

# PRE SNAP RULES

- QB's toes will be 5 yards from the Line of Scrimmage
- RB will be anywhere between 6-8 yards (Depending on RB & play call)
- RB will always start behind the QB & jump to offset at beginning of cadence
  - If there is motion – RB will start in off set position to avoid illegal motion with two players moving at once
  - Inside Zone + Power + Counter – RB will be 6-8 yards and straddle the outside leg of Guard
- QB Cadence – “Ready Down, Color #, Color #, Set, Go!”
  - Color & Number are dead
  - “Ready Down, White 80, White 80, Set, Go!”

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- Offensive linemen will have 2 foot splits
- Guards will line up their toes of inside foot on the midpoint of the Center's foot
- Tackles will line up their toes of inside foot on the midpoint of Guard's inside foot
- LT + LG will be in a left hand stance – left leg back, left hand down
- RT + RG will be in a right hand stance – right leg back, right hand down
- Cleats in the ground, weight in the balls of the feet. Fingers and thumb in the ground with hand directly under same side eye
- X WR is always outside left & Z WR is always outside right
- Formation will tell H where to align, and F will adjust to the call