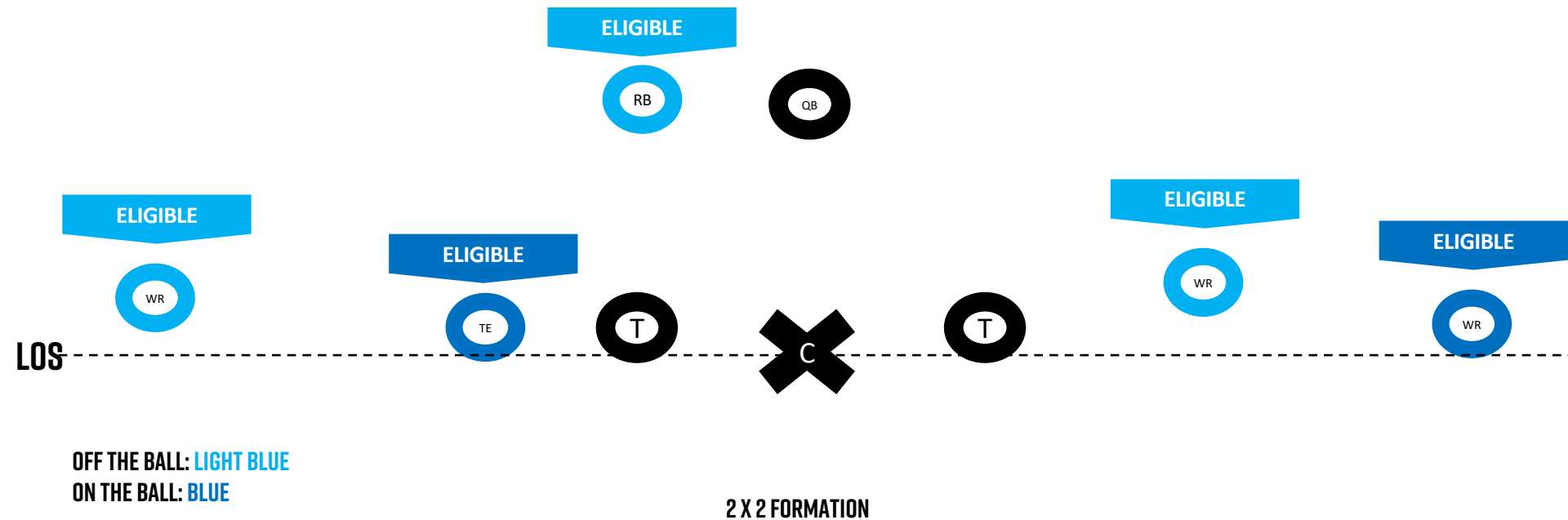


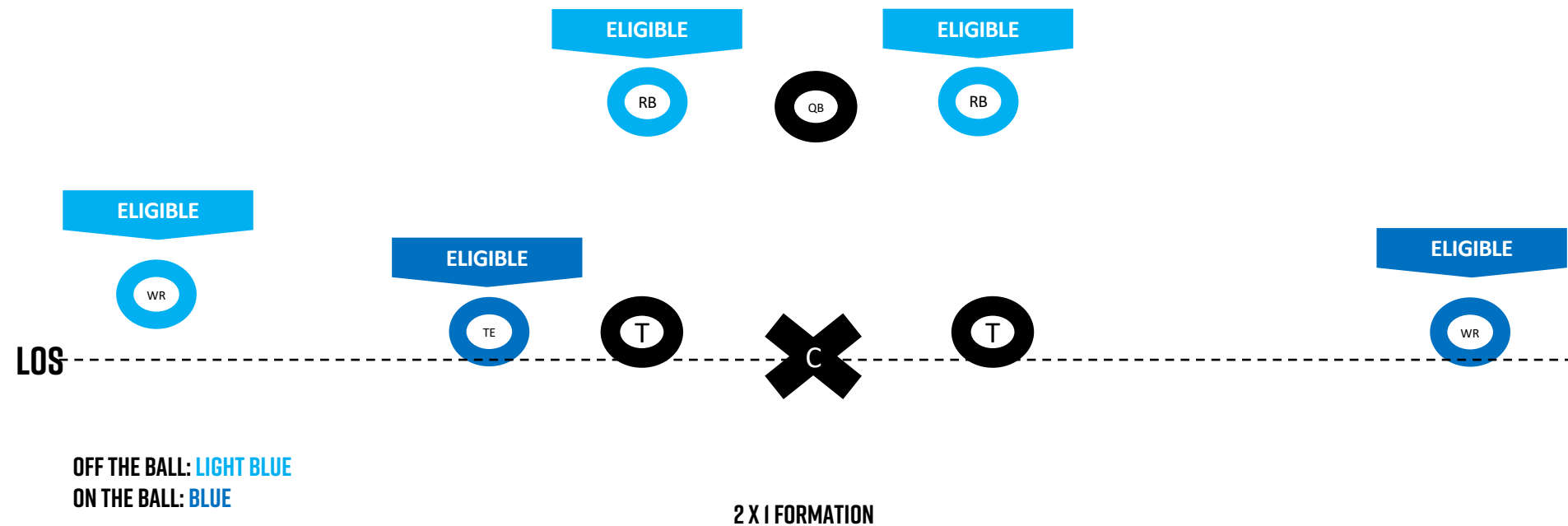
ON THE BALL, OFF THE BALL.... WHAT DOES THAT EVEN MEAN?

- Here at NFX, we want our young participants to begin learning the standards of the game played at the higher levels. At the youngest of ages, our refs will be