

foot·ball \ˈfüt-,bòl\
n.

A game played by two teams of 11 players each on a rectangular, 100-yard-long field with goal lines and goal posts at either end, the object being to gain possession of the ball and advance it in running or passing plays across the opponent's goal line or kick it through the between the opponent's goal posts.

Rule 2 Definitions

July 12th, 2021

2021 New Officials Training



Objective

- Help you understand and familiarize you with definitions in the rulebook to provide the foundation necessary for understanding the rules.
- Every definition is not covered in detail. Please read & study NCAA Rule 2 outside of training sessions to get the best understanding
- The current NCAA Rule Book & UIL exceptions are the final authority.

Team A & Team B

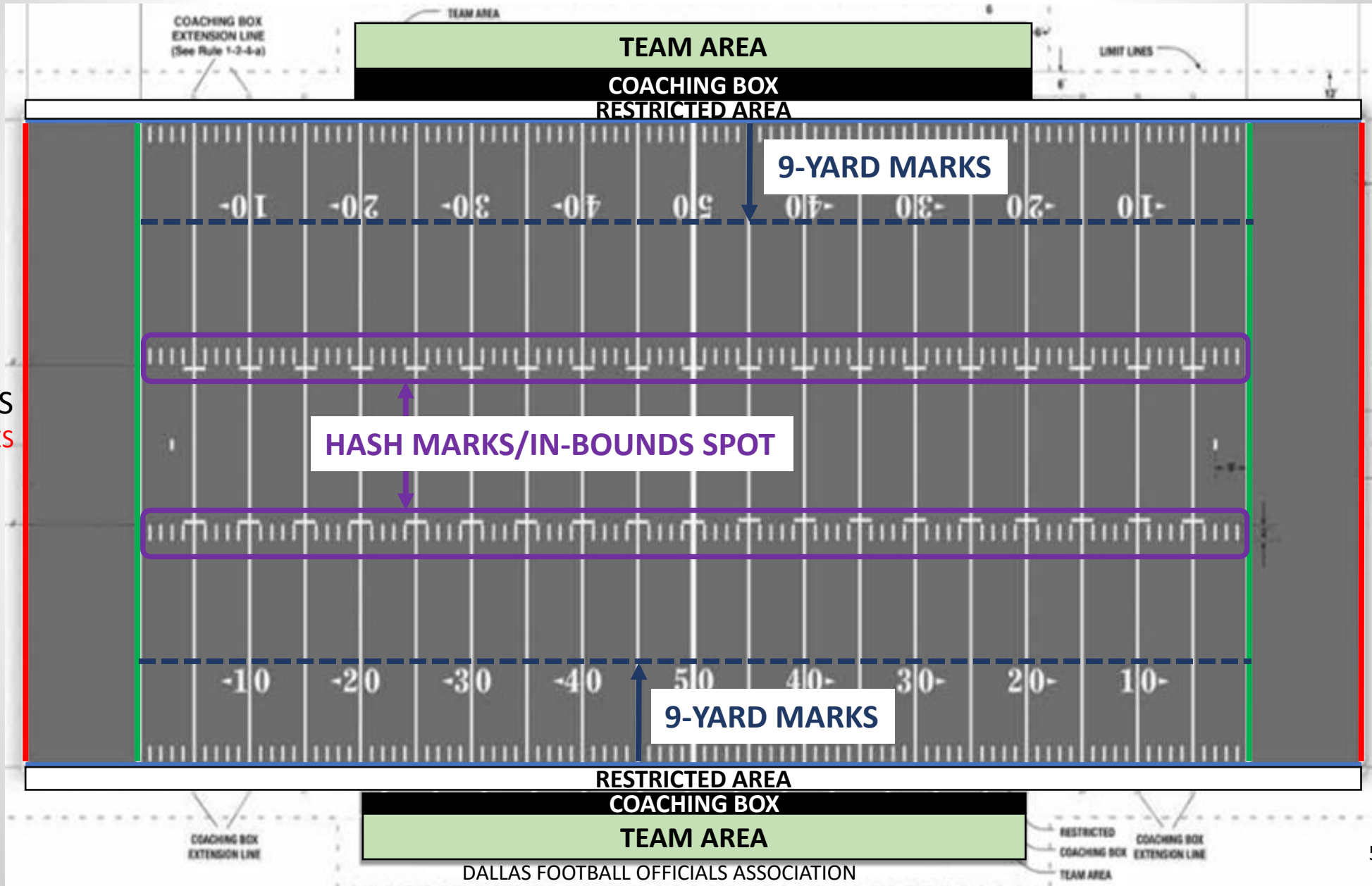
During all of our discussions...

- **TEAM A** is the team that puts the ball in play.
- **TEAM B** is the opponent.
- **OFFENSE** is the team in possession.
- **DEFENSE** is the team NOT in possession.
- **TEAM A** & **TEAM B** designations DO NOT CHANGE during the down even though offensive and defensive designations CAN.
- **TEAM A** & **TEAM B** retain these designations until the ball is next ready for play.
- **A-30** = Team A's side of the field 30 yard line, similarly **B-5** is the 5 yard line on Team B's side of the field
- **A22** = Team A player wearing jersey with #22, **B45** = Team B player wearing #45

Team A & Team B (cont'd)

- On a *scrimmage play*, Team A snaps the ball and Team B is on defense.
- On *kicking plays*, Team A is the kicking team and Team B is the receiving team.
- When the *ball becomes dead*, Team A and Team B remain the same.

The Field



SIDELINES

GOAL LINES

END LINES

BOUNDARY LINES

SIDELINES + END LINES

Players

- A **PLAYER** = *participants* in the game who are not a substitute or a replaced player.
- “**Players**” on the sideline **ARE NOT PLAYERS!** They are squad members.
- **PLAYER**, it is someone actually participating in a play.

Live, Dead & Loose Ball

- **LIVE BALL** = ball in play.
 - A pass, kick or fumble that has not yet touched the ground is a live ball in flight.
- **DEAD BALL** = ball not in play
- **LOOSE BALL** = live ball not in player possession during:
 - A running play
 - A scrimmage or free kick before possession is gained/regained or ball is dead by rule
 - Interval after a legal forward pass is touched and before it becomes complete, incomplete or intercepted

Ready For Play

- A dead ball is **READY FOR PLAY** when the referee...
- With the 40-second play clock running, an official places the ball at a hash mark or between the inbounds marks and steps away to his position.
 - With the play clock set at 25 seconds, or at 40 seconds after an injury to or loss of helmet by a defensive team player, the referee sounds his whistle and either signals to **start the game clock** [S2] or signals that the ball is **ready for play** [S1] - *Do not signal both!*

Neutral Zone

- **NEUTRAL ZONE**

- space between the two scrimmage lines
- extends to the sidelines.
- width is the length of the ball

- Established when ball **READY FOR PLAY**

- Exists until:

- change of team possession, or
- until a scrimmage kick crosses the **NEUTRAL ZONE**, or
- until ball declared dead.



Scrimmage Line - Neutral Zone



**Offensive Line
of Scrimmage**

**Defensive Line
of Scrimmage**



Lineman

- For a **Team A** player to be “on the line of scrimmage”:
 - Must be snapper or
 - Their head must break the plane of a line drawn through the waistline of the snapper.
- All **LINEMEN** must face opponent’s goal line.
- Shoulders must be approximately parallel to the LOS.
- **Interior Linemen**: Not on the end of the line.
- **Restricted Linemen**: Interior or numbered 50-79.

