

2017
LAKE MINNETONKA ATHLETIC
ASSOCIATION



UNIVERSAL FOOTBALL RULES
ALL LEVELS
May 17, 2017

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UNIVERSAL RULES

GRADES 3 - 8

SECTION 1: ORGANIZATION AND PHILOSOPHY

- 1.1 The Lake Minnetonka Athletic Association (LMAA) is a youth football organization established in 1961. It presently consists of seven Areas, which correspond to the school boundary lines of Hopkins, Minnetonka, Orono, St. Louis Park, Wayzata, Maple Grove (MGYFA) and Edina. Each Area selects an Area Director who coordinates the activities in his or her area and serves on the LMAA Board of Directors.
- 1.2 The LMAA sponsors a football program each fall to offer young people in grades three through eight the opportunity to learn more about the fundamentals of football and to have fun doing it. The program has been designed for all players to enjoy the benefits of participation in youth football.
- 1.3 Spirit of the Rules. Coaches, Players, and Parents must remember the rules are defined to create the most beneficial experience for the players. Coaches must remember that the games are to be played for the players and not for the coaches or parents thus creating the *Spirit of the Rules*.
- 1.4 Communication Protocol. LMAA and member organizations follow a policy of communicating and addressing issues and/or concerns at the lowest level. A parent with an issue should deal with their head coach; a head coach with an issue should address their level director/grade coordinator; the level director/grade coordinator should address issues with their Area Director; the respective Area Director, except in extraordinary circumstances should be the only person to directly communicate with the LMAA Board of Directors.

SECTION 2: REGISTRATION AND MEDICAL RELEASE

- 2.1 Player registrations are accepted until the last official weigh in date, each respective Area's deadline or until the team rosters are filled with players. Any other player registrations must be approved by the LMAA Board of Directors.
- 2.2 Each individual area must have signed registrations including medical releases and any additional paperwork required by each Area's program.
- 2.3 The LMAA Board of Directors sets the LMAA fee for the member Areas each year. Each member Area sets the balance of its registration fees.

SECTION 3: TEAM SIZE AND SELECTION

- 3.1 Team player count within any area shall fall within the following minimum and maximum player count.

Team Roster Size Restrictions				
Grade	1 to 3 Team Min	4 or More Team Min	1 - 3 Team Max	4 or More Team Max
3rd-6th	14	15	26	20
7th & 8th	16	17	30	24

- 3.2 Each Area Director will strive to create competitively balanced teams with approximately equal number of players per team in their Area.
- 3.3. **Team Composition:**
Teams will be organized by each Director in their respective Areas. 3rd - 5th grade teams will be organized by Elementary School boundaries as practical or by Equidraft. The Equidraft System is mandatory for 6th - 8th grades. Areas may use the Equidraft system for all grades at the discretion of the Area Director. The procedure to be used in the Equidraft is found in **Attachment B**. The Equidraft System is designed to create competitively balanced football teams.
- 3.4 Exchange of players between LMAA teams either on a permanent or temporary basis is prohibited without consent of the LMAA Board of Directors.
- 3.5 Team names must be approved by the respective Area Director.
- 3.6 Grades 3 - 6 will play nine-man football.
Grades 7 - 8 will play eleven-man football.
- 3.7 Official Team Rosters can be found on the LMAA website and will contain the following:
- Grade Level and Head & Assistant Coaches' names
 - Player last name, jersey number and weight
 - Players must wear the jersey number listed on the official roster. Failure to do so is unsportsmanlike conduct.

SECTION 4: COACHES

- 4.1 Coaches shall be selected based on their ability to work with young people and not solely on their technical football knowledge. Coaches are required to abide by the coaches code of conduct found at **Attachment A**, by the *Spirit of the Rules*, and by the overall philosophy of the LMAA. Coaches must remember the program is for the players and not for the Coaches.
- 4.2 Coaches must complete all the requirements below to be certified as a coach by the LMAA Board of Directors. All approved coaches will receive an LMAA

identification badge. This badge must be displayed while the Coach is on the field or on the sidelines of all games.

