

Section IV Football - Modified Football Rules Proposal

Request:

A 2-year pilot study in the sport of football at the modified level to include:

- 1. Implementation of the revised modified football rules (see below) and*
- 2. All participating schools will take part in the 2 year required Health and safety study.*

All sections/schools approving the use of the modified football rules must take part in, complete and submit the following safety study:

Schools will be required to track and keep records of all injuries that occur to modified football athletes during the football season including game and practice sessions. The tracking of injuries and categorization of them will look to determine if athletes are at a greater risk of injury by participating using the new rules for modified football.

To establish a baseline of information, all schools participating will be asked to submit to their section Executive Director and Football Chairman an injury report from the 2013 football season for modified players, as well as, track and report all injuries to players for the next two consecutive seasons 2014 and 2015. This information must be submitted no later than December 1st of each year. This information will be collected, analyzed, collated and released to all vested parties.

Rationale:

- Teaching and coaching similar systems of offense and defensive football schemes to all players in the program at the appropriate age and developmental level.
- Consistency between modified and varsity levels in teaching techniques of individual positions, team philosophies, and overall schemes and language.
- Safely close the gap between Jr. High, "modified" football rules and NFHS rules employed at the HS level
- Step-wise, natural progression for student athletes in the game of football in NYS beginning in modified and culminating at the varsity level.

Special Teams:

- NO Changes to special teams
- * Continue section IV dead ball punt rule

Defense Rules Restrictions:

- Defenses must employ a 4, 5 or 6 man front
- 4 and 6 man fronts must be balanced and aligned head up tackle to tackle (cannot cover the center)
- A 5-man front may be employed. The nose guard must line head up on the center and the tackles head up on the offensive guards or tackles.
- Defensive lineman, once aligned and in a stance cannot stem prior to the snap of the ball
- No blitzing allowed. Linebackers must be stationary and at a 3 yard minimum depth at the snap of the ball.
- Linebackers and Defensive backs (second level players) must be a minimum of 3 yards from the line-of-scrimmage (LOS) at the snap of the ball
- * - There can be no more than 8 players aligned inside the free blocking zone, "tackle box" at the snap of the ball. (This area is defined by: the free blocking zone/tackle box is the rectangular area extending laterally 4 yards either side of the spot of the snap and 3 yards deep from the LOS)
- There can be no more than 6 players on the LOS (within 2 yards of the ball)
- Press coverage and contact at the line-of-scrimmage is not allowed against a receiver (Exception: you may press and contact is allowed with any eligible receiver within 5 yards of the offensive tackle)

Offensive Rules Restrictions:

- Motion (including shifting) is allowed provided the player does not cross the middle of the formation, defined as the center prior to the snap of the ball
- The offense must employ three players on the line-of-scrimmage on both sides of the center (NO unbalanced line)
- There is a maximum of 1 yard splits between line-man, tackle to tackle