

# Modified Committee Newsletter

## Fall 2018

### FOOTBALL

#### *Game Conditions For 11-Man Football:*

1. The first three 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, shorts, ankle supports, socks, shoes, protective pads for elbow and/or knee areas. During the next five 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. The next five days shall consist of contact with full protective equipment and the use of training devices. Scrimmages are permitted on the fourteenth day. Four additional practice days must be held prior to the first contest.
2. No school team, or individual player, may participate in more than 7 games. These games shall be scheduled with no more than one game per week. In extreme cases games may be rescheduled if approved by the sectional athletic council. A minimum of four nights of rest must elapse between any games. The time between football scrimmages and the time between football games and scrimmages must be three nights.
3. At least 16 players must be dressed and available to play on an 11-man team; for all interschool contacts, both scrimmages and contests.

#### *Game Rules For 11-Man Football:*

1. Time periods shall be 10 minute quarters.
2. Team offensive formations are limited to standard formations. There may be a maximum split of 1 yard between linemen. 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 2 players outside of the normal tackle alignment on either or both sides of the field. Motion is allowed toward the two receiver side of the formation provided the ball is snapped before the player crosses the middle of the formation. If the ends split on punt formation, the team must punt. There are no "walkaway" ends when receiving the punt from this formation. Definition of side of formation - the half of the formation from midline of the center that has a set back to that side and two players outside the tackle. If the ends split on punt formation, the team must punt. All downfield blocking must be done above the waist. Until the snap the defense shall be 6-2-2-1 or 6-2-3 with six players in an imaginary straight line within 2 yards of the ball; two linebackers must be at least 1 yard behind the deepest lineman; three defensive backs must be at least 3 yards behind the deepest linebacker, inside the 10 yard line defensive backs may be 2 yards behind the deepest linebacker. Penalties: improper formation - 5 yards; downfield blocking - 15 yards.
3. No kick-off - start play from own 35 yard line.
4. ***Punting – All teams should be taught and encouraged to punt. If a team feels that they are unable to execute it safely the ball will be walked off 15 yards. (As per NYSPHSAA handbook regulation, which states: live play until the football is kicked. Punts may not be advanced and all fumbled punts and muffs will be blown dead immediately) Page 70.***
5. Two (2) points shall be allowed for a kicked extra point and one (1) point for a run or pass. (Optional for section wide use with approval of the section.)
6. Safety - scoring team put ball in play on 50 yard line.
7. All downfield blocking must be done above the waist. Downfield blocking is interpreted as any blocking of an opponent taking place downfield from the free blocking zone, which for this rule is extended from sideline to sideline. The downfield

blocking rule is also in effect whenever a defensive team becomes an offensive team as the result receiving a punt, pass interception, or the recovery of certain types of fumbles. The point that offensive play begins extending from sideline to sideline, would be interpreted as the inception of that play and thus, for rule clarification purposes, would be the scrimmage line for that play (i.e. the point the punt or interception was received). The penalty for a violation of this rule will be 15 yards as spelled out in Rule 9, Section 1 of National Federation Football Rules.

8... When an offensive team employs a wide receiver (split end or flanker), the defensive end to that side of the formation may assume a "walkaway" position. The end may align at a maximum depth even with the two inside linebackers and no wider than half the distance between the wide receiver and the next lineman.

9.. With Section approval, schools will be allowed to use two (2) wide receivers on opposite sides of the formation.

10. NFHS cleat rule will be followed.

### **MODIFIED FOOTBALL STANDARDS- Section 1 rules**

1. ***SEE HANDBOOK FOR GOVERNING RULES***

2. A doctor, trainer or EMT shall be present at all football games as per Section One rule.

3. Fencing around the field is recommended. Spectators must remain in the designated spectator area.

4. It is recommended that mature adults, preferably faculty members, are assigned to the chains and down markers for modified games.

5. No scouting of modified games shall be permitted.

6. The use of phones is permitted.

7. Schools may use a youth sized ball.

8. The home school shall be responsible for crowd control.

9. The 5<sup>th</sup> Quarter or X Quarter shall be utilized. Coaches and AD's should converse with opponents and officials coordinate prior to day of game.

X Quarter: Is defined as a time for our younger or inexperienced players to get game experience. Coaches can be on the field and they can decide whether to run set number of plays or use chains etc. Scoring during X quarter should not be counted as it is viewed as an learning experience and there may be a mismatch of players on the field. Officials will be paid an additional fee for this quarter. Time should be 10 minutes, same as other quarters or duration be decided by coaches based on their teams numbers.

1<sup>st</sup> quarter - 10 minutes

2<sup>nd</sup> quarter - 10 minutes

X quarter - 10 minutes

*Half Time - 5 minutes*

3<sup>rd</sup> quarter - 10 minutes

4<sup>th</sup> quarter - 10 minutes

**Football Contact Limitations:** Contact in the sport of football for High school and modified football teams shall have no more than two "Full-Contact practices" per week during the season; with no Full-Contact" session to exceed 90 minutes. "Full-contact" means a practice where drills or live action is conducted that involves collisions at game speed, where players execute tackles and other activity that is typical of an actual tackle football game. *Limitation of "Full-Contact practices" will begin with the 13th day (high school and the 14th day (modified).*