

2011  
LAKE MINNETONKA ATHLETIC  
ASSOCIATION



OFFICIAL FOOTBALL  
RULES  
JUNE 8, 2011

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# UNIVERSAL RULES

## GRADES 4 - 8

### SECTION 1: ORGANIZATION AND PHILOSOPHY

- 1.1 The Lake Minnetonka Athletic Association (LMAA) is a youth football organization established in 1961. It presently consists of eight areas, which correspond to the school boundary lines of Hopkins, Minnetonka, Mound, Orono, St. Louis Park, Armstrong-Cooper (ACYFA), Wayzata and Maple Grove (MGYFA) (provisional member). Each of the eight areas selects an Area Director who coordinates the activities in his or her area and reports to the LMAA Board of Directors.
- 1.2 The LMAA sponsors a football program each fall to offer young people in grades four through eight the opportunity to learn more about the fundamentals of football and to have fun doing it. The program has been designed for all players to enjoy the benefits of participation in youth football.
- 1.3 Spirit of the Rules. Coaches, Players, and Parents must remember the rules are defined to create the most beneficial experience for the players. Coaches must remember that the games are to be played for the players and not for the coaches or parents thus creating the *Spirit of the Rules*.

### SECTION 2: REGISTRATION AND MEDICAL RELEASE

- 2.1 Player registrations are accepted until the earlier of the last official weigh in date, Area's earlier deadline or until the team rosters are filled with players entering the fourth, fifth, sixth, seventh, and eighth grades, whichever occurs first. Any other player registrations must be approved by the LMAA Board of Directors.
- 2.2 Each individual area must have signed registrations including medical releases and any additional paperwork required by each Area's program.
- 2.3 The LMAA Board of Directors sets the LMAA fee for the seven member Area each year. Each member Area sets the balance of its registration fees.
- 2.4 In the case of financial hardship the registration fee may be waived at the discretion of the Area Director, however, that Area will be charged the LMAA fee for any scholarship player.

SECTION 3: TEAM SIZE AND SELECTION

- 3.1 Team player count within any area shall fall within the following minimum and maximum player count.

<u>Team Roster Size Restrictions</u>				
<u>Grade</u>	<u>1 to 3 Team Min</u>	<u>4 or More Team Min</u>	<u>1 - 3 Team Max</u>	<u>4 or More Team Max</u>
<u>4th-6th</u>	<u>13</u>	<u>14</u>	<u>26</u>	<u>20</u>
<u>7th &amp; 8th</u>	<u>15</u>	<u>16</u>	<u>30</u>	<u>24</u>

- 3.2 Each Area Director will strive to create competitively balanced teams with approximately equal number of players per team in its area, subject to provision 3.3. herein.

- 3.3. Teams will be organized by each Area Director in their respective areas by either the use of the Equi-Draft System or by the use of elementary, middle and/or junior high school enrollment boundaries.

- 3.4 The Equi-Draft System is designed to create competitively balanced football teams by sharing knowledge of player talent and spreading the talent of the players equally among the respective Area teams. The procedure to be used in the Equi-Draft is found in Attachment B.

- 3.5 There is no restriction against LMAA teams scrimmaging other LMAA teams during the preseason.

Play and/or practice between fully intact LMAA and non-LMAA teams during the LMAA preseason is acceptable with WRITTEN APPROVAL of the appropriate Area Director.

Play and/or practice between LMAA and non-LMAA teams during the regular season is forbidden and is defined as an un-sanctioned event. Any player or coach participating in an un-sanctioned event will be subject to disciplinary action that may include suspension from play and/or coaching in all LMAA games for that season.

- 3.6 No LMAA team or player shall play more than eight (8) games during the LMAA season.

- 3.7 There will be no year-end tournament or championship.

- 3.8 The exchange of players between LMAA teams either on a permanent or temporary basis is prohibited without consent of the LMAA Board of Directors.

- 3.9 Team names must be approved by the respective Area Director.

## SECTION 4: COACHES

- 4.1 Coaches shall be selected based on their ability to work with young people and not solely on their technical football knowledge. Coaches are required to abide by the coaches code of conduct found at Attachment A, by the *Spirit of the Rules*, and by the overall philosophy of the LMAA. Coaches must remember the program is for players and not for the Coaches.
- 4.2 Coaches must complete all the requirements below to be certified as a head or assistant coach by the LMAA Board of Directors. All Coaches:
- 4.21 Shall have the approval of the respective Area Director.
  - 4.22 Shall complete and pass a background check by two days prior to the first rules meeting. August 1<sup>st</sup>.
  - 4.23 Shall have attended the annual MANDATORY LMAA Coaches rules meeting.
  - 4.24 Shall receive an LMAA identification badge with the picture of the Coach.  
This badge must be displayed while the Coach is on the field or on the sidelines of all games.
- 4.3 Two (2) adults must supervise each game, practice and meeting. One of said adults must be an LMAA certified Coach displaying the LMAA issued badge.

## SECTION 5: EQUIPMENT

- 5.1 All players must use LMAA Board of Directors approved equipment. Players not equipped as outlined below will be sent off the playing field until the necessary changes have been made.
- 5.2 All players must wear:
- 5.21 Equipment approved by Area's Guidelines
  - 5.22 Approved helmets with hard chinstrap, football pants, shoulder pads, mouth guards and shoes.. Shoes may have removable cleats but cannot have metal tips. If any metal becomes exposed, the cleats must be replaced.
  - 5.23 Failure to wear a mouth guard during a game will result in a ten (10) yard penalty. Athletic supporters/cups are highly recommended for male players but not required.
- 5.3 Coaches are expected to see that each player is fitted properly in approved equipment in proper repair. Any player wearing faulty equipment will not be allowed to play.
- 5.4 The official game ball for grades four through six is Baden 100 or Mikasa F5506. The official game ball for grades seven and eight is Baden 200 or Mikasa F5507. Any substitution must have written approval by the LMAA President. When on offense the team may use their own ball.

## SECTION 6: FIELDS

- 6.1 All games in grades 4-6 shall be played on LMAA approved fields which shall be striped eighty (80) yards in length and forty (40) yards in width. For grades 7 and 8 fields will be striped one hundred (100) yards in length and fifty-three and one third (53.3) yards in width.
- 6.2 The Area Director shall be responsible to insure that the game fields are in playable condition, properly marked and equipped for an LMAA football game.
- 6.3 The team box shall extend from the thirty (30) yard line to the thirty (30) yard line, five (5) yards deep, marked with cones. All coaches and players are to remain inside that box during the game. No person other than a coach or player shall be permitted in the team box during the game. The penalty for violation is five (5) yards.

## SECTION 7: GAMES

- 7.1 No coach shall be permitted within the team box at any game until they have completed the mandatory LMAA Coaching certification and are wearing their approved LMAA identification badge.
- 7.2 Grades 4 - 6 will play nine-man football.
- 7.3 Grades 7 - 8 will play eleven-man football.
- 7.4 The Area Director in the host Area where the game is scheduled to be played, shall determine whether a game should be cancelled or postponed because of weather or field conditions before the start of the game. Once the game has begun the game officials will have the authority to cancel or delay the game in progress. Absent specific cancellation instructions from the Area Director or League, teams and referees are expected to report to their designated game fields no matter what the weather conditions are. The weather line number is 952-583-1353.
- 7.5 LMAA approved game rosters will list for each team
  - Grade Level and certified Head & Assistant Coaches' names
  - Player by name, jersey number and weightALL LMAA Official Rosters can be found on the LMAA Website.
- 7.6 Players are to be in uniform and ready to play thirty (30) minutes before game time. When a field is available, referees are present, and both Head Coaches agree, the game can begin early.
- 7.7 It will be the duty of the game officials, with the help of the Head and Assistant Coaches to keep spectators five (5) yards or more from the field of play during the game. The game will stop until the area is clear. Violations may result in a ten (10) yard penalty.

- 7.8 Home team Coaches are responsible for the staffing of the chain gang. Home Teams are responsible for keeping the player rotation play count.

## SECTION 8: PRACTICES

- 8.1 No practice is allowed before the official practice starting date for high school football as designated by the Minnesota High School League. The heat equation, Attachment D, will be followed at all practices and games.
- 8.2 Practice time will not be restricted until the first game - with good judgment review by the respective Area Director. If in the Area Director's opinion a team/coach is practicing an excessive amount, the Area Director may limit practice time for that team/coach. Each Area Director may provide guidelines on the limitations on practice times for the teams within their area.
- Practices must be held at each Area's designated fields.
- 8.3 After the start of school, teams are restricted to three (3) practices per week with a maximum of five hours total per week.

## SECTION 9: WEIGHT RESTRICTIONS

- 9.1 All players will be weighed on an official LMAA scale only. All players will have a weight listed on the official team roster.
- 9.2 The LMAA reserves the right to conduct additional random weight checks on players during the course of season. No player shall be officially weighed more than two (2) times per season.
- 9.3 Backs on offense shall have the following maximum weight restrictions without equipment:
- |         |            |
|---------|------------|
| Fourth  | 90 pounds  |
| Fifth   | 100 pounds |
| Sixth   | 120 pounds |
| Seventh | 140 pounds |
| Eighth  | 155 pounds |
- 9.4 A player weighing in excess of the above weights shall be deemed an "ineligible player" for the purpose of these rules. Ineligible players will be designated by a single stripe of contrasting color on the helmet (no other stripes are allowed on the helmet). Stripe must go from front (above facemask) to back (nape of the neck), the entire length of the helmet. Except as provided in Section 9.5 below, no ineligible offensive player may advance the ball on any offensive play or as part of any kickoff, punt or fumble. An ineligible defensive player may advance an interception or a recovered fumble.
- 9.5 An offensive end of any weight may advance the ball only by legal forward pass caught beyond the line of scrimmage.

- 9.6 Any player of any weight can be used as a kicker or punter, however, an ineligible punter must report to the referee before the snap. Failure to report shall result in a five (5) yard penalty. Ineligible punters may move laterally to avoid defensive pressure. Ineligible punters may not advance the ball by run, pass, hand-off or lateral and must attempt to punt the ball.
- 9.7 Ineligible players in an eligible position shall result in an unsportsmanlike conduct penalty.

## SECTION 10: OFFENSE

- 10.1 Positions. The four (4) offensive positions shall be defined as:
1. Quarterback
  2. Running back, wing back/flanker
  3. End
  4. Interior Lineman (center, guards)  
Tackle (7<sup>th</sup>/8<sup>th</sup> grades)
- 10.2 There shall be no unbalanced offensive lines. The offensive line shall always have an equal number of linemen on one side of the center as the other. This encompasses one guard, one tackle (7<sup>th</sup>/8<sup>th</sup> grades only) and one end (split or tight) on each side of the center.
- 10.3 Blocking. Except as otherwise provided by the Rules, the Rules of the National Federation of State High School Athletic Association shall apply. No blocking below the waist may occur on any play. Blocking with the hands is permitted by the offensive player when the hands remain confined to the chest cavity area of the defensive player. No intentional helmet to helmet contact is permitted. The only time blocking in the back is permitted is when both the ball carrier and the defensive player are inside the "box". The "box" is defined as between the tackles (or between the ends in the tight formation for grades 4 - 6) and 3 yards on either side of the line of scrimmage.
- 10.4 An offensive end may advance the ball only by legal forward pass caught beyond the line of scrimmage. An offensive end may not receive a handoff or lateral behind the line of scrimmage.
- 10.5 There shall be no shifting. However, in 7<sup>th</sup> and 8<sup>th</sup> grades there may be one player in motion.

