

# LAKE MINNETONKA ATHLETIC ASSOCIATION



## 7<sup>th</sup> and 8<sup>th</sup> GRADE FOOTBALL 2025 RULES

July 29, 2025

# Table of Contents

## Grade Specific Rules – Grades 7<sup>th</sup> – 8<sup>th</sup> grade

7 <sup>th</sup> and 8 <sup>th</sup> Grade Offense	Page 3-4
7 <sup>th</sup> and 8 <sup>th</sup> Grade Defense	Page 5-6
7 <sup>th</sup> and 8 <sup>th</sup> Grade Punting and Kicking	Page 6-8

## 7th and 8th GRADE OFFENSE

\*For 7<sup>th</sup> Grade, the maximum weight, without equipment, for backs on offense is 145 pounds.

\*For 8<sup>th</sup> Grade, the maximum weight, without equipment, for backs on offense is 160 pounds.

78.1 7<sup>th</sup> and 8th Grade will play 11-Man Football.

78.2 Approved game footballs for 7th & 8th Grade: Footballs used shall be of leather or leather composite material and be Youth size. For Example: Rawlings ST5 Edge Comp Youth, Wilson TDY or GST Pattern Youth, Nike Vapor Youth, Under Armour 495 / 595 Youth.

78.3 Position Groups. The five (5) Offensive position groups shall be defined as:

1. Backfield- (Includes: QB, RB, Wing-Back/Flanker)
2. Center
3. Guard
4. Tackle
5. End

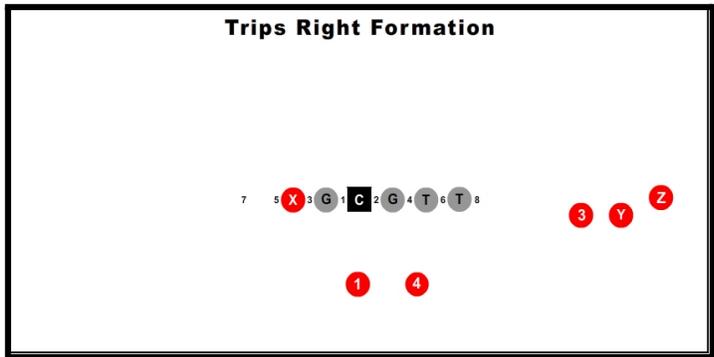
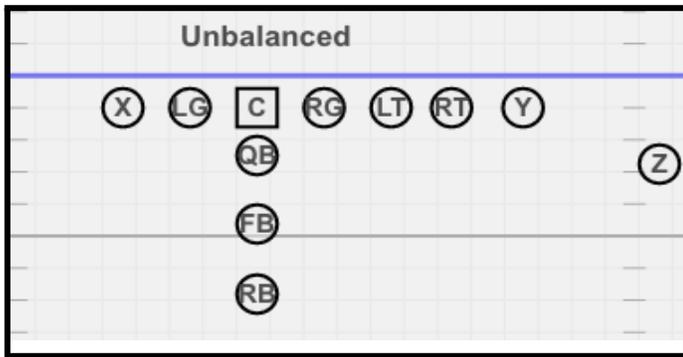
### ❖ **At completion of each 6 play rotation:**

The entire backfield must be replaced with 4 different players. For players staying on the field for the next 6 play rotation they must move out of their current position group and move to a new position group.

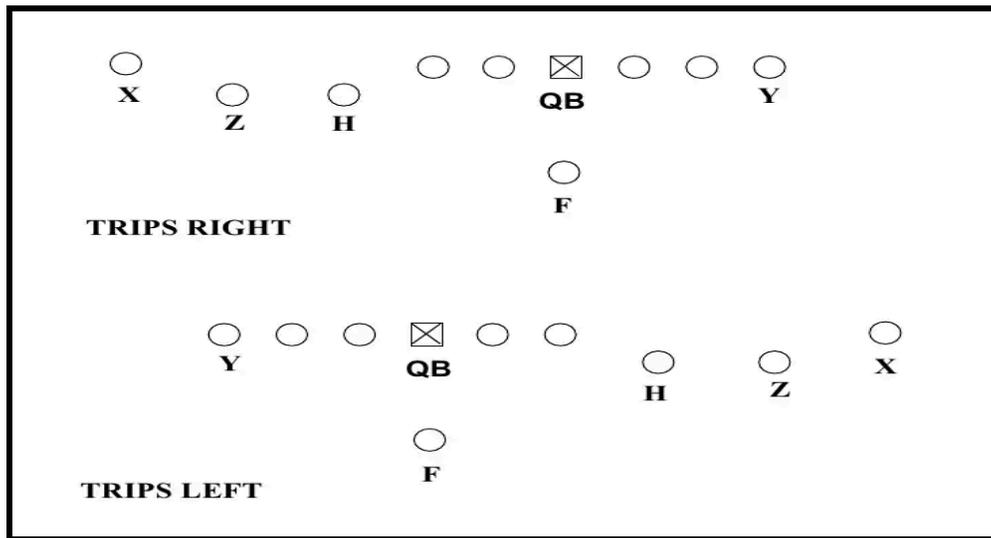
For Example:

