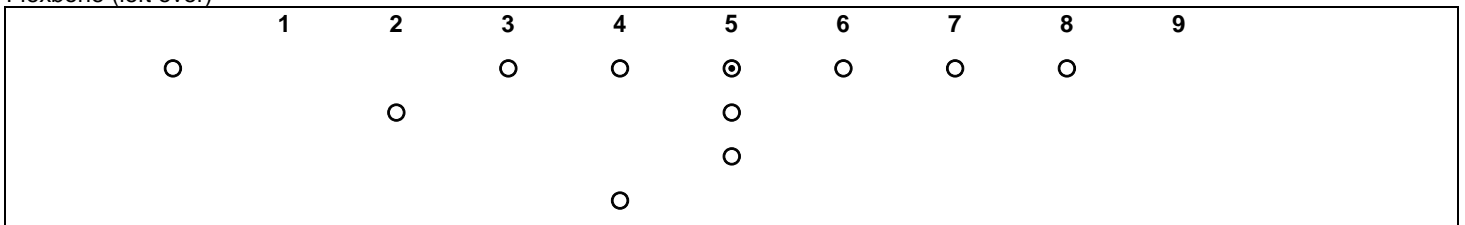
Flexbone (right over)



Flexbone (left)

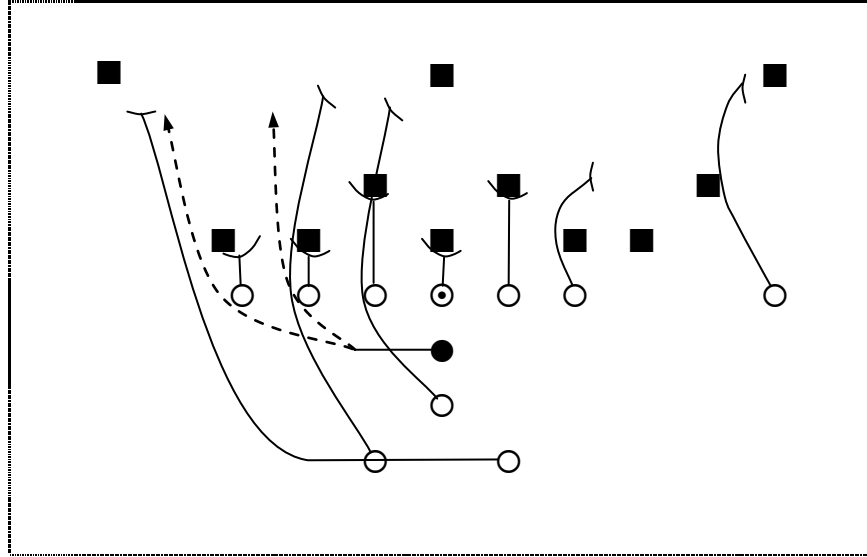


Flexbone (left over)

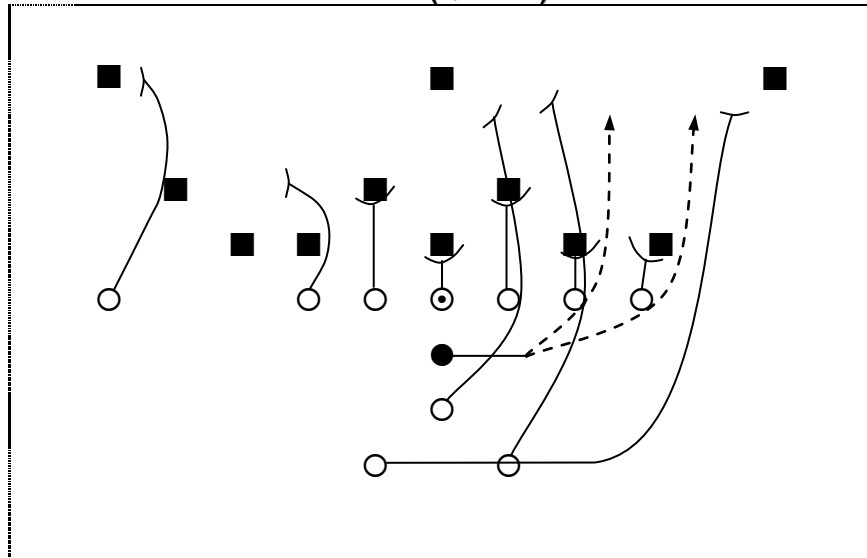


10's - OPTION SERIES

RIGHT 13 (QB KEEP)

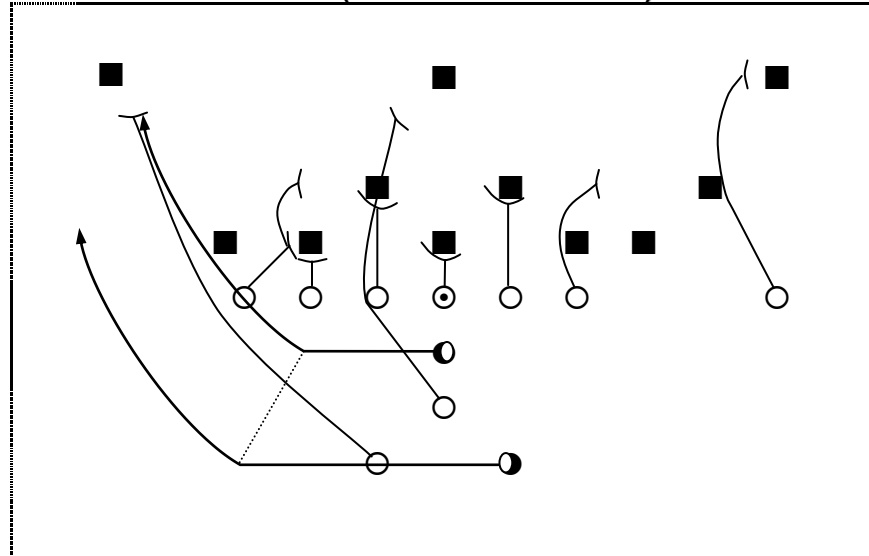


LEFT 17 (QB KEEP)

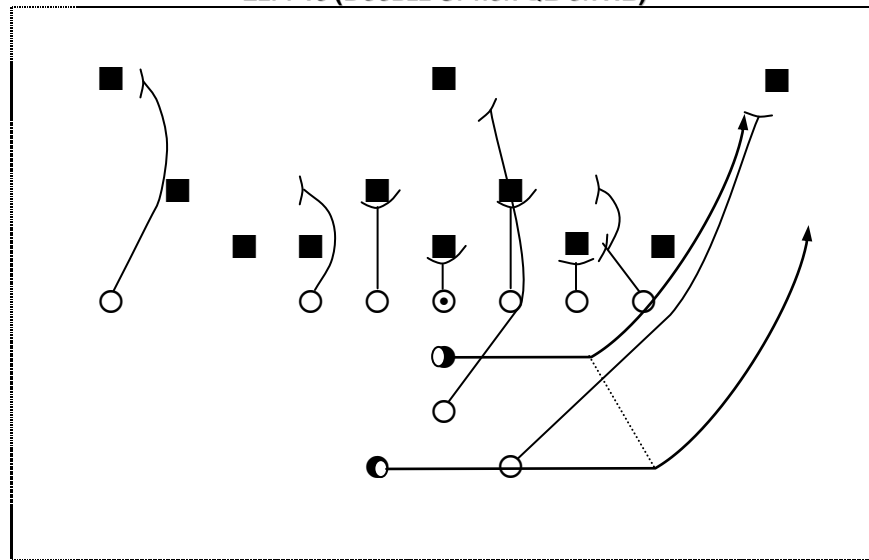


10's - OPTION SERIES

RIGHT 11 (DOUBLE OPTION QB OR HB)

