

Modified Football Sports Standards:

Tryout:

- If student athlete passes Athletic Placement Process, they may try out for higher level (JV or Varsity), 8 of the first 10 days of the high school season. Any student practicing with higher level after their 8th day MAY NOT return to the modified level.

Player Movement:

- No player may be advanced to a higher level of competition after completion of 50% of their modified scheduled & must pass the athletic placement process
- If a player competes against a JV or Varsity performer, he/she may not return to the modified program that season in that sport
- A player is ineligible when his/her 16th birthday is reached though he/she may finish the season

Practices:

- May start on Aug 22, 2019
- No practice with JV or Varsity
- One (1) practice per day
- No more than 6 calendar days per week (not 7 days in a row)
- Limited to 2 hours maximum (45 minutes minimum)
- For individual participants, the first 2 days of practice of just helmets, the next 3 days are pads only, first full contact on the 6th day of practice

Scrimmages:

- Must have 10 practices before first scrimmage

Games:

- Must have 10 practices before first game
- Need 4 nights rest between games
- Maximum of 7 games
- 1 game per day

Special Rules:

- NFHS Rules
- 10-minute quarters
- At least 16 players must be dressed and available to play
- No kick-off, ball will be placed at the 35-yard line
- 2 points for a kicked extra point, 1 for a run or pass extra point
- After the safety, the scoring team puts the ball in play at the 50-yard line
- Consult the NYSPHSAA Modified Football Handbook
- Team offensive formations are limited to standard formations, 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. Teams may use two (2) wide receivers on opposite sides of the formation. Split from the tackle cannot be more than 10 yards on either side.

- 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. 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. 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.
- Until the snap, the defense shall be allowed 4, 5, or 6-man fronts. Can be in gap, shade or heads up.
- When an offensive team employs a wide receiver (split end or flanker), the defensive end to the side of the formation may assume a “walk away” 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.
- 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. Secondary must be stationary and at least 3 yards from the line of scrimmage.
- Press coverage is not allowed against the receiver except when the receiver is within 5 yards of the offensive tackle.
- Penalties: improper formation– 5 yards; down field blocking – 15 yards.
- On Extra Point or Field Goal kicks, the opposing team must be in a standard defensive formation. This means 4, 5, or 6-man front, Linebackers are 3 yds off the line of scrimmage and stationary until the snap of the ball. Secondary is 3 yards from the line of scrimmage and stationary until the snap of the ball.
- If both ends split on punt formation, the team must punt. If both ends split on punt / 4th down, the ball can only be advanced past the line of scrimmage by punt. There are no “walk away” ends when receiving the punt from this formation. All downfield blocking must be done above the waist.