10.6 All offensive positions can use a 2,3 or 4 point stance.

## SECTION 11: DEFENSE

- 11.1 In 4<sup>th</sup> and 5<sup>th</sup> grade, the three (3) defensive positions shall be:
1. Defensive Line
  2. Linebacker
  3. Defensive Back/Safety

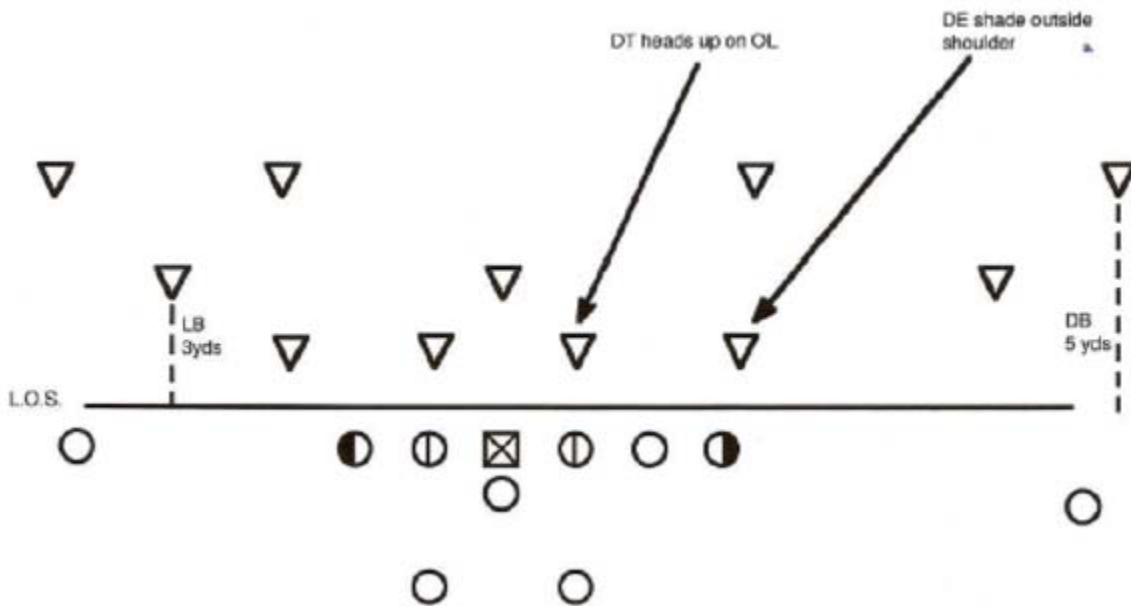
In 6<sup>th</sup> - 8<sup>th</sup> grade, the four (4) defensive positions shall be:

1. Linebacker
2. Defensive Tackle (includes nose tackle/guard)
3. Defensive End, and
4. Defensive Back/Safety

11.2 Defensive ends can be either in the up or down position. Defensive tackles must be in a three or four point stance (the down position).

11.3 Defensive linemen may not use an unbalanced line. The defensive line must be symmetrically balanced. Odd person fronts (permitted in 7<sup>th</sup>/8<sup>th</sup> grades only) must have a nose guard head up on the center. Symmetrically balanced is defined as defensive lineman on either side of center are lined up against the same offensive position. If the offensive end is split, the defensive end could be lined up over air where the offensive end would be in a tight formation or anywhere out to the outside shoulder of the split offensive end. However, the defensive end may not line up over the offensive tackle.

11.4 For grades 5 - 8, defensive ends can line up on the outside shoulder of the offensive player. The defensive end's inside foot must be lined up between the offensive player's feet.



11.5 For the purpose of the LMAA, stunting is defined as two methods

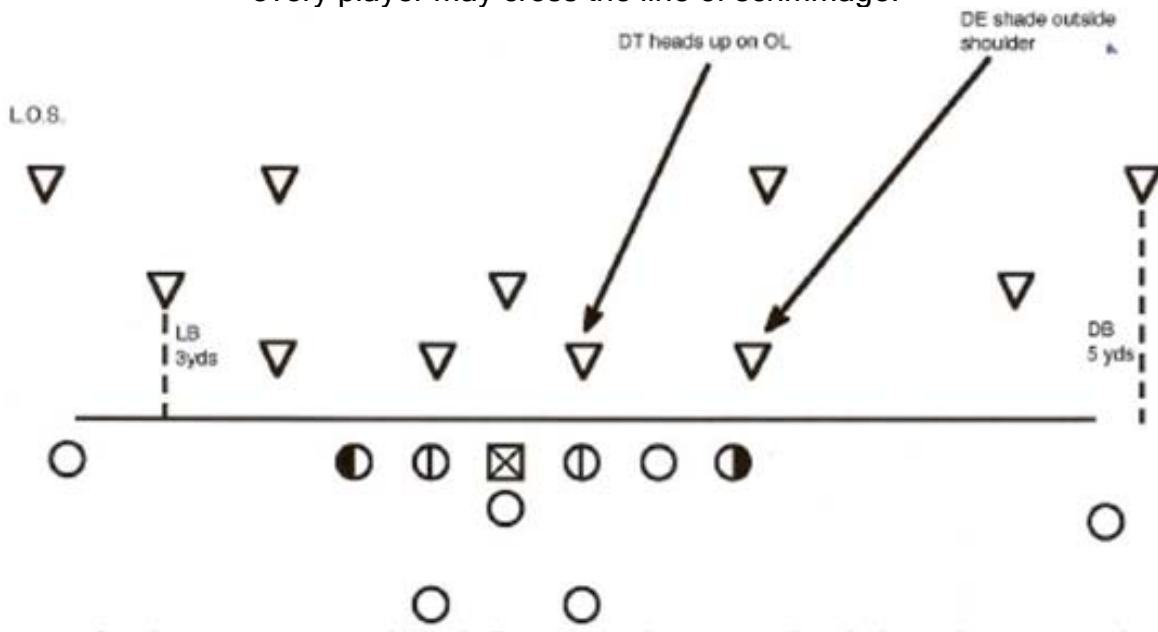
- Method A - one defensive lineman crosses behind another in hopes of either going unblocked or gaining an advantage on his blocker.
- Method B - a defensive lineman slants or rushes to the left or right of the offensive linemen directly across from them.
- Method A stunting is **NOT** allowed in 4<sup>th</sup> - 6<sup>th</sup> grades. The penalty shall be ten (10) yards and an automatic first down.

- ⦿ Neither Method A nor B is allowed in 4<sup>th</sup> grade.
- ⦿ Only Method B is allowed in 5<sup>th</sup> and 6<sup>th</sup> grades.
- ⦿ Methods A and B are allowed in 7<sup>th</sup>/8<sup>th</sup> grades.

11.6 Linebackers must be at least three (3) yards from the line of scrimmage.

- ⦿ Defensive backs must be at least five (5) yards from the line of scrimmage. There shall be no blitzing by linebackers or defensive backs.
- ⦿ Linebackers and defensive backs must be coached to read all the plays. **Defensive** players who line up on the line of scrimmage are the only defensive players who can cross the line of scrimmage, until the ball carrier is outside the box defined by the offensive end positions in tight formation.

Once the back that is carrying the ball is outside the end positions, any defensive player may cross the line of scrimmage. The penalty for failure to comply with the above rule shall be ten (10) yards and an automatic first down. The exception is when a fumble occurs; every player may cross the line of scrimmage.



11.7 If a player is running with the ball in an upright position (head above the position where the shoulders would normally be if the player were standing upright), THEN the initial contact by the tackler must be below the shoulders on any play during the game. No intentional helmet to helmet contact is permitted. The penalty for failure to comply with these rules shall be ten (10) yards and an automatic first down.

## SECTION 12: PLAYING TIME

### ALL GRADES

12.1 **Each player must sit for a minimum of two (2) full rotations per game.**

- 12.2 Plays include all kick-offs and scrimmage downs including extra points unless negated by a penalty. If a penalty is accepted for an infraction occurring during the scrimmage down, and the play is negated as a result of the accepted penalty, then that down shall not count as a play. Dead ball fouls shall not count as a play.
- 12.3 There is no player substitution when a change of possession occurs.
- 12.4 A declared punt shall NOT count as a play.
- 12.5 Fifty percent (50%) [proportional](#) playing time shall be required except in case of sickness, practice violations, or disciplinary reasons. A player who will not be granted 50% [proportional](#) playing time during a game shall be identified by his Coach to the game officials and the opposing team's Coach before the game. Failure to follow the playing time rules shall constitute an unsportsmanlike conduct penalty. [A Coach with a team with a roster over 18 in 9-man or 22 in 11-man must strive to create a rotation to accomplish proportional play.](#)
- 12.6 In the event a player does not receive fifty percent (50%) [proportional](#) playing time in two (2) games for the above reasons the Head Coach shall report the fact to their Area Director. Any Coach who encourages a player to miss a game or otherwise engages in actions to prevent players from having 50% [proportional](#) playing time may be permanently banned from coaching by the LMAA Board of Directors.
- 12.7 Repetitive violations of the playing time provisions may result in the elimination of one or more coaches for the remainder of the season with the additional possibility of permanent suspension of all coaches on the team.

#### Fourth and Fifth Grades

- 12.8 In fourth and fifth grades it is the requirement of the LMAA that the players shall participate in at least half the plays in a game. In order to accomplish this goal, after four (4) consecutive plays have been completed, all the team's players on the sideline shall enter the game and replace each of the players on the field unless there are fewer than eighteen (18) players on a team. If any player remains in the game at the time of such a substitution because there are fewer than eighteen (18) players on the team, then any player remaining on the field must move to another "position" as defined by the rule [\(rules 10.1 and 11.1\)](#) for the next four (4) consecutive plays. This procedure of replacing players after four (4) consecutive plays shall be repeated throughout the game including the requirement that any player who remains in the game shall rotate to another "position". It is the home team's responsibility to track play count. The visiting team is required to comply with the home team's count.

#### Sixth, Seventh, and Eighth Grades

- 12.9 In sixth, seventh, and eighth grades, it is the requirement of the LMAA that the players shall participate in at least half the plays in a game. In order to

accomplish this goal after eight (8) consecutive plays have been completed all the team's players on the sideline shall enter the game and replace each of the players on the field unless there are fewer than twenty-two (22) players on the team (or 18 in the case of sixth grade). If any player remains in the game at the time of such a player substitution because there are fewer than twenty-two (22) players on a team (or 18 in the case of sixth grade), then any player remaining on the field must move to another "position" as defined by rule [\(rules 10.1, 11.1, and 12.12\)](#) for the next eight (8) consecutive plays. After the completion each eight (8) additional consecutive plays, the players on the field shall be replaced by substitutes in accordance with the procedure set forth above. This procedure of replacing players after eight (8) consecutive plays shall be repeated throughout the game including the requirement that any player who remains in the game shall rotate to another position. It is the home team's responsibility to track play count. The visiting team is required to comply with the home team's count.

- 12.10 Within an 8-play rotation, players can shift from one side of the ball to the other but cannot change positions (i.e. left tackle can move to right tackle, left tackle cannot move to right guard during the same 8-play set).
- 12.11 In 7<sup>th</sup> and 8<sup>th</sup> grades, players in the offensive backfield must move to a new defined position as stated in 10.1. Quarterback and Running Backs must be different players after eight (8) plays.
- 12.12 In 7<sup>th</sup> and 8<sup>th</sup> grades, offensive linemen (center, guards, and tackles) may move to another position on the line after each 8 play rotation.

### SECTION 13: SCORING AND TIMING

- 13.1 Players are to be in uniform and ready to play thirty (30) minutes before game time. When a field is available, referees are present, and both Head Coaches agree, the game can begin early.
- 13.2 There shall be two (2) points scored for an extra point by kicking or forward pass. There will be one (1) point scored for an extra point by run.
- 13.3 All ties are official. There will be no overtime.
- 13.4 Playing time for all grades shall be four (4) periods of ten (10) minutes stop-time. If the officials think a player may be injured, the officials will call time-out and send the player out of the game for at least one (1) play. This is an official time-out and will not be charged against the injured player's team.

During a pre-game coin toss, the team which wins the toss may choose to kick or receive with the understanding that the team receiving in the first half will kick in the second half. Deferring your decision until half will not be allowed. This will guarantee each team to receive once during each game.

- 13.5 There will be a maximum of three (3) time-outs per team per half.
- 13.6 Teams will have thirty (30) seconds to put the ball into play.

