**SECTION 3 MODIFIED 8-Man FOOTBALL RULES**

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| # of practices to represent their school | Team & Individual Maximum # of Contest | Minimum time between Contests | Individual Limitations per day | Rules | Time and Distance Limitations. |
| 10 | 7 | 4 Nights | 1 game | NFHS | 4 quarter  10-minute  5 quarters  8-minute  4 quarter extended play  10-minute |

**TEAMS CONSISTING OF 7th & 8th & 9th GRADERS or Teams CONSISTING OF 7th and 8th Graders.**

Teams that consist of any combination of the grades 7, 8 & 9 or 7 & 8 will use the “Modified Rules”.  NO “A” level or **9th Grade** offensive or defensive players are allowed to play in the second quarter (4 quarter game) or the second and fourth quarter (5 quarter game).  That quarter or those quarters are reserved for “B” level players only. **Any 9th Grader a coach deems to be a “B” level player must discuss with opposing coach prior to game warm-ups.**

**START OF SEASON PRACTICE SEQUENCE**

1. The first two (2) days of practice sessions must be non-contact exercises and equipment shall be limited to the helmet, face mask, dental protection device, T-shirt, supporter, shoes, ankle supports, socks, shoes, protective pads for elbow and/or knee areas.
2. During the next three (3) days the addition of shoulder pads, along with the use of blocking dummies, sleds, and other similar teaching and training devices is permissible. No scrimmages or live contact drills are allowed.
3. The next five (5) days shall consist of contact with full protective equipment and the use of training devices. Scrimmages are permitted on the eleventh (11th) day.
4. Scrimmages/Games are permitted on the 11th day of practice. Individuals must have at least 10 practices to be eligible to participate in a scrimmage or game.
5. After the 14th day teams are restricted to no more than 2 practice days of full contact and no more than 90 minutes of full contact on those days.
6. At least 12 players must be dressed and available to play for all interschool contacts, both scrimmages and contests.

**The “Modified Rules” are as follows:**

**FIELD DIMENSIONS:**

1. Must be same as JV/Varsity Field

**KICKING:**

1. NO kickoffs: Start play with a scrimmage down at the offensive team’s 30-yard line.
2. NO live punts:
3. All tries for point after TD (kick, pass or run) are NOT live.
4. Successful Extra Point = 2 points
5. Successful try pass or run = 1 point.
6. NO live field goal attempts.
7. Safety – Scoring team puts ball in play on the 40-yard line.

**OFFENSE**

1. Small ball is to be used – 10 pounds of pressure
2. Offensive formations
   1. Maximum 1-yard splits between linemen.
   2. Maximum 1-yard splits between linemen and slotback.
   3. At Least Five (5) offensive players shall be on the line at the snap with three (3) players assigned in the backfield.
3. If a wide receiver is employed, the maximum split from the tackle cannot be more than 10 yards. On the snap of the ball, there may be only two (2) players outside of the normal tackle alignment on either or both sides of the field.
4. Motion is allowed toward the two (2) receiver side of the formation provided the ball is snapped before the player crosses the middle of the formation.
5. Unbalanced formations are NOT permitted.
6. No more than 2 players outside of the inside tackle at the snap.
7. All blocking is above the waist, except in the free blocking zone, which, in modified football, is only 4 yards by 8 yards.

**DEFENSE:**

1. Defensive formations:
   1. 2 linebackers 1 yard deeper than deepest lineman.
   2. 3 deep backs 3 yards behind deepest linebacker.
2. Until the snap the defense shall be 4-2-2 with four (4) players in an imaginary, straight line 2 yards off the ball. Two linebackers must be at least one (1) yard behind the deepest lineman: two (2) defensive backs must be at least three (3) yards behind the deepest linebacker.
3. Press coverage is not allowed against the receiver except when the receiver is within 5 yards of the offensive tackle.
4. No “movement” prior to the snap, i.e. no shifts or stunts to confuse offense.  Defense does not have to balance offense laterally.
5. The downfield blocking rule is also in effect whenever a defensive team becomes an offensive team as the result of receiving a punt, pass interception, or the recovery of certain types of fumbles.

**GENERAL INFORMATION**

1. Jersey numbering rules waived.
2. Metal cleats are not allowed.
3. Halftime (10 minutes minimum) after period 2.
4. Coaches are responsible for “A” skilled players and “B” skilled players, when they play

etc. This is not the concern of officials.

1. All team members must play in at least 1 quarter.
2. All points scored in each quarter will count toward the final score.
3. Schools that have financial restrictions do not have to play the 5th quarter extended play.
4. There will be no crossover of players unless for an emergency and coach calls timeout to explain it to the other coach.
5. No school team, or individual player, may participate in more than seven (7) Games. Teams may play 3 games in a 14-day period. A minimum of four (4) nights of rest must elapse between any games. The time between football scrimmages and the time between football games and scrimmages must be three (3) nights

**GAME FORMAT**:

1. **Four (4) quarters:**  Teams with less than 26 players.

a. Quarters 1, 3 and 4 are for “A” level players.  All “A” level players are restricted to play in quarters 1, 3, and 4.

b. Quarter 2 is for all “B” level (lower skilled) players ONLY, however, a B level player

may play in quarters 1, 3, or 4.

**NO “A” level player should play in Quarter 2**

1. All quarters count toward final score.
2. Teams are to exchange rosters designating A & B level players prior to the start of the game.

2. **Five (5) quarters:**  Teams with 26 or more players.

1. Coaches are required to exchange rosters designating A & B level players’ prior to start of the regular game.
2. Teams will play under the following format:
3. Quarters 1 & 3:  “A” level players
4. Quarters 2 & 4:  “B” level players.
5. **NO “A” level player should play in Quarter 2 or 4.**
6. Quarter 5: “A” or “B” players
7. All quarters count toward final score.

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