- o Backfield must rotate to Center, Guard, Tackle or End
- o Center must rotate to Guard, Tackle, End or Backfield
- o Guard must rotate to Center, Tackle, End or Backfield
- o Tackle must rotate to Guard, Center, End or Backfield
- o End must rotate to Guard, Center, Tackle or Backfield
- o Black-Strippers must rotate between End, Tackle, Guard, Center or QB.

78.4 Teams must have two (2) backs at a minimum, one (1) being the quarterback, within the ends where ends would be in (tight formation) when the ball is snapped (No Empty Backfield). Wingbacks/Flankers and/or Ends may be split to a maximum of 15 yards. No more than three (3) players may be split wide on either side of the ball forming (Trips), and when three Players are split one must be an End. 7th and 8th Grade can utilize any legal formation. No set formation or player in motion may occur which gives a team an unbalanced line formation with only two players to the left or right of center.



Example of Illegal Unbalanced Formations



Example of Legal Trips Right & Left Formations

- 78.5 Except for the paragraph above, the maximum split for players on the line of scrimmage shall be four (4) feet for 7<sup>th</sup> and 8<sup>th</sup> grades.
- 78.6 No Coach is allowed on the field to organize the team in the huddle. However, two players may be designated per half to shuttle plays on and off the field from the sideline to the huddle, with one of such player being on the sideline and other in the game at any given time. The Head Coach shall communicate the two players who will perform this task to the referees and the opposing coach at the beginning of the half. The player shuttling in the play must play the legally defined position of the player they are replacing, as defined in Section 78.3.
- 78.7 There may be a single player in motion, but no shifting and no unbalanced line is allowed.
- 78.8. 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

## 78.9 Assisted Forward Progress ("Tush Push") Ban

1. Definition: The "tush push" is defined as any offensive play in which one or more offensive players intentionally push or propel the quarterback forward after the snap, typically during a quarterback sneak or short-yardage situation.
2. Prohibited Conduct:
  1. No offensive player may intentionally push, pull, or otherwise assist the forward progress of a teammate who is carrying the ball.
  2. This includes, but is not limited to, pushing from behind, lifting, or driving the ball carrier forward using body contact.
3. Permitted Actions:
  1. Legal blocking in front of or beside the ball carrier is allowed.
  2. Incidental contact resulting from normal play development is not considered a violation unless it is clearly intended to assist forward progress.
4. Penalty:
  1. 5-yard penalty from the previous spot.
  2. Loss of down on the play.

## 7th and 8th GRADE DEFENSE

### 78.8 Position Groups. The four (4) Defensive position groups shall be defined as:

1. Linebacker
2. Tackle (includes nose tackle/guard)
3. End
4. Defensive Back/Safety

#### ❖ **At completion of each 6 play rotation:**

For players staying on the field for the next 6 play rotation they must move out of their current position group and move to a new position group.

For Example:

- o Linebacker must rotate to Tackle, End or Defensive Back/Safety
- o Tackle must rotate to End, Linebacker or Defensive Back/Safety
- o End must rotate to Linebacker, Tackle or Defensive Back/Safety
- o Defensive Back/Safety must rotate to Tackle, Linebacker or End

### 78.9 Teams may use the standard four (4) or five (5) person front with defensive tackles head up on the offensive linemen across from them. Due to down & distance the defensive line may adjust between four (4) and five (5) person fronts during the 6 play rotation. **Only one (1) player** can move in or out of the **Noseguard** position during the 6 play rotation.

For Example:

- o A Linebacker can move to Nose Tackle and back to Linebacker during the 6 play rotation, no other players may change their position group.
- o If the player stays on the field for the next 6 play rotation they have to move out of the position group they played the most snap at. In the event the player played equally at two position groups they should be rotated to a different position group than the one they began the rotation at.