Lineman



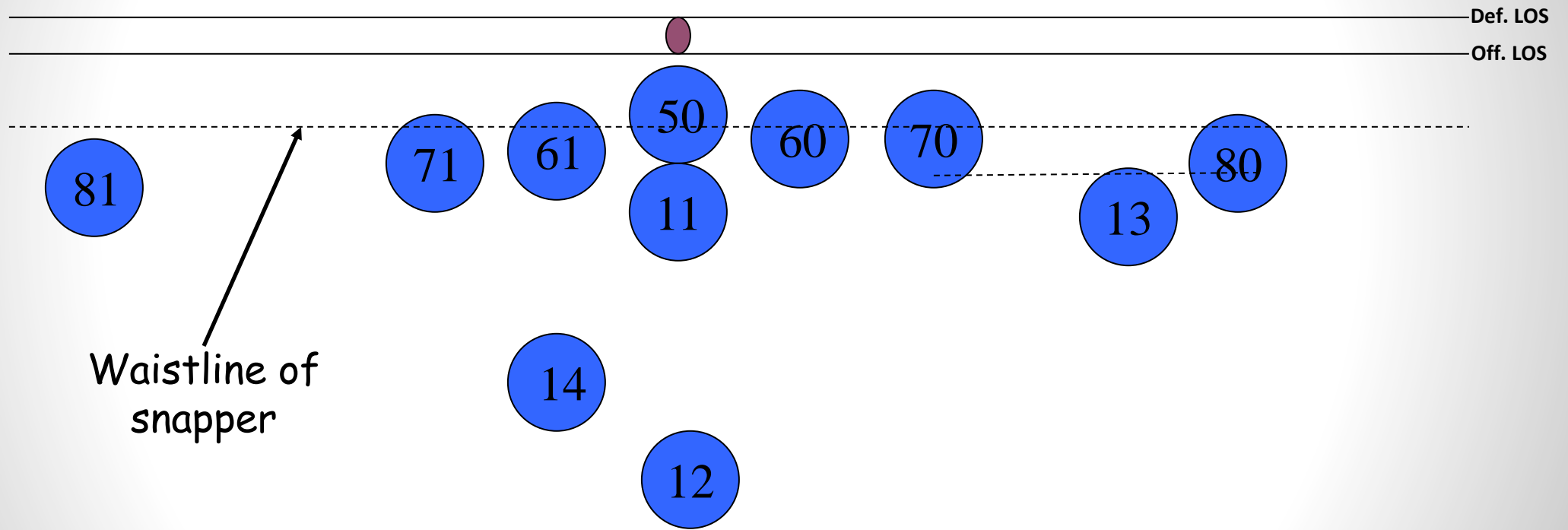
In this image the snappers shoulders are not approximately parallel to the LOS. This would be an Illegal Formation Foul at the snap.

Back

- A **BACK** = Team A player who is not a **LINEMAN**, and whose head or body doesn't break the plane of a line drawn through the waistline, of the nearest Team A **LINEMAN**.
- The player in position to receive a hand to hand snap.
- A lineman becomes a **BACK** before the snap when he moves to a position as a **BACK** and stops.

*There cannot be more than 4 BACKS
in the backfield at the snap.*

Linemen & Backs

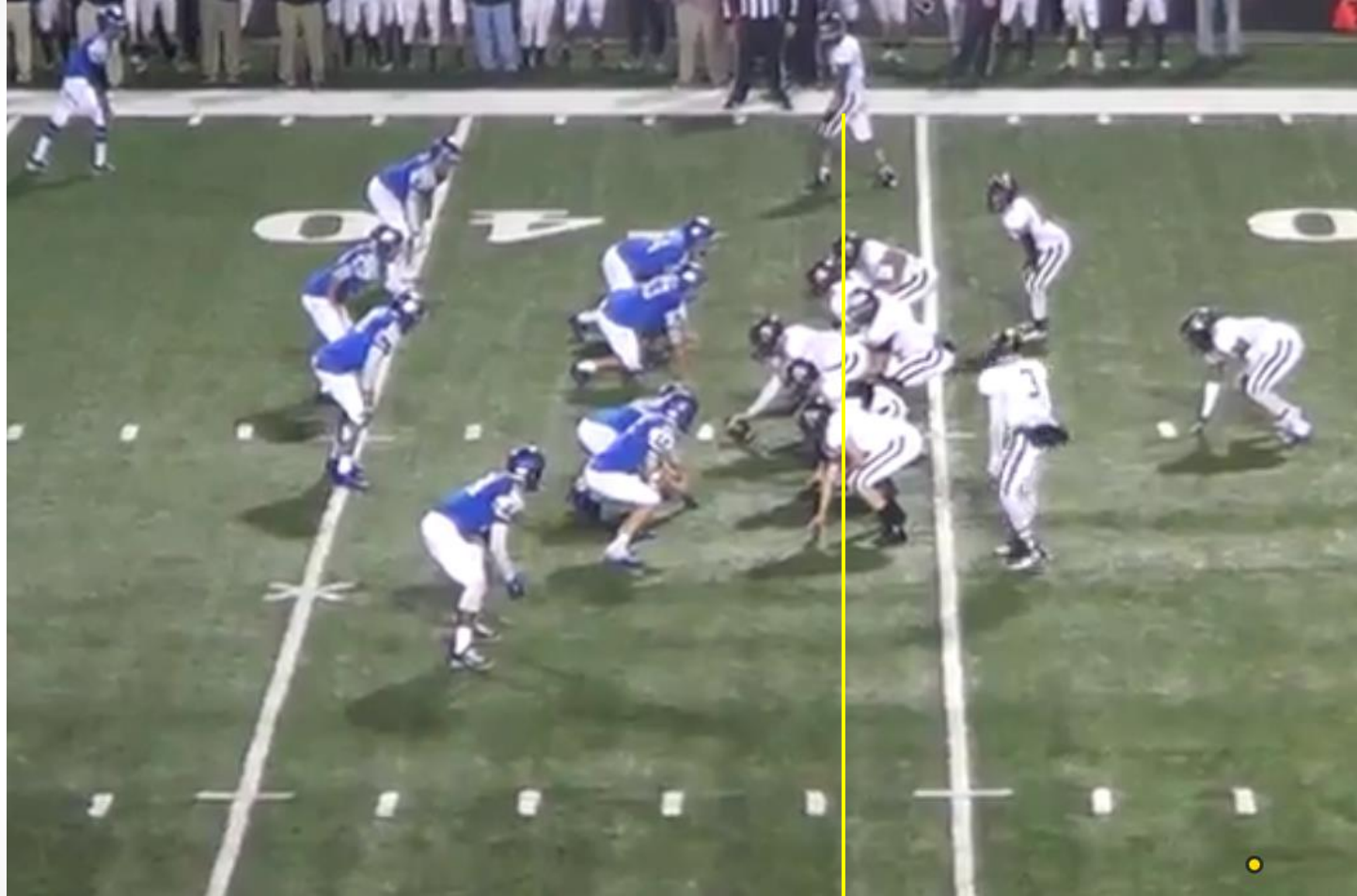


Waistline of snapper

Def. LOS

Off. LOS

Linemen & Backs (cont'd)



Legal Formation? Yes

Rule 2 - Definitions

Linemen & Backs (cont'd)



Legal Formation? No

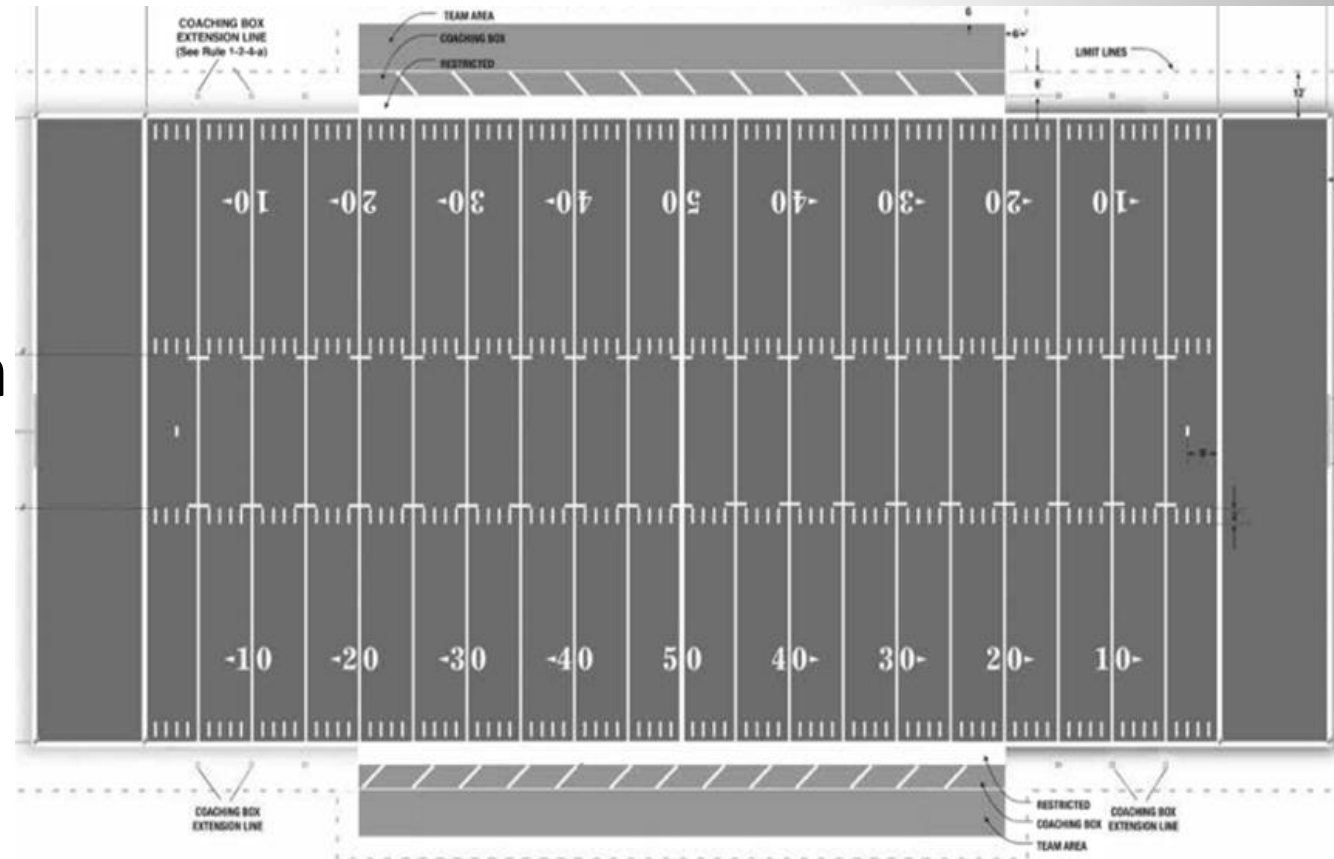
Rule 2 - Definitions



Illegal formation – only 1 lineman & 10 backs

Substitution

- An incoming **SUBSTITUTE** must enter from his **TEAM AREA**.
- A departing player must exit his **SIDELINE**.
- The **SUBSTITUTE** must remain in the game for one play and the replaced player must remain out of the game for one play.
- Can return if either team calls a timeout.