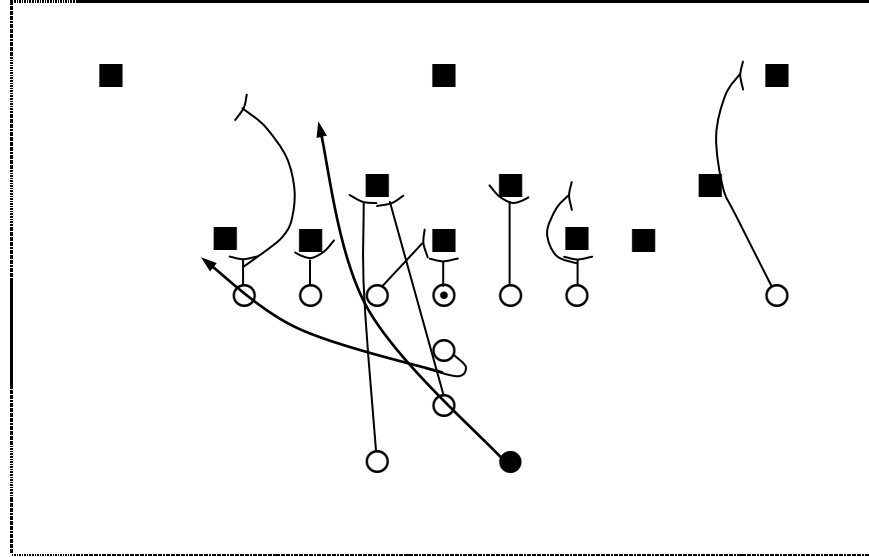


LEFT 19 (DOUBLE OPTION QB OR HB)

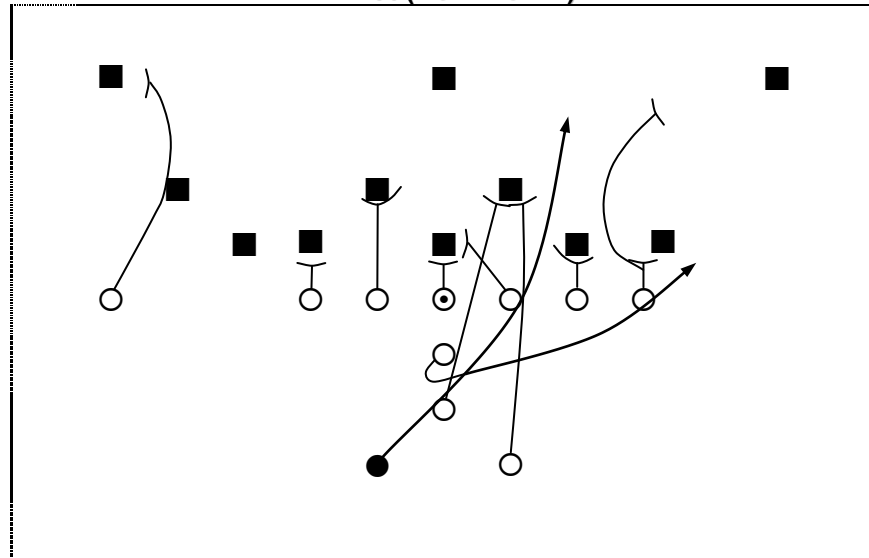


50's - POWER SERIES

RIGHT 54 (INSIDE POWER)

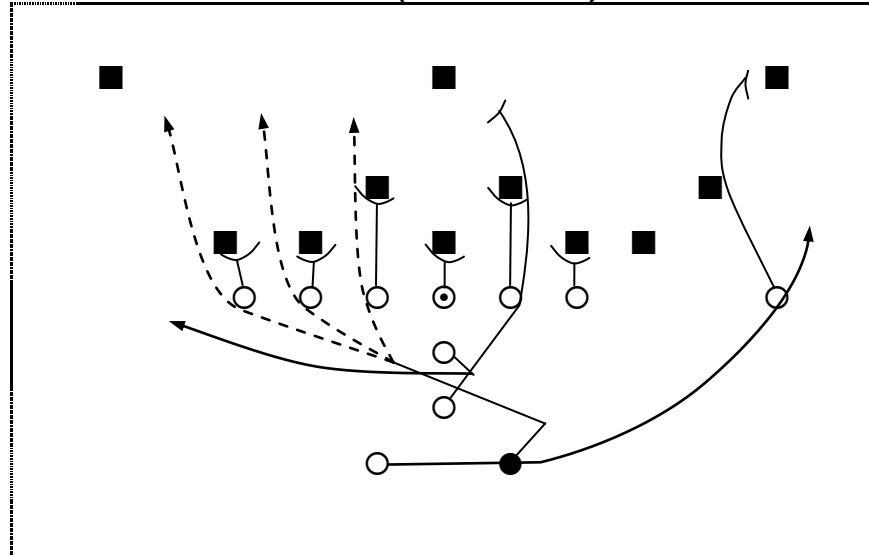


LEFT 56 (INSIDE POWER)

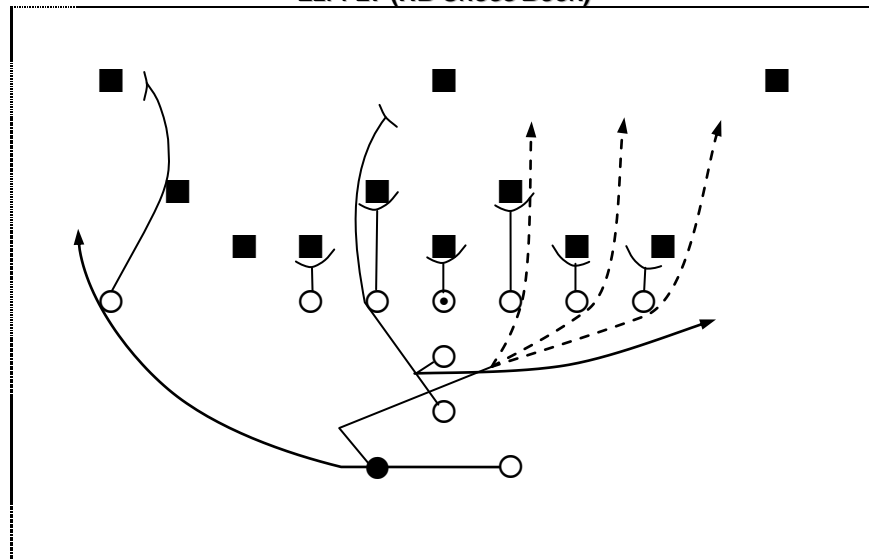


20's - MISDIRECTION SERIES

RIGHT 23 (HB CROSS BUCK)

