

2025 GOPHER STATE FOOTBALL LEAGUE RULES GUIDE



(National Federation High School Rules will be followed where not listed on guide of GSFL Playing Rules)

GRADE	2nd Grade	3rd Grade	4th Grade	5th Grade	6th Grade	7th Grade	8th Grade
TEAM SIZE	9-Man Max 18 Roster		11-N Max 22			11-Man Max 33 Roster	
FIELD SIZE		/ Λ0 vd	riax oo noster				
BALL SIZE	80 yd x 40 yd Pee Wee			100 yd x 50 yd Junior		Youth (12-14 Year Old)	
COACHING STAFF				ssistant Coaches MAX in Coaching Box			rear Otaj
DEFENSE	4-4-1	4-3		4-3 or 5-2	4-3 or 5-2	Unlimited	
OFFENSE	5-man Balance line; QB & 2 RB's between the tackle; 1 WR allowed	Balanced LOS; All	to have 7 player on other FB alignment wed	Balanced LOS; All	o have 7 player on other FB alignment wed	Offense required to have 7 player on LOS; All other FB alignment allowed	
COACHES ON FIELD	2 Coaches on field for each team; Silent when QB is ready		1 Coach on field for each team - First 2 Games; Silent when QB is ready	No coaches on the fi		eld during action	
WEIGHT RESTRICTION	Red Stripe Over 85 lbs	Red Stripe Over 95 lbs	Red Stripe Over 105 lbs	Red Stripe Over 125 lbs	Red Stripe Over 135 lbs	Unlimi	ted
GAME PLAY	35 sec. play clock on the spot; Two 1 MIN TO's per half; 5 minute half time		35 sec. play clock on the spot; Three 1 MIN TO's per half; 5 minute half time		25/40 second HS play clock; 3-1 MIN TO's per half; 5 minute half time		
KICKOFFS	No kickoffs; Play starts on 20 yd line		No kick	No kickoffs; Play starts on 25 yd line		Live kickoffs at the 40 yd line	
PUNTS	No punts - walk off 20 yds or half the distance if inside the 40 yd line.		No punts - walk off 25 yds or half the distance if inside the 50 yd line	No punts - walk off 30 yds or half the distance if inside the 40 yd line		Live Punts; Must have 7 on the LOS	
GAME ADMIN	Team Benches are 15 yd line to 15 yd line; Switch ends every quarter; Only game day coaches inside the bench area						
SCORING	6 pts for TD; Extra pts are 1 for a run and 2 for a pass or kick 1 pt for Run/Pass; 2 for Kic						ss; 2 for Kick
TIMING	Four 10 minute timed quarters; Clock starts on possession change on ball spot						
MERCY RULES	17 pt lead or more in the 4th Qtr = Clock runs at all times except injuries and officials TO; Or if 28 pts or more at half time can agree to run time 2nd half						
GAME EJECTIONS	Automatic next game suspension; Recommended Association Rep attend next game						
GAME MANAGEMENT	Referee meeting with head coach before game. Home Team supplies chain gang. Coin toss called by visitors and do not elect to go on Defense! Winning team reports scores to GSFL web site within 24 hrs.						
OFFICIALS	Two (2) assigned per game			Three (3) assigned per game			
OFFICIAL NEEDS	Contact Assigner of Record						
GAME REPORTS (+/-)	Sleep on it; Complete on Website						

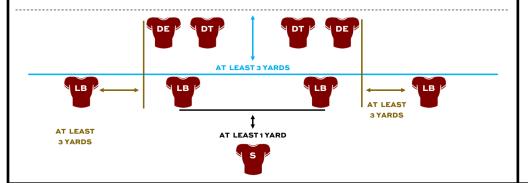


2025 GOPHER STATE FOOTBALL LEAGUE - DEFENSIVE ALIGNMENTS



2nd GRADE

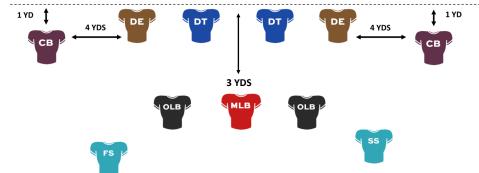
- **DE** Must line up with OT
- **DT** Must line up with OG
- LB's Must be off LOS at least 3 yards
- **OLB's** Must be at least 3 yards outside of DE's
- Safeties Must be behind LB's at least 1 yard



3rd/4th GRADE

- **DE** Must be in 3 or 4 point "down" stance; Head up or outside shade on TE
- DT Must be head up with Guard and in 3 or 4 point "down" stance
- MLB Must be 3 yards off LOS; Head up with Center
- **OLB** Aligned over OT; Cannot stack; Never tighter than head up on OT
- CB Must be at least 1 yard of LOS and 4 yards outside DE
- **Safeties** Line up anywhere; Must be at least 4 yards off LOS

NOTE: CB, LB, Safeties = NO BLITZING



5th/6th GRADE - 4-3

- **DE** Must be in 3 or 4 point "down" stance; Head up or outside shade on TE
- DT Must be head up with Guard and in 3 or 4 point "down" stance
- MLB Must be 3 yards off LOS; Head up with Center
- **OLB** Aligned over C-Gap; Cannot stack; Never tighter than head up on C-Gap
- CB Must be at least 1 yard of LOS and 4 yards outside DE
- Safeties Line up anywhere; Must be at least 4 yards off LOS

NOTE: CB, LB, Safeties = NO BLITZING



5th/6th GRADE - 5-2

- NT Must be head up with Center; In a 3 or 4 point "down" stance
- DE Head up with TE; Outside shoulder of TE or as wide as 1 stride outside TE
- DT Must be head up or outside shoulder with OT and in 3 or 4 point "down" stance
- **OLB** Must be 3 yards off LOS; Head up with Guards
- CB Must be at least 1 yard of LOS and 4 yards outside DE
- Safeties Line up anywhere; Must be at least 4 yards off LOS

NOTE: CB, LB, Safeties = NO BLITZING

