

# 2017 LAKE MINNETONKA ATHLETIC ASSOCIATION



## 7<sup>th</sup> and 8<sup>th</sup> GRADE FOOTBALL 2017 RULES

Updated 5/23/2017

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## 7<sup>th</sup> and 8<sup>th</sup> GRADE OFFENSE

\*For 7<sup>th</sup> Grade, the maximum weight, without equipment, for backs on offense is 140 pounds.

\*For 8<sup>th</sup> Grade, the maximum weight, without equipment, for backs on offense is 155 pounds.

78.1 7<sup>th</sup> and 8<sup>th</sup> Grade will play 11-Man Football.

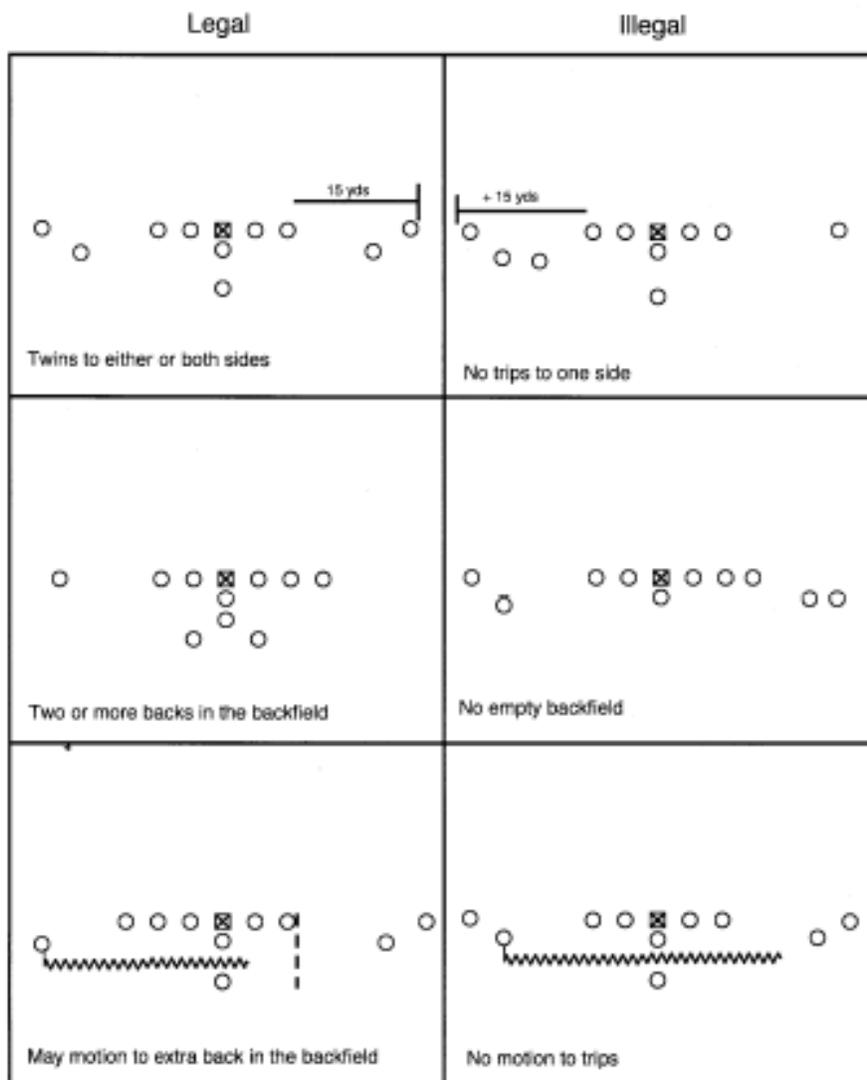
78.2 Approved footballs for 7<sup>th</sup> and 8<sup>th</sup> Grade are: Badin 200, Mikasa 5507, Rawlings ST5 Comp Youth 200, Rawlings R2 Youth, Wilson TDJ Pattern Youth and the Riddell R42333 or R42304.