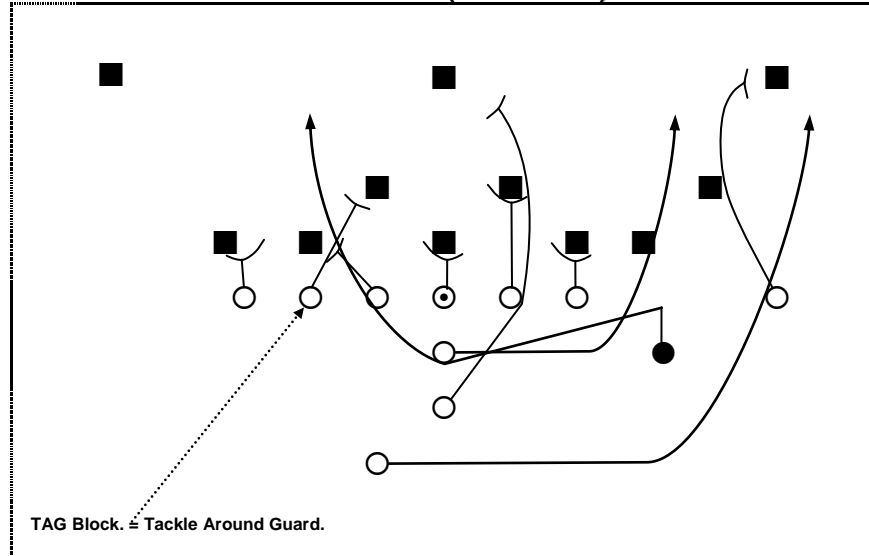


LEFT 27 (HB CROSS BUCK)

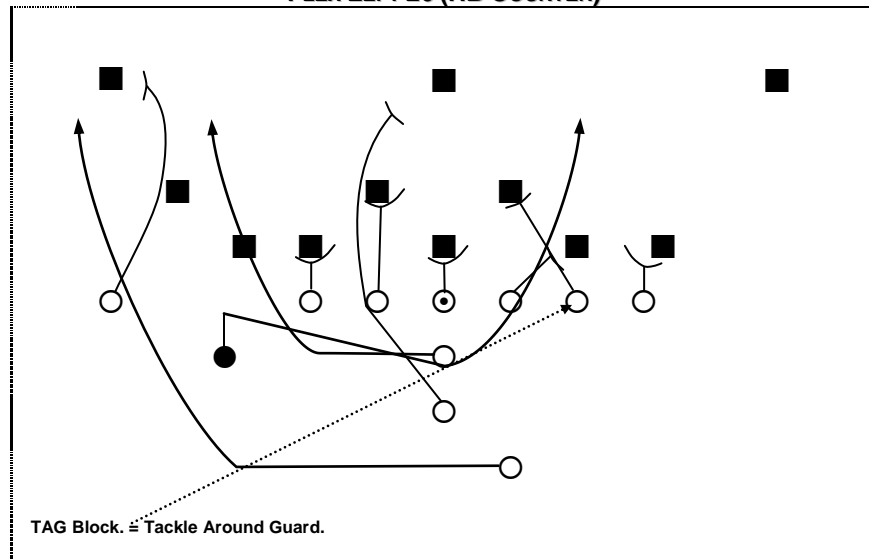


20'S - MISDIRECTION SERIES

FLEX RIGHT 24 (HB COUNTER)

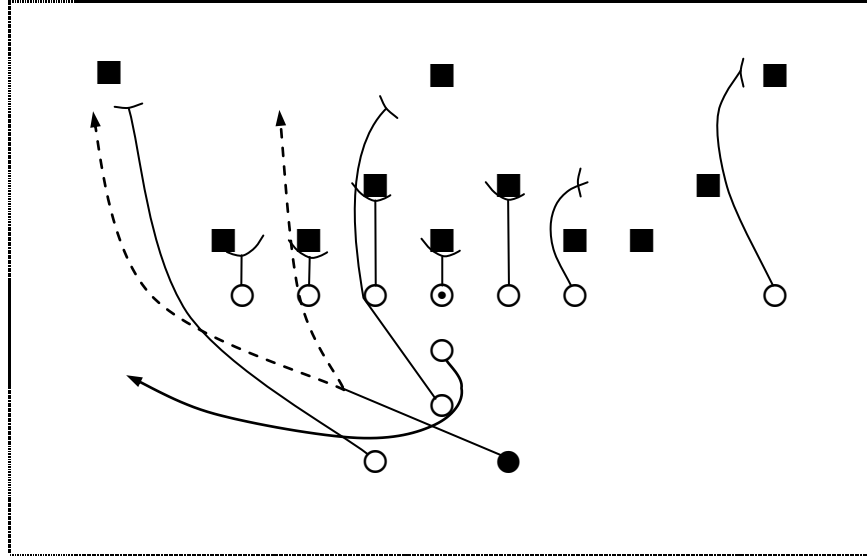


FLEX LEFT 26 (HB COUNTER)

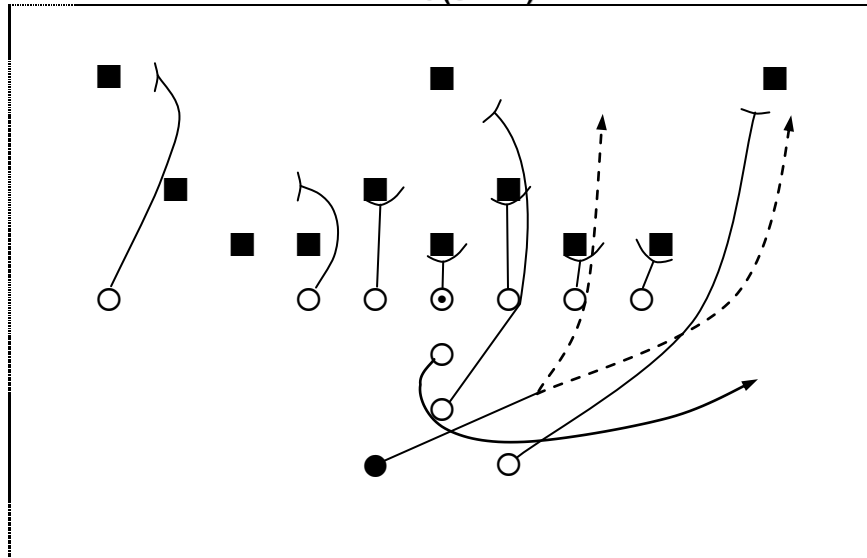


40'S - PERIMETER SERIES

RIGHT 41 (SWEEP)

