

Nassau County

Section VIII



Modified Football

Football Sport Coordinator
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Officials Rules Interpreter

IMPORTANT INFORMATION

Sport Season – Fall

Start Date – Wednesday, September 4, 2024

End Date – Saturday, November 2, 2024

Required Number of Practices

- 10 individual practices prior to first scrimmage or game

Maximum Number of Contests - 6

Nights Rest Required: 4 Nights

NYSPPHSAA Rules

1. Games shall be scheduled with no more than one game per week. 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.

2. At least 16 players must be dressed and available to play in 11-man football for contests and scrimmages.

Practice Requirements - Pre-Season Practice Format - NYSPPHSAA

1. The first two days of practice sessions must be non-contact exercise, 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.

2. During the next three 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 days shall consist of contact with full protective equipment and the use of training devices.

4. Scrimmages & contests are permitted on the 11th day.

Administration

Modified football should be administered so that all safety precautions are in effect. Every effort should be made during practice and game situations to pair contestants of nearly equal ability as is possible. Factors to be considered in the selection of squad members are age, weight, physiological maturity, skills, coordination, and desire.

Coaches

The most important factor in the program is the coach. One must adapt coaching to the age level and the abilities of the junior high school youngsters and must teach the basic fundamentals of the games and avoid the intricacies of more advanced programs. Real patience and knowledge of the youngsters at this age level is necessary. An understanding of all program policies and game rules and conditions is essential. Relations with opposing coaches should be one of cooperativeness and good sportsmanship yet teaching and coaching the team to be the best of one's ability, realizing that the chief obligations are to the pupils and their proper sports education. There is **NO SCOUTING** at the Modified level.

Equipment

The coach should check each player to make certain he has each item of equipment, and it is properly fitted to the individual player.

1. Players must not be taught to use their helmets as an offensive butting tool for the charging ball carrier, herein the danger lies. NOTE: When ordering new helmets or replacements be sure that they are NOC-SAE approved.
2. The face guard is required. The face guard with horizontal and vertical bars affords a higher degree of face protection.
3. A mouthpiece is required.
4. Use of the deflated ball (10 pounds) in game situations has not changed the play nor the effective use of the ball in any way.
5. The molded sole shoe with rounded cleats or sneakers are mandated In the Modified program to cut down on the previously high incidence of injuries resulting from the exposed metal post.
6. All football protective pads should be covered by the uniform. If protective pads are exposed the uniform part should be replaced or repaired.
7. Players may participate with an approved padded cast on hand, wrist, forearm, or elbow. (National Federation Rule 1-5-3C) School physician approval is required.

Section VIII Modified 11 Man Football

1. A & B teams rosters are **NO longer** required. Coaches will have the ability to substitute players in and out of the game at their own discretion. Coaches **are not** permitted on the field until the **5th period (exhibition quarter)**, unless mutually agreed upon by the coaches.
2. All coaches must communicate with one another at least one day prior to your contest to discuss roster size, skill level, and the 5th period.
3. A student-athlete may compete in each of the 4 quarters at the coach's discretion.
4. **18-point rule:** If a team gets ahead in the game at any time by **18 points or more**, they must immediately substitute in their second team. example: 3rd touchdown is scored to make the score 19-0 or 26 to 6, the second team comes in for the extra point try and thereafter until the score differential is under 18 points.
5. There will be a 5th period, unless mutually agreed upon by their athletic administrator. **This is an exhibition period to play students that did not play or played sparingly in the previous 4 quarters.** Teams with small rosters (under 26 players) may elect not to play the exhibition period. The 5th period is 10 minutes in length (**not running time**).
6. All Touchdowns (any scores) during the 5th period **Do NOT count** toward the game score. Starters should **NEVER** play in the 5th period.
7. Each of the four quarters are 10 minutes long with a 10-minute halftime. (Can be shortened by mutual agreement)
8. The lopsided score rule is in effect as it is for Varsity and JV level games. Any reported games will be reviewed by the Nassau County Football Committee.
9. 2 points will be awarded for a kicked extra point, and 1 point will be awarded for a run or pass extra point.
10. A "Safety" is 2 points and the scoring team gets the ball on the 50-yard line.
11. Punting- If a team lines up on 4th down with 2 split ends on each side of the ball and the punter/QB lines up 10 yds in the backfield they **MUST** punt. If the team lines up on 4th down without split ends on each side and the punter/QB lines up 10 yds deep, they can run a play and do not have to punt.
12. There are no kick-offs. The ball starts from your own 35-yard line. The ball starts on the 35-yard line to begin the 5th period as well. A coin toss will decide possession unless the coaches mutually agree.

