

FLAAA FOOTBALL RULES FOR 2018 SEASON (4th Grade)

High School rules will be followed with these exceptions:

1. Games will consist of (4) 12 minutes run time quarters. Teams will be allowed 2 time outs per half. The referee will be timekeeper and must notify both coaches of all penalties, ends of quarters, and give both coaches a two-minute warning before the end of the half , and the game. Half time will be five minutes. There will be a 1 minute break between quarters.
2. Teams and coaches must arrive 30 minutes before their scheduled game time.
3. Offense and defense shall be determined by a flip of a coin, and switched for the second half. There will be NO Deferrals. To start the game, and 2nd half along with after any Score, The ball will be placed on the 40-yard line.
4. On a punt the defensive team will not be permitted to rush the punter until his foot hits the ball. The offensive line must also stay in place. A 5-yard penalty shall be given for any flagrant violations. No fake punts.
5. **Defense** - A Standard 6-3-2 or 6-2-3 must be used with the Linebackers at least 2 yards back from line of scrimmage, and Defensive backs must be at least 5 yards back from line of scrimmage. Defensive lineman must be in a 3 or 4 Point stance, except for the ends.
6. After a safety, the ball will be placed on 40-yard line of the team that scored the safety.
7. All players must play approximately 50% of the time in every game or game will be forfeited. Players held out of the game for disciplinary reasons or for injuries, must be made known to the referees prior to the start of the game.
8. League requires every player to wear a helmet, shoulder pads, football pants, jersey, mouthpiece and all-purpose spikes or soft rubber football shoes. Metal cleats and hard plastic will not be permitted
9. All tie games remain ties. No overtime will be played.
10. Points: Two for a win, one for a tie, zero for a loss.
11. Maximum weight for all offensive backs and ball carriers will be 100 lbs, this includes kick and punt returns. No weight limitations for, fumbles, or pass interceptions. Each player MUST be weighed in at equipment pick up; this will be the official weight for the season.
12. Offensive Line MUST be balanced.

13. Players must play for the team in the area in which they go to school. This may be appealed to the FLAAA football director in hardship cases. With the merger of Forest Lake and Forest View, teams may be drafted from a pool of kids that go to school in the City of Forest Lake. **Each Team will have a Minimum of 16 players. No Players will play for more than 1 team in the same season.**
14. Use of ineligible players will be a forfeit. Coaches are responsible for rules about ages and grades of players. Decisions of referees are final, No game will be played under protest.
15. Players and coaches must stay within the 30-yard lines during the game. All players must be at least 3 yards back from the sidelines.
16. Practice shall be limited to three per week before the start of the regular season. After start of the regular season practice shall be limited to two per week and one game per week. In no case shall there be more than three days of football per week.
17. After a touchdown the ball will be run in from the 2-1/2 yard line for the extra point.
18. There is no blitzing by any player. If a linebacker or defense back blitzes it will be a 15 yard penalty.
19. THE USE OF QB SNEAK IS NOT ALLOWED
20. FLAAA will provide all game balls. Each team must use the ball provided by FLAAA.
21. All players must weigh-in with FLAAA before being eligible to run the football.
22. Coaches will be allowed to go on the field to assist in both offensive and defensive huddles for the season. Only (2) coaches on field at time. Must keep your huddle time to 45 seconds or less. Warning will be given then a penalty. Come prepared and keep your play book simple at this age to ensure the most plays run as possible during games.
23. No player will be allowed to be put in motion before the snap of the ball.
24. Score will be kept for all games.
25. The coach of any team that for any reason falls below the 16 player minimum needs to contact the president of the FLAAA football program immediately.

***** These rules are subject to change with Notice for the following reason.**

- 1) Safety concerns that arise that may not be addressed in the current rule structure.
- 2) Any errors in these rules found by league staff after issued to teams.
- 3) Any other reason the league staff determines would be in the best interest of our players.