The minimum requirements for all coaches are:

- Shall have the approval of the respective Area Director.
 - Shall complete and pass the LMAA registration and background check.
 - Shall have attended one of the annual MANDATORY LMAA Coaches Rules Meetings.
 - All Coaches are required to be USA football certified or recertified annually.
 - Shall have completed CDC Concussion Training. A current certificate of completion must be provided to each Coach's respective Area director.
 - Pledge to follow/sign the Coach's Code of Conduct per Attachment A.
- 4.3 Two (2) adults must supervise each game, practice and meeting. One of the adults must be an LMAA certified Coach.
- 4.4 Each Area Director, as a member of the LMAA Board of Directors, has complete authority to discipline or remove any coach or parent in his respective area.

SECTION 5: PLAYER EQUIPMENT

- 5.1 All players must use LMAA Board of Directors approved equipment. Players not equipped as outlined below will be sent off the playing field until the necessary changes have been made. Any game official has the discretion to remove a player from the field of play to correct any equipment issue that could affect player safety.
- 5.2 All players must wear:
- Equipment approved by Area's Guidelines
 - Football Helmet with Hard Chinstrap
 - Mouth Guard
 - Football Pants
 - Football Shoulder Pads

*Notes: Shoes may have removable cleats but cannot have metal tips. If any metal becomes exposed, the cleats must be replaced. Athletic supporters/cups are recommended for male players but not required.

SECTION 6: FIELDS

- 6.1 For Grades 3-6, fields will be striped eighty (80) yards in length and forty (40) yards in width. Hash marks will be 15 yards in from the sideline or (5 yards from the center of the field).

For grades 7 and 8 fields will be a standard sized high school football field (100 X 53.3 yards). Hash marks per High School rules are marked approximately 18 yards in from each sideline.

- 6.2 The Area Director shall be responsible to insure that the game fields are in playable condition, properly marked and equipped for an LMAA football game.

- 6.3 The team box shall extend from the thirty (30) yard line to the thirty (30) yard line, five (5) yards deep, should be marked with cones. Only players and those Adults displaying a current LMAA identification badge shall be permitted in the team box during the game.

SECTION 7: PRACTICES

- 7.1 Practice locations must be approved by each Area Director. In addition to what is documented below, each team must meet the practice time requirements as set by their respective Area Directors.
- 7.2 Practice may begin on the official starting date of the MN state high school football league and not before.
- 7.3 After the start of school, all LMAA teams will practice a maximum of three (3) times per week with a maximum of five hours total per week.
- 7.4 LMAA teams are permitted to scrimmage other LMAA teams outside their Area before Labor Day, at the discretion of the respective Area Director.
- 7.5 Play and/or practice between LMAA and non-LMAA teams before Labor Day is acceptable with WRITTEN APPROVAL of the appropriate Area Director.
- 7.6 Play and/or practice between LMAA and non-LMAA teams after Labor Day is forbidden and is considered an un-sanctioned event. Any player or coach participating in an un-sanctioned event will be subject to disciplinary action that may include suspension from play and/or coaching in all LMAA games for that season.
- 7.7 The heat equation, *Attachment C*, will be followed at all practices and games.

SECTION 8: GAMES

- 8.1 Except as otherwise provided by the LMAA Rules, the Rules of the National Federation of State High School Athletic Associations shall apply to all Coaches, Players, Parents, and Referees in the LMAA.
- 8.2 No LMAA team or player shall play more than eight (8) games during the LMAA season without the approval of the LMAA Board of Directors.
- 8.3 There will be no year-end tournament or championship.
- 8.4 Home team Coaches are responsible for the staffing of the chain gang (age 13 minimum). Officials have the right to direct home team to replace chain gang staff if needed.

Home team is responsible for providing a Play Count Marker, to assist with player rotations, for all games. Home team is responsible for staffing Play Count Marker.