helpful in getting players lined up and will be lenient with enforcement. However, this still means that there needs to be a realistic attempt to line up to standard football formations. At the older ages, players will be expected to line up in legal formations that fit within the NFX rule book.
- A legal formation is compromised of:
 - 5 players on the LOS – of that, 2 must be eligible receivers. No more or no less than 5
 - One eligible receiver must align “on the ball” (on the line of scrimmage) to EACH respective side of the ball (L/R)
 - All other eligible receivers must align “off the ball” to the respective side.
 - There is a total of 6 “eligible receivers” – one of those being the QB
- For example:



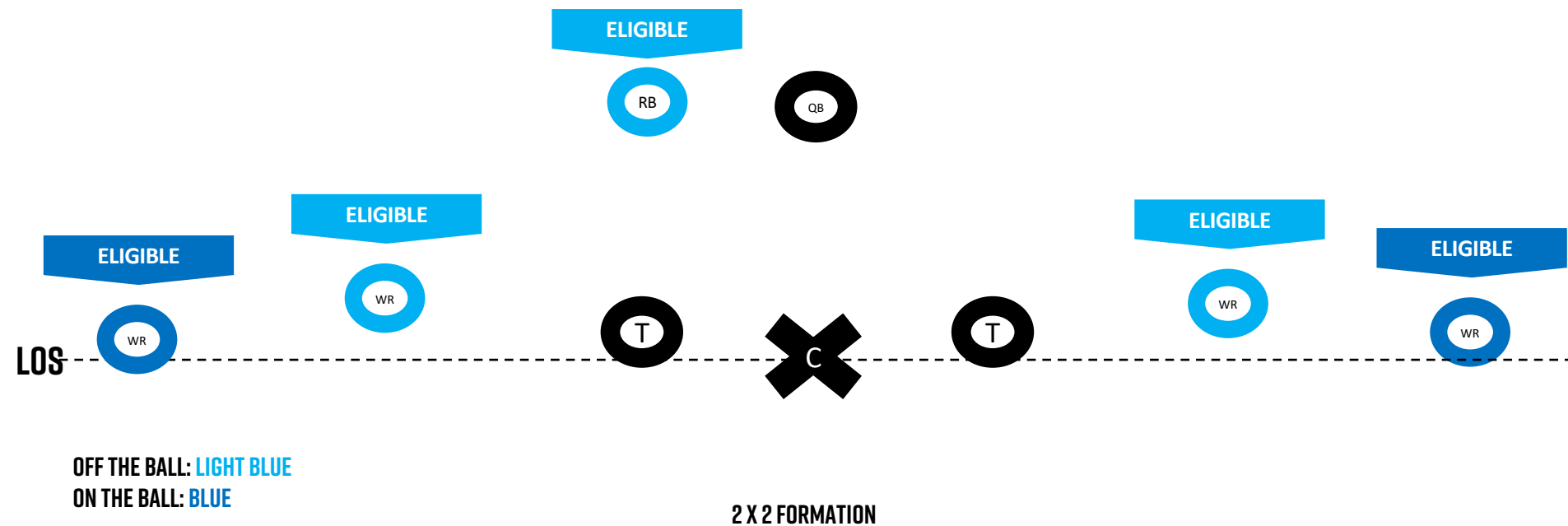
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- Here are a few more examples to various formations



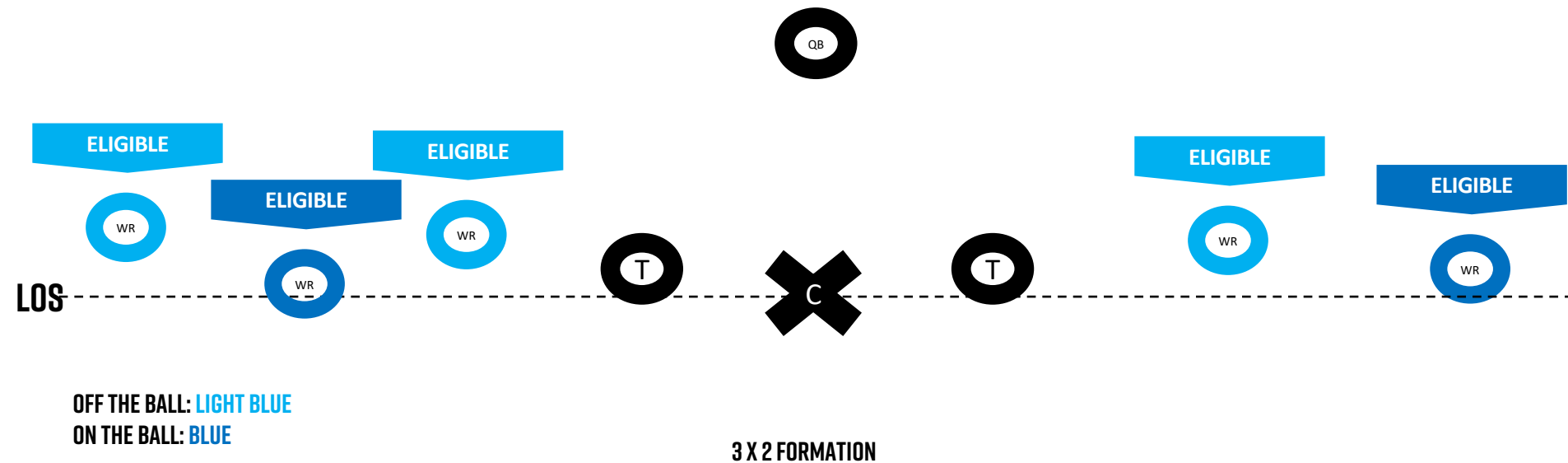
