

2021 HIGH SCHOOL RULES SUMMARY FOR LMAA

FREE KICKS

- At least 4 players on each side of the kicker, at least 2 yards apart, and must start within 5 yards of the ball
- Onside Kick - K cannot contact R until the ball travels 10 yards AND touches the ground; or is touched by R
- The kicker and holder may legally be “offsides”

SCRIMMAGE PLAYS

- Offensive false start and defensive encroachment are dead ball fouls Encroachment (can't jump back)
- Blindside block is a block outside the free blocking zone against an opponent other than the runner who does not see the blocker approaching. A blindside block with forceful contact must be initiated with open hands to be legal.
- Legally blocking below the waist: All players involved in the block are on the Line of Scrimmage Zone at the snap. Contact is in the LOS free blocking zone and block must be immediate & initial action following the snap. No blocker may block below the waist outside of the LOS zone
- It is a horse collar to grab the inside back or side collar of the shoulder pads or jersey, or the name plate area of the runner and subsequently pull that opponent to the ground sideways or backward
- Tripping the runner is a foul

PASSING

- ~~QB cannot dump pass (even if outside the pocket), must be eligible receiver in the vicinity~~
 - Here is an experimental rule for Minnesota this year. Iowa did it last year. Very similar to the college rule.
 - The player **controlling the snap**, can dump the pass, if he is outside the tackle position, and the pass makes it to the LOS. If the player controlling the snap, QB, hands-off to a running back, for a halfback pass, the halfback cannot legally dump the pass – he did not control the snap.
- Pass interference applies only to passes beyond the NZ (Holding an eligible receiver behind the NZ is still illegal)
- No 5 yard “chuck” rule. Eligible receivers can be legally contacted until the pass is in flight
- Must be contact for pass interference. Non-contact face guarding is legal
- Defensive Holding - 10 Yards, Not Automatic First Down
- Both OPI and DPI are 15 yard penalties (or ½ the distance). DPI is not automatic first down
- Only need 1 foot in bounds for a legal catch

PUNTS

- K can advance a punt (or blocked FG attempt) if recovered behind the LOS, even if the ball was previously beyond the LOS
- Whether the snap hits the ground has no bearing on protection. Punter gets reasonable protection, even if he runs around.
- The kicking team cannot advance a recovered muffed punt (or kick-off), but can advance a fumble

Coaches Meeting Questions

- On a screen pass/pass behind the line of scrimmage, how far down field can an offensive lineman go to be legal? **Ineligible players may not advance beyond the expanded neutral zone (2 yards) on a legal forward pass play that crosses the neutral zone before the ball is in flight. So if the pass is caught behind the line of scrimmage there is no penalty for ineligible downfield.**
- Wide Receiver downfield blocking, are there directional rules around blocking towards middle of field or back towards line of scrimmage? **Not in high school. Only that all blocks must be always be above the waist and from the front/side. Also, if it's a blindside block (meaning the opponent doesn't see the block coming), the forceful block must be with open hands.**

- MN High School Rules around lightening and who calls the games (Refs? LMAA Area Director?, Coaches?) Prior to the start of the game, game administration has authority. Once the game starts the officials have final say. With LMAA I strongly suggest all decisions should be made with the officials and coaches getting together.