- 8.5 The Area Director in the host Area where the game is scheduled to be played shall determine whether a game should be cancelled or postponed because of weather or field conditions before the start of the game. Once the game has begun the game officials will have the authority to cancel or delay the game in progress. **Absent specific cancellation instructions from the Area Director or LMAA, teams and referees are expected to report to their designated game fields no matter what the weather conditions are. The weather cancellation number is 952-583-1353.**
- 8.6 Head Coaches must be available for Pregame meeting with Officials at least 10 minutes before the scheduled start time of each game. Referees and Head Coaches will meet at mid-field before the game starts to discuss how the game will progress, any player issues, etc. Referees will call the Head Coaches to the pre-game meeting. Coaches are to meet with referees at halftime to resolve any issues.
- 8.7 Players are to be in uniform and ready to play thirty (30) minutes before game time. When a field is available, referees are present, and both Head Coaches agree, the game can begin early.
- 8.8 It will be the duty of the game officials, with the help of the Head and Assistant Coaches to keep spectators five (5) yards or more from the field of play during the game. The game will stop until the area is clear. Violations may result in a ten (10) yard penalty.
- 8.9 Only players and those Adults displaying a current LMAA identification badge shall be permitted in the team box during the game. Violations may result in a ten (10) yard penalty.
- 8.10 Home Teams are responsible for keeping the player rotation play count.
- 8.11 Except as otherwise provided by these Rules, all penalties designated as fifteen (15) yard penalties by the Minnesota High School League shall carry a ten (10) yard penalty for games played on an 80-yard fields.
- 8.12 No intentional helmet to helmet contact is permitted. The penalty for failure to comply with this rule shall be ten (10) yards; plus an automatic first down if on the defense or loss of down if on the offense.
- 8.13 Only one Coach shall be allowed on the playing field during team time-outs. Players in the game shall stay on the field and substitute players will stay in the team box during time outs.
- 8.14 There shall be no restrictions on adult assistance to an injured player.
- 8.15 Intentionally running up the score of any game shall be considered unsportsmanlike conduct and penalized accordingly. A four (4) touchdown or 24 or more point lead by a team shall be considered the threshold when the running up the score rule shall start to be enforced.

- 8.16 Any unsportsmanlike conduct by Coaches, Players, or Spectators can result in a fifteen (15) yard penalty, regardless of field size. A warning is not a prerequisite to an unsportsmanlike conduct penalty. All unsportsmanlike conduct penalties will be reported to the Director of Officials and the LMAA Board for appropriate action.
- 8.17 A player receiving an unsportsmanlike conduct penalty will be removed from the game for at least two plays. The player shall be permitted to return only when the Head Coach is satisfied that the Player understands the nature of the misconduct.
- 8.18 There shall be automatic ejection from the game for any fighting or serious offense as deemed by the game officials.
- 8.19 If a player is ejected from a game, then that player may not play in the next game in which they are eligible to participate. The ejected player's Coach must inform their respective Area Director of the suspension the day of the suspension. The Area Director will notify the LMAA Board within 48 hours. Failure to report suspensions by the Coach to the Area Director will result in an additional game suspension for the Player and the Coach. Referees will report any ejections, player, parent or coach, to the Director of Officials.
- If a Coach is ejected from a game, then that Coach may not coach in the next game. The Coach may not resume his duties Area Director approval and consent of the LMAA Board. Consent for reinstatement shall rest solely with the LMAA Board and the LMAA Board shall have the right to ban that Coach from involvement in any LMAA program in the future.
- 8.20 Each Area Director, as a member of the LMAA Board of Directors, has complete authority to discipline or remove any of their Area's coaches, players or spectators from a game or the rest of the season.
- 8.21 In the event of a rules question, the game officials should stop the game and invite both head coaches on the field and resolve the issue
- 8.22 A non-participating LMAA Board Member (not directly involved in the game) is the final authority in any game day dispute or rule interpretations.
- 8.23 All players must wear their helmets during the post-game sportsmanship handshake.

SECTION 9: WEIGHT RESTRICTIONS

- 9.1 All players will be weighed on an official LMAA scale at a scheduled LMAA weigh-in. All weigh-ins will be conducted by an individual appointed by the LMAA Board. All weigh in's will be posted on the LMAA web site.
- 9.2 If a player is unable to attend their area's/team's scheduled weigh-in, the player may attend an alternate LMAA official weigh-in with pre-approval of the their Area

Director. All LMAA official weigh-in dates, times and locations will be posted on the LMAA calendar.

9.3 Except at the direction of the LMAA, there will only be one weigh-in per player. The LMAA reserves the right to conduct additional weight checks on players during the course of season.