- 13.7 There will be a two (2) minute time-out between quarters and one (1) coach may go out on the field.
- 13.8 There will be a five (5) minute time-out between halves unless both Head Coaches and the referee agree to less time between halves.
- 13.9 Referees and Head Coaches will meet at mid-field before the game starts to discuss how the game will progress, any player issues, etc. Referees will call the Head Coaches to the pre-game meeting.

## SECTION 14: RULES AND PENALTIES

- 14.1 Except as otherwise provided by the Rules, the Rules of the Minnesota State High School League shall apply to all Coaches, Players, Parents, and Referees in the LMAA.
- 14.2 Except as otherwise provided by these Rules, all penalties designated as fifteen (15) yard penalties by the Minnesota High School League shall carry a ten (10) yard penalty for games played on an 80-yard fields. Penalty signals are available on the LMAA website.
- 14.3 All players must wear their helmets during the post-game friendship line handshakes.
- 14.4 Only one Coach shall be allowed on the playing field during team time-outs. Players in the game shall stay on the field and substitute players will stay in the team box during time outs.
- 14.5 In the event of a rules question, the game officials may stop the game, invite both head coaches on the field and resolve the issue
- 14.6 There shall be automatic ejection from the game for any fighting or serious offense as deemed by the game officials.
- 14.7 If a player is ejected from a game, then that player may not play in the next game in which they are eligible to participate. The ejected player's Coach must inform their respective Area Director of the suspension the day of the suspension. The Area Director will notify the League within 48 hours. Failure to report suspensions by the Coach to the Area Director will result in an additional game suspension for the Player and the Coach.

If a Coach is ejected from a game, then the Coach may not resume his duties until he appears before the LMAA Board and the circumstances of the ejection are explored. Reinstatement shall rest solely with the LMAA Board and the LMAA Board shall have the right to ban that Coach from involvement in any LMAA program in the future.

- 14.8 Intentionally running up the score of any game shall be considered unsportsmanlike conduct. A four (4) touchdown or 24 point lead by a team shall be considered the threshold when the running up the score rule shall start to be enforced.
- 14.9 There shall be no restrictions on adult assistance to an injured player.
- 14.10 The Area Director, as a member of the LMAA Board of Directors, has complete authority to discipline or remove any coach in his respective area.
- 14.11 A non-participating LMAA Board Member (not directly involved in the game) is the final authority in any game day dispute or rule interpretations.
- 14.12 No intentional helmet to helmet contact is permitted. The penalty for failure to comply with this rule shall be ten (10) yards and an automatic first down
- 14.13 Failure to wear a mouth guard during a game will result in a ten (10) yard penalty.
- 14.14 The team box shall extend from the thirty (30) yard line to the thirty (30) yard line, five (5) yards deep, marked with cones. All coaches and players are to remain inside that box during the game. No person other than a coach or player shall be permitted in the team box during the game. The penalty for violation is five (5) yards.
- 14.15 It will be the duty of the game officials, with the help of the head and assistant Coaches, to keep spectators five (5) yards or more from the field of play during the game, where field conditions allow. The game will stop until the area is clear. Violations may result in a ten (10 ) yard penalty.
- 14.16 In 4<sup>th</sup> - 6<sup>th</sup> grades, one Coach will be allowed on the field to organize the team in the huddle. Once the huddle breaks, the on-field Coach may not talk to players. Coaches will be warned once and subsequent violations will result in five (5) yard penalty.
- 14.17 Any unsportsmanlike conduct by Coaches, Players, Parents, or Spectators will result in an automatic fifteen (15) yard penalty, regardless of field size. A warning is not a prerequisite to an unsportsmanlike conduct penalty. If a Coach receives an unsportsmanlike conduct or violation of Coaches' Code of Conduct from the referee, the referee will report the violation to the Area Director and the Area Director will take necessary action and if needed refer the situation to the LMAA Board.
- 14.18 If a player is penalized for unsportsmanlike conduct by an official, then the player shall be removed from the game for at least two plays and shall be permitted to return only when the Head Coach is satisfied that the Player understands the nature of the misconduct.

- 14.19 If a player is running with the ball in an upright position (head above the position where the shoulders would normally be if the player were standing upright), THEN the initial contact by the tackler must be below the shoulders on any play during the game. No intentional helmet to helmet contact is permitted. The penalty for failure to comply with these rules shall be ten (10) yards and an automatic first down.
- 14.20 Method A stunting is **NOT** allowed in 4<sup>th</sup> - 6<sup>th</sup> grades. The penalty shall be ten (10) yards and an automatic first down. Neither Method A or B are allowed in 4<sup>th</sup> grade. Method B is allowed in 5<sup>th</sup> and 6<sup>th</sup> grades. Methods A & B are allowed in 7<sup>th</sup> & 8<sup>th</sup> grades.
- 14.21 Ineligible players in an eligible position shall result in an unsportsmanlike conduct penalty.
- 14.22 Once the back that is carrying the ball is outside the end positions, any defensive player may cross the line of scrimmage. The penalty for failure to comply with the above rule shall be ten (10) yards and an automatic first down. The exception is when a fumble occurs, every player may cross the line of scrimmage.
- 14.23 Plays include all kick-offs and scrimmage downs including extra points unless negated by a penalty. If a penalty is accepted for an infraction occurring during the scrimmage down, and the play is negated as a result of the accepted penalty, then that down shall not count as a play. Dead ball fouls shall not count as a play.
- 14.24 Fifty (50%) [proportional](#) percent playing time shall be required except in case of sickness, practice violations, or disciplinary reasons. A player who will not be granted 50% playing time during a game shall be identified by his Coach to the game officials and the opposing teams Coach before the game. Failure to follow the playing time rules shall constitute an unsportsmanlike conduct penalty.
- 14.25 Any player of any weight can be used as a kicker or punter, however, an ineligible kicker or punter must report to the referee before the snap. Failure to report shall result in a five (5) yard penalty. Ineligible kickers or punters may move laterally to avoid defensive pressure. Ineligible punters may not advance the ball by run, pass, hand-off or lateral and must attempt to punt the ball.
- 14.26 If a kickoff goes untouched out of bounds, the kick returning team may choose to have the ball kicked again following an enforced penalty, may choose to take the ball where the ball went out of bounds or may take the ball at their own thirty five (35) yard line.
- 14.27 Any player of any weight can be used as a kicker for a kick off situation. [See rule 15.21.](#)

## SECTION 16: REFEREES

- 16.1 Referees are selected by application process. Applications are available from the LMAA. All referees are obligated to complete the application.
- 16.2 Qualifications. A referee must attend an annual rules meeting and referee training session.
- 16.3 All referees are required to wear a badge during all official LMAA games. The badges are sent to you after your photo is taken at the mandatory LMAA Rules meeting held each year.

## FOURTH (4<sup>TH</sup>) GRADE 10: OFFENSE

- 10.6 Fourth grade must have exactly three (3) backs, with one being the quarterback, within the ends (where the ends would be in tight formation). The flanker or wingback may not be more than one (1) yard outside the end.
- 10.7 Fourth grade must use the LMAA approved offensive plays with players aligned in the manner set forth on the play diagrams. See Attachment 'E'.
- 10.8 All teams must run the plays as designed.
- 10.9 When handing off, Quarterbacks must use straight handoffs. Quarterbacks may not pitch or lateral the ball.
- 10.10 The Quarterback must reverse pivot and fake to the dive back when running the Quarterback sweep.
- 10.11 Quarterbacks use a straight drop back for all passing plays. The Quarterback is allowed to run to avoid pressure. The Quarterback must throw the ball if a clear opportunity is available.
- 10.12 Failure to run the plays as designed or adding additional plays shall constitute an unsportsmanlike conduct penalty.
- 10.13 In fourth grade, one coach will be allowed on the field to organize the team in the huddle. Once the huddle breaks, the on-field coach may not talk to the players. Coaches will be warned once and subsequent violations will result in a five (5) yard penalty.
- 10.14 The maximum split for players on the line of scrimmage shall be two (2) feet for fourth grade.
- 10.15 During the four (4) play rotation, players cannot rotate within the defined positions (i.e. right end cannot move to the left end). There shall be no player in motion, no shifting, or unbalanced line.

10.16 Plays are permitted to be run to the weak or strong side.

## 11: DEFENSE

11.8 Fourth grade must use the LMAA approved standard 4-3-2 defensive alignment with defensive lineman head up on the offensive guards and ends. No "shading" by defensive linemen is permitted in 4<sup>th</sup> grade.

11.9 In fourth grade, one Coach will be allowed on the field to organize the team in the huddle. Once the offensive huddle breaks, the on field defensive Coach may not talk to players. Coaches will be warned once and subsequent violations will result in five (5) yard penalty.

11.10 No stunting is permitted in fourth grade.

## 15: KICKING

### Punting

15.1 Fourth grade will not punt the ball. If a team chooses to punt, the punt is declared and the ball will be advanced twenty (20) yards, or half of the distance to the opponent's goal if the ball is inside the opponent's twenty (20) yard line. If the ball is located outside the twenty (20) yard line, the ball will be advanced the full twenty (20) yards.

### Kicking

15.2 Fourth grade will not kick off. Offensive teams will start with the ball on their own thirty-five (35) yard line.

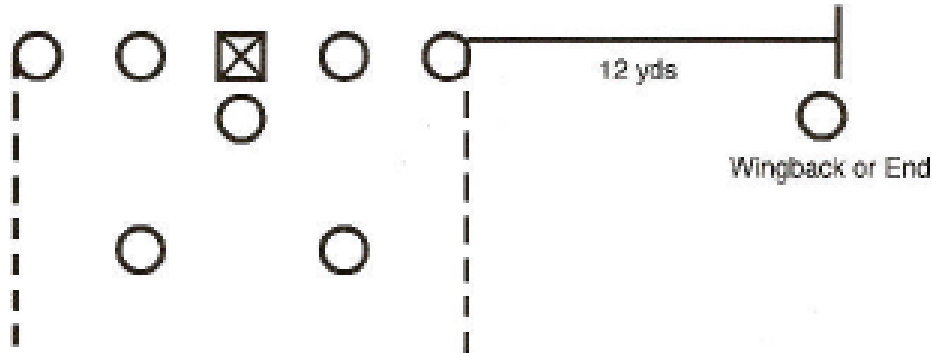
### Free Kicks

15.3 Fourth grade will not free kick. Following a safety, the free kick shall be declared and the ball placed on receiving teams' thirty-five (35) yard line.

## FIFTH (5<sup>TH</sup>) GRADE

### 10: OFFENSE

- 10.17 Fifth grade must have at least three (3) backs, one (1) being the quarterback, within the ends (where ends would be in a tight formation). One (1) wing back or one (1) end may be split to a maximum of twelve (12) yards.



3 BACKS WITHIN ENDS IN TIGHT FORMATION.

- 10.18 In fifth grade one Coach will be allowed on the field to organize the team in the huddle. Once the huddle breaks, the on-field Coach may not talk to the players. Coaches will be warned once and subsequent violations will result in a five (5) yard penalty.
- 10.19 Except for the split ends, the maximum split for players on the line of scrimmage shall be two (2) feet for fifth grade. Wingbacks who are NOT split wide, cannot be split more than two (2) feet from the nearest lineman.
- 10.20 There shall be no player in motion in fifth grade.
- 10.21 For 5<sup>th</sup> grade, within the four (4) play rotation, interior linemen, ends, and running backs are allowed to move within their defined positions (i.e. left guard can move to the right guard, but left guard CANNOT move to the right end).
- 10.22 Rotation is allowed within the defined positions only before the offensive line is set.

### 11: DEFENSE

- 11.11 Fifth grade must use the LMAA approved standard 4-3-2 defensive alignment with defensive lineman head up on the offensive guards. Defensive ends can line up on the outside shoulder of the offensive end. If the offensive end is split, the defensive end could be lined up over air where the offensive end would be in a tight formation or anywhere out to the outside shoulder of the split offensive end. Refer to Section 11.3 and 11.4 for further clarification.
- 11.12 In fifth grade, one Coach will be allowed on the field to organize the team in the huddle. Once the offensive huddle breaks, the on-field defensive Coach may not

talk to players. Coaches will be warned once and subsequent violations will result in five (5) yard penalty.

