



Sideline Rules Sheet – Tackle



last updated – August 2023

General Rules (all divisions)

Online rosters are the official rosters. Weights, jersey #'s and player photos are also included in the online rosters

Clock

- 9-minute quarters, 1 minute break between quarters. 7-minute break at half.
- Clock Stops – per MSHSAA rules
- Play clock – per MSHSAA 40/25 rule
- 3 timeouts per half

Ball Carriers

- Eligible ball carriers shall have a 3/4 inch or larger contrasting (from the helmet) solid colored stripe affixed to the center of the helmet to designate eligibility as a ball carrier.
- A non-eligible ball carrier may not have a stripe of any kind affixed to the center of the helmet.
- No ineligible ball carrier may line up in an offensive end or backfield position, except for a punter or place kicker or holder.
- On every play there must be an eligible player with a stripe at each end of the offensive line of scrimmage and in all backfield positions
- Any ineligible player lining up as an end or in the backfield will result in a major penalty.
- Any player may punt, hold or kick for extra points or field goals.
- Any play in which the punter, holder or kicker does not have a stripe can only be a kick. No fakes, no Runs to avoid a blocked kick or run because of a bad snap. Violations shall result in the play being immediately blown dead and a penalty imposed.
- On a punt or field goal the penalty will be a ten (10) yard penalty from the line of scrimmage and the ball given to the receiving team.
- On an extra point a ten (10) yard penalty will be imposed on the ensuing kickoff without a retry.

Spread Rule

- All grade divisions will have a spread rule if there is a 24-point lead or greater, the ball will be placed at mid-field to start play if the winning team scores.
- If the losing team scores, they will have the option to kick off or give the winning team the ball on the 20-yard line (80 yard field) or 25-yard line (100 yard field).
- In all grade divisions, when a team leads by 30 points or more anytime during the game, the clock will become a running clock, stopping only for timeouts and injury.
- The clock will resume when the official places the ball. If the gap closes, regular play will resume.
- The running clock will remain in effect for play-offs and the Championship Bowl.

Overtime

- Each team gets 4 plays to score from 10-yard line, if successful, will also get extra point attempt
- Turnover results in loss of possession
- Coin toss to decide choice of first possession (Team A, Team B then Team B, Team A)
- 1 time out per overtime
- If score is still tied after 3OT, play will begin at the 5-yard line for a maximum of 2 periods. If tied after 5OT, then game results in tie

3rd/4th Grade Rules

Field size – if 100-yard field is available, both coaches must agree to use, otherwise field should be marked down to 80 yards



Sideline Rules Sheet – Tackle



Coaching - During the regular season for 3rd grade tackle, one coach is allowed on the field in each team's offensive and defensive huddle. Once the huddle breaks, the coach must stay at least five yards behind the furthest player in the offensive backfield and defensive secondary. Once the ball is snapped, no coach on the field may communicate with any players on the field in any way.

Kick-Off

- No kickoff, ball placed at 25 yard line (80 yard field) or 35 yard line (100 yard field) to start a new possession after a score
- For 3rd and 4th Grade games, in the 4th quarter of a game in which the scoring team is trailing, in lieu of an onside kick, the scoring team may elect to take the ball at their own 25-yard line on an eighty (80) yard field and their own 35-yard line on a one hundred (100) yard field, 4th and 10 yards.

Scoring

- One (1) point shall be scored for running successfully on conversions.
- Two (2) points shall be scored for passing successfully on conversions
- Two (2) points shall be scored for kicking successfully on conversions. If a kick on an extra point is attempted:
 1. There will be no rush allowed from the defense.
 2. The defense may attempt to block the kick by holding their hands in the air and jumping.
 3. The use of another player to gain leverage or height on an attempted block is prohibited.
 4. The offense must declare an extra point is being attempted and may not fake the kick.
 5. During the snap and placement of the ball if any part of the ball touches the ground other than the tip the play will be called dead and the try no good.
 6. A double clutch by the holder on the placement of the ball will result in the play being called dead and the try no good.

PUNTS

- Any 3rd/4th (or 5th) Grade team facing a 4th down will have the choice of the following (3) three options:
 1. Run a play
 2. Punt the ball with no rush or return. The offense must declare a punt and no fake punts are permitted. This option can only be done on 4th down. Receiving team has a chance at a fair catch. No turnover of any kind will occur during a punt
 3. Opting to have the ball moved twenty (20) yards from the line of scrimmage (80 yard field) or thirty (30) yards from the line of scrimmage (100 yard field) but never inside the opponents 20-yard line. 5th grade is fifteen (15) yards from the line of scrimmage (80 yard field) or twenty-five (25) yards from the line of scrimmage (100 yard field).
 - This option can be done only on 4th down. The decision to move the ball must be made prior to the play clock expiring. Once the decision to move the ball has been made, the game clock will stop, and an additional ten (10) seconds will be run off the game clock. The receiving team will receive the ball 1st and 10 from where the ball is placed because of the 20-yard relocation of the ball. The half or game can never end because of running ten (10) seconds off the clock. (The receiving team must be given the opportunity to execute on play)

5th/6th/7th Grade Rules

Field size (5th/6th) – if 100-yard field is available, both coaches must agree to use, otherwise field should be marked down to 80 yards

Field size (7th/8th) – 100-yard field required to use if available, otherwise 80 yards

Scoring

- One (1) point shall be scored for passing or running successfully on conversions.
- Two (2) points shall be scored for successfully kicking

PUNTS

- 5TH grade (see above in 3rd/4th grade punting rules)
- 6th / 7th – standard punting rules per MSHAA

Kick Off

- The field shall be marked for kickoff from the thirty-five (35) yard lines on an 80-yard field and 40-yard line on a 100-yard field.



Sideline Rules Sheet – Tackle



- The kicking team must line up on the 35-yard line and may not get a running start prior to the ball being kicked.
- Safeties shall be kicked or punted from the twenty (20) yard line (80 yard field), twenty five (25) yard line (100 yard field)
- Touch back ball shall be placed on the twenty-five (20) yard line (80 yard field), twenty five (25) yard line (100 yard field).