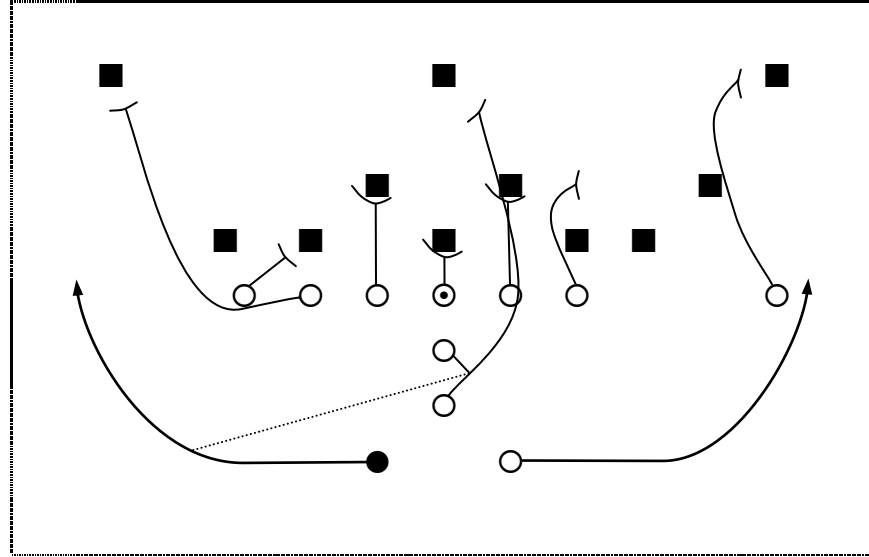


LEFT 49 (SWEEP)

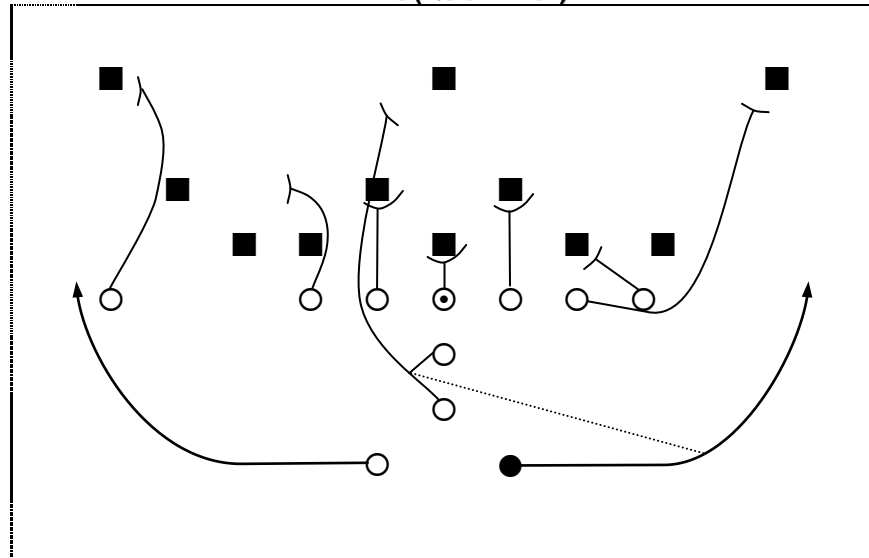


40'S - PERIMETER SERIES

RIGHT 42 (QUICK PITCH)

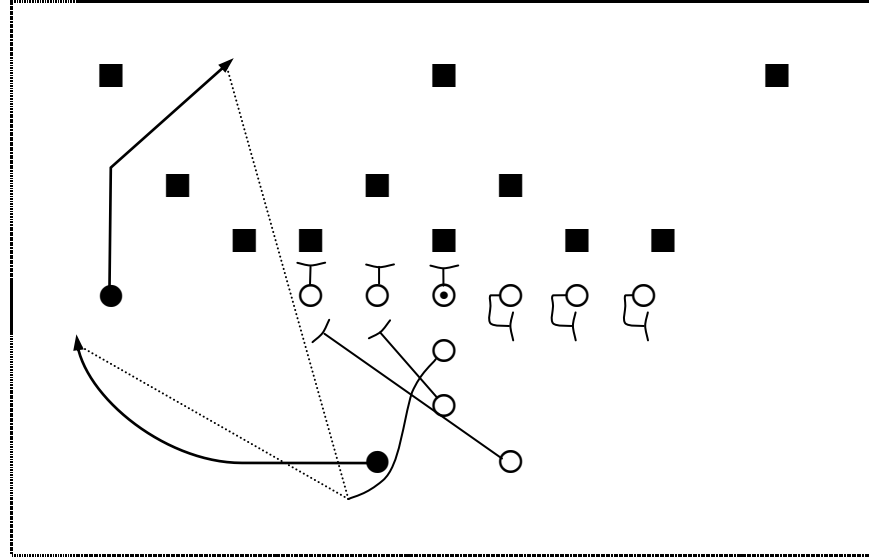


LEFT 48 (QUICK PITCH)

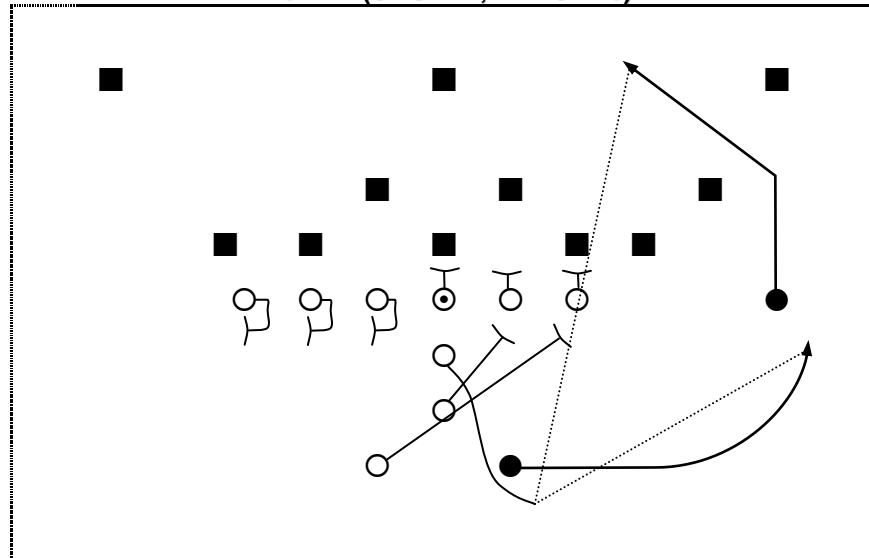


30's & 70's - PASSES TO THE LEFT & RIGHT

LEFT 32 (SE SLANT, PHB SWING)