Offense

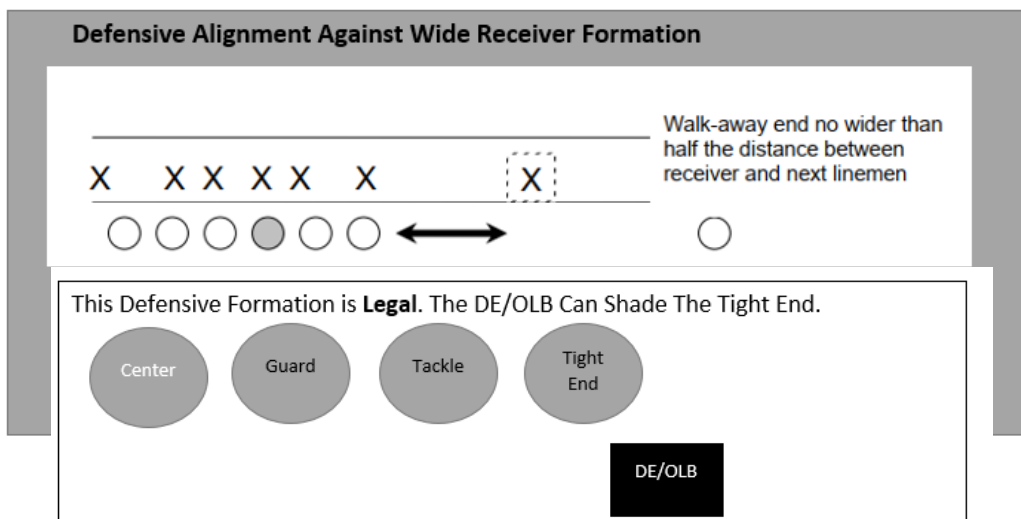
1. Team offensive formations are limited to standard formations including the use of two wide receivers.
2. No team shall have (Trips) or 3 eligible receivers outside of the Offensive Tackle.
3. 2 wide receivers are allowed (slot formation, twins). Widest receiver cannot be more than 10 yards from tackle.
4. If 1 wide receiver is employed, the maximum split from the tackle cannot be more than 10 yards.
5. There may be a maximum split of 1 yard between linemen.
6. On the snap of the ball, there may be only **two players** outside of the normal tackle alignment on **either or both sides** of the field (**example of legal formations- TE/Flanker; Twins; SE etc.**).
7. Motion shall be prohibited to the **side of a formation** that has two players outside of the tackle. **Definition of 'side of formation' is - the half of the formation from midline of the center that has a set back to that side and two (2) players outside the tackle.**
8. Motion with double wings or slot is allowed, but the ball must be snapped before the motion player passes the quarterback.
9. An uneven (unbalanced) line is **NOT** allowed. Only two players can be outside of the tackle at the snap of the ball. Example: 2 players or ends go to the same side making 4 on one side and 2 on the other side.
10. **Punting-** If a team lines up on 4th down with 2 split ends on each side of the ball and the punter/QB lines up 10 yds in the backfield they **MUST** punt. If the team lines up on 4th down without split ends on each side and the punter/QB lines up 10 yds deep, they can run a play and do not have to punt. All down-field blocking must be done above the waist.

Blocking Rule

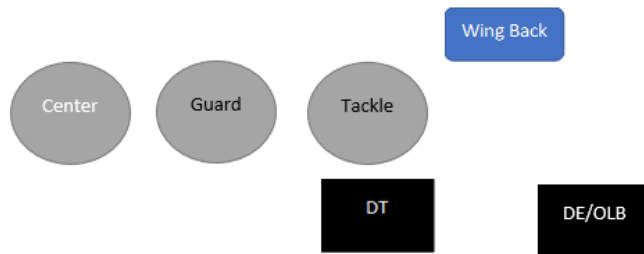
All downfield blocking must be done above the waist. Downfield blocking is interpreted as any blocking of an opponent taking place downfield from the free blocking zone which for this rule is extended from sideline to sideline. The downfield blocking is also in effect whenever a defensive team becomes an offensive team as the result of receiving a punt, pass interception, or the recovery of certain types of fumbles.

Defense

1. Until the snap of the ball, the defense must be in a **6-2-3**.
2. **(6) Players** (Lineman/Ends/OLB) must be on the line of scrimmage until the snap of the ball. Gap alignment is **NOT** allowed. Shade alignment **IS** allowed. Shade alignment allows the defensive player to align their shoulder pad with the shoulder pad of the offensive linemen. A nose guard/tackle is allowed.
3. **(2) Players** (Linebackers) must be at least 2 yards off the line of scrimmage and no further than 1 yard outside of the tackle box.
4. **(3) Players** (Corners/Safety) must line up at least 3 yards behind the deepest linebacker.
 - An exception to the above rule is inside the 10-yard line (goal line defense). Defensive backs (Corners/Safeties) may be 2 yards behind the deepest linebacker.
5. The (Defensive End/Outside Linebacker) can go no further than an outside shade on the Tight End. If there is no Tight End the Defensive end can be a maximum of 1 yard outside the Tackle. If a team uses a wing back that is split 1 yard or less from the Tackle or Tight End, the (End/OLB) can line up on an outside shade of that player. (SEE THE LAST PAGE FOR EXAMPLES)
 - An exception to the rule above is if an offensive team uses a wideout or flanker. The DE/OLB can then split the difference from the last person on the line of scrimmage.
 - Definition of "Flanker" shall be any player off the line of scrimmage further than 1 yard outside the last player on the line.
 - At no time can the Defensive End/OLB play head up on the split.
 - **To drop the defensive end 1 step back, they must be half of the distance to the receiver (walk away position).**
6. The defense does not have to balance the offense.
7. Penalties: Improper defensive formations will result in a 5 yard penalty with a replay of the down. This will be the referees job to call during play.



This Defensive Formation is **Legal**. If a team uses a wing back that is split 1 yard or less from the Tackle, the (End/OLB) can line up on an outside shade of that player.



This Defensive Formation Is **ILLEGAL**. The DE/OLB can go no further than an outside shade on the Tight End without a slot or wide receiver on that side.

