

MODIFIED FOOTBALL SPORTS STANDARDS

At least sixteen (16) players must be dressed and available to play on an 11-man team for all interschool contacts, both scrimmages and contests.

Time periods shall be 10-minute quarters.

UNDER NO CIRCUMSTANCES DO WE OFFICIATE A "5TH QUARTER." This is according to our contract with the section, we are NOT covered by our insurance policy through NYSACFO for anything beyond 4th quarter. There is no overtime period in case of a tie.

Sections may adopt the use of a small ball.

Offensive Formations

- There are no numbering requirements for offensive players. Eligibility is by position only and your 5 linemen can have any numbers available (not restricted to 50-79).
- No unbalanced lines allowed.
- 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 two (2) players outside of the normal tackle alignment on either or both sides of the field. If there are 2 eligible receivers outside the tackle, the inside player must be within 1 yard of the tackle. The outside player may be anywhere up to 10 yards wide from the tackle.
- 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.
- If both 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 (2) players outside the tackle. All downfield blocking must be done above the waist.
- With Section approval, schools will be allowed to use two (2) wide receivers on opposite sides of the formation.

Defensive Formations

- Until the snap the defense shall be allowed to use 4-, 5-, or 6- man fronts (4- and 6-man fronts cannot cover the center).
- Defensive linemen are not permitted to move until the snap of the ball.
- Linebackers must be stationary and at least 3 yards off the line of scrimmage. DBs can be same depth as LB or deeper.
- All Defensive players must be stationary at the snap.
- Press coverage is not allowed against the receiver except when the receiver is within 5 yards of the offensive tackle.
- On goal line coverage, DB cannot press the WR split out more than 5 yards from the tackle.
- When an offensive team employs a wide receiver (split end or flanker), the defensive end to the side of the formation may assume a "walkaway" position. The end may align at a

maximum depth even with the two (2) inside linebackers and no wider than half the distance between the wide receiver and the next lineman.

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 of 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.

Penalties: improper formation – 5 yards; down field blocking – 15 yards.

Special Teams

No kickoff – start play from own 35-yard line.

Two (2) points shall be allowed for a kick extra point and one (1) point for a run or pass.

Safety– scoring team put ball in play on 50-yard line.

Try and FG: Defense may use 4, 5, or 6-man fronts. Linebackers and defensive backs must be 3 yards behind lineman.

On 4th down, if there is WR split 10 yards on both sides of formation, that team MUST punt (i.e. 4th down, if QB is under center or in shotgun, offense must still punt).

On scrimmage kick (punt), Defense cannot rush snapper or A gaps, they can only rush heads up or outside of Guards.

GENERAL

If your contest is scheduled as a game, but both coaches want it to be a scrimmage, speak with them together to go over any format or rule differences (ex: if its early part of season and they have not practiced punt yet and want to march off 25 yards, do that). If your contest IS a game, all the above rule differences apply.

If there are any questions, contact Dave Michael by call, text, (716-207-2282) or email (dave.michael.football@proton.me).

(Revised 2019, 2023)