

IAC MODIFIED FOOTBALL RULE CLARIFICATION GUIDELINES

- SHOT GUN FORMATION ALLOWED (NEW AS OF 9/4/08)
- 1 POINT FOR EXTRA POINT RUN
- 2 POINTS FOR EXTRA POINT KICK
- NO DOWN LINEMAN MAY BE IN THE “A” GAP PRIOR TO THE SNAP OF THE BALL. LINEMEN MAY STUNT (PINCH OR SLANT) TO THE “A” GAPS ONCE BALL IS SNAPPED.
- B, C, AND D GAPS MAYBE FILLED BY A DOWN LINEMAN

- “UNBALANCED” FORMATIONS ALLOWED WITH NO SPLIT END/WING TO THE UNBALANCE SIDE

EX.

0 0 X 0 0 0 0 LEGAL FORMATION

0 0 X 0 0 0 0 0 ILLEGAL FORMATION

- ONE SPLIT END/FLANKER OFFENSIVE FORMATION/ NO FORMATIONS WITH TWO SPLITS.
- VARSITY SIZE OR INTERMEDIATE SIZED FOOTBALL ONLY
- NO BLITZING- (INTERPRETED AS MOVING TOWARD THE LINE OF SCRIMMAGE BEFORE BALL IS SNAPPED)
- AT SNAP OFF BALL THE DEFENSE MUST BE IN A 6-2-2-1 OR 6-2-3 ALLIGNEMNT ONLY.
- PRIOR TO SNAP OF BALL LINEBACKERS MUST BE 1 YARD DEEPER THAN THE DEEPEST DOWN LINEMAN
- NO LIVE RUSH ON PUNTS OR EXTRA POINTS
- IF KICKER (punter or extra point) OR HOLDER DROPS BALL HE IS ALLOWED TO RETRIEVE THE BALL AND KICK. THE KICKER HAS 5 SECONDS FROM SNAP TO KICK IMPACT. IF NOT DONE IN THAT TIME BALL IS DEAD. IF BALL IS BLOWN DEAD ON PUNTS DUE TO A 5 SECOND VIOLATIONS THE BALL WILL BE PLACED AT THE ORGINAL LINE OF SCRIMMAGE ON THE CHANGE OF POSSESSION.

- ON SNAP OF BALL, THERE MAY ONLY BE 2 PLAYERS OUTSIDE OF THE NORMAL TACKLE ALIGNMENT ON EITHER SIDE OR BOTH SIDES OF THE FIELD. “MOTION” IS PROBHIBITED TO THE SIDE OF A FORMATION THAT HAS 2 PLAYERS OUTSIDE THE FIRST TACKLE. (copied from NYS modified handbook) TEAMS RUNNING DOUBLE WING FORMATIONS CAN USE RIP/LIZ PROVIDED THE MOTION DOES NOT CROSS THE CENTER.

*** ADOPTED AND APPROVED AT IAC ATHLETIC DIRECTORS MEETING 9/12/07**

***REVISED AND DISCUSSED AT THE SECTION IV MODIFIED COACHED MEETING 9/4/08**