

2025
LAKE MINNETONKA ATHLETIC ASSOCIATION



UNIVERSAL FOOTBALL RULES
ALL LEVELS
July 29, 2025

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Universal Rules – Grades 4th through 8th

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UNIVERSAL RULES

GRADES 4th through 8th

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 six Areas, which correspond to the school boundary lines of Hopkins, Minnetonka, Saint Louis Park, Wayzata, Maple Grove 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 games are to be played for the players and not for the coaches or parents thus creating an outstanding game experience for all players that are involved in the game. The *Spirit of the Rules.* All players participate and receive equal participation and playing time as defined in Section 11.1.
- 1.3 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. 4th & 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 4th – 6th will play nine-man football.
Grades 7th – 8th 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.
 - During games players must wear the jersey number listed on the official roster. Failure to do so will result in an unsportsmanlike conduct penalty.

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 coach's 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 badged coaches are:

- Shall have the approval of the respective Area Director.
- Have pledged and signed the Coached code of Conduct.
- Attend their local coaches meeting before the season begins.
- Complete the following requirements tracked through Trusted Coaches
 1. Shall complete and pass a background check annually.
 2. Shall have completed the LMAA Coach & Rules online training annually.
 3. Shall have completed Concussion Training Within the last three (3) years.

Practice Assistant Coaches:

- Any coaches that desire to only help the team in practices must complete the following minimum requirements to assist on the field at practice.
 1. Pass the Trusted Coaches background check.
 2. Completed Concussion Training within Trusted Coaches within the last three (3) years.

4.3 Two (2) adults must supervise each game, practice and meeting.

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. Helmet face shields can be used and applied to face mask, face shields must be clear and cannot be tinted in color. Athletic supporters/cups are recommended for male players but not required.

SECTION 6: FIELDS

- 6.1 For Grades 4th through 6th fields will be striped eighty (80) yards in length and forty (40) yards in width. Hash marks will be approximately 15 yards in from the sideline or (5 yards from the center of the field).

For grades 7th and 8th fields will be a standard sized high school football field (100 X 53.33 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 ensure that the game fields are in playable condition, properly marked and equipped for an LMAA football game. Closures must be communicated in a timely manner to the LMAA to ensure accurate field status notices posted on the front page of www.LMAA.org.
- 6.3 The team box shall extend from the thirty (30) yard line to the thirty (30) yard line, ten (10) 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. The LMAA Acclimatization Period will begin on the first permissible day of practice. Full pads are not allowed until the first practice of Week 2 at the earliest. Anyone who misses any practices during the acclimatization period will not be allowed to be in full pads until they comply with the USA Football Acclimatization guidelines.
- 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 prior to first game of the season at the discretion of the respective Area Director.
- 7.5 Play and/or practice between LMAA and non-LMAA teams prior to first game of the season 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 the defined numbers of games for the grade level during the LMAA season without the approval of the LMAA Board of Directors. Fourth (4th) through sixth (8th) grade will play 8 games per season.
- 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 the 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 the 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 canceled 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.**
- 8.6 Head Coaches must be available for Pregame meetings 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 Head Coach and Assistant Coaches, with the help of the game officials, 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 field.
- 8.12 It is a personal foul if a player lowers his head to initiate and make contact with his helmet against an opponent (Offensive or Defensive). The penalty for failure to comply with this rule shall be fifteen (15) yards (10 yards for 80-yard field); plus, an automatic first down if on the defense or loss of down if on the offense. The Player committing the foul will sit out a minimum of TWO (2) plays and is to be coached on correcting their technique prior to returning to the game.
A second personal foul call for intentional and/or excessive helmet to helmet contact for the same player in the same game will result in the Player being ejected from the game. Any Player ejected from a game for TWO (2) helmet to helmet contact personal fouls will also be disqualified from competing in the next game.
- 8.13 The initial contact by the tackler must be below the shoulder. Violation of this rule will result in a personal foul.
- 8.14 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.
- 8.15 There shall be no restrictions on adult assistance to an injured player.
- 8.16 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.
- 8.17 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.
- 8.18 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.
- 8.19 There shall be automatic ejection from the game for any fighting or serious offense as deemed by the game officials.