9.4 Backs on offense shall have the following maximum weight restrictions without equipment:

Third/Fourth	90 pounds
Fifth	100 pounds
Sixth	120 pounds
Seventh	140 pounds
Eighth	155 pounds

9.5 A player weighing in excess of the above weights shall be deemed a “Striper” for the purpose of these rules. “Stripers” will be designated by a single stripe of contrasting color on the helmet (no other stripes are allowed on the helmet). Stripe must go from front (above facemask) to back (nape of the neck), the entire length of the helmet.

9.6 “Stripers” may not advance the ball on any offensive running play or as part of any kickoff reception, punt reception or fumble. A “Striper” may advance an interception or a recovered fumble.

9.7 Any offensive end may advance the ball only by legal forward pass caught beyond the line of scrimmage. An offensive end may not receive a handoff or lateral behind the line of scrimmage.

9.8 Any player of any weight can be used as a kicker or punter, however, a “Striper” used as a punter must report to the referee before the snap. Failure to report shall result in a five (5) yard penalty. “Striper” punters may not advance the ball by run, pass, hand-off or lateral and must attempt to punt the ball.

9.9 “Stripers” lined up in an Offensive Backfield position shall result in an unsportsmanlike conduct penalty.

SECTION 10: PLAYING TIME

10.1 All grades shall follow a 6 play player rotation. Specifically, after six (6) consecutive plays have been completed, all the team’s players on the sideline shall enter the game and replace each of the players on the field. Coaches must “clear the bench”. For the purpose of these rules, a full roster is considered 18 players (nine man) and 22 players (eleven man).

10.2 Counted plays include all kick-offs, punts and scrimmage downs including extra points. A play that is negated by a penalty will not count as part of the 6 play rotation. Declared punts and dead ball punts do not count as part of the 6 play rotation.

- 10.3 There is no player substitution when a change of possession occurs except when a change of possession occurs on the 6th play of a rotation. There is no player substitution within a 6 play rotation except for injury and for specific exceptions noted elsewhere in the LMAA Rules.
- 10.4 Players may receive less than the stated allocated playing time for disciplinary or lack of attendance. It is up to each Area to have a written policy regarding discipline for behavior and attendance. A player who will not be granted their allocated playing time per the rules shall be identified by his Coach to the game officials and the opposing team's Coach before the game. Failure to follow the playing time rules may result in disciplinary action by game officials and/or Area Director as well as disciplinary action from the LMAA Board. Repeated violations of the allocated playing time rules can result in the removal of a coach.
- 10.5 **Teams with less than full Rosters; 18 (nine man) or 22 (eleven man) Player Rosters**, for players remaining on the field for consecutive rotations as a result of a team not having a full roster, the players remaining on the field must play a different position. The definitions of offensive and defensive positions are defined in the grade specific sections of the LMAA rulebook.
- 10.6 **Teams with more than full Rosters; 18 (nine man) or 22 (eleven man) Player Rosters**, a Player can only sit out one extra series per game. Specifically, for teams with more than 18 or 22 players, since there is an extra player or players on each rotation, a different player must sit for an extra rotation until all players have sat an extra rotation.

SECTION 11: TIMING AND SCORING

- 11.1 Game time for all grades shall be four (4) quarters of fifteen (15) minutes **RUNNING-TIME**, except the last two (2) minutes of each half shall be **STOP-TIME**. During running-time the clock shall only stop for injuries and time outs.
- 11.2 There will be up to a five (5) minute time-out between halves unless both Head Coaches and the referee agree to less time between halves.
- 11.3 There will be up to a two (2) minute time-out between quarters and one (1) coach may go out on the field.
- 11.4 There will be a maximum of three (3) time-outs per team per half. If the officials think a player may be injured, the officials will call time-out and send the player out of the game for at least one (1) play. This is an official time-out and will not be charged against the injured player's team.
- 11.5 There will be no overtime. All ties are official.
- 11.6 Teams will have thirty (30) seconds to put the ball into play.

11.7 There shall be two (2) points scored for an extra point by kicking (on fields with goal posts) or forward pass. There will be one (1) point scored for an extra point by run.