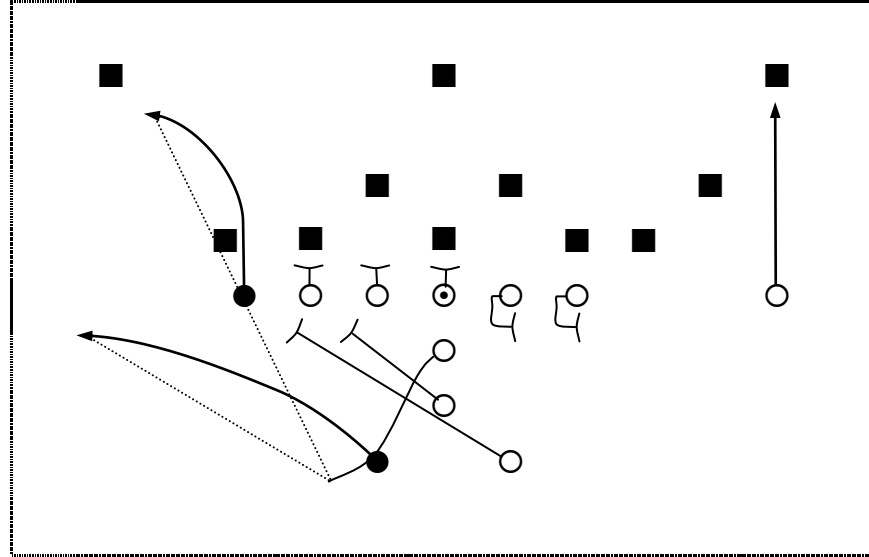


RIGHT 72 (SE SLANT, PHB SWING)

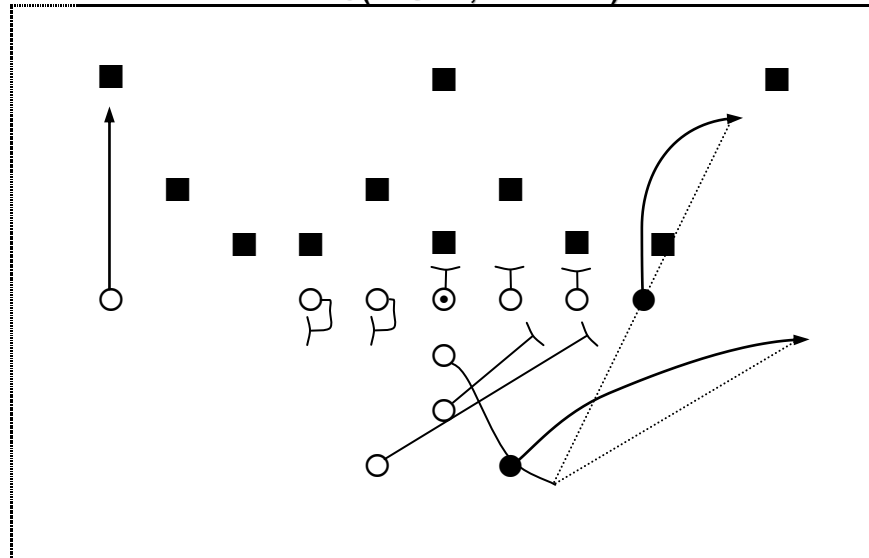


30's & 70's - PASSES TO THE LEFT & RIGHT

RIGHT 33 (TE SEAM, PHB FLARE)

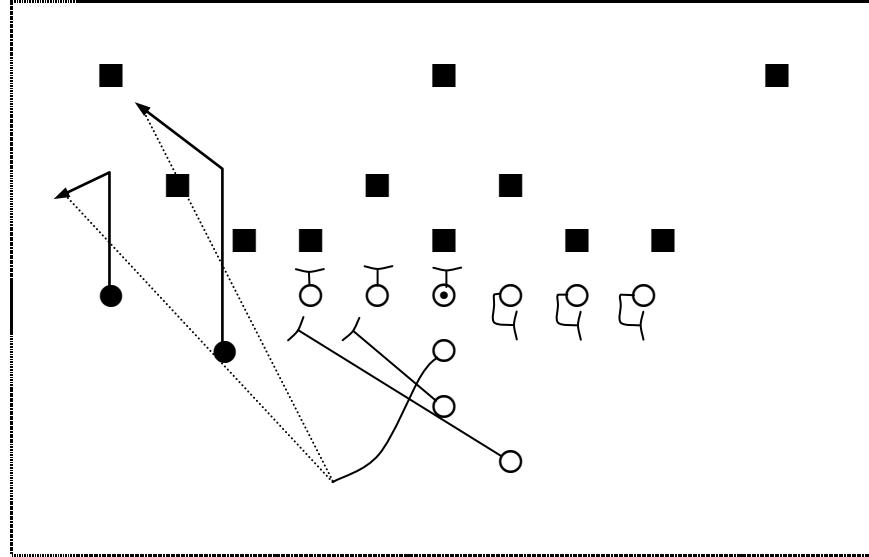


LEFT 73 (TE SEAM, PHB FLARE)

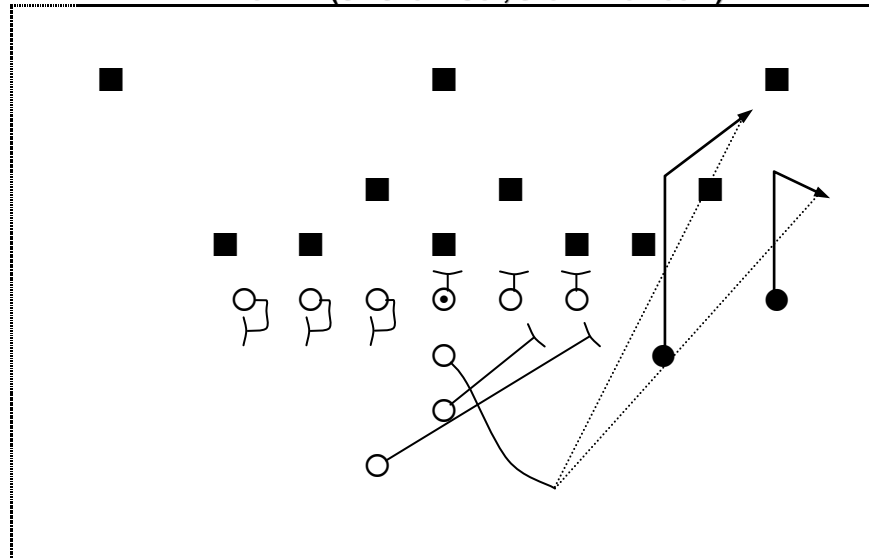


30's & 70's - PASSES TO THE LEFT & RIGHT

FLEX LEFT 34 (SE SHORT OUT, SLOT FLAG ROUTE)