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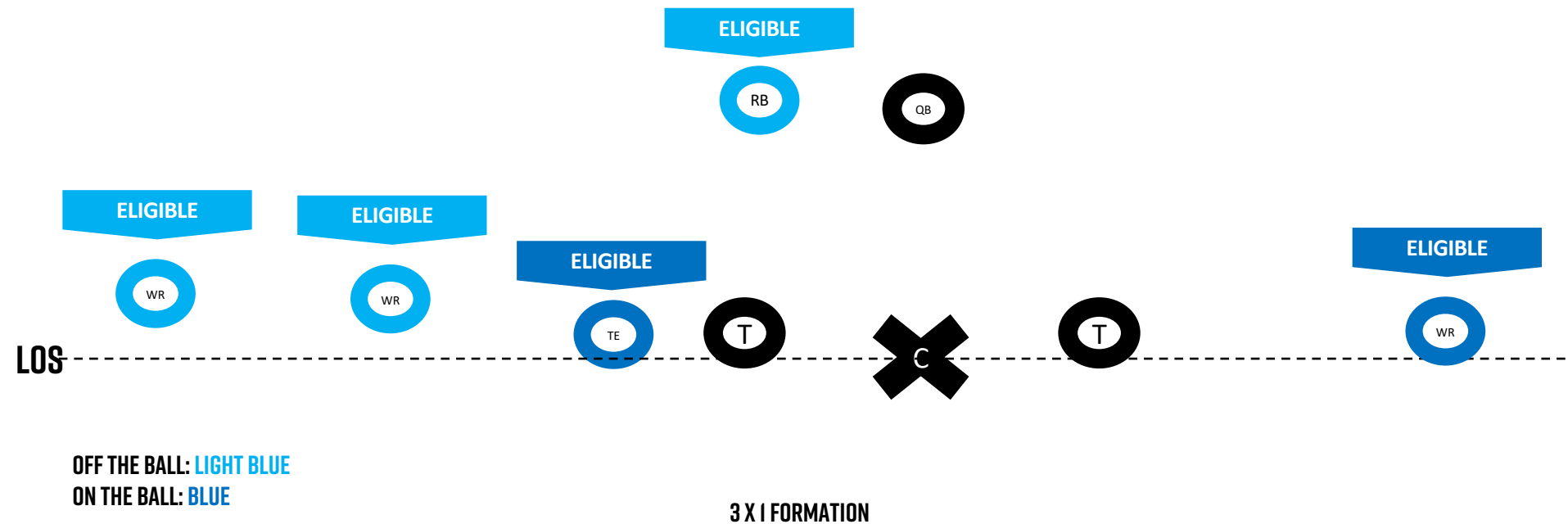
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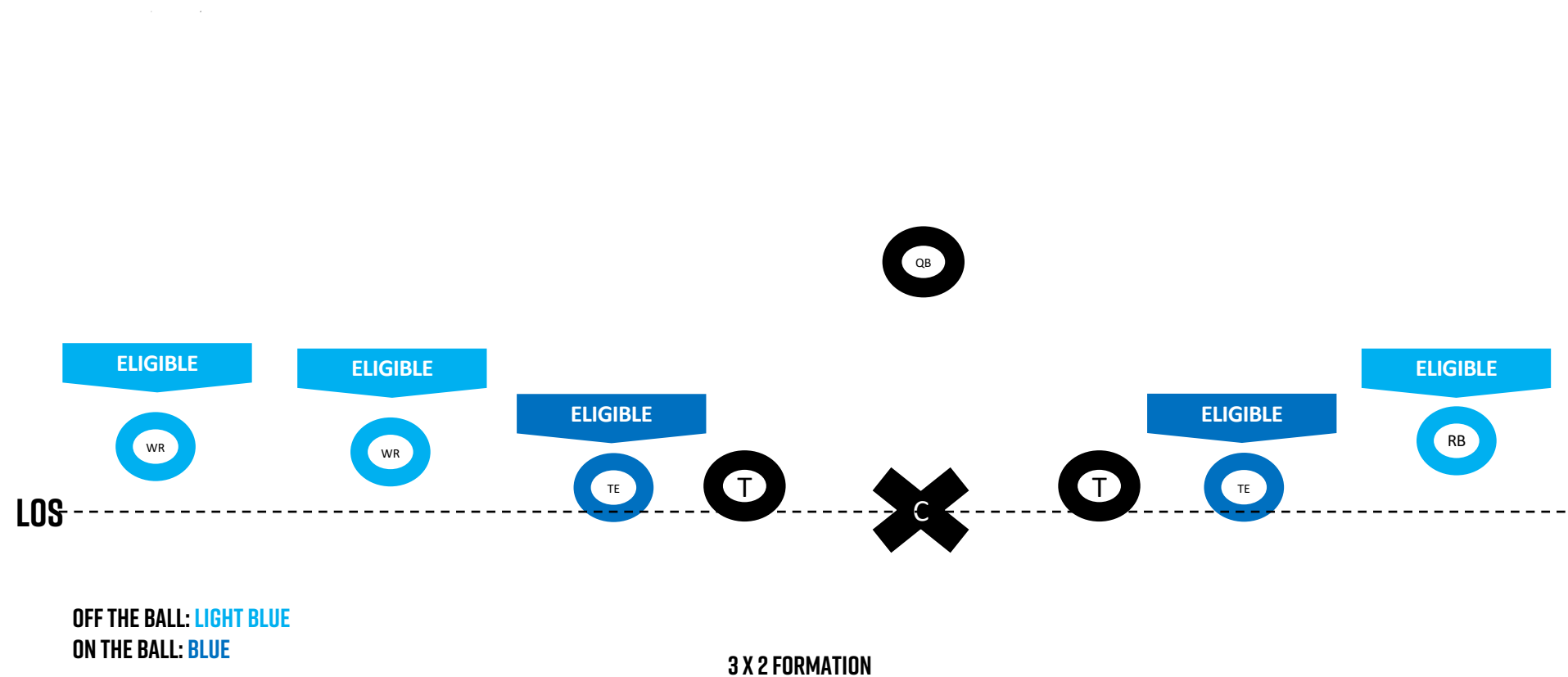
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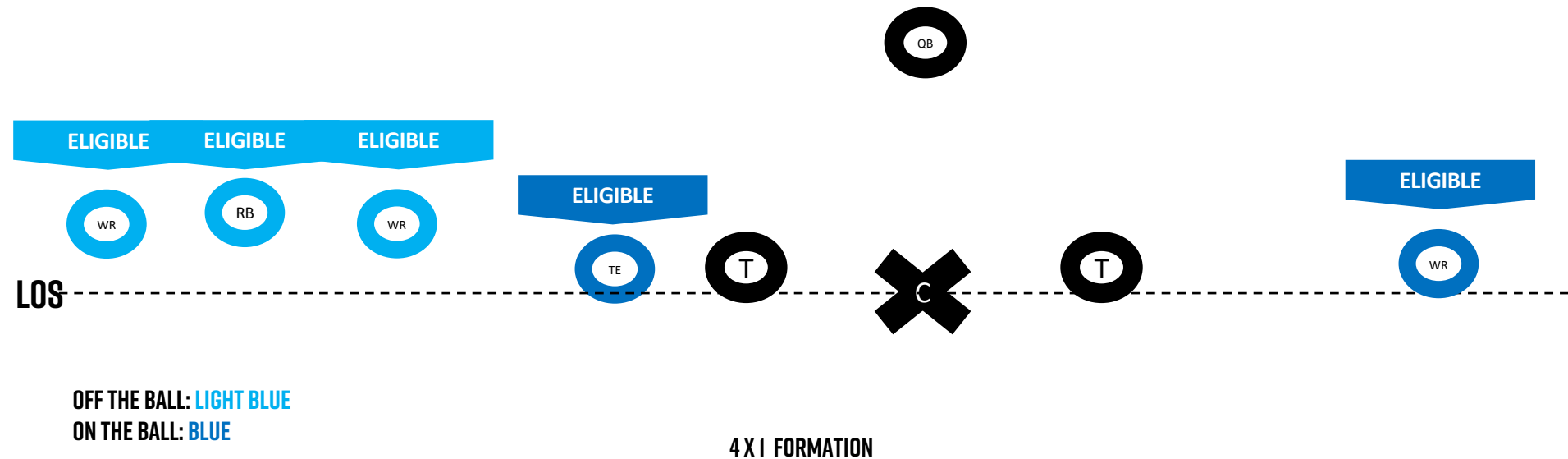