- 11.13 For the purpose of the LMAA, stunting is defined as two methods. Method A, one defensive lineman crosses behind another in hopes of either going unblocked or gaining an advantage on his blocker. Method B, a defensive lineman slants or rushes to the left or right of the offensive lineman directly across the line of scrimmage. **Method A** stunting is **not** allowed in the fifth grade. The penalty shall be ten (10) yards and an automatic first down. Method B is allowed.

## 15: KICKING

### Punting

- 15.4 Fifth grade will not punt the ball. If a team chooses to punt, the punt is declared and the ball will be advanced twenty (20) yards, or half of the distance to the opponent's goal if the ball is inside the opponent's twenty (20) yard line. If the ball is located outside the twenty (20) yard line, the ball will be advanced the full twenty (20) yards.

### Kickoff

- 15.5 Fifth grade will not kickoff. Offensive teams will start the ball on their own thirty-five (35) yard line.

### Free Kicks

- 15.6 Fifth grade will not free kick. Following a safety the free kick shall be declared and the ball placed on the receiving teams' thirty-five (35) yard line.

## SIXTH (6<sup>TH</sup>) GRADE

### 10: OFFENSE

- 10.24 Sixth grade shall only be required to have two (2) backs, one being the Quarterback, within the ends (where ends would be a tight formation). One (1) wing back or one (1) end may be split to a maximum of twelve (12) yards.
- 10.25 In sixth grade, one Coach will be allowed on the field to organize the team in the huddle. Once the huddle breaks the on-field Coach may not talk to the players. Coaches will be warned once and subsequent violations will result in a five (5) yard penalty.
- 10.26 Except for the split ends, the maximum split for players on the line of scrimmage shall be two (2) feet for sixth grade. Wingbacks who are NOT split wide, cannot be split more than two (2) feet from the nearest lineman.
- 10.27 There shall be no player in motion, no shifting, and no unbalanced line in sixth grade.
- 10.28 In sixth grade, players may move within their defined position within the eight (8) play rotation. For example, left guard can move to the right guard, but left guard cannot move to right end.

### 11: DEFENSE

- 11.14 Sixth grade must use the LMAA approved standard 4-3-2 defensive alignment with defensive linemen head up on the offensive guards. Defensive ends can line up on the outside shoulder of the offensive end. If the offensive end is split, the defensive end could be lined up over air where the offensive end would be in a tight formation or anywhere out to the outside shoulder of the split offensive end. Refer to Section 11.3 and 11.4 for further clarification.
- 11.15 In sixth grade, one Coach will be allowed on the field to organize the team in the huddle. Once the offensive huddle breaks, the on-field defensive Coach may not talk to players. Coaches will be warned once; subsequent violations will result in five (5) yard penalty.

### 15: KICKING

#### Punting

- 15.7 Sixth grade may punt the ball. There shall be no blitzing on punts by linebackers or defensive backs. Sixth grade may not declare a punt. There will be no player lined up over the center on any punt. The closest defensive player directly

across from the center will be the middle linebacker.

- 15.8 In a punting situation, the punting team may release one player downfield across the line of scrimmage prior to the punt.
- 15.9 A team may substitute either or both the long snapper (center) and the punter for punting situations. These substitutions may occur outside the normal player rotation and will not require the use of a time out. Once the play is complete, the long snapper and punter who entered the game for the punt must return to the sidelines and the players they replaced return to the game for the balance of the normal rotation. There is no substitution or position change allowed for the defensive/punt receiving team. Substituted punter must punt the ball and cannot advance the ball beyond the line of scrimmage.
- 15.10 Any player of any weight can be used as a punter, however, an ineligible punter must report to the referee before the snap. Failure to report shall result in a five (5) yard penalty. Ineligible punters may move laterally to avoid defensive pressure. Ineligible punters may not advance the ball by run, pass, hand-off or lateral and must attempt to punt the ball.

### Kickoffs

- 15.11 Sixth grade will not kickoff. Offensive teams will start with the ball on their own thirty-five (35) yard line.

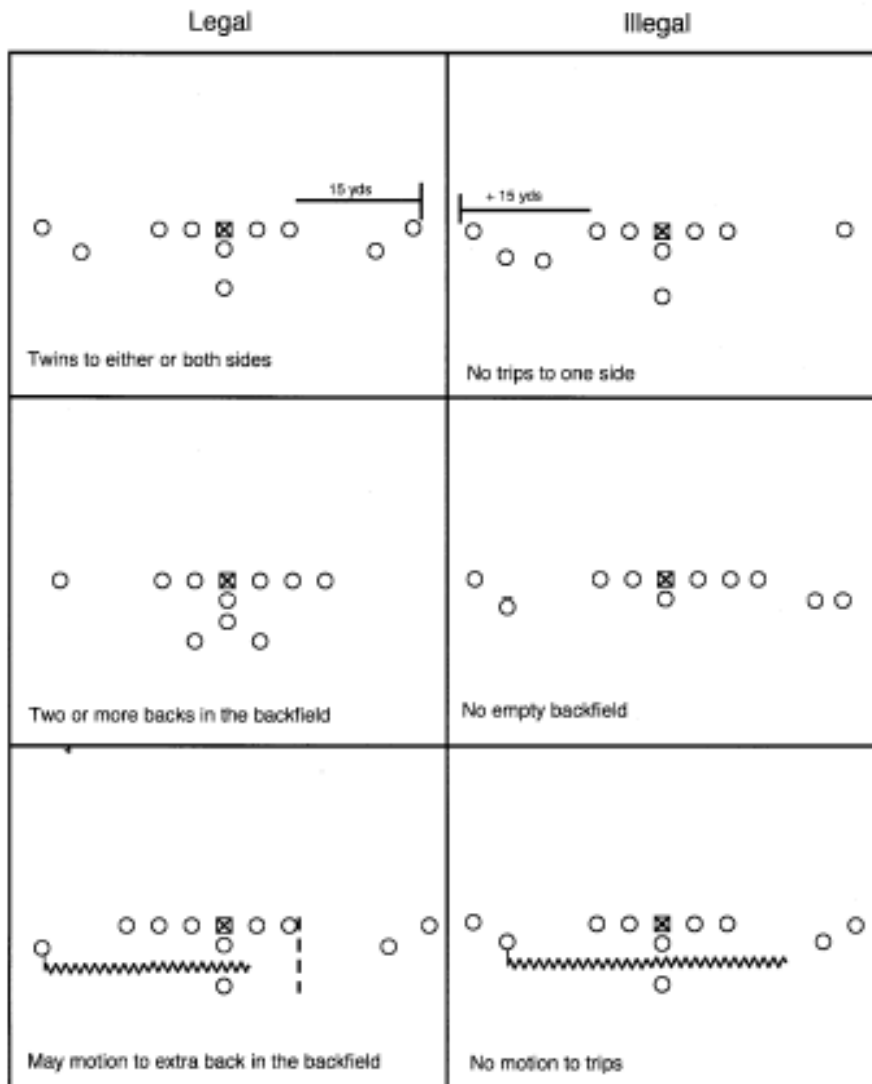
### Free Kicks

- 15.12 Sixth grade will free kick. Following a safety, the free kick shall be a punt from the kicking team's fifteen (15) yard line.

## SEVENTH (7<sup>TH</sup>)/EIGHTH (8<sup>TH</sup>) GRADE

### 10: OFFENSE

10.31 Seventh and Eighth grades must have two (2) backs at a minimum, one (1) being the quarterback, within the ends (where ends would be in tight formation) when the ball is snapped. Wingbacks and/or ends may be split to a maximum of 15 yards. No more than two (2) players may be split wide on either side of the ball, and when two players are split one must be an end. No motion may occur which gives a team, more than two receivers on one side of the ball outside the box, as defined by the tackles.



10.32 Except for the paragraph above, the maximum split for players on the line of scrimmage shall be four (4) feet for 7<sup>th</sup> and 8<sup>th</sup> grades.

- 10.33 In 7<sup>th</sup> and 8<sup>th</sup> grades, no Coach is allowed on the field to organize the team in the huddle. However, two players may be designated per half to shuttle plays on and off the field from the sideline to the huddle, with one of such players being on the sideline and other in the game at any given time. The Head Coach shall designate the two players who will perform this task to the referees and the opposing coach at the beginning of the half. The player shuttling in the play must play the legally defined position of the player they are replacing, as defined in Section 10.1 (Universal Rules).
- 10.34 There may be a player in motion, but no shifting and no unbalanced line in 7<sup>th</sup> and 8<sup>th</sup> grade is allowed.

## 11: DEFENSE

- 11.16 7<sup>th</sup> & 8<sup>th</sup> grades may use the standard four (4) or five (5) person front with defensive tackles head up on the offensive linemen across from them as defined in 11.3. Within a rotation, a defensive line must stay in either four or five man front formation. A line cannot change fronts during a rotation.
- 11.17 There is no limit on pre-designed stunting by any number of defensive linemen in 7<sup>th</sup> or 8<sup>th</sup> grades.
- 11.18 In 7<sup>th</sup> and 8<sup>th</sup> grades, no Coaches will be allowed on the field to organize the team in the huddle.
- 11.19 There is no substitution during defensive rotation from the sidelines. A Coach may not shuttle players in to make defensive calls.

## 15: KICKING

### PUNTING

- 15.13 7<sup>th</sup> & 8<sup>th</sup> grades will punt the ball. There shall be no blitzing on punts by linebackers or defensive backs. 7<sup>th</sup> & 8<sup>th</sup> grades may not declare a punt. There will be no player lined up over the center on any punt. The closest defensive player directly across from the center will be the middle linebacker. If you are playing an odd man front defense, the player lined up over the center must move to a linebacker position when the offense is in punt formation. No other player rotation or position change is allowed. There is no substitution allowed by the defensive/-punt receiving team.
- 15.14 In a punting situation, the punting team may release one player downfield across the line of scrimmage prior to the punt.
- 15.15 A team may substitute either or both the long snapper (center) and the punter for punting situations. These substitutions may occur outside the normal player rotation and will not require the use of a time out. Once the play is complete, the long snapper and punter who entered the game for the punt must return to the sideline and the players they replaced return to the game for the balance of the normal rotation. Substituted punter must punt the ball and cannot advance the ball beyond the line of scrimmage.

15.16 Any player of any weight can be used as a kicker or punter, however, an ineligible punter must report to the referee before the snap. Failure to report shall result in a five (5) yard penalty. Ineligible punters may move laterally to avoid defensive pressure. Ineligible punters may not advance the ball by run, pass, hand-off, or lateral and must attempt to punt the ball.

### Kickoffs

15.17 7<sup>th</sup> & 8<sup>th</sup> grades will kickoff. Kickoffs shall be from the kicking team's forty (40) yard line.

15.18 In 7<sup>th</sup> & 8<sup>th</sup> grades, the receiving team must have five (5) players in front of its own forty-five (45) yard line.

15.19 The ball shall be placed on the receiving team's twenty (20) yard line following a touchback.

15.20 If a kickoff goes untouched out of bounds, the kick returning team may choose to have the ball kicked again following an enforced penalty, may choose to take the ball where the ball went out of bounds or may take the ball at their own thirty-five (35) yard line.

15.21 Any player of any weight can be used as a kicker for a kick off situation. There is no substitution for kick offs.

### Field Goals/P.A.T.

15.22 7<sup>th</sup> & 8<sup>th</sup> grades may kick field goals and extra points after touchdown. Made field goals are three points. Successful extra point attempts by run count one point and by pass or kick count as two points.