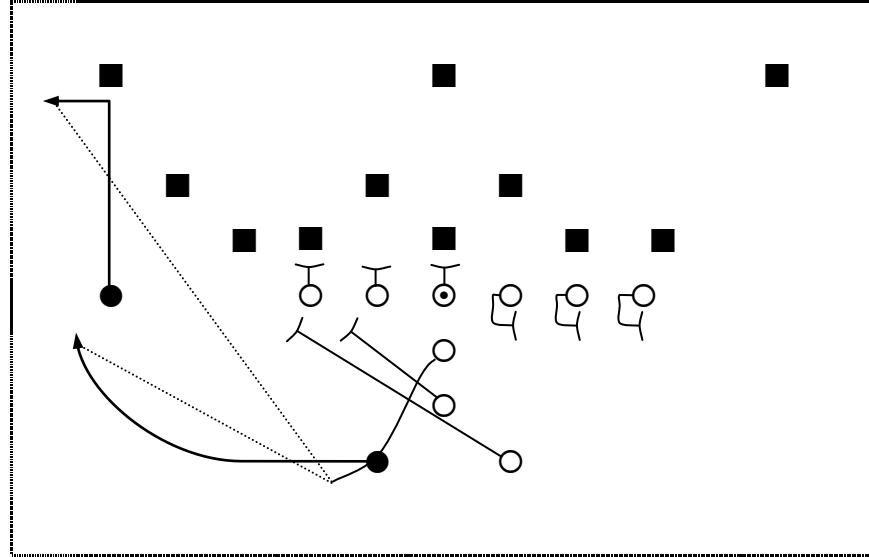


FLEX RIGHT 74 (SE SHORT OUT, SLOT FLAG ROUTE)

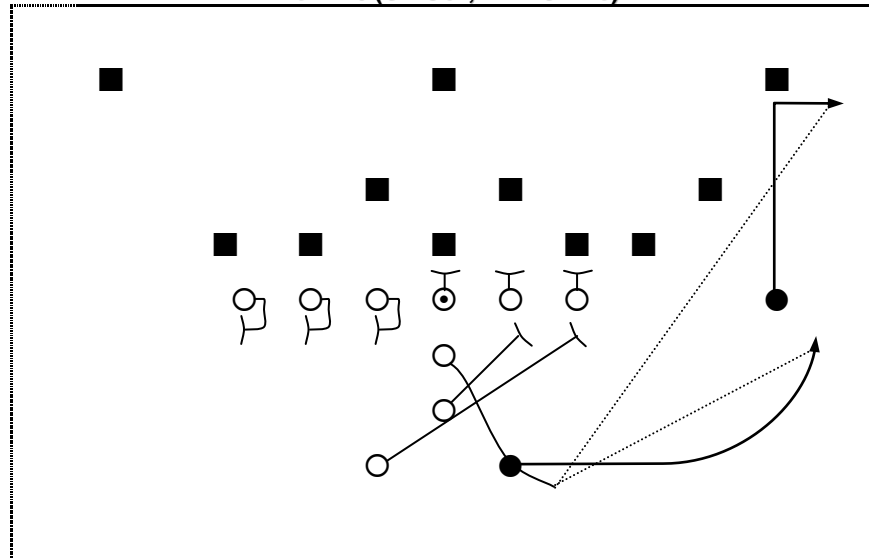


30's & 70's - PASSES TO THE LEFT & RIGHT

LEFT 39 (SE OUT, PHB SWING)



RIGHT 79 (SE OUT, PHB SWING)



LEAGUE RULES - PUNTS

PUNTS

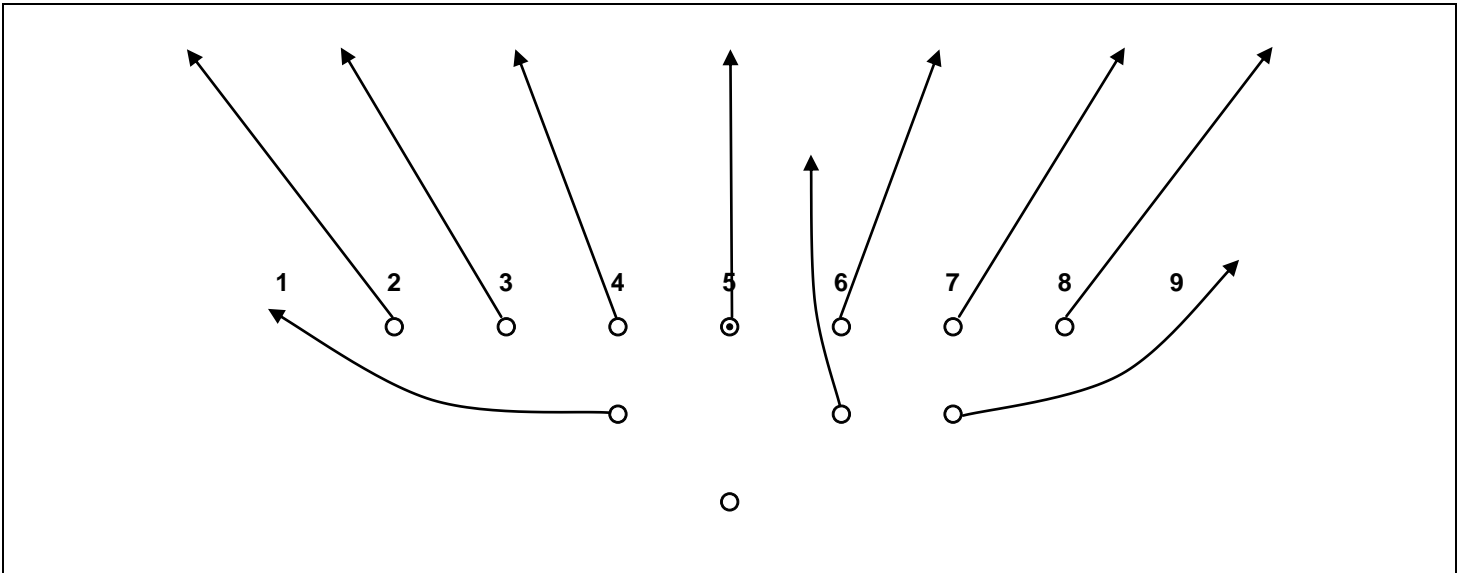
1) **4th/5th and 6th grades:**

Punt formation is used only for punting. You **must** notify the referee if you are going to punt. **No** play other than a punt may be designed or used from punt formation. In these grades the punter must punt. They need not be ball carrier weight because the they cannot run the ball. Both punting and receiving teams must remain stationary until the ball is punted. **The defense cannot rush the punter.** In the event of a bad or fumbled pass from the center the punter is still allowed a free punt.

2) **7th grade:**

Defenses can rush the punter. If the punter is ball carrier weight they may advance the ball by run, pass, hand-off, or kick. **Punters may be above ball carrier weight but can't advance the ball by run, pass, or hand-off.** If they attempt to advance the ball beyond the line of scrimmage the play is whistled dead and the ball placed on the line of scrimmage with loss of down. **On 4th down only**, any running or passing play may be designed and used from the punt formation without restriction as long as the punter is ball carrier weight. On 1st, 2nd, or 3rd down you must punt from punt formation. (The intention of this rule is to prevent the running of a shotgun offense.)

PUNT FORMATION AND COVERAGE LANES



LEAGUE RULES - DEFENSE

PERMISSIBLE DEFENSIVE FORMATIONS

Defenses permitted are **Tight Okie** (all grades) and **Split Eagle** (7th grade only).
(See diagrams on page 24.)