8.20 If a player is ejected from a game; If the ejection occurs in the 1st half the player may not return to the field until the 2nd half of the following game. If the infraction occurs in the 2nd half the player shall not participate in the following game. 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 24 hours in writing. Failure to report suspensions by the Coach to the Area Director will result in a game suspension for the Coach. Referees will report any ejections of 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 until 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.

8.21 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.

8.22 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.

8.23 A non-participating LMAA Board Member (not directly involved in the game) is the final authority in any game day dispute or rule interpretation.

8.24 All players must wear their helmets during the post-game sportsmanship handshake.

SECTION 9: VIDEO RECORDING OF GAMES

9.1 On-field video recording shall not be permitted during any LMAA football game at any grade level. Recording is specifically not allowed by on-field coaches for 4th, 5th, and 6th grade games.

- "On-field" is defined as within 5-yards of the playing field out-of-bounds markings.
- First infraction shall be a warning by the Officials.
- Second and subsequent infraction(s) shall result in a 15-yard Unsportsmanlike Penalty.

9.2 Drone use for video purposes of games will not be permitted during the game. This has a potential of being a distraction to players, officials, coaches, and spectators. Please notify the game official if a drone is noticed during the game. Please be aware that stoppage to identify the operator may impede on the completion of a game.

- Play will be stopped until the drone is addressed due to safety concerns.

9.3 Video recording shall not be presented to Officials at any time during a game for review. This includes end of quarters, halftime, or end of game.

- Infraction shall result in a 15-yard Unsportsmanlike Penalty.

9.4 Only in cases of misconduct, safety, or malice will any recording be reviewed by the LMAA Board of Directors and/or head of officials to determine any disciplinary action. The LMAA Board of Directors will have discretion to determine what incidents will be reviewed if a video recording exists.

SECTION 10: WEIGHT RESTRICTIONS

10.1 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-ins will be posted on the LMAA web site.

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

10.3 If a Player registers after the completed weigh in schedule or receives a family travel exception, the coach must request a weigh in time with their Association Director. Association Director will schedule weigh in time with another participating Association. Player must participate in minimum (5) five association practices (acclimation safety period – See Attachment F) after registration date prior to seeing live game action.

10.4 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 the season.

10.5 The following weights shall be used to determine a “striper” as defined in 9.5. They shall have the following maximum weight restrictions without equipment:

| | |
|---------|------------|
| Fourth | 90 pounds |
| Fifth | 100 pounds |
| Sixth | 120 pounds |
| Seventh | 145 pounds |
| Eighth | 160 pounds |

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

- 10.7 “Stripers” playing offense may not advance the ball on any offensive running play or as part of any kickoff reception and punt reception.
- 10.8 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.
- 10.9 Any player of any weight can be used as a Punter, Kicker or Holder; however, a “striper” being used as a punter/kicker/holder may not advance the ball by run, but can advance the ball by pass, hand-off or lateral on fake or broken play.
- 10.10 A “striper” may play quarterback in 4th through 8th grade but cannot advance the ball as defined in 10.7. In the quarterback position, they may hand the ball off (hand off) or throw the ball down field (pass). They are not allowed to advance the ball via run or scramble past the line of scrimmage. In the event the “striper” playing quarterback advances the ball via the run, the play will immediately be blown dead by the referee. “Stripers” designated to potentially play the quarterback position shall be identified during the pre-game coach & referee meeting. “Stripers” lined up in an Offensive Backfield in the RB, Wing, etc. other than the QB position shall result in an unsportsmanlike conduct penalty.
- 10.11 All offensive and defensive players including “stripers” can advance fumbles, interceptions, and tipped passes created by a defensive player.

Example:

- Offensive QB muffed snaps, handoffs, and laterals may not be advanced by an offensive “striper” that occur behind the line of scrimmage.