Attachment A

COACH'S CODE OF CONDUCT

I hereby pledge to live up to my obligations as a Coach in the LMAA football program by pursuing the following standards for coaching ethics:

- I will place the emotional and physical well-being of my players ahead of a personal desire to win.
- I will treat each player as an individual, remembering the large range of emotional and physical development for the same age group.
- I will do my best to provide a safe playing situation for my players.
- I will lead by example in demonstrating fair play and sportsmanship to all my players.
- I will provide a sports environment for my team that is free of drugs, tobacco, and alcohol and I will refrain from their use at all youth sports events.
- I will be knowledgeable and adhere to the rules of the organization in which my team will participate and I will teach these rules to my players.
- I will use appropriate coaching techniques for each of the skills I teach.
- I will treat the officials and league staff in an appropriate and respectful manner.
- I will treat my opponents (players, coaches and spectators) in an appropriate and respectful manner.
- I will treat all my players and parents with respect and appropriate behavior.
- I will realize that sometimes things are not always accurate and correct and will accept decisions made on the field by the current officials representing the on field authority during game time situations.
- I will remember that I am a youth sports coach and the game is for the children and not the adults.
- Spirit of the Rules - Coaches, Players, and Parents must remember the rules are defined to create the most beneficial experience for the players. Coaches must remember that the games are to be played for the players and not for the Coaches or Parents creating the *Spirit of the Rules*.

Name: _____ Signature: _____ Date: _____

Attachment B PARENT CODE OF CONDUCT

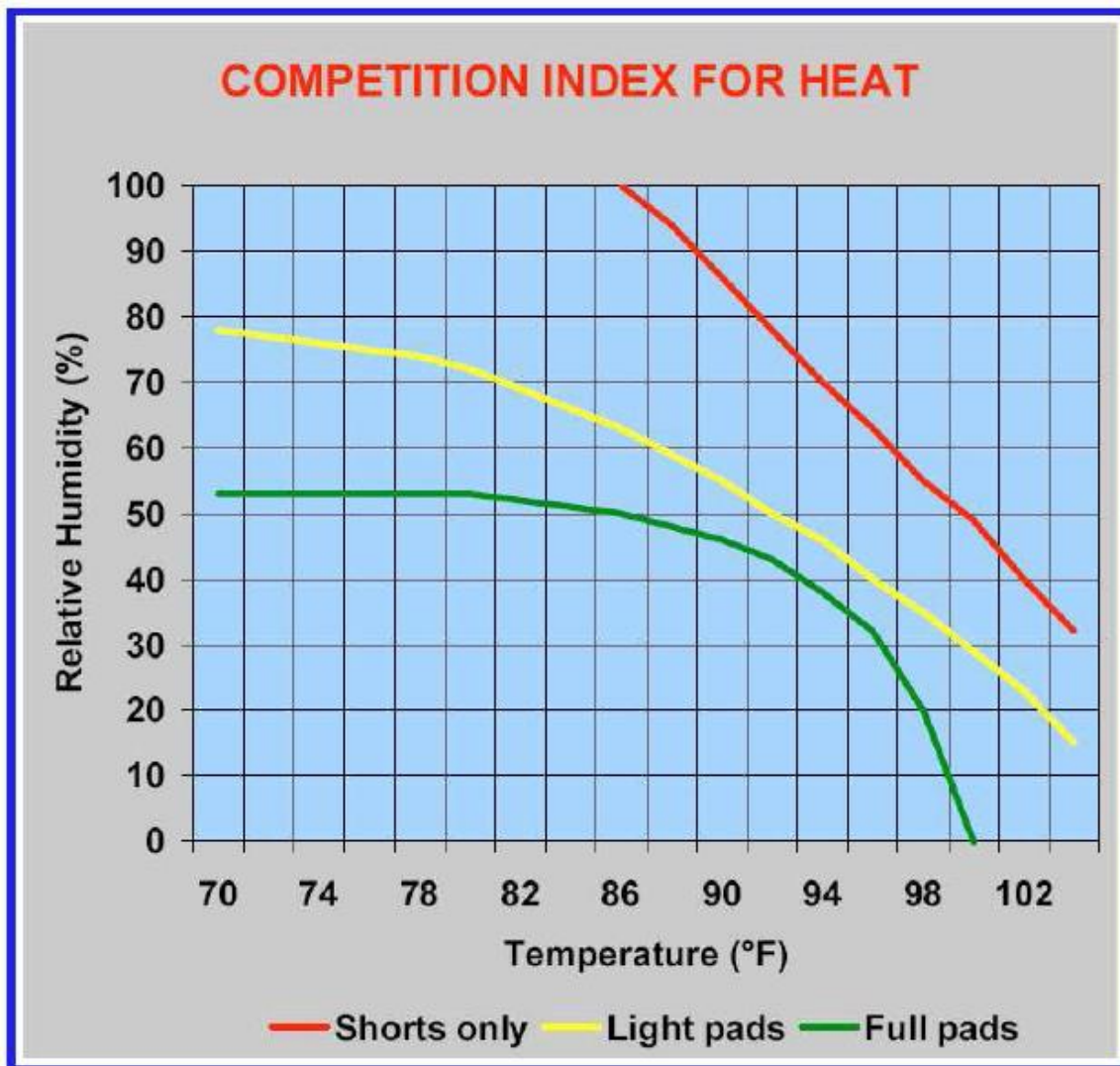
- 🌐 Parent Codes of Conduct are the responsibility of each area association. The LMAA expects all spectators to conduct themselves with the same behavior standards required of the coaches.