Fouls, Violations & Penalties

FOUL is to **PENALTY** as
CRIME is to **PUNISHMENT**.

- **FOUL:** a rule infraction for which a penalty is prescribed.
 - For example, **HOLDING** is not a penalty, it is a **FOUL**. The penalty is 10 yards.
- A **VIOLATION** is a rule infraction in which no penalty is prescribed and does not offset a penalty for a **FOUL**.

Fouls, Violations & Penalties (cont'd)

Two live ball **FOULS** can offset or cancel.

A **VIOLATION** cannot offset a foul.

EXAMPLE: Team A (kicking team) illegally touches a punt (**violation**) after which Team B (receiving team) blocks below the waist (**foul**). The violation does not offset the foul.

Fouls, Violations & Penalties (cont'd)

Personal Foul: A personal foul is a foul involving illegal physical contact that endangers the safety of another player.

Flagrant Personal Foul: A flagrant personal foul is illegal physical contact so extreme or deliberate that it places an opponent in danger of catastrophic injury.

Possession

- **“IN POSSESSION”** = holding or controlling a live ball or a dead ball to be snapped or free kicked.
- **“A PLAYER IS IN POSSESSION”** when a player has the ball firmly in his grasp by holding or controlling it with hand(s) or arm(s) while contacting the ground inbounds.
- **“A TEAM IS IN POSSESSION”** when:
 - one of its players is in possession or attempting a punt, drop kick or place kick; or
 - while a forward pass thrown by one of its players is in flight; or
 - one of its players was last in possession during a loose ball; or
 - when a team is next to snap or free kick the ball



Catch, Interception, Recovery

- A **CATCH** = act of establishing player possession of a live ball in flight (see FR-30 for full definition)
- An **INTERCEPTION** = *catching* an opponent's pass or fumble.
- A **RECOVERY** = securing player possession of a live ball *after it strikes the ground.*

Catch, Interception, Recovery

- To **CATCH, INTERCEPT** OR **RECOVER** a ball, a player who jumps in the air must come down in bounds.
- If one foot lands inbounds and the receiver has possession and firm control of the ball with the hand(s) or arm(s), it is a catch, interception or recovery. (Heel/Toe – Toe/Heel)
 - If caught by a kneeling or prone player inbounds, it is a catch, interception or recovery.
 - Maintains control of the ball long enough to enable him to perform an act common to the game, i.e., long enough to throw a backward pass or hand the ball, advance it, avoid or ward off an opponent, etc.
 - When in question, the catch, interception or recovery is not completed

Catch, Interception, Recovery

The ground **CAN'T** cause a fumble but it **CAN** cause an incompletion!

Loss of the ball simultaneous to returning to the ground is not a catch, interception or recovery.

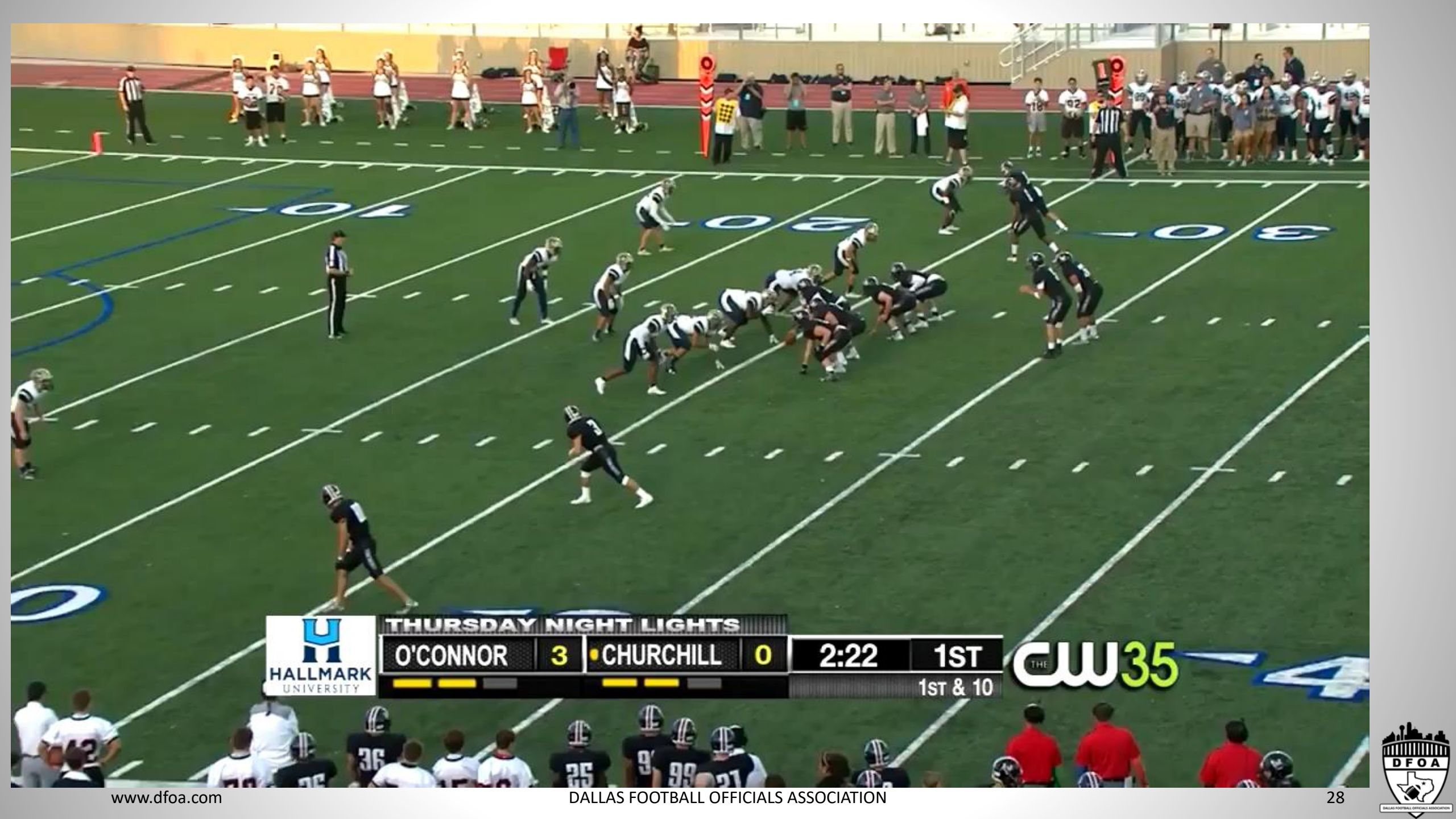


Catch, Interception, Recovery

When going to the Ground....

- Must maintain complete and continuous control of the ball throughout the process of contacting the ground,
- If near sideline going to the ground out of bounds. If ball control lost then touches the ground before control regained, it is not a catch. If control regained inbounds prior to the ball touching the ground it is a catch.
- If the player loses control of the ball while simultaneously touching the ground with any part of his body, or if there is doubt that the acts were simultaneous, it is not a catch.
- If a player has control of the ball, a slight movement of the ball, even if it touches the ground, will not be considered loss of possession; he must lose control of the ball in order for there to be a loss of possession.





