

CLASSIFICATIONS OF HOLDING

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- ✓ **BEAR HUG** Arms around opponent.

- ✓ **WRAP/GRAB & TURN** Hands are on the outside of the shoulders and opponent is actually turned over to one side or the other.

- ✓ **SHOULDER DIP** Player may have hands inside on the chest or outside on the shoulders. When the runner passes there is a noticeable dip in the shoulders of the opponent.

- ✓ **SHIRT STRETCH** Player's hand inside on the chest, as players disengage there is a clear stretch of the shirt.

- ✓ **PULLOVER** It looks like the player is being run over by the opponent but has grabbed the shirt on the chest and has pulled the opponent down on himself.

- ✓ **GRAB OF LEG** Generally done by a player who is on the ground. He will reach out and grab the opponent's leg.

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YOU MUST...

Make sure something happens, even if a player attempts to hold but the opponent runs right through his attempt. No foul should be called.

KEYS...

- Advantage/Disadvantage
- Point of Attack
- Direction of the rusher

KEY FACTORS...

- Clearly Visible: Make It Be There [MIBT]
- Engagement/Disengagement.
- See it all.
- Observe the blocker's disengagement [end of blocking action] with the blocker as well as the engagement [initial blocking action].
- Initial engagement may look like it, meets the criteria of a hold but the blocker allows the defender to disengage cleanly [shirt stretch, shoulder dip].
- A blocker is allowed to work for and maintain his position.
- Release followed by a push in the back or clip, grab of the leg.

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POINT OF ATTACK...

- Most holds occur at or near the point of attack.
- Judgment.
- Does the offensive blocker gain an advantage and/or put the defensive player at a disadvantage by his action?
- Effect on the play.
- Does the action of the offensive blocker [shirt stretch] have an effect on the success of the play?
- Does action of the defensive player influence offensive player technique?

PLATO'S PHILOSOPHY...

- Double Team Blocks.
- Potential holding on defender making a tackle for a loss.
- Holding away from the point of attack.
- Overpower an opponent.