78.3 Positions. The five (5) Offensive positions shall be defined as:

1. Backfield- (Includes: QB, RB, Wingback/Flanker)
2. Center
3. Guard
4. Tackle
5. End

**\*At completion of each 6 play rotation, the entire backfield must be replaced with 4 different players.**

78.4 Teams 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/flankers 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 tackle's outside shoulder.



- 78.5 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.
- 78.6 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 player being on the sideline and other in the game at any given time. The Head Coach shall communicate 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 78.3.
- 78.7 There may be a player in motion, but no shifting and no unbalanced line is allowed.

## 7<sup>th</sup> and 8<sup>th</sup> GRADE DEFENSE

78.8 Teams may use the standard four (4) or five (5) person front with defensive tackles head up on the offensive linemen across from them. Within a rotation, a defensive line must stay in either four or five man front formation. A line cannot change fronts during a six play rotation.

78.9 Defensive Tackles must be in a three or four point stance. Defensive Tackles must be heads up on the offensive lineman nearest them. Defensive Ends may be in a two, three or four point stance. The defensive line must be set before the ball is snapped. Once the offensive line is set, the defensive line is not allowed to adjust their alignment or playing position. The penalty for the defense not being set or adjusting their alignment shall be five yards. If the offense is attempting to catch the defense unprepared (not ready for the snap and play) by operating in a “hurry up” mode the defense should not be penalized for not being set

78.10 There is no limit on pre-designed stunting by any number of defensive linemen.

78.11 No Coaches will be allowed on the field to organize the team in the huddle.

78.12 There is no substitution during defensive rotation from the sidelines. A Coach may not shuttle players in to make defensive calls.

In 7<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

78.13 Defensive linemen may not use an unbalanced line. The defensive line must be symmetrically balanced. Odd person fronts must have a nose guard head up on the center. Symmetrically balanced is defined as defensive linemen on either side of center are lined up against the same offensive position. If one defensive tackle is over the guard then the other must also be over the guard.

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.

78.14 Slanting/Shooting the gap and Stunting is allowed at 7<sup>th</sup> and 8<sup>th</sup> Grade.

Slanting/Shooting the gap is when a defensive lineman slants or rushes to the left or right of the offensive lineman directly across the line of scrimmage. Stunting is defined as one defensive lineman crosses behind another in hopes of either going unblocked or gaining an advantage on his blocker.

78.15 There is no Blitzing in LMAA football. The penalty for failure to comply with the above rule shall be ten (10) yards and an automatic first down.

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.

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 exception is when a fumble occurs; every player may cross the line of scrimmage.

## 7<sup>th</sup> and 8<sup>th</sup> GRADE PUNTING and KICKING

78.16 Teams may punt the ball. There shall be no blitzing on punts by linebackers or defensive backs. Teams 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 the defense has been 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 defensive player rotation or position change is allowed. There is no substitution allowed by the defensive/punt receiving team. Black stripers on the receiving team may not advance the punt.

78.17 In a punting situation, the punting team may release one player downfield across the line of scrimmage prior to the punt.

78.18 A punting 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. A substituted punter must punt the ball and cannot advance the ball beyond the line of scrimmage.

78.19 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 place kickers and holders may move laterally to avoid defensive pressure. Ineligible punters, place kickers and holders may not advance the ball by run, pass, hand-off, or lateral and must attempt to complete the kick/punt attempt.

- 78.20 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 until the 2<sup>nd</sup> half is not allowed. This will guarantee each team to receive once during each game.
- 78.21 Teams will kickoff. Kickoffs shall be from the kicking team's forty (40) yard line.
- 78.22 The receiving team must have five (5) players in front of its own forty-five (45) yard line. Black strippers on the receiving team may not advance the kickoff.
- 78.23 The ball shall be placed on the receiving team's twenty (20) yard line following a touchback.
- 78.24 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.
- 78.25 Any player of any weight can be used as a kicker for a kick off situation. There is no substitution for kickoffs for either the kicking or receiving teams.
- 78.26 7<sup>th</sup> & 8<sup>th</sup> grades may kick field goals and extra points after touchdown.
- 78.27 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. No Defensive player is allowed to play over the center on extra points and punts.
- 78.28 Teams 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. Black strippers on the receiving team may not advance the free kick.