THURSDAY NIGHT LIGHTS

O'CONNOR

3

CHURCHILL

0

2:22

1ST

1ST & 10

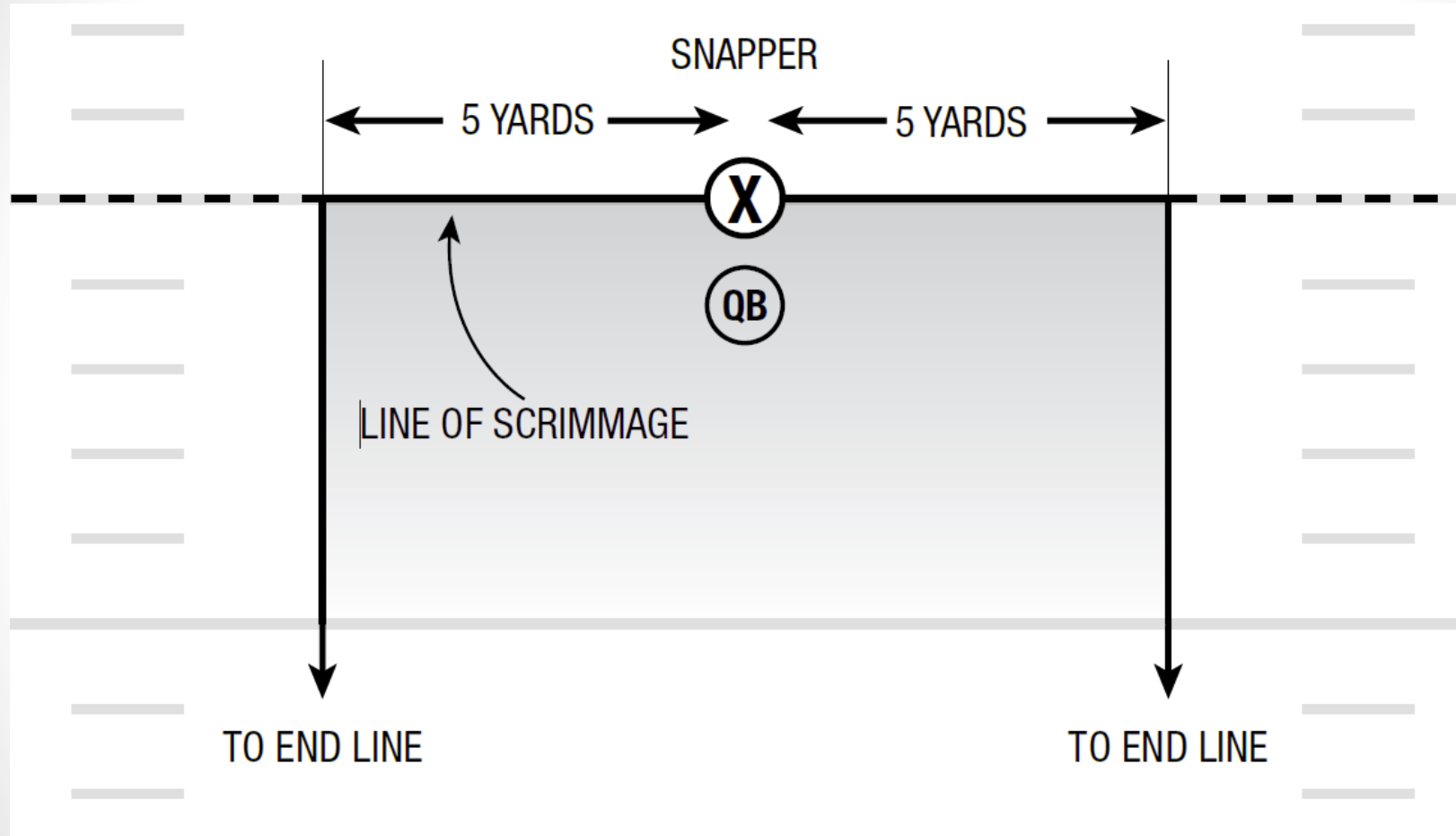






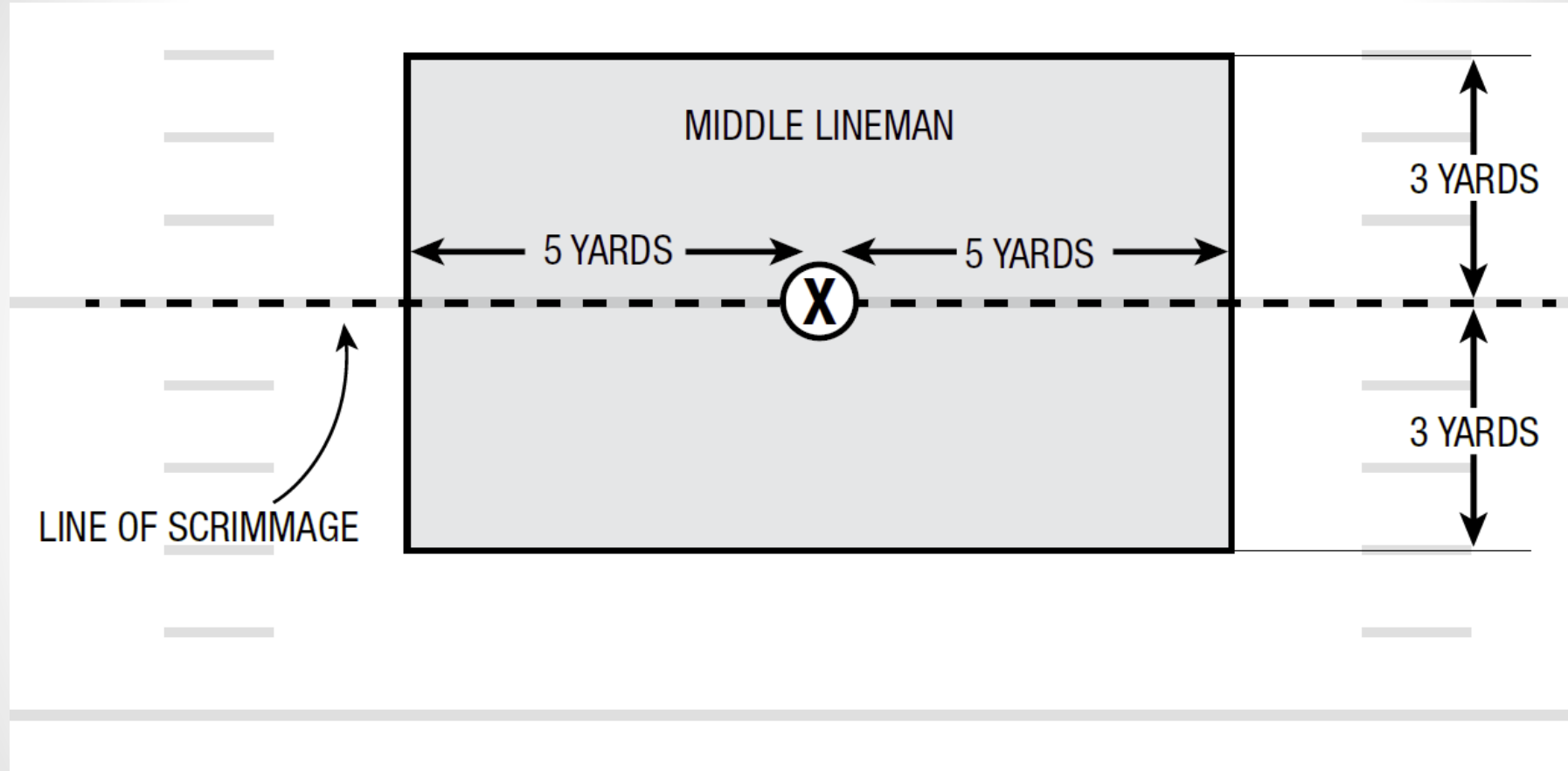


Tackle Box



The tackle box disintegrates when the ball leaves it.

Blocking Zone



The blocking zone disintegrates when the ball leaves it.

Blocking

- **BLOCKING** is obstructing an opponent by intentionally contacting him with any part of the blocker's body.
- Pushing is **BLOCKING** an opponent with open hands.

Blocking Below the Waist

- A **BLOCK BELOW THE WAIST** is a **BLOCK** in which the force of the initial contact is below the waist of an opponent who has one or both feet on the ground.
- A blocker who makes contact above the waist and then slides below the waist has not blocked below the waist. If the blocker first contacts the opposing player's hands at the waist or above, it is a legal "above the waist" block (Rule 9-1-6).

When in doubt it is a block below the waist!

Blocking Below the Waist (cont'd)

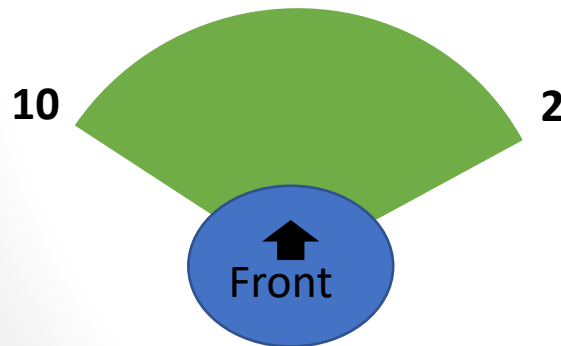
It is an **ILLEGAL** block by ANY player...
...after a change of possession;
...during a scrimmage kick down;
...during a free kick down;
...when more than 5 yds beyond the LOS

It is a **LEGAL** block:
...against the runner.

