

SBISD MIDDLE SCHOOL RESTRICTIONS
2023

Defense:

7th/8th- Will play a base 50/Even front with cover 4 in the secondary. May use cover 3 to adjust to TE/Wing Set or 3 back offensive sets.

7th/8th – No Stunting allowed. No “Stemming “allowed. (Players must align properly as soon as the offense breaks the huddle) Slanting is Allowed

Exceptions: Stemming may be allowed to adjust to doubles or trips formations.

7th/8th- Goal line defense may be used when the offense progresses inside the opponent’s 20 yard line. Base goal line defense will be a 6/5 look. Goal line defense may be run on 4th down anywhere on the field.

7th/8th - Defensive Linemen must be in a 3 or 4-point stance.

Exception: A Defensive end/outside linebackers may be in a 2-point stance

7th/8th - All Defensive Linemen must make contact with the offensive lineman they are aligned on immediately after the snap of the ball.

Exception: Penetration is allowed on Goal line defense.

7th/8th - All linebackers must be aligned 4 yards from the L.O.S.

Exception: In Goal line defense they may tighten but should never be closer to the ball than the heels of the nearest defensive lineman.

7th/8th – All DBs must be at least 7 yards deep at the snap of the ball. Unless aligned in cover 3 then SS may be aligned 4 yards off the TE. Exception: Goal line defense

7th/8th - On special formations the defensive ends, secondary, and linebackers may make alignment adjustments

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7th/8th – Secondary can play 2, 3, 4 and man coverage

8th only - The defense is allowed to adjust to a three back offense or special formations (unbalanced) by moving a safety inside to a linebacker alignment. This player must be aligned at linebacker depth and may not align inside the “C” gap

Offense-

**7th/8th are strongly encouraged to run the same base offense.
7th/8th will use the small football.**

7th/8th - Coaches will have 5 base plays. These plays should be executed in every game. (Keep trick plays to a min.)

The following plays should be a part of every offense:

- a) Toss or Sweep (zone blocking)
- b) Inside and outside zone (zone blocking)
- b) Isolation Play (lead blocking)
- c) Power play
- d) Zone read
- e) Bootleg pass
- f) Reverse and/or Counter
- g) Buck Sweep (if running wing t).
- h) Pass plays at 5- 10 yards, 10-20 yards, deeper than 20 yards
- i) Goal line Offense

7th/8th - Lineman splits should be no more than 36”

7th/8th- May run spread/no huddle offense.

8th- May run use trips and no back offense.

7th Only- No Unbalanced, or End Over formations

7th Only- No more than 2 wide receivers per side in any formation (no trips formations)

7th/8th - Offensive Linemen must be in a two or three point stance when the ball is snapped.

7th Only- “No Back” formation is not allowed

7th Only- No motion is allowed except for short motion by a Slot or Wing

SPECIAL TEAMS PLAY:

7th/8th Grade- Extra point kicking is encouraged. There will be no rush on any extra point kicking attempt. If the ball is snapped and the holder must get up from the kneeling position, then the extra is determined to be NO GOOD. An extra that is kicked is worth 2 pts. A passing extra point is worth 2 pts. A rushing extra point is worth 1 pt.

7th/8th Grade- There will be no rush on any field goal attempts. If the snap is bobbled then it becomes a live play. *Defender can put hands up. No leaving your feet*

7th/8th Grade- There will be no rush on punting. Hopefully this will promote proper techniques for snapping, punting, etc. There will be no fake punts. **You are encouraged to have your player fielding the punt to catch the ball. The ball will be dead where it is fielded. If the ball is not fielded and can roll then it dead where ball comes to rest. If the catcher muffs the punt the ball may not be placed forward, if the ball bounces forward it will be placed at the point of the attempted fair catch. For some reason if the ball is muffed and goes back wards then the ball will be placed where it becomes dead. Again, we are not penalizing for the attempt to fair catch the ball.**

Running Clock Rules- See Handout. We use 18 points in SBISD

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Other

1. Sharing of information: “ Pregame Info sheet”

Through e-mail, use a form on Wednesday morning for the next week’s opponent. This form will include (for all levels) home/visitor, jersey colors, basic offense packages, Defensive fronts used, special defenses for Three Back offense, players playing 1 or 2 ways, how many players on the team, and any other information needed. Deadlines for completion in a timely manner must be met. This form will be printed out and distributed to all football coaches.

2. Review Board

- a) Made up of the 7 C.A.C s and an Athletic Office Administrator
- b) Handles Ethics and Rules violations questions
- c) Suspensions can be issued
- d) Questions should only be brought to the board after attempts to solve the problem have failed.