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- Here are a few more examples to various formations
- This is an example of the most “unbalanced” LEGAL a formation you can get – a 4x1 formation

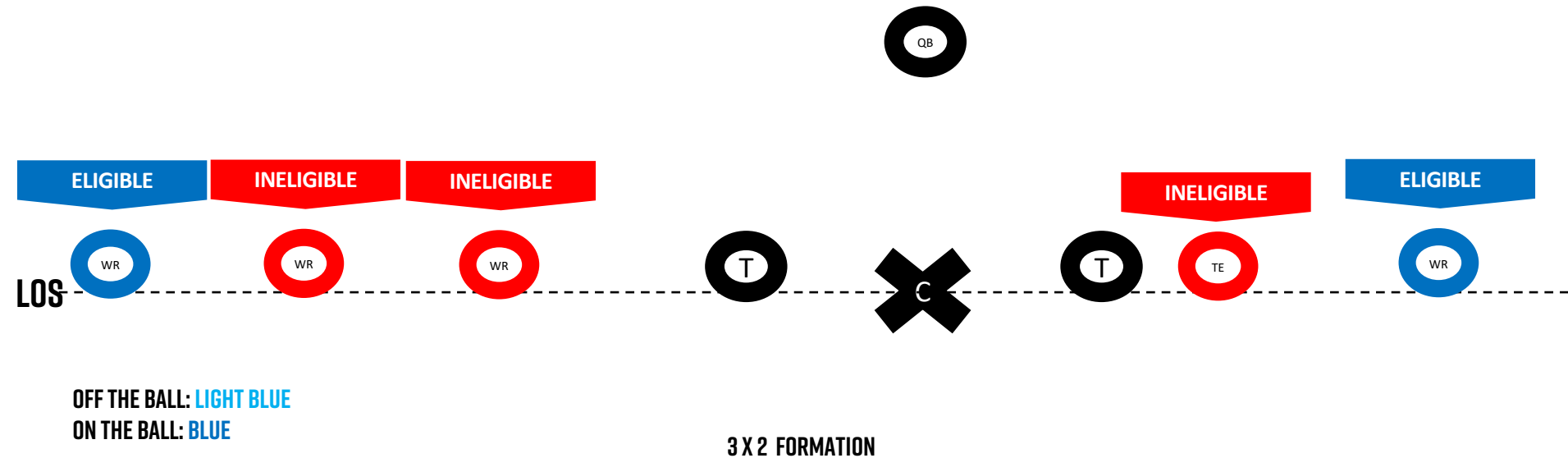


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THIS IS AN ILLEGAL FORMATION