15.23 A team may substitute the holder, long snapper (center) and/or the place kicker for field goals/PAT situations. These substitutions may occur outside the normal player rotation and will not require the use of a time out. Once the play is complete, the holder, long snapper and/or place kicker who entered the game for the field goal/PAT must return to the sideline and the players they replaced return to the game for the balance of the normal rotation.

### Free Kicks

15.24 7<sup>th</sup> & 8<sup>th</sup> grades will free kick. Following a safety the free kick shall be a punt or a kick off from the kicking team's twenty (20) yard line.

## Attachment 'A'

# COACHES CODE OF CONDUCT

I hereby pledge to live up to my obligations as a Coach in the LMAA football program by pursuing the following standards for coaching ethics:

- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol and I will refrain from their use at all youth sports events.
- I will be knowledgeable and adhere to the rules of the organization in which my team will participate and I will teach these rules to my players.
- I will use appropriate coaching techniques for each of the skills I teach.
- I will treat the officials and league staff in an appropriate and respectful manner.
- I will treat all my players and parents with respect and appropriate behavior.
- I will realize that sometimes things are not always accurate and correct and will accept decisions made on the field by the current officials representing the on field authority during game time situations.
- I will remember that I am a youth sports coach and the game is for the children and not the adults.
- Spirit of the Rules - Coaches, Players, and Parents must remember the rules are defined to create the most beneficial experience for the players. Coaches must remember that the games are to be played for the players and not for the Coaches or Parents creating the *Spirit of the Rules*.

Name: \_\_\_\_\_ Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Attachment 'B'

### LMAA EQUI-DRAFT

All players are to be evaluated at skills sessions conducted by grade level under the supervision of the Area Director. The Area Director will weigh each player during the skill evaluations.

Sons/Daughters of Coaches may be assigned to play on the team of their parent/coach. There shall be one (1) head coach and up to (1) assistant coach at the discretion of the Area Director with a son/daughter on the team prior to the time the teams are organized by the Equi-Draft System.

If an Area Director determines there is a significant discrepancy in the ability levels of the son/daughter of the Head Coach and the son/daughter of the Assistant Coaches between teams at the same grade level, THEN the Area Director may equalize the teams prior to the time the teams are organized by the Equi-Draft System the Area Director will accomplish the equalization by assigning players to each of the other teams by assigning one player to each team with a deficient ability level. IF a significant discrepancy still occurs between teams, THEN the Area Director may assign one additional payer to each team with a remaining deficient ability level. No more then two additional players will be assigned to any team prior to the time the teams are organized by the Equi-Draft System.

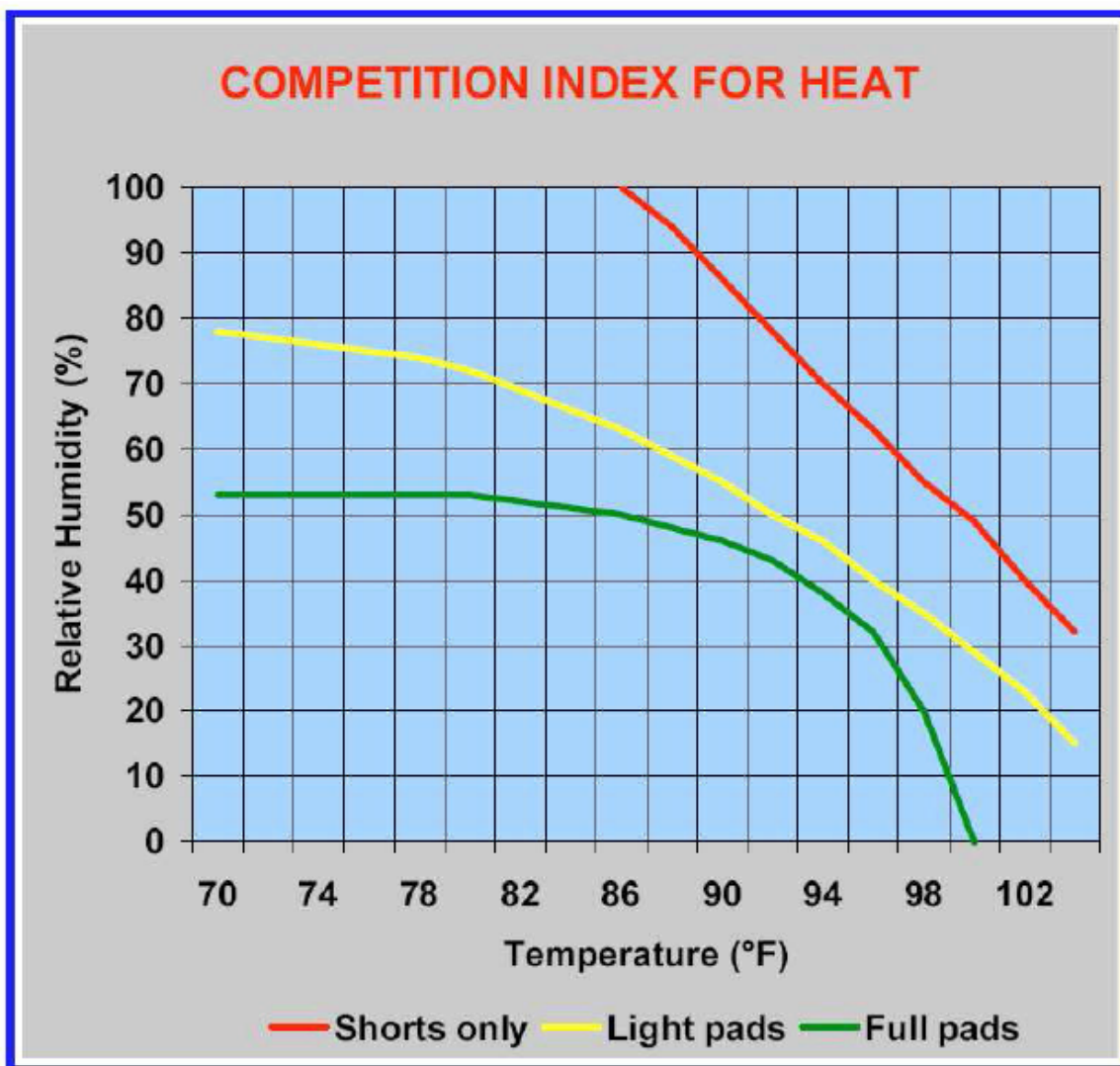
An Equi-Draft is then conducted by using the results of the skills session evaluations and other information to form equal teams by assigning players to teams which are identified by a team number or team letter. Coaches are not to be identified with any of the teams at this stage of the process.

Each team number or letter is then placed in a hat. At this time each Head Coach will draw a number or letter from the that to determine which team will be assigned to and coached by him or her. No changes or swapping of players between teams or Coaches is permitted after the drawing takes place. Team and player selections are final unless the Area Director determines that special circumstances exist which require a player to be changed from one team to another. The results of the Equi-Draft including any changes made by the Area Director shall be submitted to the LMAA Board of Directors.

Each team organized by the Equi-Draft shall have a minimum of 40% turnover from the year before where there is more than one team per grade level. Exceptions must be approved by the LMAA Board of Directors.



## Attachment 'D' HEAT EQUATION

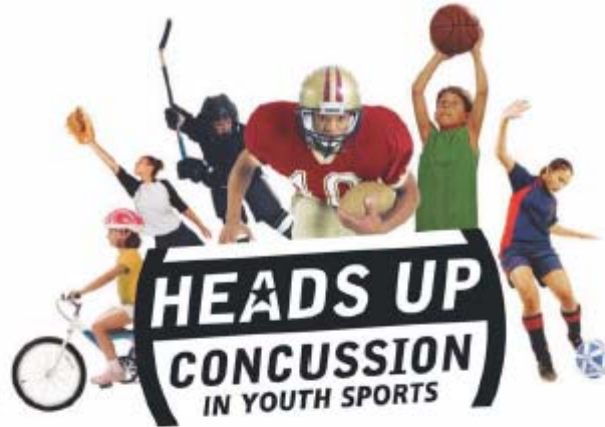


### Heat Stress Risk Temperature and Humidity Graph

*Reprinted with permission from Kulka TJ, Kenney WL. Heat balance limits in football uniforms: how different uniform ensembles alter the equation. Phys Sportsmed 2002;30(7):29-39.*

- GREEN LINE: Regular practices with full practice gear can be conducted for conditions that plot to the left of the green line.
- RED LINE: Cancel all practices when the temperature and relative humidity plot to the right of the red line; practices may be moved into air-conditioned spaces.
- BETWEEN RED AND YELLOW LINES: Increase rest to work ratio with breaks every 20 minutes and all protective equipment should be removed to practice in shorts only when the temperature and relative humidity plot between the red and yellow lines.
- BETWEEN YELLOW AND GREEN LINES: Increase rest to work ratio with breaks every 30 minutes and wear shorts with helmets and shoulder pads only when the temperature and relative humidity plot between the yellow and green lines.
- Heat risk rises with increasing heat and relative humidity. Fluid breaks should be scheduled for all practices and increased as the heat stress rises.
- Add 5 degrees to temperature between 10 AM & 4 PM from mid May to mid September on bright, sunny days.
- Practices should be modified to reflect the conditions for the safety of the athletes.

# ATTACHMENT “E”: CONCUSSIONS



## SIGNS AND SYMPTOMS

These signs and symptoms may indicate that a concussion has occurred.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets sports plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right"

## ACTION PLAN

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow athlete to return to play **only** with permission from an appropriate health care professional.

## IMPORTANT PHONE NUMBERS

FILL IN THE NAME AND NUMBER OF YOUR LOCAL HOSPITAL(S) BELOW:

Hospital Name: \_\_\_\_\_

Hospital Phone: \_\_\_\_\_

Hospital Name: \_\_\_\_\_

Hospital Phone: \_\_\_\_\_

**For immediate attention, CALL 911**

*If you think your athlete has sustained a concussion... take him/her out of play, and seek the advice of a health care professional experienced in evaluating for concussion.*

For more information and to order additional materials **free-of-charge**, visit: [www.cdc.gov/ConcussionInYouthSports](http://www.cdc.gov/ConcussionInYouthSports)