- 1) The Tight Okie and Split Eagle defenses are three level defenses:
 - a) **First level:** five players (NG, DT's, & DE's), on the line of scrimmage.
**** **Noseguard and Tackles must be in a down position** ****
 - b) **Second level:** three players (LB's), 3 yards off the line of scrimmage or 2 yards behind the defensive line.
 - c) **Third level:** 1 player (S) 7 yards off the line of scrimmage and 2 players (CB's) five yards off the line of scrimmage.
**** **Corners cannot roll-up on the split-end** ****
- 2) At the snap of the ball, all three levels of defense must be in proper alignment and stationary.
- 3) Every member of the defensive team may advance a pass interception, fumble, or short punt.
- 4) A fumble, lateral, or backward pass recovered by any player may be advanced as far as the player is able to advance the ball.
- 5) No blitzing or defensive shifts are allowed before the snap of the ball.

No short yardage, goal line, or prevent defenses are allowed.

ILLEGAL FORMATIONS

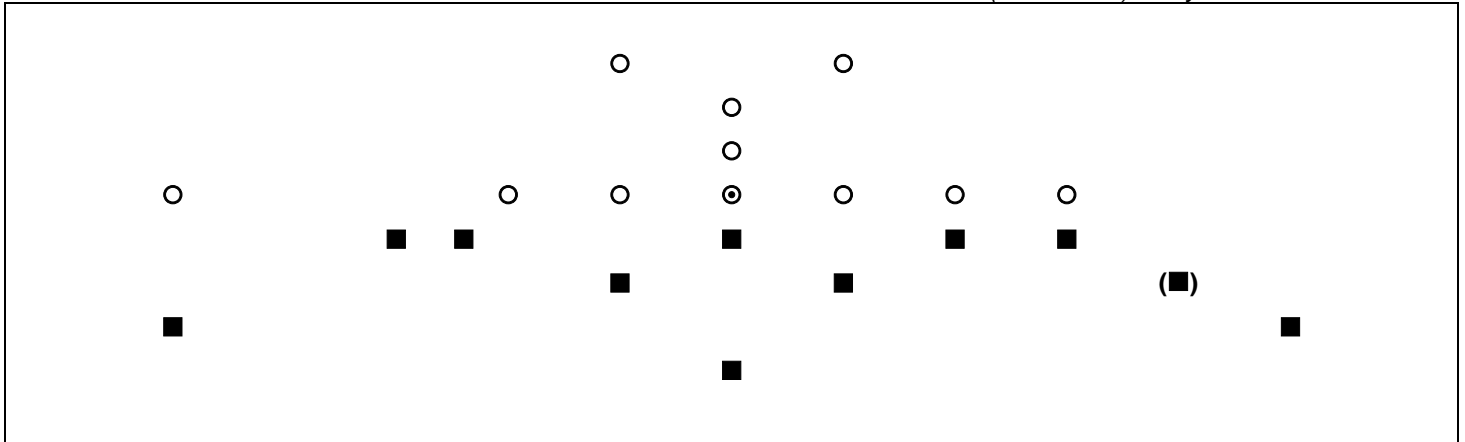
- 1) Most common illegal formations on defense are:
 - a) More than five players on the line of scrimmage.
 - b) Linebackers closer than 3 yards to the line of scrimmage or 2 yards of the defensive line.
 - c) Monster/SS closer than 3 yards to the line of scrimmage, 2 yards to the defensive line, or within 1 yard of defensive end.
 - d) Safety closer than 7 yards to the line of scrimmage.
 - e) Cornerbacks closer than 5 yards to the line of scrimmage.
 - f) Defensive player moving at the snap of the ball.
- 2) First use of an illegal formation results in a warning by the official.
- 3) Second use of an illegal formation results in a 5-yard illegal procedure call.
- 4) Further use of an illegal formation results in a 10-yard penalty.

LEAGUE RULES - DEFENSE

DEFENSIVE FORMATIONS

Tight Okie (all grades)

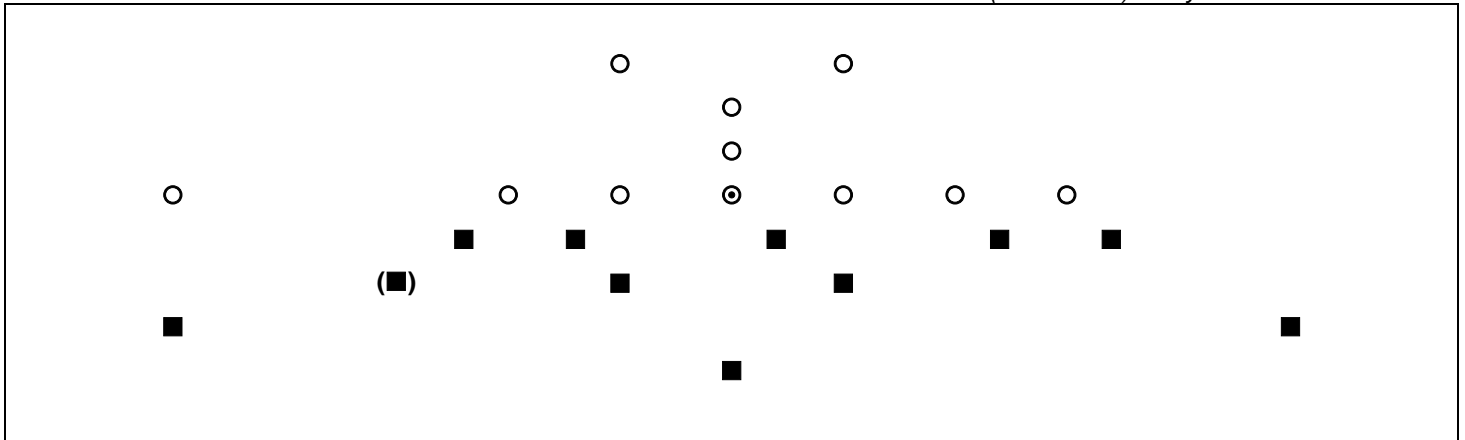
(Monster/SS) always to defensive call side.



- 1) **Noseguard (NG):** Head up on center **only**.
- 2) **Defensive Tackles (DT):** Head up on offensive tackles **only**.
- 3) **Defensive Ends (DE):** Outside shoulder of tight end or on air.
- 4) **Linebackers:** Two players, 3 yards off the line of scrimmage or 2 yards behind the defensive line and aligned over the guards.
- 5) **Monster/SS:** One player, 3 yards off the line of scrimmage or 2 yards behind the defensive line and a minimum of 1 yard outside the defensive end. **Monster/SS always goes to the call side either left or right.**
- 6) **Safety:** One player, 7 yards or deeper.
- 7) **Cornerbacks:** Two players, 5 yards or deeper.

Split Eagle (7th grade only)

(Monster/SS) always to defensive call side.