SECTION 11: PLAYING TIME

- 11.1 All grades shall follow a 6-play player rotation ensuring players participate in at least 50% of the game and not more than 75% of the game. A full roster is considered 18 players (nine man) and 22 players (eleven man).

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 teams with less than full rosters, Players staying on the field must rotate to a different position group and these players are required to come off the field at a minimum every 3rd rotation during the course of a game.

- 11.2 Counted plays include all live action kick-offs, punts and scrimmage downs including extra points. All scrimmage downs with live action counts towards the 6-play count whether a penalty occurs and is accepted or declined.

- Declared punts and dead ball punts in 4th, 5th and 6th grade and any pre-snap or dead ball penalty for all grade levels does not count towards the 6-play count.

- 11.3 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.
- 11.4 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.
- 11.5 **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 position groups are defined in the grade specific sections of the LMAA rulebook.
- 11.6 **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 12: TIMING AND SCORING

- 12.1 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.
- 12.2 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.
- 12.3 There will be up to a two (2) minute time-out between quarters and one (1) coach may go out on the field.
- 12.4 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.

12.5 There will be no overtime.

12.6 Teams will have thirty (30) seconds to put the ball into play.

12.7 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 my team.
- 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 LMAA 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.
- I will abide by this code of conduct when using social media.
- Spirit of the Rules – Coaches, Players, and Parents must remember the rules are defined to create the most beneficial experience for all 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 / GUARDIAN CODE OF CONDUCT

The LMAA believes that: participation in any sports program plays an important role in promoting the physical, social, and emotional development of our youth. To that end, it is essential to provide a positive and enjoyable learning experience for youth, teaching sportsmanship, fair play, integrity, honor, respect, loyalty, personal courage, and dedication through the game of football. Furthermore, parents, coaches, spectators, and officials involved in youth sports events should be models of such statements and should lead by example by demonstrating fairness, respect, and self-control. This Code of Conduct requires that you commit to be responsible for your words and actions while attending, or participating in all events and that you conform your behavior to the following:

1. I will teach my child that doing one's best is more important than any other outcome. I will teach my child not to feel bad about any ending result that may have happened.
2. I will encourage my child to participate by the rules and to resolve conflicts without resorting to hostility or violence.
3. I will praise my child for trying hard and competing fairly, and make my child feel like a winner every time.
4. I will never ridicule or yell at my child, other participants, coaches or officials. I will cheer for everyone and avoid booing at all costs. I will even acknowledge other participants when they have done well.
5. I will respect and show appreciation for the volunteer directors, coaches and officials who give their time to my child.
6. I will not assist the coach by yelling instructions at participants unless asked by the coach.
7. I will remember that these participants are amateurs that cannot be judged by the standards of a professional team.
8. I understand that all officials do their utmost to be impartial; they try their best to provide a safe and suitable framework so that the game is well played, and I will respect their decisions.
9. I will not question any official's calls, bias or judgment.
10. I will show respect for any opponents, because without them there would be no game.
11. I will not use profanity, nor will I harass any participants, coaches, officials, or other spectators.
12. I will remember that my child participates in sports for his/her enjoyment and not mine.
13. I will not force my child to participate in any sports program they do not wish to be in.
14. I will abide by a doctor's decision in all matters of players health and injuries and physical ability to play.
15. I will refrain from the use of any tobacco product, or alcoholic product while at a game or practice. I will not use drugs.
16. I will abide by this code of conduct when using social media.

Name: _____ Signature: _____ Date: _____

Attachment C:

LMAA EQUI-DRAFT

1.0 General

1.1 The goal of the Equidraft is to have each Area form teams of equal player talent, player size/weight, and potential.

1.2 The Area Director may allow the coaches from each grade level to participate in the Equidraft process. If at any time during the Equidraft process coach participation becomes counterproductive the Area Director may dismiss the coach or coaches from the Equidraft. The Area Director may delegate their authority to another member of that Area's Board of Directors if the Area Director is unable to attend the Equidraft, but the Area Director must review and approve the results of the Equidraft before the teams formed are submitted to the LMAA.

