

LAKE MINNETONKA ATHLETIC ASSOCIATION



4th GRADE FOOTBALL 2025 RULES July 29, 2025

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4th GRADE OFFENSE

- ❖ For 4th grade, the maximum weight without equipment for Running Back & Wing Backs/Flanker on offense is 90 pounds.

44.1 4th Grade will play 9-Man Football.

44.2 Approved game footballs for 4th Grade: Footballs used shall be of leather or leather composite material and junior size. For Example: Rawlings ST5 Comp Junior 100, Wilson TDJ Pattern Junior, Nike Vapor 48 2.0 Junior, Under Armour 495 Junior.

44.3 Position Groups. The three (3) Offensive position groups shall be defined as:

1. Backfield- (Includes: QB, RB, Wingback/Flanker)
2. End
3. Interior Linemen (center, guards)

❖ At completion of each 6 play rotation:

The entire backfield must be replaced with 4 different players. For players staying on the field for the next 6 play rotation they must move out of their current position group and move to a new position group.

For Example:

- o Interior Linemen must rotate to End or Backfield
- o Backfield must rotate to Interior Lineman or End
- o Black-Strippers must rotate between End & Interior Lineman or QB.

44.4 Players cannot rotate within the defined position groups during a 6 play rotation (i.e. right end cannot move to the left end). There shall be no player in motion, no shifting, and no unbalanced line.

44.5 Teams must have exactly three (3) backs, with one being the quarterback, within the ends. The flanker or wingback may not be more than one (1) yard outside the end

44.6 Teams must use the LMAA approved/required Playbook with players aligned in the manner set forth on the play diagrams. See the LMAA approved/required Playbook located at www.lmaa.org. All teams must run the plays as designed. The QB taking a knee is an allowable option to the QB sneak. The QB grounding the ball to stop the clock is an allowable option to the pass play.

44.7 When handing off, Quarterbacks must use straight handoffs. Quarterbacks may not pitch or lateral the ball.

- 44.8 The Quarterback has the option to reverse pivot fake handoff or turn and run QB sweep.
- 44.9 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.
- 44.10 Failure to run the plays as designed or adding additional plays shall constitute an unsportsmanlike conduct penalty.
- 44.11 One coach will be allowed on the field to organize the team in the huddle. Once the huddle breaks, the on-field coach may only talk to the players to assist them in alignment until the players are "set" by the QB/signal caller. Coaches may be warned once and subsequent violations can result in a five (5) yard penalty. The on-field coach shall be at least eight (8) yards from the line of scrimmage when the ball is snapped.
- 44.12 The maximum split for players on the line of scrimmage shall be two (2) feet.
- 44.13 Players may not lead with the helmet. Players may not initiate contact with the crown/top of the helmet. This will result in a personal foul penalty.
- 44.14 Covered Offensive linemen (the guards and ends) must block the person directly in front of them as diagrammed in the playbook. Coaches have discretion for the blocking assignment of the Center.
- 44.15 Offensive Linemen must use a 3 or 4 point stance.
- 44.16 Assisted Forward Progress ("Tush Push") Ban
1. Definition: The "tush push" is defined as any offensive play in which one or more offensive players intentionally push or propel the quarterback forward after the snap, typically during a quarterback sneak or short-yardage situation.
 2. Prohibited Conduct:
 1. No offensive player may intentionally push, pull, or otherwise assist the forward progress of a teammate who is carrying the ball.
 2. This includes, but is not limited to, pushing from behind, lifting, or driving the ball carrier forward using body contact.
 3. Permitted Actions:
 1. Legal blocking in front of or beside the ball carrier is allowed.
 2. Incidental contact resulting from normal play development is not considered a violation unless it is clearly intended to assist forward progress.
 4. Penalty:
 1. 5-yard penalty from the previous spot.
 2. Loss of down on the play.

4th GRADE DEFENSE

44.16 Position Groups. The Four (4) Defensive position groups shall be defined as:

1. End (DE)
2. Tackle (DT)
3. Linebacker (LB)
4. Defensive Back/Safety

❖ **At completion of each 6 play rotation:**

For players staying on the field for the next 6 play rotation they must move out of their current position group and move to a new position group

For Example:

- o End must rotate to Linebacker, Tackle or Defensive Back/Safety
- o Tackle must rotate to Linebacker, End or Defensive Back/Safety.
- o Linebacker must rotate to Tackle, End or Defensive Back/Safety.
- o Defensive Back/Safety must rotate to Tackle, End or Linebacker.
- o Black Strippers can rotate between any defensive position groups.

44.17 Players cannot move within the defined position groups during the 6 play rotation (for example, right outside linebacker cannot move to the left outside linebacker or middle linebacker).

44.18 Defensive linemen must be in a three or four point stance.

44.19 Teams 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.

44.20 There is no Blitzing allowed in LMAA Football.

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

44.21 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 only talk to the players to assist them in alignment until the players are “set” by the QB/signal caller. Coaches may be

warned once and subsequent violations will result in a five (5) yard penalty. The on-field coach shall be at least eight (8) yards from the line of scrimmage when the ball is snapped.

- 44.22 No stunting of any kind (Gap shooting, looping behind another player, etc.) is permitted. Defensive linemen must engage the centerline of the offensive lineman directly across from them before pursuing the ball carrier. The penalty shall be five (5) yards for the violation.

4th GRADE PUNTING & KICKING

- 44.23 Punting will be a declared punt only. If a team chooses to declare a punt, 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.
- 44.24 Teams will not kick off. Offensive teams will start with the ball on their own thirty-five (35) yard line.
- 44.25 Teams 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.