- 1) **Noseguard (NG):** Shades to opposite side of the center from the call side.
- 2) **Defensive Tackles (DT):** Call side tackle shades to outside of offensive guard and other tackle shades to outside of offensive tackle.
- 3) **Defensive Ends (DE):** Call side end shades to outside of offensive tackle and other end shades to outside of tight end.
- 4) **Linebackers:** Two players, 3 yards off the line of scrimmage or 2 yards behind the defensive line and aligned over the guards.
- 5) **Monster/SS:** One player, 3 yards off the line of scrimmage or 2 yards behind the defensive line and a minimum of 1 yard outside the defensive end. **Monster/SS always goes to the call side either left or right.**
- 6) **Safety:** One player, 7 yards or deeper.
- 7) **Corners:** Two players, 5 yards or deeper.

LEAGUE RULES - KICKOFFS

KICKOFFS

Kickoffs are 10 yards off the midfield stripe on the kicking team's side of the midfield stripe (30-yard line 4th/5th grade and 40-yard line 6th/7th grade). The receiving team has five men 10 yards from the designated kicking spot.

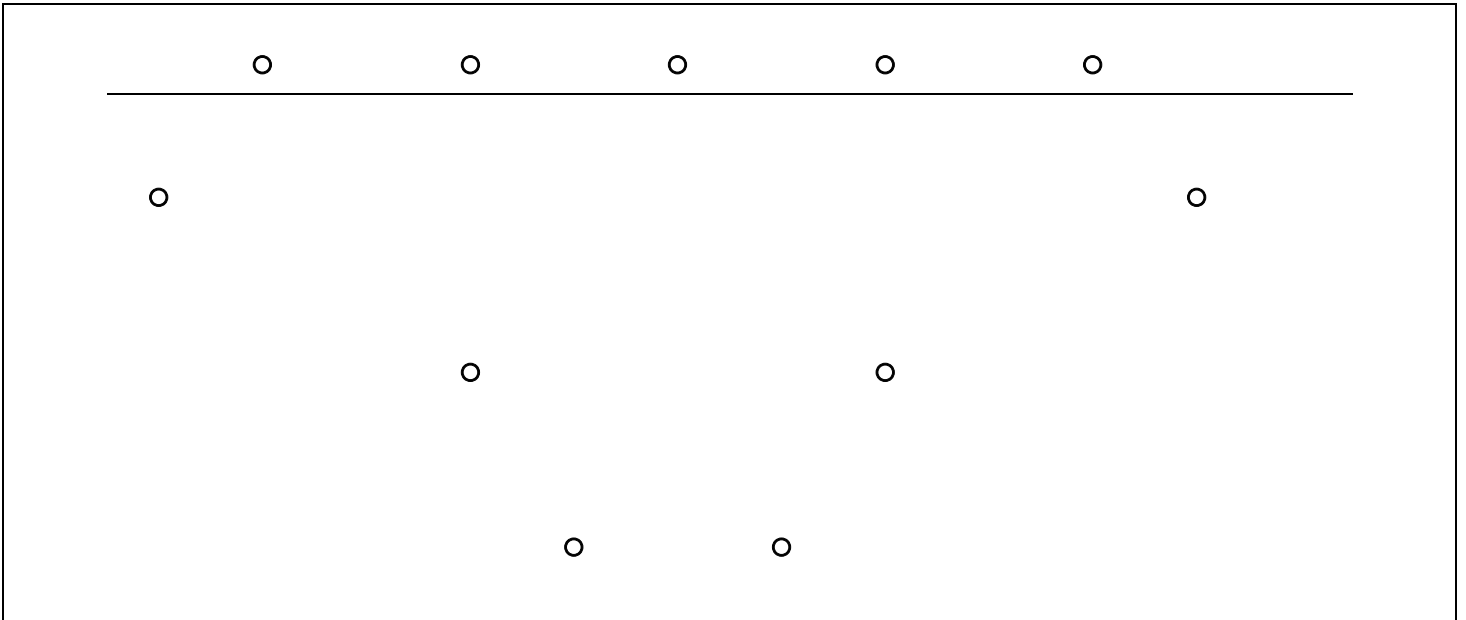
The kicker on the kickoff team may be of any weight.

Each of the six deep kickoff receivers must be ball carrier weight but all the players on the kickoff receiving team may advance the ball regardless of weight.

The receiving team has two options to choose from when the kicking team kicks the ball out-of-bounds:

- 1) Take the ball at the point it went out-of-bounds.
- 2) Take the ball at their own 30-yard line (4th/5th grade) or 40-yard line (6th/7th grade).

RECOMMENDED KICKOFF RECEIVING





**OFFICIAL FOOTBALL SIGNALS
HIGH SCHOOL AND COLLEGE**



<p>1</p> <p>Ball ready for play *Untimed down</p>	<p>2</p> <p>Start clock</p>	<p>3</p> <p>Time-out Discretionary or injury time-out (follow by tapping hands on chest)</p>	<p>4</p> <p>TV/Radio time-out</p>	
<p>5</p> <p>Touchdown Field goal Point(s) after touchdown</p>	<p>6</p> <p>Safety</p>	<p>7</p> <p>Dead ball foul Touchback (move side to side)</p>	<p>8</p> <p>First down</p>	
<p>9</p> <p>Loss of down</p>	<p>10</p> <p>Incomplete forward pass Penalty declined No play, no score Toss option deferred</p>	<p>11</p> <p>Legal touching of forward pass or scrimmage kick</p>	<p>12</p> <p>Inadvertent whistle (Face Press Box)</p>	<p>13</p> <p>Disregard flag</p>
<p>14</p> <p>End of period</p>	<p>15</p> <p>Sideline warning (NFHS)</p>	<p>16</p> <p>First touching (NFHS) Illegal touching</p>	<p>17</p> <p>Uncatchable forward pass (NCAA)</p>	
<p>18</p> <p>Encroachment (NFHS) Offside defense or free-kick defense (NCAA)</p>	<p>19</p> <p>False start Illegal formation Encroachment offense (NCAA)</p>	<p>20</p> <p>Illegal shift - 2 hands Illegal motion - 1 hand</p>	<p>21</p> <p>Delay of game</p>	<p>22</p> <p>Substitution infraction</p>



**OFFICIAL FOOTBALL SIGNALS
HIGH SCHOOL AND COLLEGE**



23 Failure to wear required equipment	24 Illegal helmet contact	25 Illegal Horse-Collar Tackle	27 Unsportsmanlike conduct Noncontact foul	28 Illegal participation
29 Sideline interference (Face Press Box)	30 Running into or Roughing kicker or holder	31 Illegal batting/kicking (Followed by pointing toward toe for kicking)	32 Invalid fair catch signal (NFHS) Illegal fair catch signal	33 Forward pass interference Kick catching interference
34 Roughing passer	35 Illegal pass/forward handing (Face Press Box)	36 Intentional grounding	37 Ineligible downfield on pass	38 Personal foul
39 Clipping	40 Blocking below waist Illegal block	41 Chop block	42 Holding/obstructing Illegal use of hands/arms	43 Illegal block in the back
44 Helping runner Interlocked blocking	45 Grasping face mask or helmet opening	46 Tripping	47 Disqualification	

NOTE: Signal number 26 is for future expansion.

09

11-player Football Field Diagram