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES  
CENTERS FOR DISEASE CONTROL AND PREVENTION





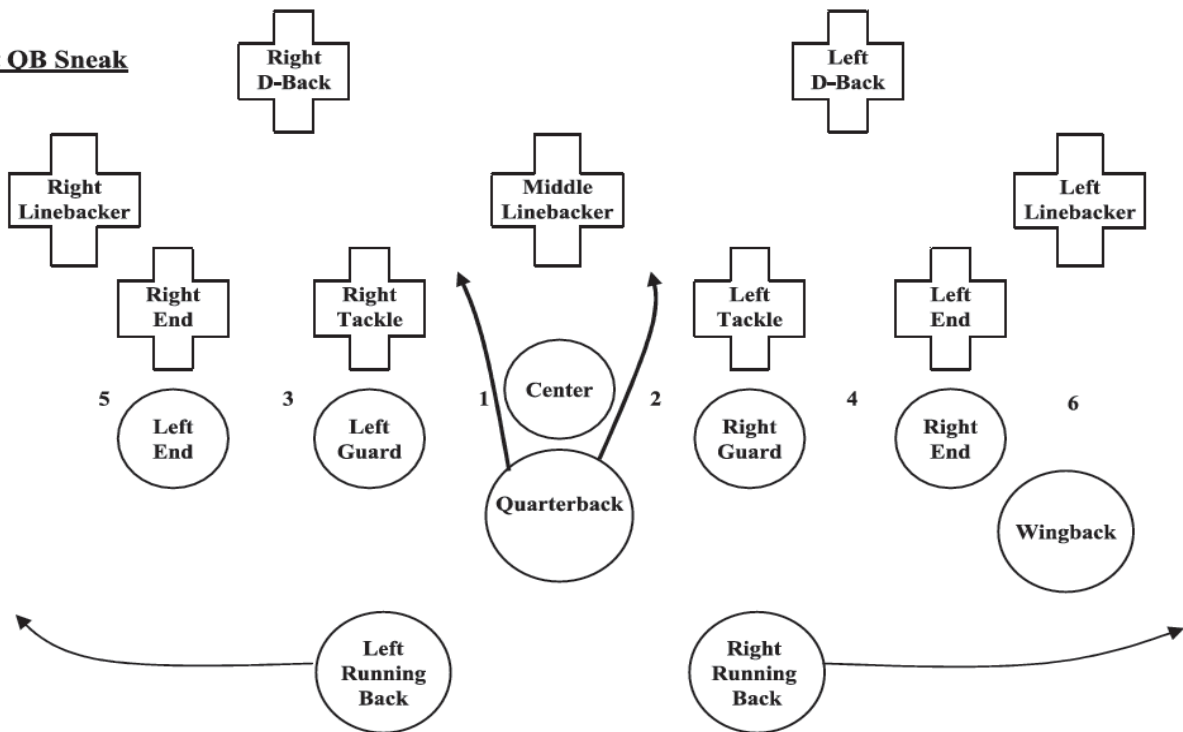
## LMAA Fourth Grade

### Approved Offensive Football Plays

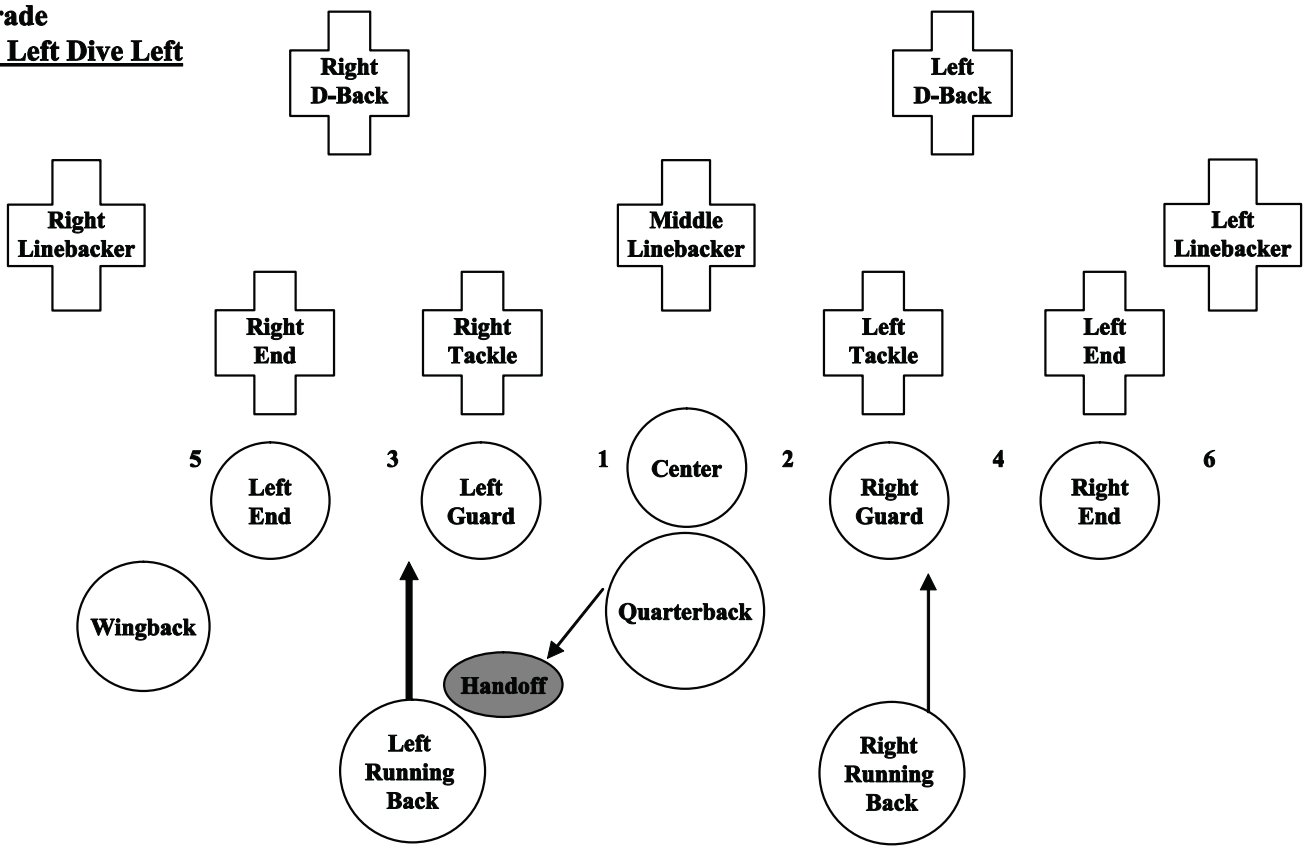
2008

All 4<sup>th</sup> grade plays can be run to the strong or weak side.

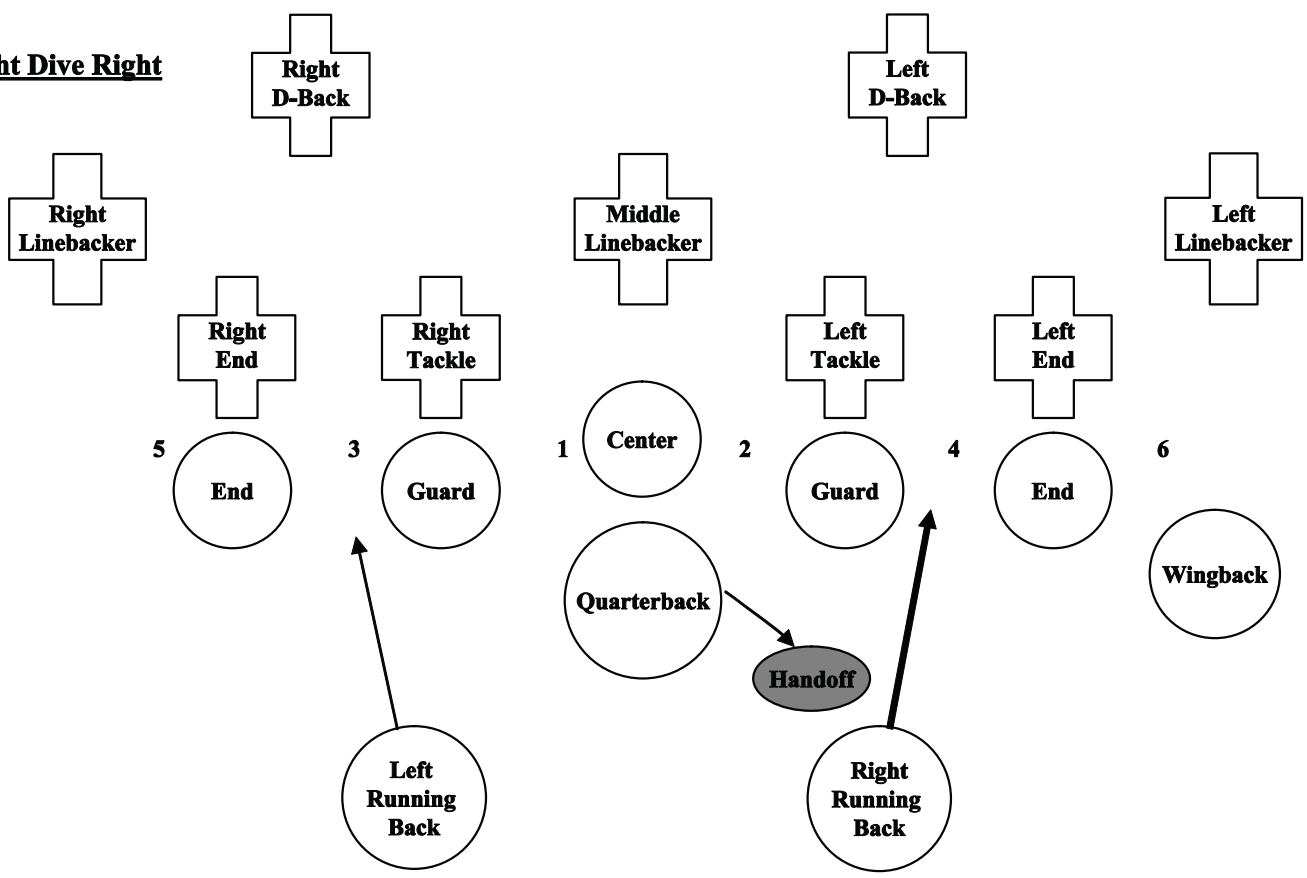
#### 4th Grade Power Right OB Sneak



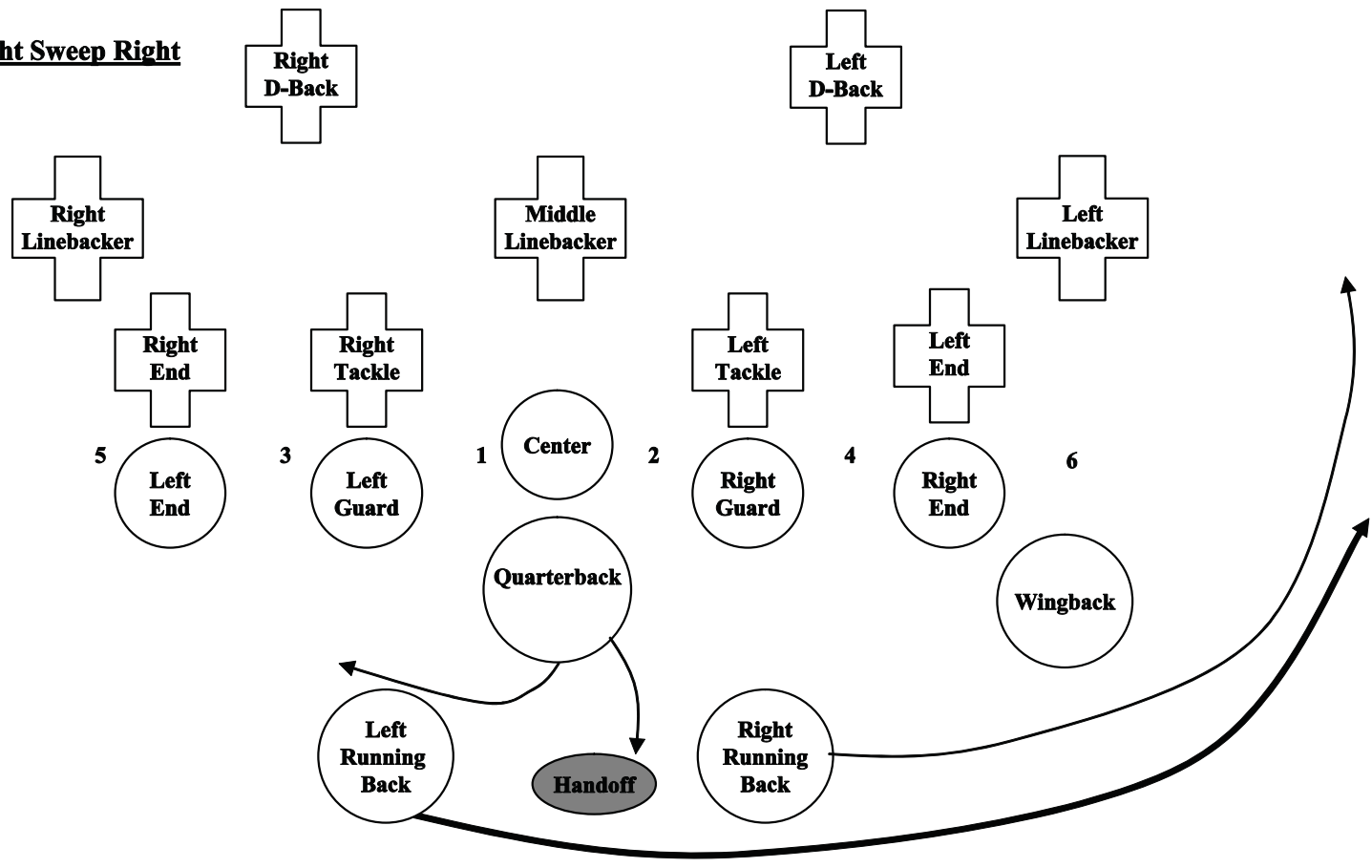
**4th Grade**  
**Power Left Dive Left**