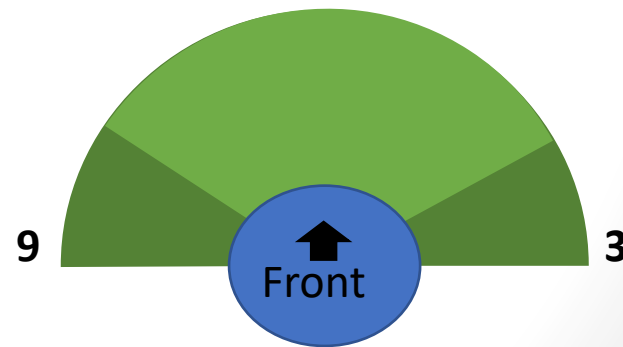
Blocking Below the Waist (cont'd)

10-2 BLOCK: Think of a player's arms extended, with left hand being at "10 o'clock" and right hand at "2 o'clock." This defines a region directly in front of him. A "10-2 block" is one that an opponent makes from the front within that region.

RESTRICTED: (from the front)
may legally block below the
waist with a **10-2 BLOCK**



UNRESTRICTED: (from the front or side)
may legally block below the
waist from the side as well
as a **10-2 BLOCK**



Blocking Below the Waist (cont'd)

BLOCKING BELOW THE WAIST is allowed as follows:

- **LINEMAN** with initial position completely inside the tackle box (except TE) may legally block below the waist inside the tackle box until the ball leaves the tackle box (i.e. from the front or side, 9-3 o'clock region)
 - **UIL NOTE:** For a lineman's initial position to be considered "completely inside the tackle box", he must be positioned within five yards of the snapper, and be no more than the second lineman from the snapper.
- All other Team A players are allowed to block below the waist only from the front, 10-2 o'clock region
- Once the ball leaves the tackle box Team A players may block low only from the front, 10-2 o'clock region

Blocking Below the Waist (cont'd)



Normal Splits

- RT-RG-C-LG-LT all within Tackle Box
- **UNRESTRICTED** at the snap

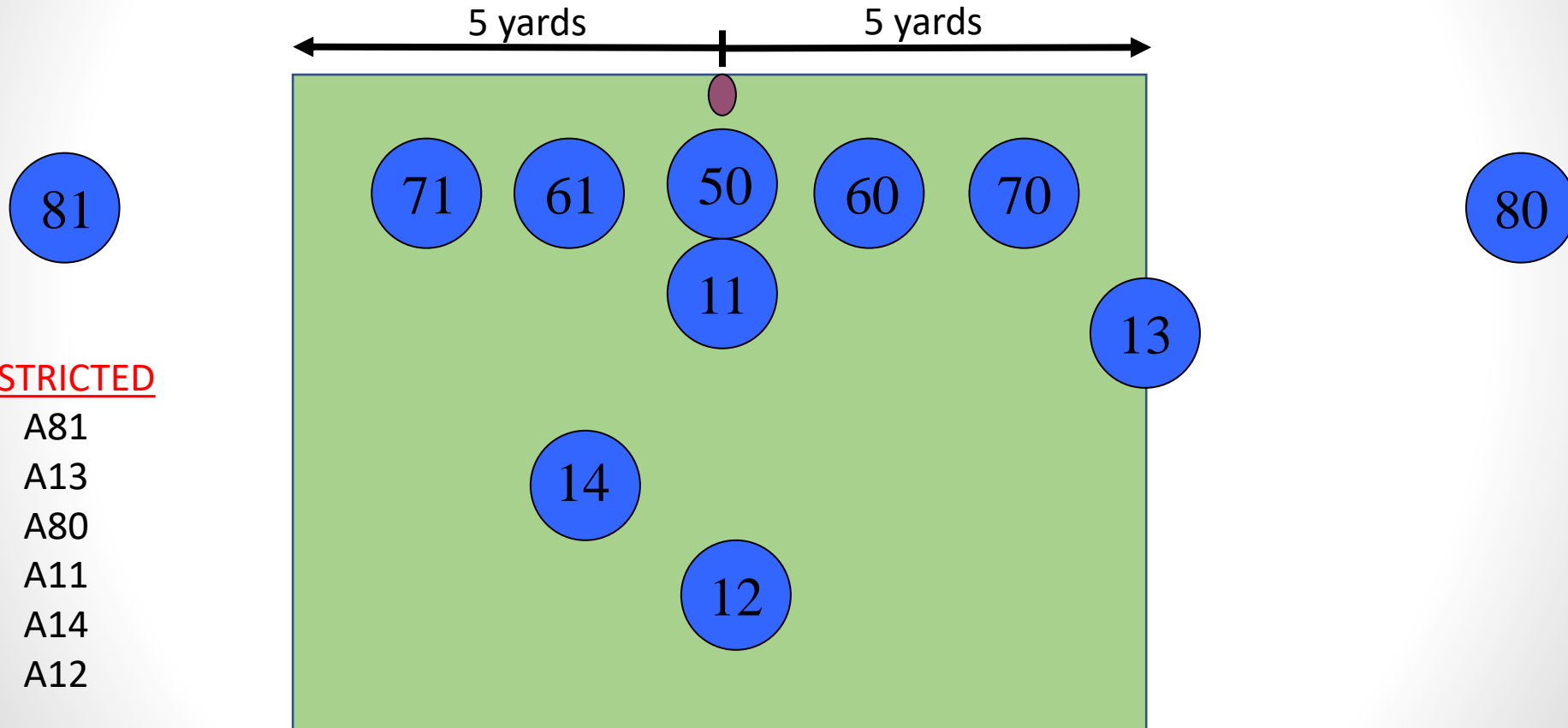
Blocking Below the Waist (cont'd)



Tight Splits

- RT-RG-C-LG-LT-TE all within Tackle Box
- While the TE is in Tackle Box per UIL the TE is always **RESTRICTED.**

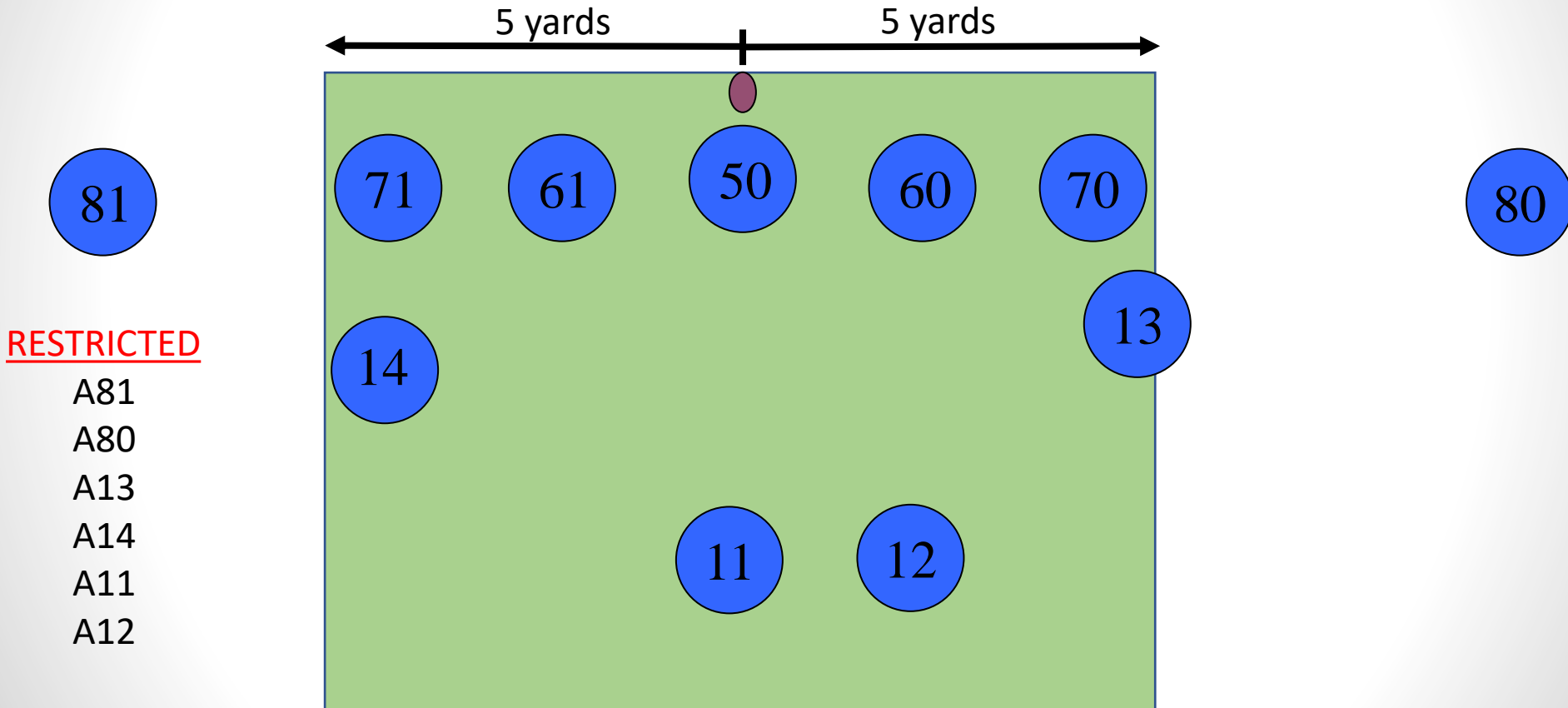
Blocking Below the Waist (cont'd)



