

Under One:

Injuries, Helmets, and/or Runoffs

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EAIFO



Injuries, Helmets, and/or Runoffs

- ▶ Mechanics
- ▶ When Is A Foul A Runoff?
- ▶ When Is An Injury A Runoff?
- ▶ The Final 0:59
 - ▶ 2015 Rule Change



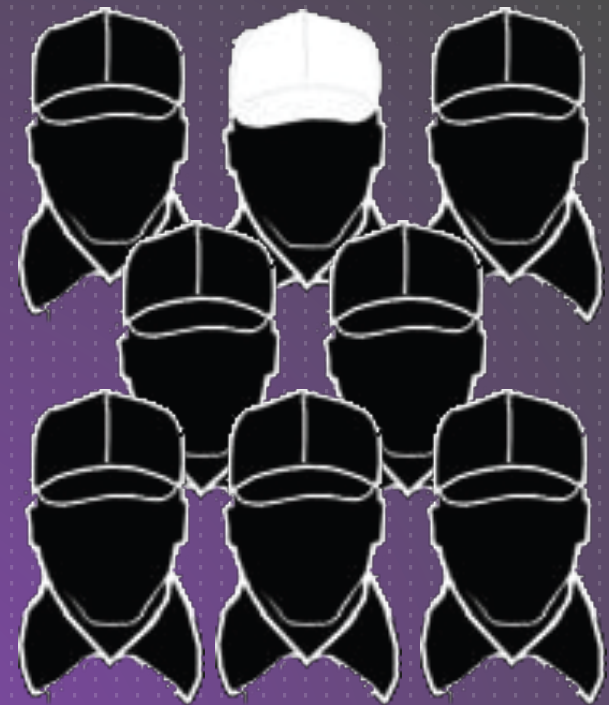
2015 Rule Change

It's Much Easier Now

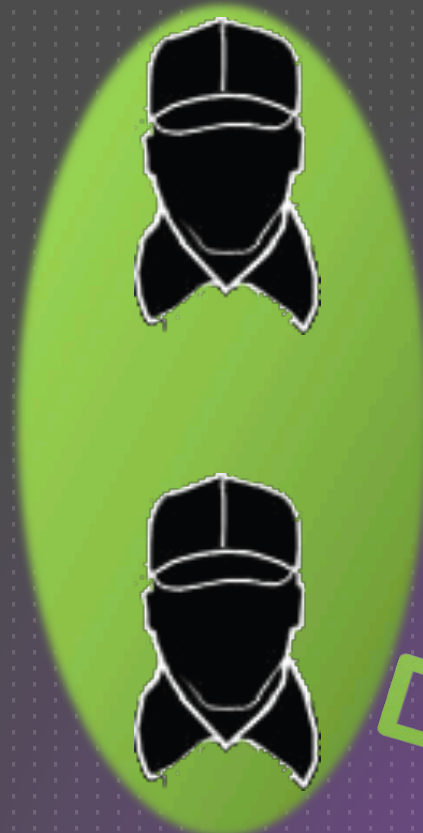
The play clock rules are the same
all game long

Mental and Communication “Mechanics”

- ▶ Mechanics: Techniques we strive to make routine
 - ▶ Mechanics include how we mentally prepare
- ▶ Think Ahead
- ▶ “Under One” communication
 - ▶ One-finger signal
 - ▶ “What if” a runoff situation arises
- ▶ Game Flow
 - ▶ Be going to the coach already



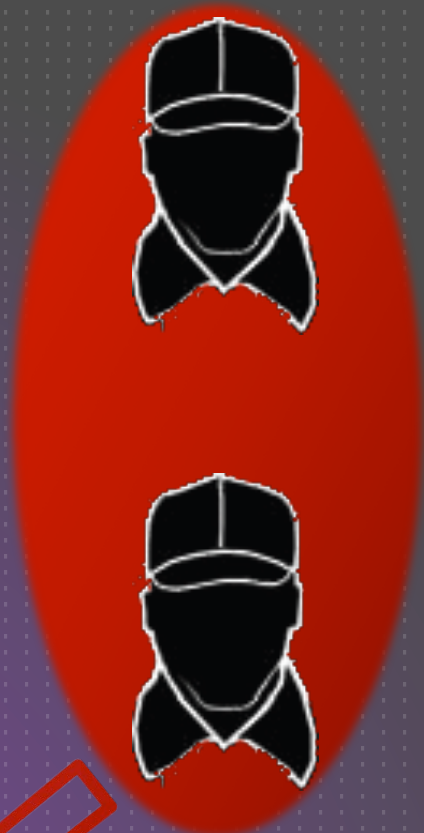
Mental and Communication “Mechanics”



Who wants more time?