(all are on the LOS and the outside receiver is technically “covering up” the receiver to the inside)

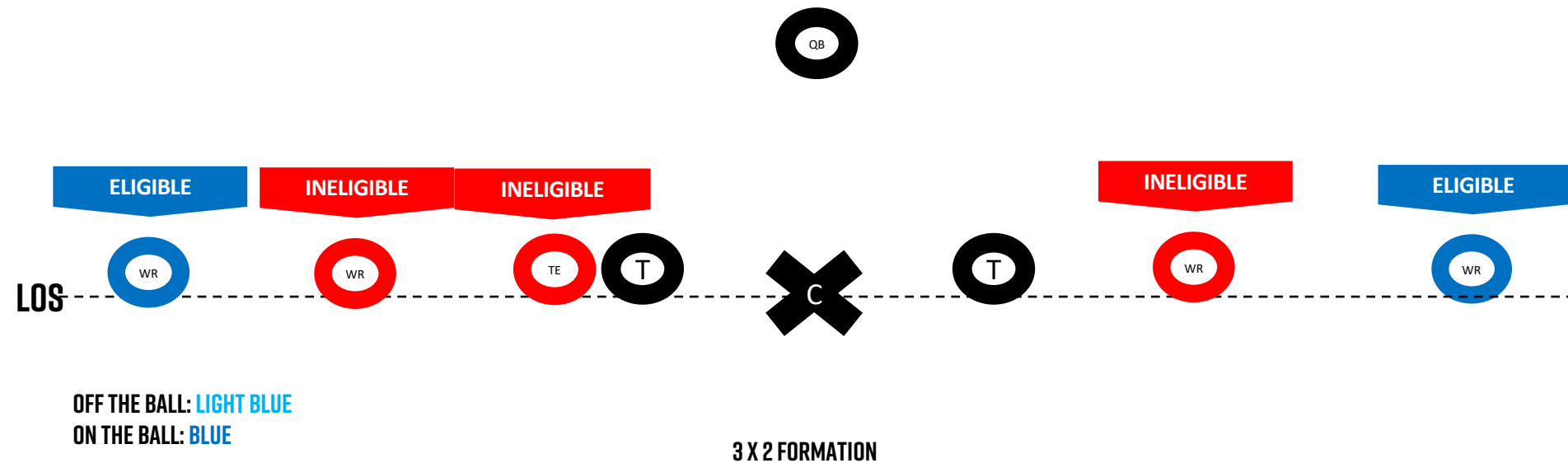


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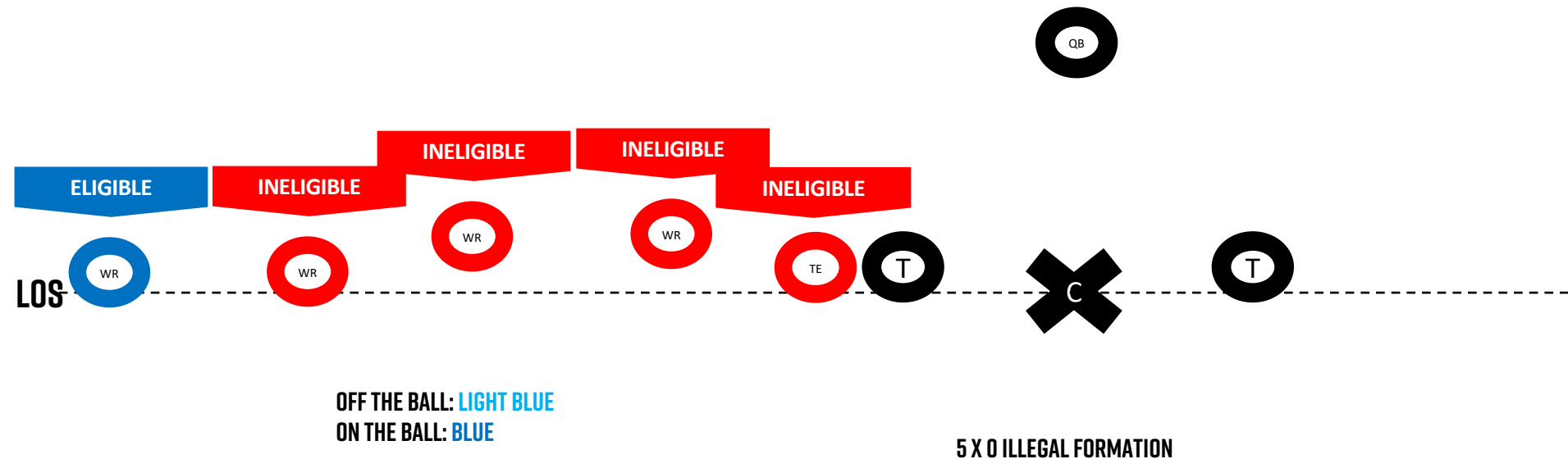


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