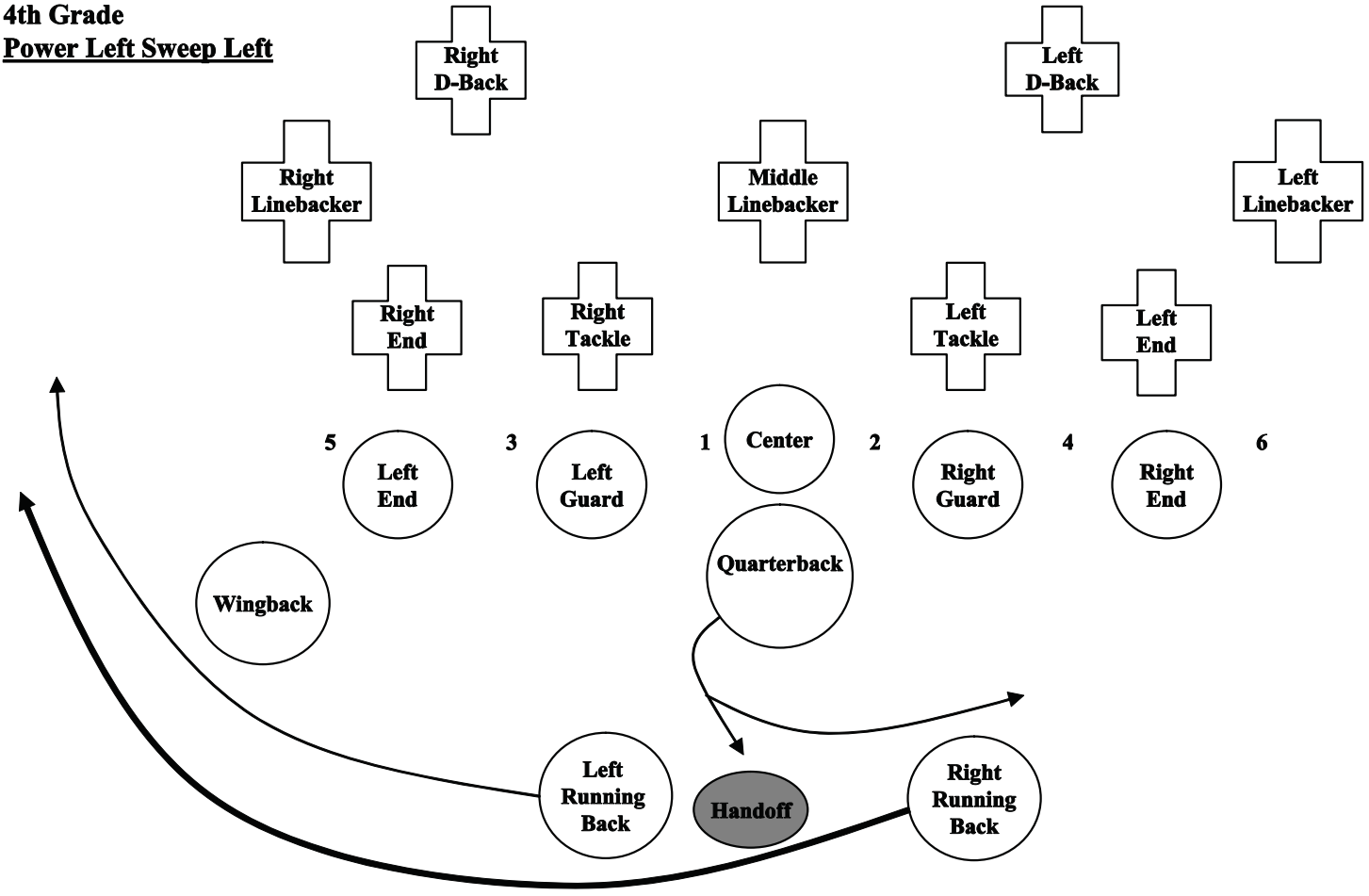
**4th Grade**  
**Power Right Dive Right**



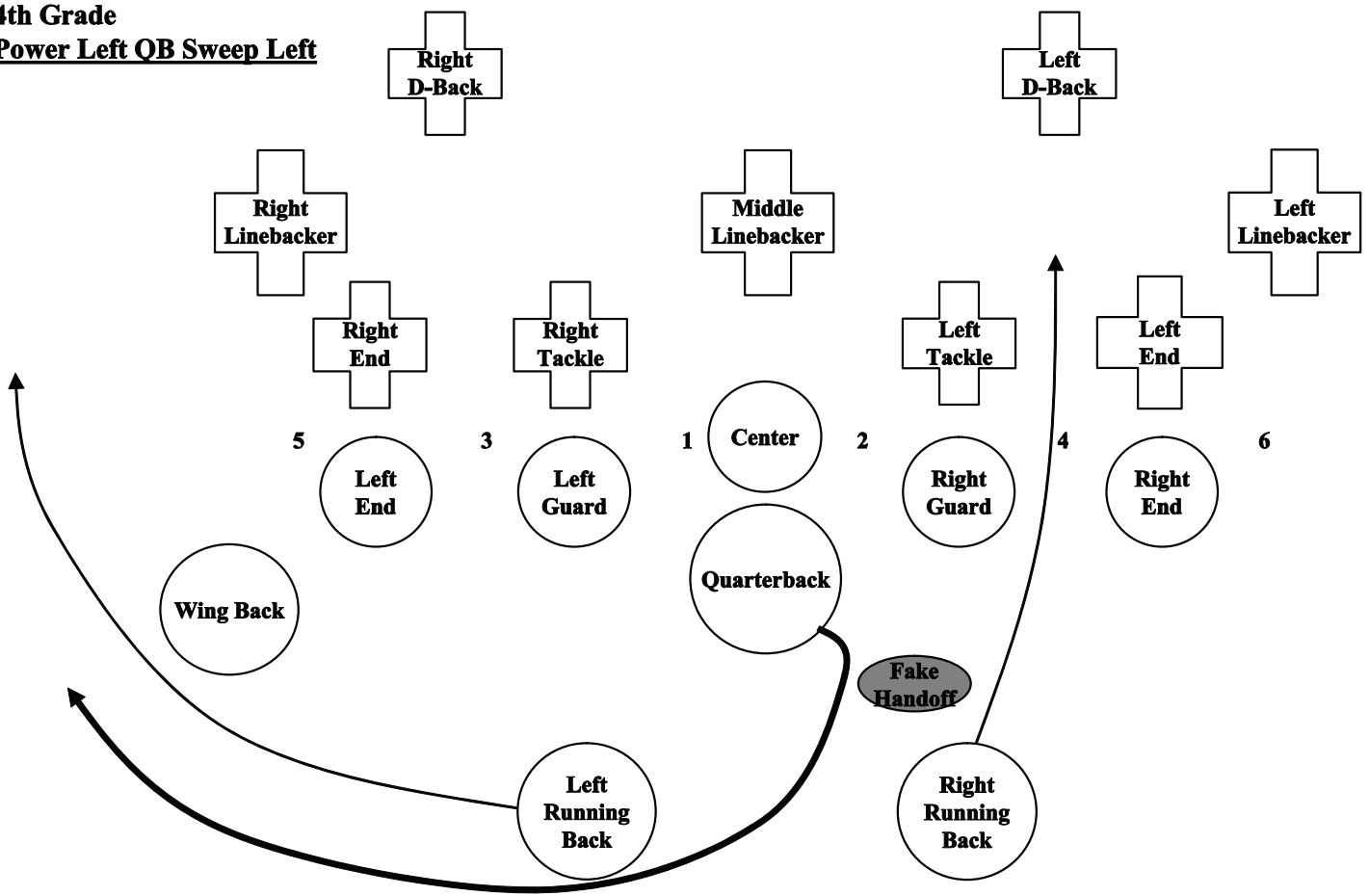
**4th Grade**  
**Power Right Sweep Right**



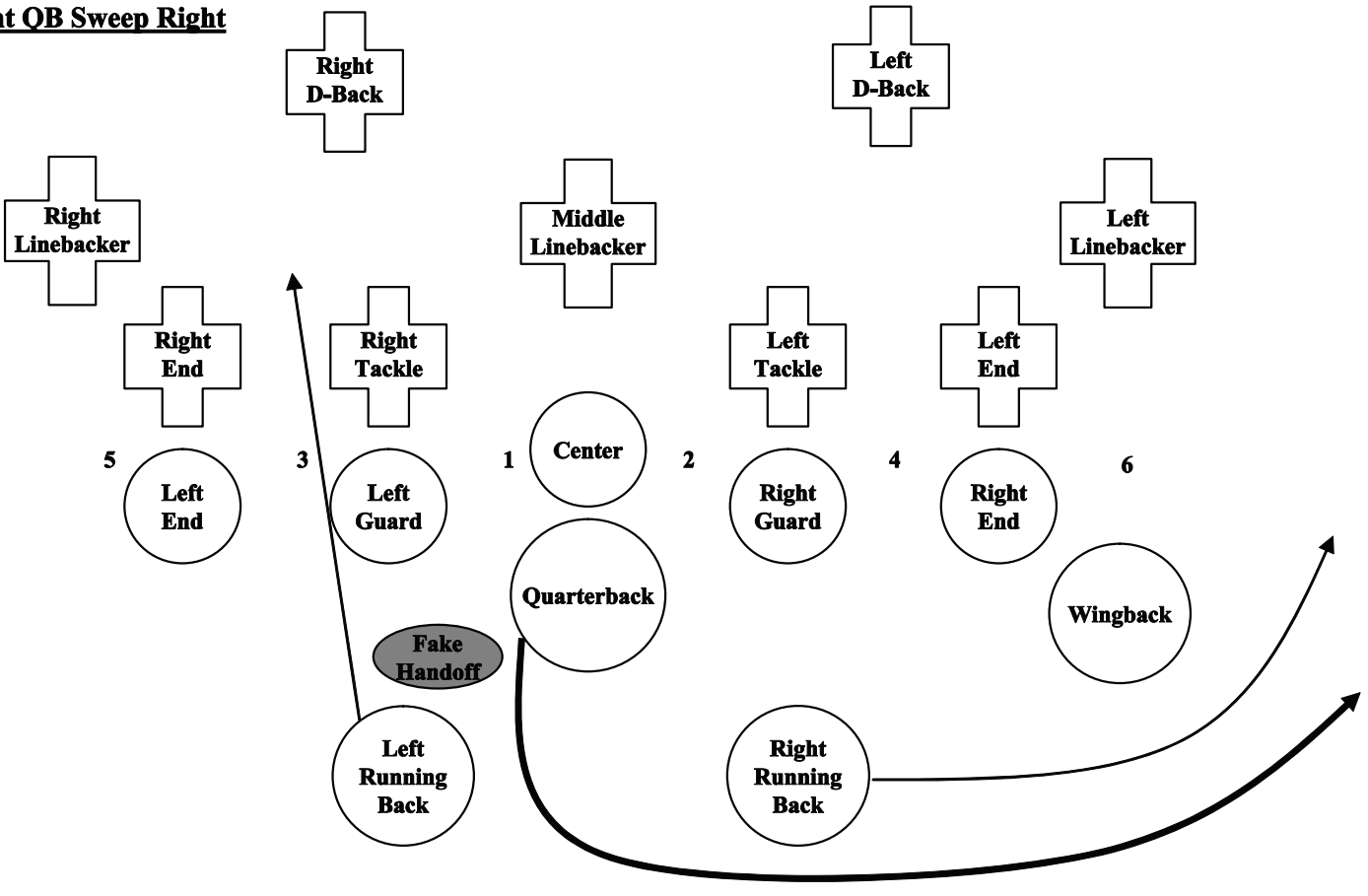
**4th Grade**  
**Power Left Sweep Left**