1.3 All players are to be evaluated at skills sessions conducted by grade level under the supervision of the Area Director. The players will be weighed during the skill evaluations. Each player will be assigned a player ability number (for example, 1-10). These numbers will be used to numerically balance the talent on each team.

2.0 Coach Groups

2.1 Sons/Daughters of Coaches will be assigned to play on the team (Coach Group) of their parent/coach. There shall be one (1) head coach and one (1) assistant coach (or up to two (2) assistant coaches with Area Director Approval) assigned to a Coach Group.

2.2 The Area Director will then equalize the levels of each group's talent by adding one player to each team at the same grade level. If needed, the Area Director may add a second player to each group to equalize the groups prior to the Equidraft. The goal is to make each group's ability numerically equal for all **Coach** Groups in a grade level prior to forming the Equidraft Groups. No more than two additional players will be assigned to any Coach Group.

3.0 Equidraft Groups

3.1 The Equidraft Groups are formed by using the results of the skills evaluations and other information such as weight or special skills, to form equal strength groups. Players are assigned to groups which are identified by an Equidraft Group number or

letter. Coaches are not to be identified with any of the Equidraft Groups at this stage of the process.

3.2 Each Equidraft Group number or letter is then placed in a hat. At this time the Area Director or each Head Coach will draw a number or letter from the hat to determine which Equidraft Group will be added to each Coach Group to form each team. No changes or swapping of players between teams or Coaches is permitted after the drawing takes place. Team and player selections are final unless directed by the Area Director only for a compelling reason (for example, special needs child). Note car-pooling is not a compelling reason. The results of the Equidraft, including any changes made by the Area Director shall be submitted to the LMAA Board of Directors.

4.0 Guidelines

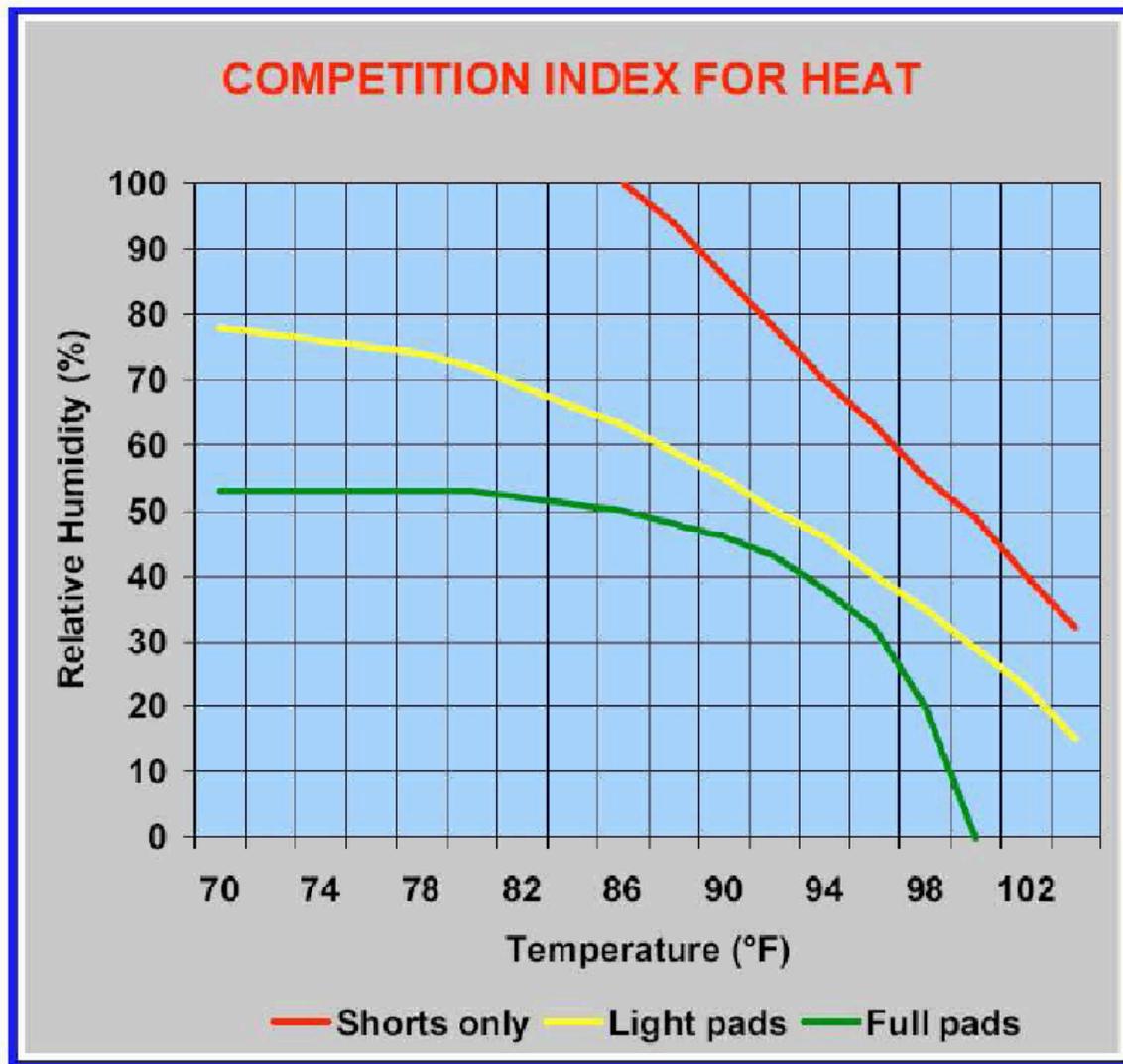
4.1 Player ratings must be kept strictly confidential and never disclosed to players.

