

Little Raiders Tackle Football Rules

Minnesota State High School League rules apply with the following exceptions from the East Metro Suburban Athletic Association

1. Each game consists of 4 quarters, 18 minute running time for all four quarters. The clock is stopped only during a timeout or when a serious injury occurs.
2. Weight limits, excluding equipment:
 - (1) Players must weight a maximum of **115.0 pounds** to be in ball handling positions. This includes Tight Ends, Quarterback, Running Backs and Receivers.
 - (2) A **colored stripe or X** is required on the helmets of players **above 115.0 pounds**.
 - (3) Official weight should be determined at the time of equipment handout and should be consistent among all teams and communities (target timing is end of summer near the start of evaluation/practices).
3. Anyone may advance an intercepted pass (excluding a player above 115 pounds, in which case there is a change of possession at the spot of the interception).
4. The 5 deep players on the kick receiving team must be 115 pounds or less to be eligible to carry the football.
5. This league is intended to be a developmental league for all players. One player may not carry the ball over half of the teams' offensive plays in a game. Every player must play a minimum of 10 plays.
6. Any Junior sized footballs can be used (rubber, leather, or composite).
7. One coach is allowed on the field for the first two games of the season.
8. The first Monday in August is the earliest start for team practice.
9. Punters must kick the ball at least 5 yards behind the line of scrimmage. Defensive and offensive players may not move until the ball has been kicked. Offensive team must declare on 4th down if they are going to punt or not. A minimum of 6 defensive players must be on the line of scrimmage for the punt. Remaining players fielding the punt must be 115 pounds or less.
10. An extra point after a touchdown can be executed with an offensive play or kicked if the field being played on has goal posts. If the team chooses to go for the kick, the snap should be through the legs and there will be no rush or fakes. If there is a bad snap during the play, the holder can pick up the ball and place it on the black tee. If the kick is made, it is worth 1 point. If the team decides to run an offensive play, the ball is placed at the 3-yard line with a successful conversion worth 1 point.
11. Linebackers must be a minimum of 3 yards off the line of scrimmage and in a set position (unless the offensive back is in motion). Linebackers may not be moving forward before the snap of the ball. They may move laterally with the man in motion.
12. Defensive Backs (Safeties & Cornerbacks) must be at least 5 yards off the line of scrimmage and in a set position (unless the offensive back is in motion). Defensive Backs may not be moving forward before the snap of the ball. They may move laterally with the man in motion.
13. Defensive Linemen lined up over the center or in the Center/Guard gaps must be 1 yard off the line of scrimmage. Must be enforced for the protection of the Center or remove Nose Guard. Defensive encroachment will be called if the defensive lineman leave their stance before the ball is snapped.
14. Minimum of 4 players, maximum of 6 players on the defensive line. The interior lineman must be in a 3 or 4-point stance except defensive end. No movement of defensive line after the offensive line is set. Defensive End can stand in upright position.
15. Defensive team can not have more than 8 players "in the box". "In the box" is defined as the area from offensive tackle to offensive tackles and from the line of scrimmage to 3 yards back.
16. Defensive teams can not intentionally draw offensive team off sides.
17. Kickoffs are from the 45-yard line.

18. After a safety, the ball is kicked from the 30-yard line.
19. Three time-outs are allowed per half.
20. Forty (40) seconds are allowed between each play after the ball has been set on the ground. Officials should provide at least one warning per game and may call delay of game penalties at their discretion.
21. A team that is losing by 15 points or more at half-time or later, has the choice of receiving or kicking the kickoff, until the point spread is 14 or less.
22. When regulation time expires and the game is tied, it will proceed into overtime with the following rules.
 - Possession is determined by a coin toss.
 - Ball is spotted on the 10-yard line.
 - Each team is given only 1 series of 4 downs to score or kick a field goal
 - If the game remains tied after both possessions, the game ends in a tie.
23. Home team supplies and wears color contrast jerseys.
24. Both teams must share the same sideline. Each team must remain between their 20 and 50 yard line.
25. Before each game, coaches will meet with the other team coaches. Visible handshake and introduction.

Penalties

Holding - 10 yards from the line of scrimmage.

Clipping - 15 yards from the infraction.

Tripping - 10 yards from the infraction.

Spearing - 15 yards from the line of scrimmage or infraction, whichever is **greater**.

Defensive Encroachment - 5 yards from the line of scrimmage.

Delay of Game - 5 yards from the line of scrimmage

Roughing the passer - if pass is incomplete penalty is 15 yards, first down from previous spot. If pass is completed, it is 15 yards from succeeding spot.

Horse Collar - 15 yards from the infraction. It is illegal to grab the inside back or side collar of the runner's shoulder pads or jersey and subsequently pull the runner to the ground. The penalty will be 15 yards from the infraction.

Pass Interference Defense - 10 yards from the line of scrimmage and a first down.

Pass Interference Offense – 10 Yards from the line of scrimmage.

Unsportsmanlike Conduct - 15 yards from the line of scrimmage.

Note: for 2nd offense, individual or coach will be ejected from the game. **Must be enforced.**

No Mouth guard

1st offense - warning

2nd offense and after - 5 yards

Face Masking

Flagrant act - 15 yards from the point of infraction or line of scrimmage. Note: for 2nd offense, individual or coach will be ejected from the game. **Must be enforced.**

Unintentional - 5 yards from the point of infraction.

Blocking Below the Waist - 15 yards from the infraction (on kickoffs and punts only).

If the above rules do not apply we then refer to the Minnesota State High School League Rules.

Parents Code of Conduct

1. No harassment of officials, coaches, players or other spectators will be tolerated.
2. Bring your concerns about a particular coach, official or situation to the attention of the Coach or Board of Directors. ***It is not appropriate to confront a coach or official in front of the players and other spectators.***
3. No profane or vulgar language.
4. Parents will watch the game from the **opposite** side of the player's side.
5. Your advice or corrective criticism is appreciated, when offered at the right time and place.
6. An individual will receive only **one warning**, regarding conduct. After the first warning, authorities may be notified for possible removal from the premises.
7. Mistakes will happen. Those on the field are only human. Give them the benefit of the doubt and be patient.
8. Above all, come out and support your child and the program. Enjoy yourselves and allow others the same opportunity.