

## MODIFIED FOOTBALL RULES INTERPRETATIONS

August 23, 2007

### TEAMS CONSISTING OF 7<sup>th</sup> & 8<sup>th</sup> & 9<sup>th</sup> GRADERS

The "Modified Rules" will be used by JR. High or Middle Schools.

The "Modified Rules" are as follows:

1. No kickoffs: Start play with a scrimmage down @ the offensive team's 35 yard line.

2. Offensive formations

Maximum 1 yard splits between linemen.

Maximum 1 yard splits between linemen and slot back.

NEW THIS YEAR: 2 wide outs are allowed, but not more than 10 yard split from tackle or end. The wide outs may be either, or both, split ends and/or flankers, but the formation is limited to only one wide out on a side. A wide out is any player more than one yard from the nearest lineman

See the JR. High Rules review on web site at end of this write up for motion restrictions, and NEW THIS YEAR, motion is allowed by a set back to create a second wide out formation. To be legally in motion, the **set back must start from a set position, in the backfield, either directly behind the snapper, or on the side of the snapper that is the direction of his motion.** That is, the man in motion cannot cross an imaginary line through the snapper and parallel to the sidelines.

This rule change is being tried statewide and we look for feedback from coaches and officials.

Unbalanced formations are permitted.

No more than 2 players outside of the inside tackle at the snap.

Refer to diagrams page 8 of NYSPHSAA Modified Program book.

3. Defensive formations:

Please see diagrams on the page 10 of NYSPHSAA Modified Program book.

6 linemen within 2 yards of ball.

2 linebackers 1 yard deeper than deepest lineman.

3 deep backs, 3 yards behind deepest linebacker.

Scrimmage plays where the ball will be snapped inside 10 yard line, the 3 deep backs (only) may move up 1 yard.

"Walkaway" position allowed in response to offense wide out where one lineman can become a linebacker (5-3 vs. usual 6-2) but that linebacker can be no more than one-half the distance between tackle and wide out. NEW THIS YEAR, in response to the two wide out rule, the defense can have two players in "walkaway" positions, but only in response to a two wide out offensive formation, thus a "4-4" vs. a 5-3 or the usual 6-2.

R is not permitted "walkaway" position in response to K's scrimmage kick formation involving 2 wide outs...

No "movement" at the snap, i.e. no shifts or stunts to confuse offense.

Defense does not have to balance offense laterally.

4. All blocking is above the waist, except in the free blocking zone, which, in modified football, is only 4 yards by 8 yards.
5. Scrimmage kicks, as in punting: With two wide outs and a player in kick formation, 7 yards behind LOS, the team must punt

- All tries for point after TD (kick, pass or run) are live. All field goal attempts are live.
- 6 Kick try = 2 points; successful try by pass or run = 1 point.
  - 7 Four or five period games, all scores count.
  - 8 Following a safety, the team scoring the safety gets the ball at the 50.
  - 9 Regulation or small size ball (10 pounds pressure) permitted.
  - 10 Jersey numbering rules waived.
  - 11 Metal cleats are not allowed.
  - 12 Length of game is: Four 10 minute periods or Five 10 minute periods. Officials will be compensated with an additional one-fourth game fee for any Five by ten minute period games.
  - 13 Halftime (10 minutes minimum) after period 2 during 4 period games. No halftime during 5 period games. Ball changes ends only after the 2<sup>nd</sup> and 4<sup>th</sup> period in a 5 period down.
  - 14 Fast whistle.
  - 15 Officials are to help these kids, for example, by talking with the captains at the toss of the coin ceremony and prior to toss and talking with the players at appropriate dead ball times. Show them what is expected of them.
  - 16 Coaches are responsible for "A" skilled players and "B" skilled players, when they play etc. This is not the concern of officials.

#### From The LIAFO WEB SITE

See JHS Rules handout, the following are interpretations and adjustments:

~~JHS 2006: When formation includes a wide receiver or slot formation, any motion away from the strong side is restricted. Motion player may not be more the one yard outside of the last player on the line of scrimmage at the snap. Illegal formation is the penalty. -~~  
Additional motion added in 2007 see above

JHS 1998 change introduced locally at agreement of Coaches and LIAFO.

Page 9, General rules: When an Offensive Team employs a wide receiver:

Amended: When an Offensive Team employs a wide receiver who is 5 yards or less, the Defensive End may move to a position on the defensive line heads up with the wide receiver. When the wide receiver is more then 5 yards to that side of the formation the end may assume a "walk away" position which is off the line half the distance from the wide out and the offensive tackle, thus he becomes a third linebacker.

There is a 15-yard unsportsmanlike penalty against the Coach. If a player plays on both the A and B level Teams during a 5 Quarter Game. If a second occurrence, the Coach is charged with unsportsmanlike and disqualification.

Only one Coach permitted on the Field during the B level portion of the game.

Any player in motion towards the side of a formation with two players outside of the tackle cannot pass the center of the formation (ball). If player passes this point, a dead ball foul for illegal formation will be called.

Unbalanced formations are allowed; however, the second player from the center is considered the tackle and only two (2) players are allowed outside of this position at any time. Therefore, there cannot be a wing back on the strong side. The end on the strong side can still split 10 yards from the first lineman inside of the end's position.