4.2 Coaches must not contact the players assigned to their teams until the Area Director has approved the teams.

4.3 Area Directors and Coaches should balance the skills and size/weight of both the Coach Groups and Equidraft Groups.

4.4 Each team organized by the Equidraft shall have a minimum of 30% turnover from teams formed for the prior season. Exceptions must be approved by the LMAA Board of Directors.

HEAT EQUATION

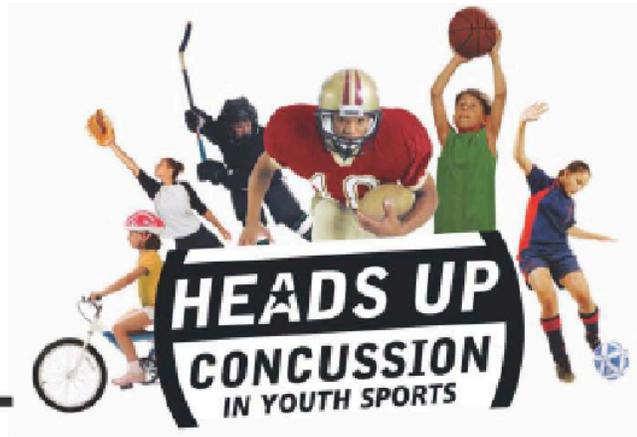


Heat Stress Risk Temperature and Humidity Graph

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.

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

July 2018

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



USA FOOTBALL ACCLIMATIZATION PERIOD

YOUTH ACCLIMATIZATION CHART

| Area of Practice Modification | Practices 1-4 | | Practices 5-14 |
|---|------------------------------|---------------------------|---|
| | Days 1-2 | Days 3-4 | |
| # of Practices Permitted Per Day | 1 | 1 | 1 |
| | Maximum 4 practices per week | | |
| Equipment | Helmets only | Helmets and shoulder pads | Full equipment |
| Maximum Duration of Single Practice Session | 90mins | 120mins | 120mins |
| Contact | No contact | Control | Full contact: 30mins/ day 120mins/ week |