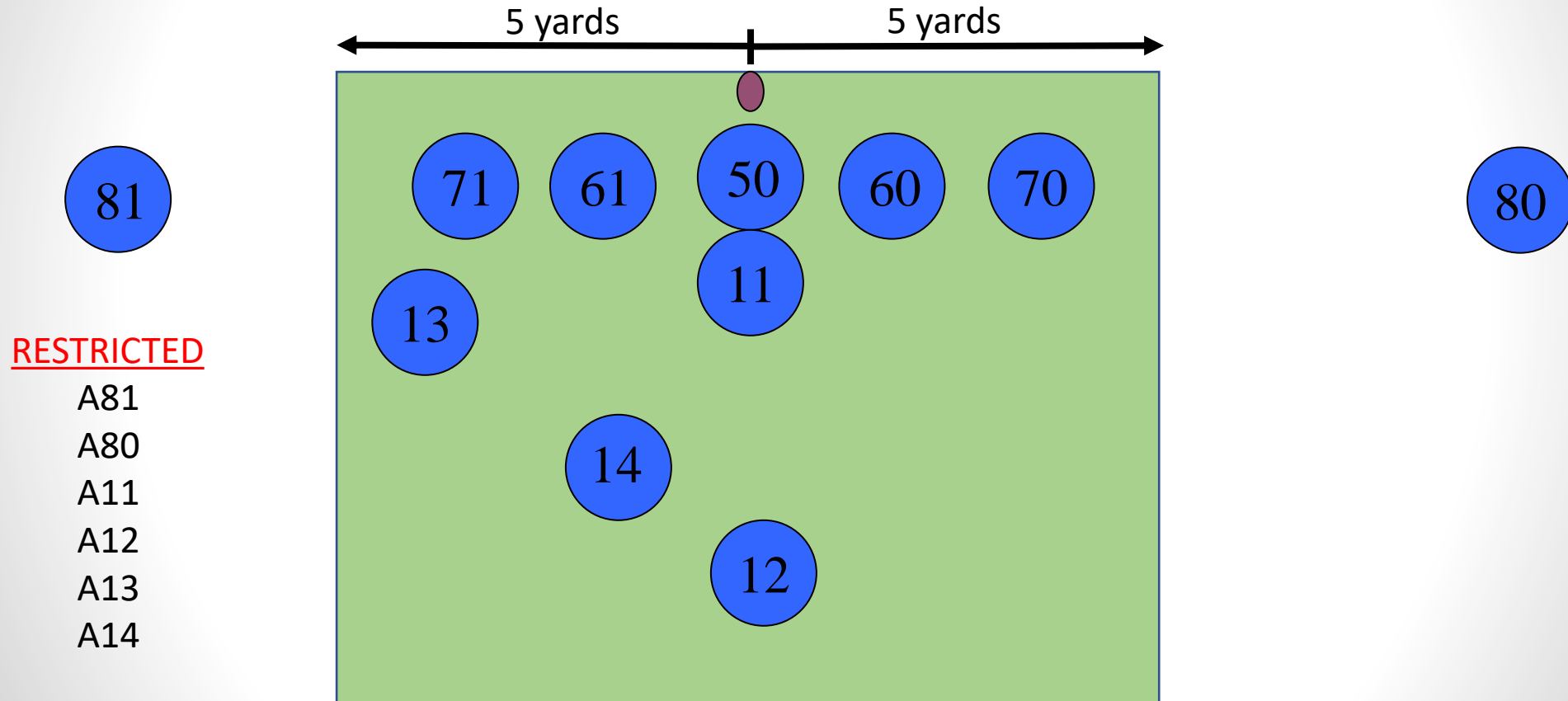
RESTRICTED

- A81
- A13
- A80
- A11
- A14
- A12

Blocking Below the Waist (cont'd)



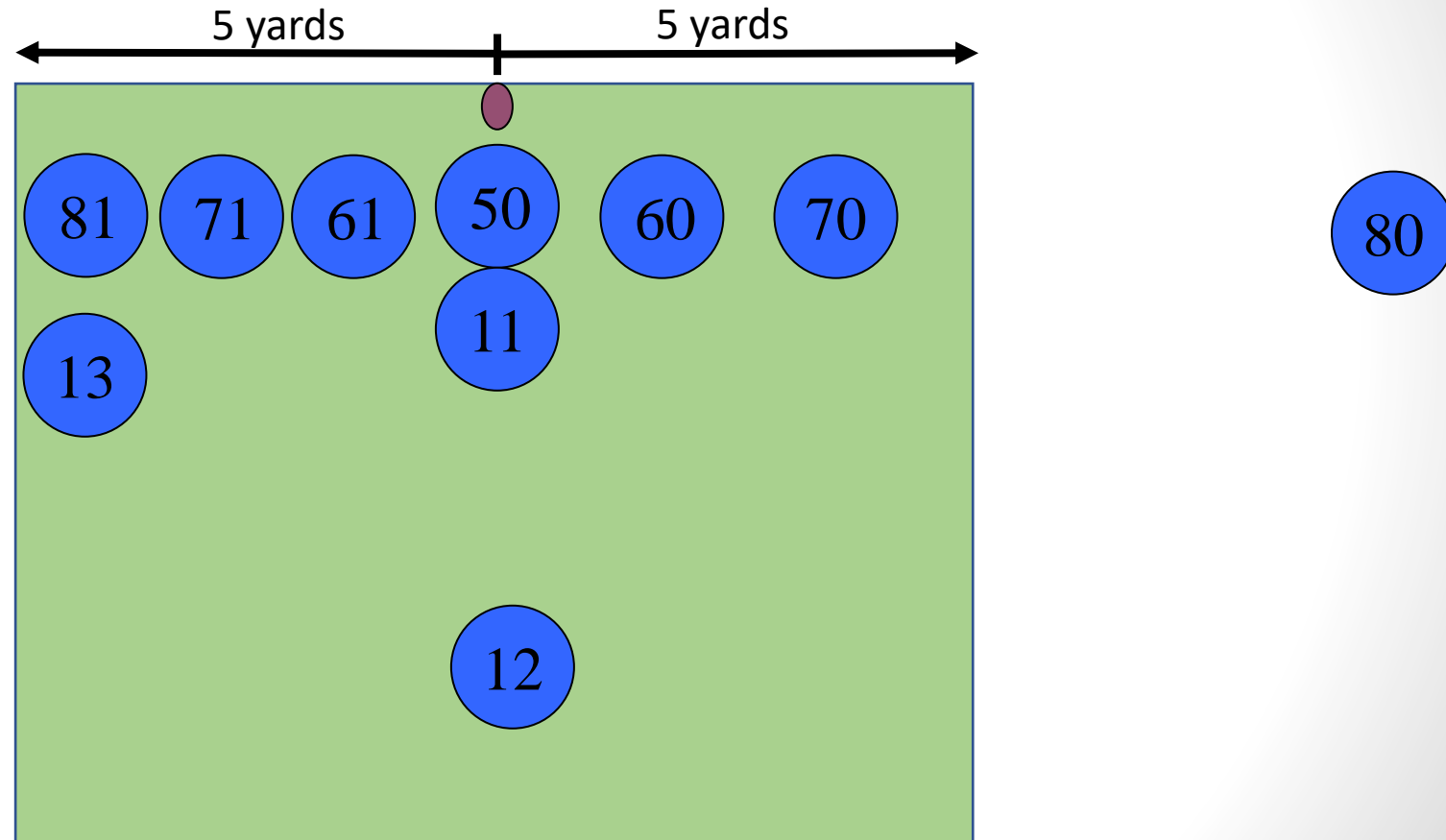
Blocking Below the Waist (cont'd)



RESTRICTED

- A81
- A80
- A11
- A12
- A13
- A14

Blocking Below the Waist (cont'd)



RESTRICTED

- A81
- A80
- A14
- A13
- A12
- A11

Blocking Below the Waist (cont'd)

- **Team A players 5 yds beyond the NZ:** Team A players may not block below the waist when the block occurs 5 yards or more beyond the neutral zone (NZ).
- **CRACKBACK BLOCK:** Players outside the tackle box at the snap, or any time after the snap, or in motion at the snap may not block below the waist toward the original position of the ball at the snap.
- **PEELBACK BLOCK:** a block that is directed back toward the offensive team's end line. This block is **ILLEGAL** if the ball has left the tackle box.

