

SECTION 3 MODIFIED FOOTBALL RULES

# 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	10 min qts

FRESHMAN FOOTBALL

Freshman football-teams that consist entirely of 9th Graders will play NOT by modified but rather by Federation rules as do JV teams.

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 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.

START OF SEASON PRACTICE SEQUENCE

1. First 3 days (1-3) Noncontact without protective pads, blocking sleds and other blocking and tackling devices. Limited to helmets, mouth guard, Tshirt, supporter, shorts, ankle supports, socks, shoes protective pads for elbow and/or knee areas.

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. Next 5 days (4-8) Contact period. Contact is allowed with 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.

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. Next 2 days (9-10) consist of contact with full protective equipment and the use of training devices. Teams may scrimmage with another school on the 11th day.

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. Total days required is 10 team and individual practices prior to the first contest. All Individuals must complete 8 days of practice prior to contact drills.
5. After the 10th 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.

The “Modified Rules” are as follows:

KICKING:

1. No kickoffs: Start play with a scrimmage down at the offensive team’s 35-yard line.
2. Punting is live. **(with league approval)**
3. If the ends split on punt formation, the team must punt.
4. Kickers must declare that “we are punting.” No fakes punts. If a bad snap occurs the punter may attempt to advance the ball as long as every attempt to punt safely has been done.
5. Only players that rush the line of scrimmage are allowed to rush the punter.
6. All tries for point after TD (kick, pass or run) are live.
7. All field goal attempts are live.
8. Successful Extra Point = 2 points
9. Successful try **by**-pass or run = 1 point.

OFFENSE

1. Offensive formations
 1. Maximum 1-yard splits between linemen.
 2. Maximum 1-yard splits between linemen and slotback.
2. 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.
3. 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.
4. Unbalanced formations are **not** permitted.
5. No more than 2 players outside of the inside tackle at the snap.
6. 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:
6 linemen within 2 yards of ball.
 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 allowed to use 4, 5, or 6-man fronts (4 and 6-man fronts must align head up or gap, gap alignments allowed and cannot cover the center) (5-man fronts must be aligned heads up on center and guards or tackles, no gap alignment).
3. Linebackers must be stationary and at least 3 yards off the line of scrimmage.
4. Press coverage is not allowed against the receiver except when the receiver is within 5 yards of the offensive tackle.
5. The defense can have two players in “walkaway” positions, but only in response to a two wideout offensive formation, thus a “4-4” vs a 5-3 or the usual 6-2.
6. No “movement” prior to the snap, i.e. no shifts or stunts to confuse offense. Defense does not have to balance offense laterally.

7. 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. Length of game is: Four 10-minute periods or five 8-minute periods or Five 10 minute periods.
2. Regulation or small size ball (10 pounds pressure) permitted.
3. Jersey numbering rules waived.
4. Metal cleats are not allowed.
5. Halftime (10 minutes minimum) after period 2.
6. Coaches are responsible for “A” skilled players and “B” skilled players, when they play etc. This is not the concern of officials.
7. All team members must play in at least 1 quarter.
8. No player can play more than 3 quarters
9. All points scored in each quarter will count toward the final score.
10. Halftime will occur at the end of the 2nd quarter.
11. Schools that have financial restrictions do not have to play the 5th quarter extended play.
12. There will be no crossover of players unless for an emergency and coach calls timeout to explain it to the other coach.
13. 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
 - c. All quarters count toward final score.
 - d. 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.
 - A. Coaches are required to exchange rosters designating A & B level players’ prior to start of the regular game.
 - B. Teams will play under the following format:
 - C. Quarters 1 & 3: “A” level players
 - D. Quarters 2 & 4: “B” level players.

- E. **NO “A” level player should play in Quarter 2 or 4.**
- F. Quarter 5: “A” or “B” players
- G. All quarters count toward final score.

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