Name: _____ Signature: _____ Date: _____

Attachment C LMAA EQUI-DRAFT

See new attachment C

Attachment D HEAT EQUATION



Heat Stress Risk Temperature and Humidity Graph

Reprinted with permission from Kulka TJ, Kenney WL. Heat balance limits in football uniforms: how different uniform ensembles alter the equation. Phys Sportsmed 2002;30(7):29-39.

- GREEN LINE: Regular practices with full practice gear can be conducted for conditions that plot to the left of the green line.
- RED LINE: Cancel all practices when the temperature and relative humidity plot to the right of the red line; practices may be moved into air-conditioned spaces.
- BETWEEN RED AND YELLOW LINES: Increase rest to work ratio with breaks every 20 minutes and all protective equipment should be removed to practice in shorts only when the temperature and relative humidity plot between the red and yellow lines.
- BETWEEN YELLOW AND GREEN LINES: Increase rest to work ratio with breaks every 30 minutes and wear shorts with helmets and shoulder pads only when the temperature and relative humidity plot between the yellow and green lines.
- Heat risk rises with increasing heat and relative humidity. Fluid breaks should be scheduled for all practices and increased as the heat stress rises.
- Add 5 degrees to temperature between 10 AM & 4 PM from mid May to mid September on bright, sunny days.
- Practices should be modified to reflect the conditions for the safety of the athletes.

Attachment E: CONCUSSION AWARENESS



SIGNS AND SYMPTOMS

These signs and symptoms may indicate that a concussion has occurred.

SIGNS OBSERVED BY COACHING STAFF	SYMPTOMS REPORTED BY ATHLETE
Appears dazed or stunned	Headache or "pressure" in head
Is confused about assignment or position	Nausea or vomiting
Forgets sports plays	Balance problems or dizziness
Is unsure of game, score, or opponent	Double or blurry vision
Moves clumsily	Sensitivity to light
Answers questions slowly	Sensitivity to noise
Loses consciousness (even briefly)	Feeling sluggish, hazy, foggy, or groggy
Shows behavior or personality changes	Concentration or memory problems
Can't recall events prior to hit or fall	Confusion
Can't recall events after hit or fall	Does not "feel right"

ACTION PLAN

If you suspect that a player has a concussion, you should take the following steps:

1. Remove athlete from play.
2. Ensure athlete is evaluated by an appropriate health care professional. Do not try to judge the seriousness of the injury yourself.
3. Inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow athlete to return to play **only** with permission from an appropriate health care professional.

IMPORTANT PHONE NUMBERS

FILL IN THE NAME AND NUMBER OF YOUR LOCAL HOSPITAL(S) BELOW:

Hospital Name: _____

Hospital Phone: _____

Hospital Name: _____

Hospital Phone: _____

For immediate attention, CALL 911

If you think your athlete has sustained a concussion... take him/her out of play, and seek the advice of a health care professional experienced in evaluating for concussion.

For more information and to order additional materials **free-of-charge**, visit:
www.cdc.gov/ConcussionInYouthSports

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
CENTERS FOR DISEASE CONTROL AND PREVENTION