

2017  
LAKE MINNETONKA ATHLETIC  
ASSOCIATION



5th and 6th GRADE FOOTBALL  
2017 RULES

Updated 5/23/2017

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## 5<sup>th</sup> and 6<sup>th</sup> GRADE OFFENSE

\*For 5<sup>th</sup> Grade, the maximum weight, without equipment, for backs on offense is 100 pounds.

\*For 6<sup>th</sup> Grade, the maximum weight, without equipment, for backs on offense is 120 pounds.

56.1 5<sup>th</sup> and 6<sup>th</sup> Grade will play 9-Man Football.

56.2 Approved footballs for 5th and 6th Grade are: Badin 100, Mikasa 5506, Rawlings ST5 Comp Junior 100, Rawlings R2 Junior, Wilson TDJ Pattern Junior and the Riddell R42334, R42304 or the R42337.

56.3 Positions: The three (3) Offensive positions shall be defined as:

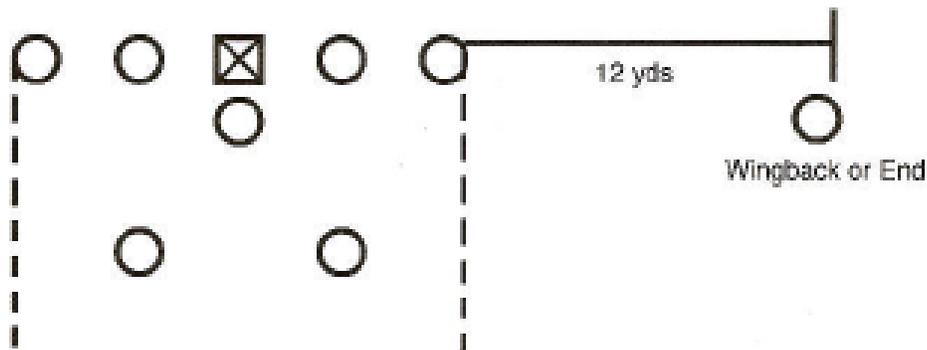
1. Backfield- (Includes: QB, RB, Wing Back/Flanker)
2. End
3. Interior Linemen (center, guards)

\*At completion of each 6 play rotation, the entire backfield must be replaced with 4 different players.

56.4 There is no required playbook for 5<sup>th</sup> and 6<sup>th</sup> grades. Coaches are free to design plays that comply with LMAA and High School rules.

56.5 One Coach will be allowed on the field to organize the team in the huddle. Once the huddle breaks, the on-field Coach may not talk to the players. Coaches may be warned once and subsequent violations can result in a five (5) yard penalty.

56.6 Teams must have at least eight players with the box defined by the end position in tight formation. One (1) wing back or one (1) end may be split to a maximum of twelve (12) yards. Examples of legal formations are diagramed at the end of the 5<sup>th</sup> - 6<sup>th</sup> grade rules.



8 PLAYERS WITHIN ENDS IN TIGHT FORMATION

- 56.7 Except for the split end, the maximum split for players on the line of scrimmage shall be two (2) feet.
- 56.8 There shall be no player in motion, no shifting and no unbalanced line.
- 56.9 With the six (6) play rotation, interior linemen, ends, and backs are allowed to move within their defined positions (i.e. left guard can move to the right guard, but left guard CANNOT move to the right end).
- 56.10 Rotation is allowed within the defined positions only before the offensive line is set.
- 56.11 Players may not lead with the helmet. Players may not initiate contact with the crown/top of the helmet. This will result in a personal foul penalty.

## 5<sup>th</sup> and 6<sup>th</sup> GRADE DEFENSE

- 56.12 The four (4) defensive positions shall be:
1. End
  2. Tackle
  3. Linebacker
  4. Defensive Back/Safety
- 56.13 One Coach will be allowed on the field to organize the team in the huddle. Once the offensive huddle breaks, the on-field defensive Coach may not talk to players. Coaches may be warned once and subsequent violations will result in five (5) yard penalty.
- 56.14 Defensive Tackles must be in a three or four point stance. Defensive Ends may be in a two, three or four point stance.
- 56.15 Teams must use the LMAA approved standard 4-3-2 defensive alignment with defensive tackles head up on the offensive guards.

Defensive ends may line up head up on the offensive end or may “shade”/line up on the outside shoulder of the offensive end. The inside foot of a defensive end using a shade technique must be between the feet of the offensive end.

If the offensive end is split, the defensive end can be lined up over air where the offensive end would be in a tight formation or anywhere out to the outside shoulder of the split offensive end.

56.16 Within the six (6) play rotation, defensive players are allowed to change sides within their defined positions (i.e. left DE and right DE can trade places, left DE cannot move to linebacker or safety).

56.17 Slanting/Shooting the gap is allowed, stunting is not allowed.

Slanting/Shooting the gap is when a defensive lineman slants or rushes to the left or right of the offensive lineman directly across the line of scrimmage.

Stunting is defined as one defensive lineman crossing behind another in hopes of either going unblocked or gaining an advantage on his blocker.

56.18 There is no Blitzing allowed in LMAA Football.

Linebackers must be at least three (3) yards from the line of scrimmage.

Defensive backs must be at least five (5) yards from the line of scrimmage.

Linebackers and defensive backs must be coached to read all the plays. Defensive players who line up on the line of scrimmage are the only defensive players who can cross the line of scrimmage, until the ball carrier is outside the box defined by the offensive end positions in tight formation. Once the back that is carrying the ball is outside the end positions, any defensive player may cross the line of scrimmage. The exception is when a fumble occurs; every player may cross the line of scrimmage.

The penalty for failure to comply with the above rule shall be ten (10) yards and an automatic first down.

## 5<sup>th</sup> and 6<sup>th</sup> GRADE PUNTING AND KICKING

56.19 Teams will “dead ball” punt. A dead ball punt is defined as follows: All players will be set. Offensive and Defensive lines shall take a knee except for the center/long snapper. The center will snap the ball to the punter. There will be no blocking, rushing of the punter, coverage of the punt or other contact during the play. The defense will have two players back to attempt to receive the punt. Once the punter has kicked the ball, the ball will be spotted where ever the ball is first touched by the receiving team. A dead ball punt will NOT count as part of the 6 play rotation. Any punt failing to cross the line of scrimmage will be a re-kick. An offensive player already on the field can be used as the punter and long snapper/center.

56.20 Teams will not kickoff. Offensive teams will start the ball on their own thirty-five (35) yard line.

56.21 Following a Safety, teams will dead ball free kick from their 15 yard line. The entire receiving team may participate as receivers of the free kick. The ball will be spotted where ever the ball is first touched by the receiving team. A dead ball free kick will NOT count as part of the 6 play rotation.