2025 GOPHER STATE FOOTBALL LEAGUE RULES GUIDE

Approved 4/21/25

(National Federation High School Rules will be followed where not listed on guide or GSFL playing rules)

DESCRIPTION/GRADE	2nd Grade	3rd Grade	4th Grade	5th Grade	6th Grade	7th Grade	8th Grade
TEAM SIZE	nine-man/Max 18 Roster	11-player/ Max 22 Roster	11-player/Max 22 Roster	11-player/Max 22 Roster	11-player/Max 22 Roster	11-player/Max 33 Roster	11-player/Max 33 Roster
FIELD SIZE	80 yd X 40 yd	80 yd X 40 yd	100 yd X 50 yd	100 yd X 50 yd	100 yd X 50 yd	100 yd X 50 yd	100 yd X 50 yd
BALL SIZE	Pee Wee	Pee Wee	Pee Wee	Junior	Junior	Youth/Junior	Youth/Junior
COACHING STAFF	1 HC/4 Assistants Max	1 HC/4 Assistants Max	1 HC/4 Assistants Max	1 HC/4 Assistants Max	1 HC/4 Assistants Max	1 HC/4 Assistants Max	1 HC/4 Assistants Max
DEFENSE	4-4-1	4-3	4-3	4-3 OR 5-2	4-3 OR 5-2	Unlimited	Unlimited
OFFENSE	5 man balance line, QB & 2 RB's bwtween the tackle, 1 WR allowed.	Offense required to have 7 players on Balanced LOS. All other FB alignment allowed.	Offense required to have 7 players on Balanced LOS. All other FB alignment allowed.	Offense required to have 7 players on Balanced LOS. All other FB alignment allowed.	Offense required to have 7 players on Balanced LOS. All other FB alignment allowed.	Offense required to have 7 players on LOS. All other FB alignment allowed.	Offense required to have 7 players on LOS. All other FB alignment allowed.
COACHES ON FIELD	2 coaches on field for each team. Silent when QB is ready.	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 field during action.	No coaches on the field during action.	No coaches on the field during action.	No coaches on the field during action.
WEIGHT RESTRICTION	Over 85 lbs must have a red stripe.	Over 95 lbs must have a red stripe.	Over 105 lbs must have a red stripe.	Over 125 lbs must have a red stripe.	Over 135 lbs must have a red stripe.	Unlimited	Unlimited
GAME PLAY	35 sec. play clock on the spot. 2-1 MIN TO's per half. 5 minute half time.	35 sec. play clock on the spot. 2-1 MIN TO's per half. 5 minute half time.	35 sec. play clock on the spot. 2-1 MIN TO's per half. 5 minute half time.	35 sec. play clock on the spot. 3-1 MIN TO's per half. 5 minute half time.	35 sec. play clock on the spot. 3-1 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.	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 kickoffs - play starts on 20 yd line.	No kickoffs - play starts on 25 yd line.	No kickoffs - play starts on 25 yd line.	No kickoffs - play starts on 25 yd line.	Live Kickoffs at the 40 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 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 on own 40 yd line in.	No punts - walk off 30 yds or half the distance if on own 40 yd line in.	Live punts. Must have 7 on the LOS.	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.	Team Benches are 15 yd line to 15 yd line. Switch ends every quarter. Only game day coaches inside the bench area.	Team Benches are 15 yd line to 15 yd line. Switch ends every quarter. Only game day coaches inside the bench area.	Team Benches are 15 yd line to 15 yd line. Switch ends every quarter. Only game day coaches inside the bench area.	Team Benches are 15 yd line to 15 yd line. Switch ends every quarter. Only game day coaches inside the bench area.	Team Benches are 15 yd line to 15 yd line. Switch ends every quarter. Only game day coaches inside the bench area.	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.	6 pts for TD, extra pts are 1 for a run and 2 for a pass or kick.	6 pts for TD, extra pts are 1 for a run and 2 for a pass or kick.	6 pts for TD, extra pts are 1 for a run and 2 for a pass or kick.	6 pts for TD, extra pts are 1 for a run and 2 for a pass or kick.	6 pts for TD, extra pts are 1 for a run and 2 for a pass or kick.	6 pts for TD, extra pts are 1 for a run and 2 for a pass or kick.

DESCRIPTION/GRADE	2nd Grade	3rd Grade	4th Grade	5th Grade	6th Grade	7th Grade	8th Grade
TIMING	4-10 minute timed quarters. Clock starts on possession change on ball spot.	4-10 minute timed quarters. Clock starts on possession change on ball spot.	4-10 minute timed quarters. Clock starts on possession change on ball spot.	4-10 minute timed quarters. Clock starts on possession change on ball spot.	4-10 minute timed quarters. Clock starts on possession change on ball spot.	4-10 minute timed quarters. Clock starts on possession change on ball spot.	4-10 minute timed quarters. Clock starts on possession change on ball spot.
MERCY RULES	17 pt lead or more in the 4th qtr and 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.	17 pt lead or more in the 4th qtr and 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.	17 pt lead or more in the 4th qtr and 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.	17 pt lead or more in the 4th qtr and 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.	17 pt lead or more in the 4th qtr and 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.	17 pt lead or more in the 4th qtr and 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.	17 pt lead or more in the 4th qtr and 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.	Automatic next game suspension. Recommended Association Rep attend next game.	Automatic next game suspension. Recommended Association Rep attend next game.	Automatic next game suspension. Recommended Association Rep attend next game.	Automatic next game suspension. Recommended Association Rep attend next game.	Automatic next game suspension. Recommended Association Rep attend next game.	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.	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.	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.	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.	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.	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.	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	2 assigned per game.	2 assigned per game.	2 assigned per game.	3 assigned per game.	3 assigned per game.	3 assigned per game.	3 assigned per game.
OFFICIAL NEEDS	Contact Assigner of Record.	Contact Assigner of Record.	Contact Assigner of Record.	Contact Assigner of Record.	Contact Assigner of Record.	Contact Assigner of Record.	Contact Assigner of Record.
GAME REPORTS (+/-)	Sleep on it - complete on website.	Sleep on it - complete on website.	Sleep on it - complete on website.	Sleep on it - complete on website.	Sleep on it - complete on website.	Sleep on it - complete on website.	Sleep on it - complete on website.