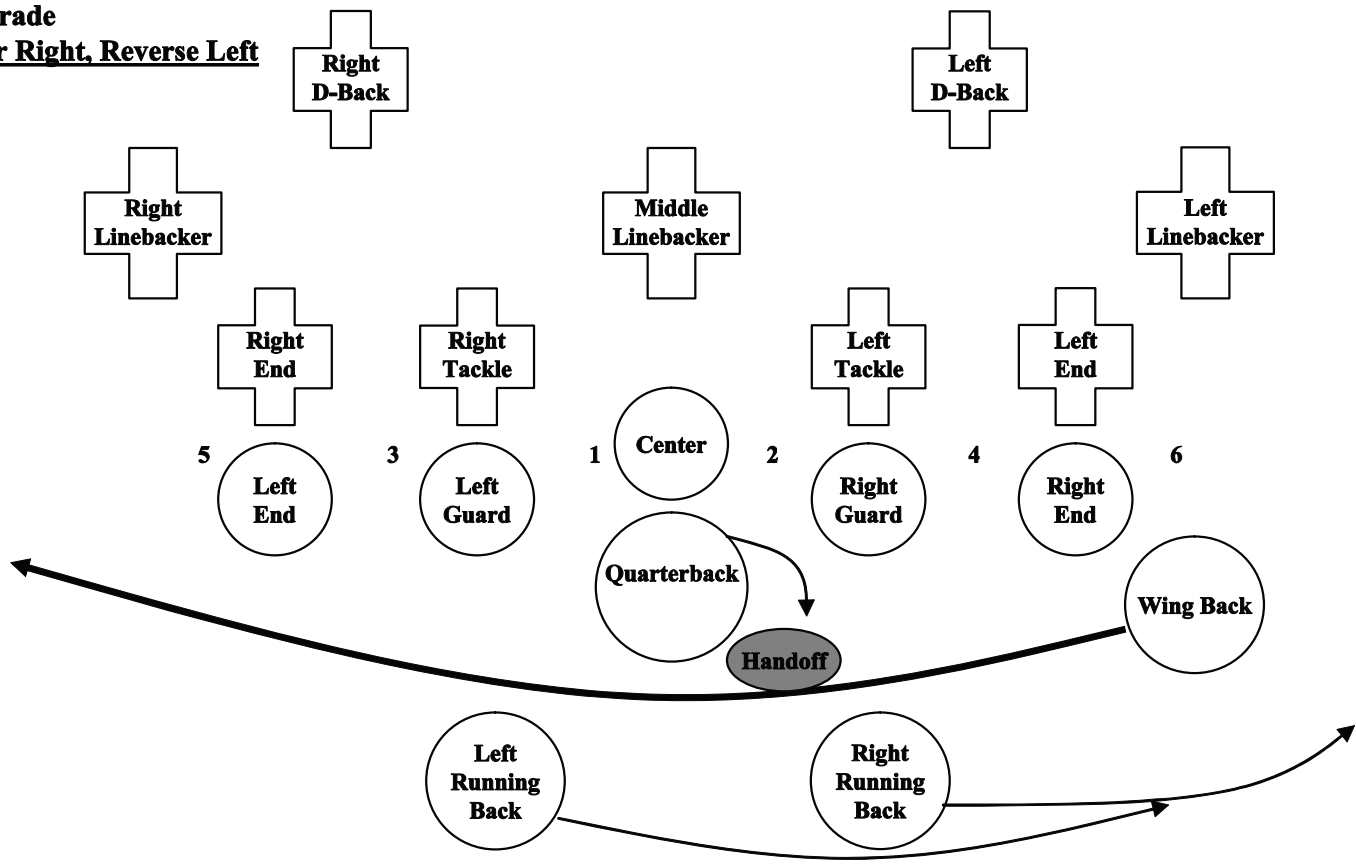
**4th Grade**  
**Power Left QB Sweep Left**



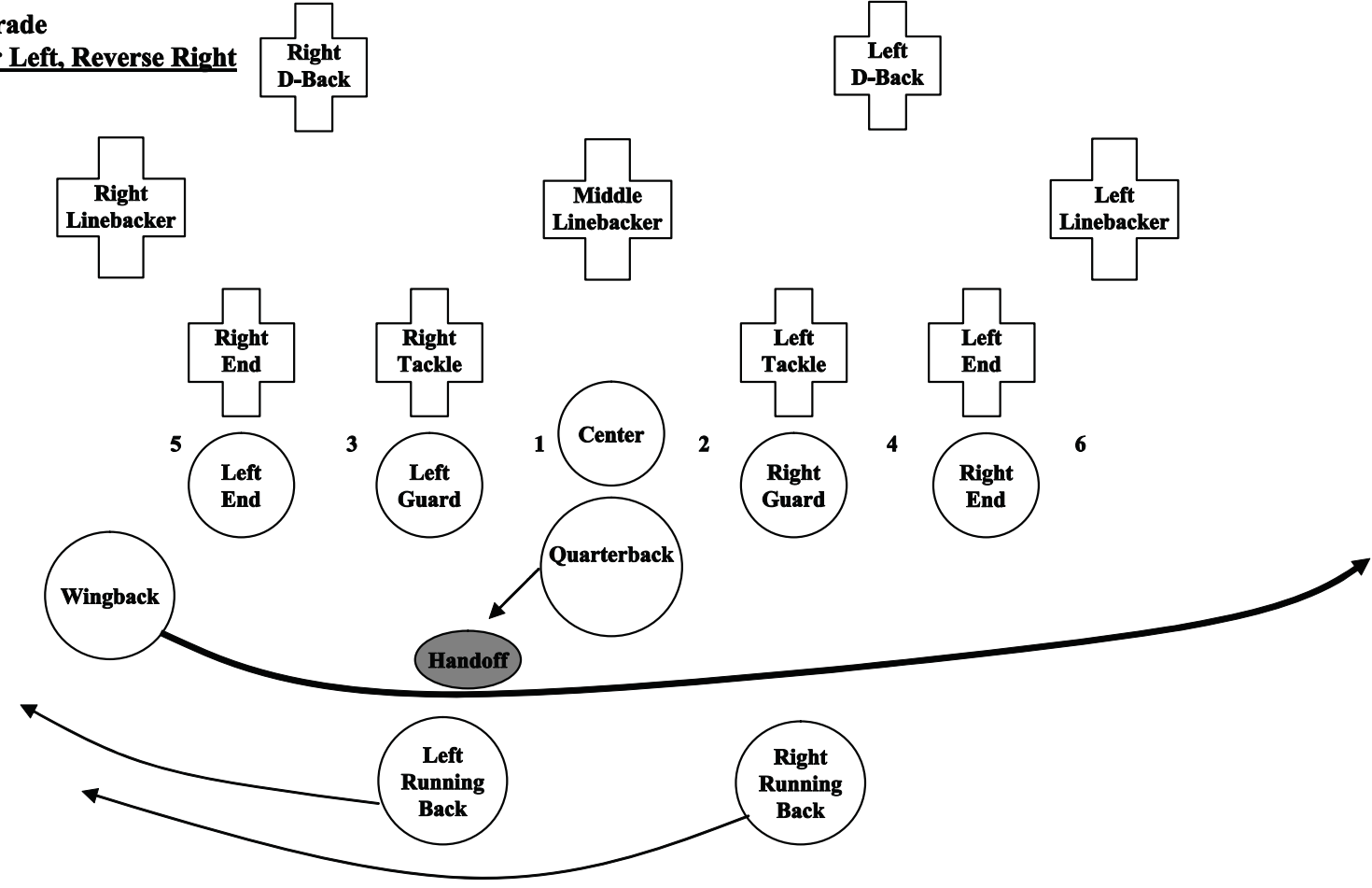
**4th Grade**  
**Power Right QB Sweep Right**



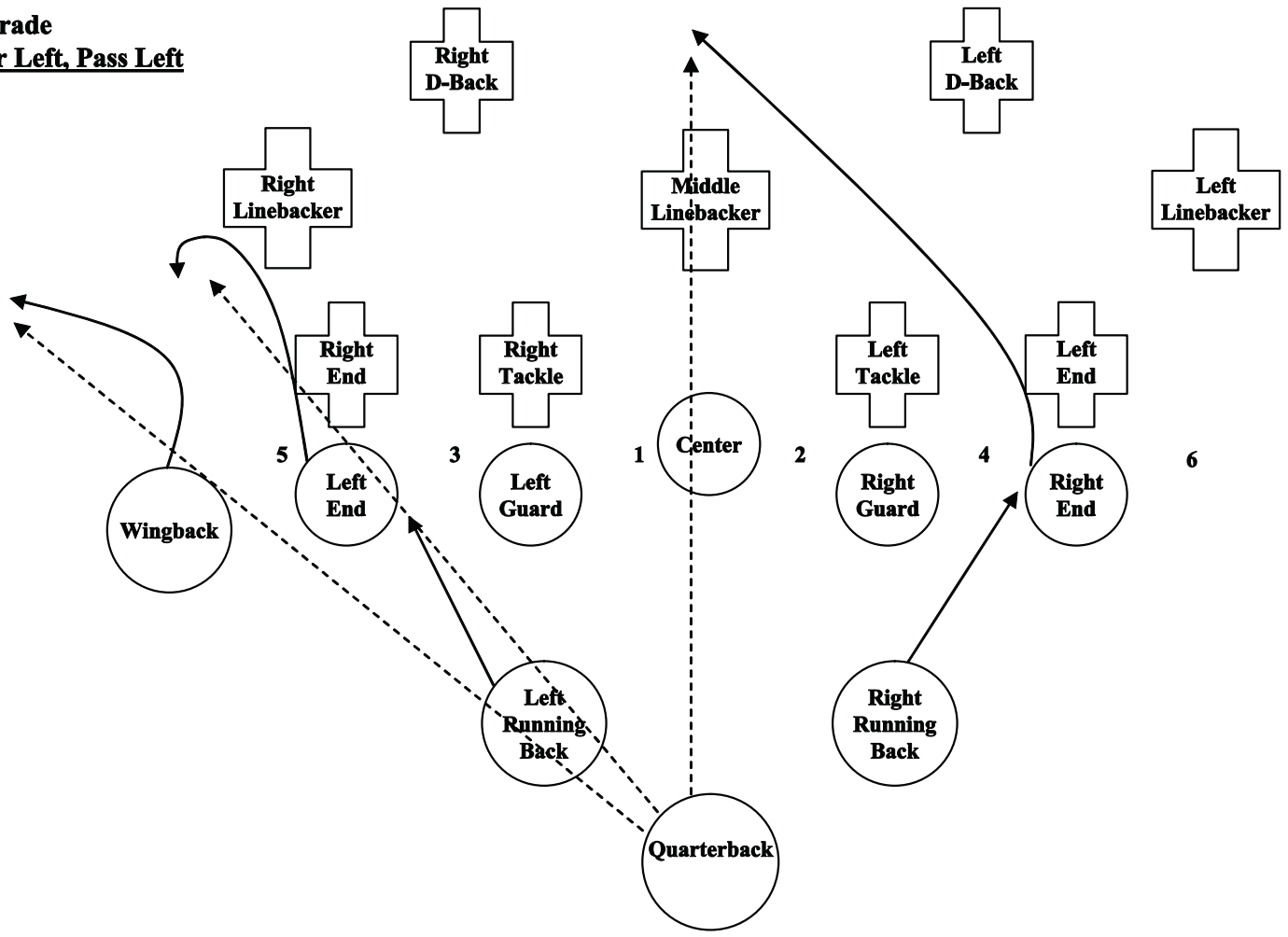
**4th Grade**  
**Power Right, Reverse Left**



**4th Grade**  
**Power Left, Reverse Right**



**4th Grade**  
**Power Left, Pass Left**



**4th Grade**  
**Power Right, Pass Right**

