

2025 LMAA RULES SUMMARY FOR OFFICIALS (Aug 22, 2025)

UNIVERSAL RULES

NEW – Tush Push prohibited at all levels. 5 yards loss of down.

All scrimmage downs including PAT with live action counts towards the 6-play count whether a penalty occurs and is accepted or declined. Does not reset for 3rd quarter.

All offensive and defensive players including “stripers” can advance fumbles, interceptions, and tipped passes created by the defense
Only QB can dump pass outside the pocket as long as pass is thrown beyond LOS

Personal foul if a player lowers his head to initiate and make contact with his helmet against an opponent. 15 yards (10 yards for 80-yard field) plus an automatic first down or loss of down and must sit out a minimum of TWO (2) plays. A second personal foul for intentional and/or excessive helmet to helmet contact results in ejection
Black Stripe QB allowed but can't run beyond LOS

Players must sit out 1 play if helmet comes off during play

15 minute running time, stops on injuries & time outs

2 minutes between quarters, 5 minute half time

30 second ready for play, 3 time outs per half

At end of each 6 play rotation, entire backfield must be replaced with 4 different players

PAT - 2 points for pass or kick, 1 point for run

All Unsportsmanlike Conduct-15 yards **AND MUST SIT OUT 2 PLAYS**

LB's at least 3 yards from LOS, DB's at least 5 yards

Only def. players on LOS can cross LOS until ball is outside the box

Blitzing is illegal - PENALTY 10 yards and automatic first down

Face guarding (non-contact) is legal

4th GRADE

One coach allowed on the field for both Offense and Defense

No kick-offs - Start with ball on 35 yard line (also after safety)

Punts are declared - Ball advanced 20 yards, or ½ the distance if inside the 20 yard line

Plays per Rulebook only.

Must have exactly 3 backs (including QB) between the ends

Flanker not more than 1 yard outside the end

QB cannot lead block on a Sweep play

No laterals or pitches allowed, straight handoffs only

QBs must drop straight back on passes and must throw if an opportunity to pass exists

Players cannot rotate within the defined positions during a 6 play rotation.

No motion, shifting, or unbalanced line permitted

Guards and Ends must block player directly in front of them

Offensive and Defensive linemen must be in 3 or 4 point stance

Defensive linemen must lineup directly across from the offensive linemen across from them. No gaps or shading.

Defensive linemen must engage offensive linemen

5th & 6th GRADE

One coach allowed on the field for both Offense and Defense

No kick-offs - Start with ball on 35 yard line

Punts Declared - Ball dead where Team B first touches the ball

Any punt failing to cross LOS results in a re-kick

Safety – Dead ball punt (or free kick) from 15 yard line

Offense

Must have at least 8 players within the TE box

1 end or back may be split out maximum 12 yards

2 feet maximum splits for line

No motion, shifting, or unbalanced line permitted

Laterals and pitches are allowed

Players are allowed to move side to side within their defined positions

Defense

DT must be in 3 or 4 point stance

Slanting by D-Line is allowed, Stunting is not permitted

Defensive Ends May Shade Tackles - to the outside only

Must run a 4-3-2 Defense (DT head up on OG)

DE may but is not required to go wide with Split End

7th & 8th GRADE

Review coin toss options – Each team must receive start of a half

No coaches allowed on the field to run the huddle

Players can move side to side within their defined positions

Kickoffs - 40 yard line. Team B must have 5 players in front of their 45

yard line. Kick OOB - 35 yard line, spot, or rekick 5 yds

No substitutions allowed for kickoffs

Punter and long snapper may be substituted

On punts, only 1 player may release prior to the punt

Offense

4 feet maximum splits for line

Two players may run in plays, if declared before each half starts.

Up to two players may be split to each side up to 15 yards and 1 must be an end

Trips are allowed

Teams must have at least 1 back in addition to the QB between the tight ends when the ball is snapped

Defense

DT must be in 3 or 4 point stance. DT (including nose tackles) must be heads up on the OL nearest them. DE may be in a 2, 3, or 4 point stance. The defensive line must be set before the ball is snapped.

Once the OL is set, the defensive line is not allowed to adjust their alignment or playing position.

No restriction on Stunting or Slanting by D-Line

Defensive line must be symmetrically balanced, no unbalanced
Defensive Ends may not line up over the OT. They may line up head up outside shoulder of the TE or if the end is split, anywhere from outside shoulder of the SE to head up where the TE would be if tight
If NT used he must be head up on the center

May run a 4 or 5 player D-line. The defense may change their front during a 6 play rotation.

If the defense is playing a 5 player line the player over the Center must move to LB when punt or FG/extra point formation.

Only the D-line may rush on punts, FG, and PAT

All defenders may cross the LOS if the ball is fumbled or once the ball carrier is outside the TE box in the case of a fake

