

6. Equipment –

- a. Properly fitted equipment of good quality is mandatory for safe participation in football.
- b. All essential protective devices are to be used.
- c. In addition to the normal pads and helmets, dental and face protection guards should be provided.
- d. All protective pads should be covered by the uniform.
- e. If protective pads are exposed, the uniform part should be replaced or repaired.

Game Conditions for 11-Man and 8-Man Football:

1. The first two (2) days of practice sessions must be non-contact exercises and equipment shall be limited to the helmet, face mask, dental protection device, T-shirt, supporter, shoes, ankle supports, socks, shoes, protective pads for elbow and/or knee areas. During the next three (3) days the addition of shoulder pads, along with the use of blocking dummies, sleds, and other similar teaching and training devices is permissible. No scrimmages or live contact drills are allowed. The next five (5) days shall consist of contact with full protective equipment and the use of training devices. Scrimmages are permitted on the eleventh (11th) day. (Feb. 2019 & July 2019)

2. No school team, or individual player, may participate in more than seven (7) Games. Teams may play 3 games in a 14-day period. A minimum of four (4) nights of rest must elapse between any games. The time between football scrimmages and the time between football games and scrimmages must be three (3) nights.

3. At least sixteen (16) players must be dressed and available to play on an 11- man team; at least sixteen (12) players for an 8-man team for all interschool contacts, both scrimmages and contests.

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 gap alignment permitted (4 and 6-man fronts cannot cover the center) (July 2019). Defensive lineman is 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. (Optional for section wide use with approval of the section.)

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.

8. Coaches shall be permitted on the field in the experimental five quarter football program. (Optional for section wide use with approval of the section.)

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.

10. With Section approval, schools will be allowed to use two (2) wide receivers on opposite sides of the formation.

Game Rules for 8-Man Football:

1. 11-man rules are used for 8-man football with modifications.

2. At least Five (5) offensive players shall be on their line at the snap with three (3) Players assigned in the backfield. Note: Line splits, formations, motion, etc. as per existing modified rules.

3. Until the snap, the defense shall be 4-2-2 with four (4) players in an imaginary, straight line 2 yards off the ball. Two (2) linebackers must be at least 1 yard behind the deepest lineman; two (2) defensive backs must be at least 3 yards behind the deepest linebacker.

4. No kick-off. Start play from own 30-yard line.

5. Safety– scoring team puts ball in play on the 40-yard line.

Football Contact Limitations:

Contact in the sport of football for High school and modified football teams shall have no more than two “Full-Contact practices” per week during the season; with no Full-Contact” session to exceed 90 minutes. “Full-contact” means a practice where drills or live action is conducted that involves collisions at game speed, where players execute tackles and other activity that is typical of an actual tackle football game. Limitation of “Full-Contact practices” will begin with the 13th day (high school and the 14th day (modified)).