

MODIFIED FOOTBALL

NYSPHSAA RULES

MODIFIED SPORTS STANDARDS Game Rules for 11-Man Football:

1. Time periods shall be 10 minute quarters.
2. 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.

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.

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 (2) players outside the tackle.

All downfield blocking must be done above the waist.

Until the snap the defense shall be allowed to use 4, 5, or 6 man fronts (4 and 6 man fronts must align head up, no gap alignments allowed and cannot cover the center)(5 man fronts must be aligned heads up on center and guards or tackles, no gap alignment). OUT

Until the snap the defense shall be allowed to use 4,5, or 6 man fronts gap alignment (4 and 6-man fronts cannot cover the center (July 2019)). IN

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.

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.

3. No kick-off – start play from own 35 yard line.
4. Two (2) points shall be allowed for a kick extra point and one (1) point for a run or pass.

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

6. 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.

7. Sections may adopt the use of a small ball. **YES**

9. 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. **YES—if you are in a 6 man front.**

Football LCAA Format:

- **When both** teams have 30 or more players, they must play a 5 period contest. Coaches must be aware that no athlete may appear in more than 3 quarters they are playing a 5 period contest. AD's should communicate as soon as possible before the game if there will be a 4 or 5 quarter contest.
- Regardless of 4 or 5 period contests teams must try and maintain an A and B roster. With A squad playing quarters 1 and 3; B squad playing 2 and 4.
 - Rosters: Each team will be divided into an equal number of players. The more skilled players will comprise roster “A” and the remaining players Roster “B”. Teams with unequal numbers will balance those rosters within one. (For example 15 players; 7 on “A” and 8 on “B” or vice versa. These rosters cannot change during that specific games, unless injury.
 - Any visible team score will be reset to 0-0 at the end of each quarter, period, half, inning for all modified events. A true running score will be maintained in an official scorebook.
 - No overtime periods will be played in Livingston Conference contests. When using five period format all periods will count toward the final score. In a four period contest the score shall be final and the contest shall remain a tie and count as a tie.

RULES ADDED IN 2016

- **1. Dead ball rule on all punts, no live punts or returns. (LCAA Adoption not necessarily adopted by other leagues.)**
- **2. The offense must employ three players on the line-of-scrimmage on both sides of the center, no unbalanced line.**
- 3. There is a maximum of 1 yard splits between line-man, tackle to tackle.
- 4. Defenses must employ a 4, 5 or 6 man front
- 5. Defensive lineman, once aligned and in a stance cannot stem (shift) prior to the snap of the ball
- 6. No blitzing allowed. Linebackers must be stationary and at a 3 yard minimum depth at the snap of the ball.
- 7. 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.)

LCAA INTERPRETATION PLAN FOR FALL 2019

- **Dead ball on all punts and returns.**
- **Offensive line must be balanced.**
- **On offense a maximum of 4 players can be outside the tackle box. 2 on each side of the formation, not 3 and 1 or 4 and 0.**
- **Of those 4 players, only 1 player on each side of the formation can have a split of more than 1 yard from the TACKLE, that player can't be more than 10 yards from the TACKLE.**
- **It does not matter which of those players (end or wr) is on the line but see restrictions about balanced line and players outside the tackle box.**
- **No twin formations, no trips on offense are allowed.**
- **NO Blitzing**