Blocking Below the Waist (cont'd)

DEFENSIVE blocks below the waist are only legal within a 10 yard zone; 5 yards behind and 5 yards beyond the NZ and must be from the front (i.e. 10-2)

Exceptions:

- Against an eligible Team A pass receiver beyond the NZ unless attempting to get to the ball or ball carrier. This prohibition ends when a legal forward pass is no longer possible by rule. **ILLEGAL**
- Player in position to receive a backward pass always **ILLEGAL**





Chop Block

A **CHOP BLOCK** = high-low or low-high combination block by any two players against an opponent (not the ball carrier) anywhere on the field, with or without a delay between blocks; the “low” component is at the opponent’s thigh or below.

Block in the Back & Clipping

A **BLOCK IN THE BACK** is contact against an opponent occurring when the force of the initial contact is from behind and above the waist. (10 yards)

Chase mode alert!

A **CLIP** is the same thing but the contact is at or below the waist. (15 yards)

There are exceptions:

- Linemen in the **BLOCKING ZONE**.
 - Still **ILLEGAL** if the force of the initial contact is from behind and at or below the knees.
 - Lineman may not leave the **BLOCKING ZONE**, return and legally clip.
 - The **BLOCKING ZONE** disintegrates when the ball leaves it.

See the entire play. The position of the blocker's head or feet does not necessarily indicate the point of initial contact.

Blind-Side Block

A **BLIND-SIDE BLOCK** = open field block against an opponent that is initiated from outside the opponent's field of vision, or otherwise in such a manner that the opponent cannot reasonably defend himself against the block.

No player shall deliver a **BLIND-SIDE BLOCK** by attacking an opponent with forcible contact. Exceptions: runner or receiver in the act of attempting to make a catch.

Note: It could also be subject to targeting rules as well.

Fumble vs Muff

To **FUMBLE** the ball is to lose player possession by any act other than passing, kicking or successful handing (i.e. unintentional). The status of the ball is a **FUMBLE**.

To **MUFF** the ball is to make an unsuccessful attempt to catch or recover a ball that is touched in the attempt. Muffling the ball does not change its status.

- **MUFF** is an adjective or a verb, not a noun.
- A muffed fumble...a muffed backward pass ...a muffed kick.

Fumble vs Muff

Why It's Important to Understand the Difference

On 4th down or an extra point (Try), if a Team A player fumbles and another Team A player recovers it, the ball becomes dead. Not so with the recovery of a ball that was muffed.

So...

Fumble vs Muff

Why It's Important to Understand the Difference

PLAY 1: On 4th down or on a Try the quarterback takes the snap and tries to hand it to the fullback, but they miss the exchange and the ball ends up on the ground. The fullback picks the ball up off the ground and runs for a touchdown.

RULING: *No score...ball is dead when the fullback recovered it.*

Fumble vs Muff

Why It's Important to Understand the Difference

PLAY 2: On 4th down or on a Try, the quarterback does not control the snap and it ends up on the ground. The fullback picks the ball up off the ground and runs for a touchdown.

RULING: *Touchdown*

Fumble vs Muff

Why It's Important to Understand the Difference

PLAY 3: Team A punts the ball from the A-30 and a Team B receiver attempts to catch the ball at the B-25. The ball goes through his arms, hits him in the chest and is rolling on the ground when a kicking team player picks the ball up off the ground at the B-8 and runs for an apparent touchdown.

RULING: *Team A's ball 1st & 10 at the B-8.*

Fumble vs Muff

Why It's Important to Understand the Difference

PLAY 4: Team A punts the ball from the A-30 yard line and a Team B receiver catches the ball at the B-25. He tries to avoid a kicking team gunner and drops the ball. A kicking team player picks the ball up off the ground at the B-28 and runs for a touchdown.

RULING: *Touchdown*

Batting - Touching

- **BATTING** the ball is *intentionally* striking it or *intentionally* changing its direction with a hand or arm. Batting the ball forward is a foul.
- **TOUCHING** of a ball not in player possession denotes any contact with the ball whether intentional or unintentional, and always precedes possession or control.
- Being blocked into the ball or the ball being batted into a player is disregarded as “**FORCED TOUCHING**”.

Fair Catch

Only on Free kicks OR Scrimmage kicks beyond the NZ

- **Valid** signal gives protection
- **Invalid** signal does not provide protection
- Any waving signal prevents an advance of the ball by either team.
- If there is an advance, it's a delay of the game. *(Don't be picky!)*
- Shading eyes permissible without waving hand.
- Signaling player may not block they if have not touched the ball..
- What happens if receiver muffs after **FAIR CATCH** signal given?

Goal Line

- Think of the **GOAL LINE** not as a line but a plane.
- Once a runner (who is not down by rule) has broken the plane with the ball, in possession, it is a TD.



Encroachment



- **ENCROACHMENT** is an offensive foul.
- Team A player in or beyond the NZ after the snapper touches or simulates touching the ball.
- Exception: Snapper who may be in NZ.

Encroachment is always treated as a False Start

Offside

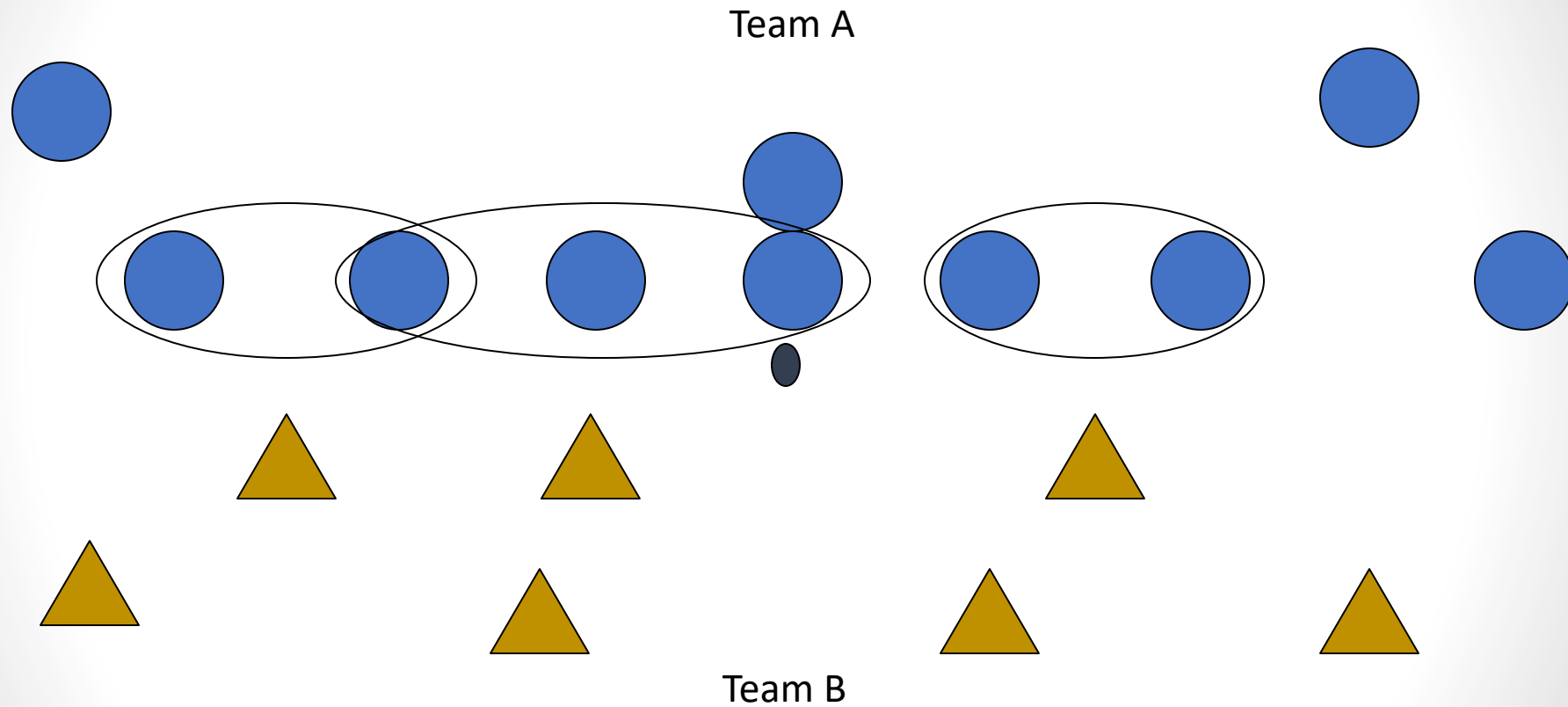


OFFSIDE is a defensive foul (except on free kicks) if defender...

