

Sub Varsity Kicking Cheat Sheet

(Choice made by HC's prior to coin flip)

1. TEAMS CHOOSE TO DO REGULAR NFHS RULES WITH NO MODIFICATIONS

- If behind in the last 2 minutes of the 4Q, teams DO NOT have a 4Q option to place ball 4th and 10 at own 40. They must use free kick(onside) and recover.
- Three punting options that can be used throughout entire contest:
 - a. No Rush-No Advance. Mark spot where caught, muffed or ball hits the ground.
 - b. Place ball 35 yards in advance of LOS. If A is inside the 35, Ball will be placed on 5 YD line
 - c. Regular NFHS punting with rushing and return.

2. TEAMS CHOOSE TO DO MODIFIED FREE KICKS

- Ball placed on R 35 YD line to start the next series.

- If behind in the last 2 minutes of the 4Q, teams DO have the 4Q option to place ball 4th and 10 at own 40.
- Two punting options that can be used throughout entire contest:
 - a. No Rush-No Advance. Mark spot where caught, muffed or ball hits the ground.
 - b. Place ball 35 yards in advance of LOS. If A is inside the 35, Ball will be placed on 5 YD line.

3. TEAMS CHOOSE TO USE A HYBRID MODIFIED FREE KICK OPTION

- First 3 Q following a score, R has option to return kick or have ball placed on 35 YD Line.
- 4Q this option reverts to K.

Of note: To start any new series where R will put the ball in play. Clock will start on the snap.

Mechanic: If option is to have ball placed 35 yds advanced of LOS, wing on that side should stop clock, if running, when notified of option.