|  |  |
| --- | --- |
| **Modified Football Cheat Sheet**  **Special Teams:**   * NO kickoffs – ball to be placed on the 35-yard line. * Dead ball punt rule. The spot of the ball is where the defensive player gains control of the ball or first touches, whichever is further back. * NO live rush on PAT kick attempts. * 2 points for a kick, 1 point for a pass or run.   **Offensive Rules Restrictions:**   * Motion (including shifting) is allowed provided the player does not cross the middle of the formation, defined as the center prior to the snap of the ball. * The offense must employ three players on the line-of-scrimmage on both sides of the center (NO unbalanced line). * There is a maximum of 1 yard splits between linemen, tackle-to-tackle. | **Defense Rules Restrictions:**   * Defenses must employ a 4-, 5-, or 6-man front. * 4- and 6-man fronts must be balanced and aligned head-up tackle-to-tackle (cannot cover the center). * A 5-man front may be employed. * Defensive linemen, once aligned and in a stance cannot stem prior to the snap of the ball. * No blitzing allowed. Linebackers must be stationary and a 3-yard minimum depth at the snap of the ball. * Linebackers and defensive backs (second level players) must be a minimum of 3-yards from the line-of-scrimmage (LOS) at the snap of the ball. * There can be no more than 8 players aligned inside the free blocking zone, “tackle box” at the snap of the ball. (This area is defined by: the free blocking zone/tackle box is the rectangular area extending laterally 4-yards either side of the spot of the snap and 3-yards deep from the LOS.) * There can be no more than 6 players on the LOS (within 2-yards of the ball). * 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.) |
|  |  |
| **Modified Football Cheat Sheet**  **Special Teams:**   * NO kickoffs – ball to be placed on the 35-yard line. * Dead ball punt rule. The spot of the ball is where the defensive player gains control of the ball or first touches, whichever is further back. * NO live rush on PAT kick attempts. * 2 points for a kick, 1 point for a pass or run.   **Offensive Rules Restrictions:**   * Motion (including shifting) is allowed provided the player does not cross the middle of the formation, defined as the center prior to the snap of the ball. * The offense must employ three players on the line-of-scrimmage on both sides of the center (NO unbalanced line). * There is a maximum of 1 yard splits between linemen, tackle-to-tackle. | **Defense Rules Restrictions:**   * Defenses must employ a 4-, 5-, or 6-man front. * 4- and 6-man fronts must be balanced and aligned head-up tackle-to-tackle (cannot cover the center). * A 5-man front may be employed. * Defensive linemen, once aligned and in a stance cannot stem prior to the snap of the ball. * No blitzing allowed. Linebackers must be stationary and a 3-yard minimum depth at the snap of the ball. * Linebackers and defensive backs (second level players) must be a minimum of 3-yards from the line-of-scrimmage (LOS) at the snap of the ball. * There can be no more than 8 players aligned inside the free blocking zone, “tackle box” at the snap of the ball. (This area is defined by: the free blocking zone/tackle box is the rectangular area extending laterally 4-yards either side of the spot of the snap and 3-yards deep from the LOS.) * There can be no more than 6 players on the LOS (within 2-yards of the ball).   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.) |