1. Is in or beyond the NZ when the ball is legally snapped.
2. Contacts the ball or an opponent beyond the NZ before the ball is snapped.
3. Threatens an offensive lineman (who immediately reacts) before the ball is snapped.
4. Crosses NZ and charges toward a Team A back. **Unabated to QB.**
5. Player of either team is not behind his restraining line when the ball is legally free-kicked. *Except kicker & holder.*



Threatened Linemen



Passes

PASSING the ball is throwing it. A **PASS** continues to be a **PASS** until it is caught or intercepted by a player or the ball becomes dead.

- A **FORWARD PASS** is determined by where the ball hits something in relation to where it was thrown. When in doubt, it is a **FORWARD PASS**.
- All other passes are **BACKWARD**.
- There is no such thing as a lateral or pitch.
- A snap becomes a **BACKWARD PASS** when the snapper releases the ball.

If a pass isn't forward, it's backward!

Passes (cont'd)

- The **PASSER** is the player who throws a **FORWARD PASS**. He is a **PASSER** from the time he releases the ball until the pass is complete, incomplete or intercepted or until he moves to participate in the play.
- **FORWARD PASS** starts with any intentional forward movement of the passer's hand or arm unless the player clearly starts to bring the ball back with firm control to his body. If afterwards a Team B player contacts the passer or the ball, a **FORWARD PASS** is ruled regardless of where the ball lands.



When in doubt, it is a **PASS** and not a fumble.

Passes (cont'd)

During a scrimmage down...

- Team A can throw **1 FORWARD PASS**. Team B can never throw a **FORWARD PASS**.
- Team A must have never had the ball beyond the NZ. (Different than scrimmage kick)
 - A passer has crossed the NZ when his entire body is beyond the NZ when the ball is released.
- Team A may not throw a **FORWARD PASS** if there has been a change of possession.

If all conditions above are met it is a **LEGAL FORWARD PASS**

Passes (cont'd)

- A passer may legally **SPIKE** the ball to conserve time if he throws it to the ground immediately after the ball is first controlled after the snap as long as it hasn't touched the ground. Note: At end of a Half – must have > 3 seconds on game clock.
- **INTENTIONAL GROUNDING** is throwing a pass into an area where there is NOT an eligible Team A receiver. Does not have to be “catchable”.
 - EXCEPTION: If the passer is or has been outside the tackle box, he may throw the ball so that it crosses or lands beyond the neutral zone or neutral zone extended. This applies only to the player who controls the snap and keeps possession.

Passes (cont'd)

- A Team A player is **NOT ELIGIBLE** to catch a **FORWARD PASS** if he is wearing number 50-79 or if he is an interior lineman.
- Pay extra attention on scrimmage kick formations!
- An ineligible lineman may not be more than 3 yards downfield at any time before the pass is thrown.
- An eligible receiver that voluntarily runs out of bounds becomes ineligible and may not touch a **PASS** until it has touched an opponent or an official.

Snap

- The **SNAP** becomes a backward pass when it leaves the snapper's hands and backward pass rules apply. **IT IS NOT A FUMBLE!**
- **SNAP** must be backward, continuous and to a back and must leave the hands of the snapper.
- The **SNAP** ends when it leaves the snapper's hands.
- If it slips from the snapper's hands, it is a backward pass and anyone can recover and advance...even on 4th down or a Try.

Snap (cont'd)

- While resting on the ground before the **SNAP**, the ball must be at a right angle to the LOS. *(Don't get picky.)*
- It is not a legal **SNAP** if the ball is first moved forward or is lifted. *(Don't get picky.)*
- If Team B touches the ball during a legal **SNAP**, the ball remains dead and Team B is penalized.
- If Team B touches the ball during an illegal **SNAP**, the ball remains dead and Team A is penalized.
- **SNAP** must be on or between the hash marks.

SHIFT & MOTION

- A **SHIFT** = simultaneous change of position by two or more offensive players after the ball is made ready for play and before the next snap.
- Must be smooth and rhythmical.
- Must not simulate the start of a play.
- All offensive players must come to a complete stop for one second after a **SHIFT**.
- Do not confuse a **SHIFT** with **MOTION**.

SHIFT & MOTION

- After a **HUDDLE** and before the snap, all offensive players must come to an absolute stop and remain stationary for one full second.
- Afterwards one back may be in motion, but not toward his opponent's goal line at the snap.
- A lineman may not be in motion at the snap.

Shift/Motion Plays

A1 is in motion outside the tight end going away from the ball. Unaware by A1, back A2 moves, but resets and is not moving at the snap. A1 continues in motion and is the only player in motion when the ball is snapped. FOUL?

Yes – Illegal Shift

Team A is set then tight end A1 moves out to a split end position. He sets and less than one second later, back A2 goes in motion and continues in motion as the ball is snapped. FOUL?

No

False Start

A **FALSE START** is...

- Any movement by one or more Team A players that simulates the start of a play.
- The snapper moving to another position.
- A restricted lineman moving his hand or making any quick movement. *Exception: when threatened. (Don't get picky)*
- An offensive player making a quick jerky movement.
- The offensive team never coming to a 1-second stop prior to the snap after the ball is ready for play.

Play Classifications

FORWARD PASS PLAY = interval between the snap and when legal forward pass is complete, incomplete or intercepted.

FREE KICK PLAY = interval from the time the ball is legally kicked until it comes into player possession or is declared dead by rule.

SCRIMMAGE KICK PLAY = interval between snap and when a scrimmage kick comes into player possession or the ball is declared dead by rule.

Play Classifications (cont'd)

RUNNING PLAY AND RUN = live-ball action other than that during a free kick play, a scrimmage kick play or a legal forward pass play.

- A **RUN** = segment of a running play during which a ball carrier has possession.
- If a ball carrier loses possession, the spot where the run ends is the where the ball carrier loses possession. The running play includes the run and the loose-ball action before a player gains or regains possession or the ball is declared dead
- A new **RUNNING PLAY** begins when a player gains or regains possession.

Player In/Out of Bounds

Out of Bounds

- A player is out-of-bounds when any part of his body touches anything other than another player or a game official on or outside a boundary line.
- An out-of-bounds player who becomes airborne remains out-of-bounds until he touches the ground in bounds without simultaneously being out-of-bounds.

In Bounds

- An inbounds player is a player who is not out of bounds.
- An inbounds player who becomes airborne remains in bounds until he is out of bounds.

Kicks

KICKING THE BALL

- is intentionally striking the ball with the knee, lower leg or foot.
- A legal kick is a **PUNT**, **DROP KICK** or **PLACE KICK** made according to the rules by a player of Team A before a change of team possession. Kicking the ball in any other manner is **ILLEGAL**.
- Any **FREE KICK** or **SCRIMMAGE KICK** continues to be a kick until it is caught or recovered by a player or becomes dead.
- When in question, a ball is accidentally touched rather than kicked.

PUNT

- a kick by a player who drops the ball and kicks it before it strikes the ground.

Kicks (cont'd)

DROP KICK

- a kick by a player who drops the ball and kicks it as it touches the ground.

PLACE KICK

- A field goal place kick is a kick by a player of the team in possession while the ball is controlled on the ground by a teammate.
- A free kick place kick is a kick by a player of the team in possession while the ball is positioned on a tee or the ground. It may be controlled by a teammate. The ball may be positioned on the ground and contacting the tee.
- A tee is a device that elevates the ball for kicking purposes. It may not elevate the ball's lowest point more than two inches above the ground.

Kicks (cont'd)

FREE KICK

- a kick by a player of the team in possession made under restrictions specified in Rules 4-1-4, 6-1-1 and 6-1-2.
- after a safety it may be a punt, drop kick or place kick.

KICKOFF

- A kickoff is a free kick that starts each half and follows each try or field goal (**Exception:** In extra periods). It must be a place kick or a drop kick.

SCRIMMAGE KICK

- A scrimmage kick is a **PUNT, DROP KICK, or FIELD GOAL PLACE KICK**. It is a legal kick if it is made by Team A in or behind the NZ during a scrimmage down before team possession changes.

Down and Series

A **DOWN** = unit of the game that starts after the ball is ready for play with a legal snap or legal free kick and ends when the ball becomes dead.

Exception: The try is a scrimmage down that begins when the ball is made ready for play.

BETWEEN DOWNS = interval during which the ball is dead.

A **SERIES** = up to four consecutive downs that each begins with a snap.

Loss of Down

LOSS OF DOWN does not literally mean the loss of a down. It actually means the “**LOSS OF THE RIGHT TO REPLAY THE DOWN**”.

B44 intercepts a forward pass beyond the neutral zone. Just before he is tackled, he tries to throw a backward pass to B22, but the pass is thrown forward and completed. After the penalty, Team B will have the ball 1st and 10, not 2nd and 10.