

# LAKE MINNETONKA ATHLETIC ASSOCIATION



## 5th and 6th GRADE FOOTBALL 2025 RULES July 29, 2025

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## 5th and 6th GRADE OFFENSE

\* For 5<sup>th</sup> Grade, the maximum weight, without equipment, for backs on offense is 100 pounds.

\* For 6<sup>th</sup> Grade, the maximum weight, without equipment, for backs on offense is 120 pounds.

56.1 5<sup>th</sup> and 6<sup>th</sup> Grade will play 9-Man Football.

56.2 Approved game footballs for 4<sup>th</sup> 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.

56.3 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:

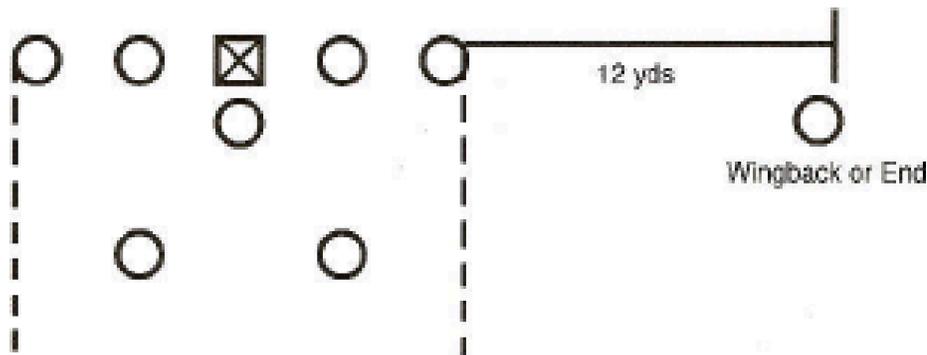
- o Interior Linemen must rotate to End or Backfield
- o Backfield must rotate to Interior Lineman or End
- o Black-Strippers must rotate between End & Interior Lineman or QB.

56.4 Within the six (6) play rotation, interior linemen, ends, and backs are allowed to move within their defined position groups (for example, left guard can move to the right guard, but left guard CANNOT move to the right end).

56.5 There is no required playbook for 5<sup>th</sup> and 6<sup>th</sup> grades. Coaches are free to design plays that comply with LMAA and High School rules.

56.6 One Coach will be allowed on the field to organize the team in the huddle. Once the huddle breaks, the on-field Coach may not talk to the players. 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.

56.7 Teams must have at least eight players with the box defined by the end position in tight formation. One (1) wing back or one (1) end may be split to a maximum of twelve (12) yards. (8 PLAYERS WITHIN ENDS IN TIGHT FORMATION)



56.8 Except for the split end, the maximum split for players on the line of scrimmage shall be two (2) feet.

56.9 There shall be no player in motion, no shifting and no unbalanced line.

56.10 Rotation is allowed within the defined positions only before the offensive line is set.

56.11 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.

56.12. 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.

## 5th and 6th GRADE DEFENSE

56.12 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 Stripers can rotate between any defensive position groups.

- 56.13 Within the six (6) play rotation, defensive players are allowed to change sides within their defined position groups (for example, left DE and right DE can trade places, left DE cannot move to Tackle, Linebacker or Defensive Back/Safety).
- 56.14 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 not talk to players. 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.
- 56.15 Defensive Tackles must be in a three or four point stance. Defensive Ends may be in a two, three or four point stance.
- 56.16 Teams must use the LMAA approved standard 4-3-2 defensive alignment with defensive tackles head up on the offensive guards.

Defensive ends may line up head up on the offensive end or may “shade”/line up on the outside shoulder of the offensive end. The inside foot of a defensive end using a shade technique must be between the feet of the offensive end.

If the offensive end is split, the defensive end can 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.

- 56.17 Stunting – crossing behind another defender - is not allowed.

ALLOWED: 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.

NOT ALLOWED: Stunting is defined as one defensive lineman crossing behind another in hopes of either going unblocked or gaining an advantage on his blocker.

The penalty for Stunting shall be five (5) yards for each violation.

56.18 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 exception is when a fumble occurs; every 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.

## 5th and 6th GRADE PUNTING AND KICKING

56.19 Teams will “dead ball” punt. A dead ball punt is defined as follows: All players will be set. Offensive and Defensive lines shall take a knee except for the center/long snapper. The center will snap the ball to the punter. There will be no blocking, rushing of the punter, covering of the punt or other contact during the play. The defense will have two players back to attempt to receive the punt. Once the punter has kicked the ball, the ball will be spotted wherever the ball is first touched by the receiving team. A dead ball punt will NOT count as part of the 6 play rotation. Any punt failing to cross the line of scrimmage will be a re-kick. Any offensive player already on the field can be used as the punter and long snapper/center. There shall be no contact between opposing teams during dead ball free kick.

56.20 Teams will not kickoff. Offensive teams will start the ball on their own thirty-five (35) yard line.

56.21 Following a Safety, teams will dead ball free kick from their 15 yard line. The entire receiving team may participate as receivers of the free kick. The ball will be spotted wherever the ball is first touched by the receiving team. A dead ball free kick will NOT count as part of the 6 play rotation. The team performing the free kick will not cover the

dead ball free kick. There shall be no contact between opposing teams during dead ball free kick.