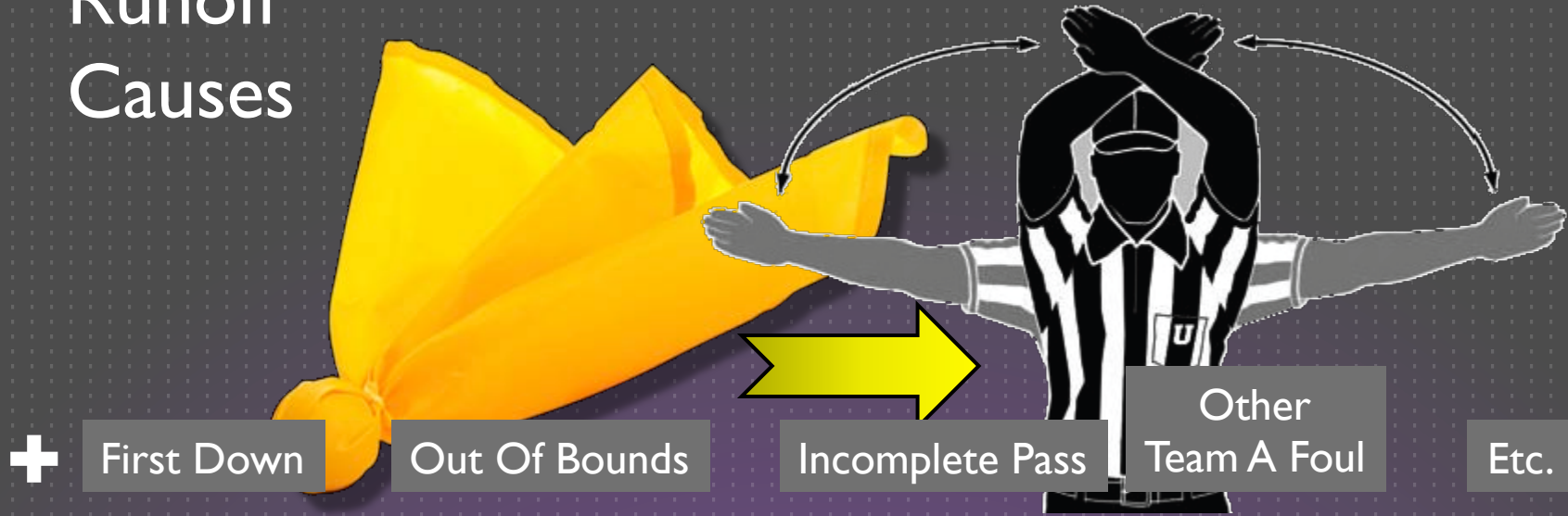
Who wants the half to end?



Does this team have timeouts?



Runoff Causes



Runoff Fouls

Live



Intentional Grounding



and other *Incomplete* Illegal FPs

or illegal backward pass OOB to save time

Dead



False Start
Shift out of huddle



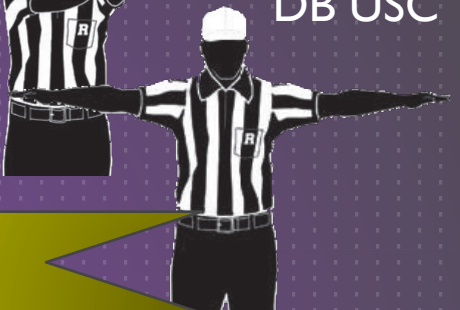
Offside
(if blow-and-throw)



Illegal Substitution



DB PF



DB USC

If Clock Was Running