78.10 Defensive Tackles must be in a three or four point stance. Defensive Tackles must be heads up on the offensive lineman nearest them. Defensive Ends may be in a two, three or four point stance. The defensive line must be set before the ball is snapped. Once the offensive line is set, the defensive line is not allowed to adjust their alignment or playing position. The penalty for the defensive line not being set or adjusting their alignment shall be five yards. If the offense is attempting to catch the defense unprepared (not ready for the snap and play) by operating in a “hurry up” mode the defense should not be penalized for not being set

78.11 There is no limit on pre-designed stunting by any number of defensive linemen.

78.12 No Coaches will be allowed on the field to organize the team in the huddle.

78.13 There is no substitution during defensive rotation from the sidelines. A Coach may not shuttle players in to make defensive calls.

78.14 Defensive linemen may not use an unbalanced line. The defensive line must be symmetrically balanced. Odd person fronts must have a nose tackle head up on the center. Symmetrically balanced is defined as defensive lineman on either side of center are lined up against the same offensive position. If one defensive tackle is over the guard then the other must also be over the guard.

If the offensive end is split, the defensive end could 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. However, the defensive end may not line up over the offensive tackle.

Defensive Tackles must be in a three or four point stance. Defensive Tackles (including Nose Tackles) must be heads up on the offensive lineman nearest them. Defensive Ends may be in a two, three or four point stance. Once the Offensive line is set; the Defense Line is not allowed to adjust their alignment or playing position.

The defensive tackles can switch the alignment over the offensive guards OR the offensive tackles, within the same 6 play rotation.

As long as the defensive front is balanced, meaning both defensive tackles are either over offensive guards or offensive tackles, then switching the defensive tackle from covering the guards to tackles (or tackles to guards) within the 6 play rotation is allowed.

78.15 Slanting/Shooting the gap and Stunting is allowed at 7<sup>th</sup> and 8<sup>th</sup> Grade.

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 crosses behind another in hopes of either going unblocked or gaining an advantage on his blocker.

- 78.16 There is no Blitzing in LMAA football. The penalty for failure to comply with the above rule shall be ten (10) yards and an automatic first down.
- o Linebackers must be at least three (3) yards from the line of scrimmage.
  - o 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.

## 7th and 8th GRADE PUNTING and KICKING

- 78.17 Teams may punt the ball. There shall be no blitzing on punts by linebackers or defensive backs. Teams may not declare a punt. There will be no player lined up over the center on any punt. The closest defensive player directly across from the center will be the middle linebacker. If the defense has been playing an odd man front defense, the player lined up over the center must move to a linebacker position when the offense is in punt formation. No other defensive player rotation or position change is allowed. There is no substitution allowed by the defensive/punt receiving team. Black strippers on the receiving team may not advance the punt.
- 78.18 In a punting situation, the punting team may release one player downfield across the line of scrimmage prior to the punt.
- 78.19 A punting team may substitute either or both the long snapper (center) and the punter for punting situations. These substitutions may occur outside the normal player rotation and will not require the use of a time out. Once the play is complete, the long snapper and punter who entered the game for the punt must return to the sideline and the players they replaced return to the game for the balance of the normal rotation.
- 78.20 Any player of any weight can be used as a Punter, however, a "Striper" being used as a Punter may not advance the ball by run, but can advance the ball by pass, hand-off or lateral on fake or broken play.
- 78.21 During a pre-game coin toss, the team which wins the toss may choose to kick or receive with the understanding that the team receiving in the first half will kick in the second half. Deferring

until the 2<sup>nd</sup> half is not allowed. This will guarantee each team to receive once during each game.

- 78.22 Teams will kickoff. Kickoffs shall be from the kicking team's forty (40) yard line.
- 78.23 The receiving team must have five (5) players in front of its own forty-five (45) yard line. Black stripers on the receiving team may not advance the kickoff.
- 78.24 The ball shall be placed on the receiving team's twenty (20) yard line following a touchback.
- 78.25 If a kickoff goes untouched out of bounds, the kick return team may choose to have the ball kicked again following an enforced penalty, may choose to take the ball where the ball went out of bounds or may take the ball at their own thirty-five (35) yard line.
- 78.26 Any player of any weight can be used as a kicker for a kick off situation. There is no player substitution for kickoffs for either the kicking or receiving teams.
- 78.27 7<sup>th</sup> & 8<sup>th</sup> grade may kick field goals and extra points after touchdown.
- 78.28 Field Goals and PAT Situations: A team may substitute the Kicker, Holder and Long Snapper (center) for field goals/PAT attempts. These substitutions may occur outside the normal player rotation and will not require the use of a time out. Once the play is complete, the Kicker, Holder and Long Snapper who entered the game for the Field Goal/PAT must return to the sideline and the players they replaced return to the game for the balance of the normal rotation. No Defensive player is allowed to play over the center on Field Goal/PAT attempts.
- 78.29 Any player of any weight can be used as a Kicker or Holder for Field Goal and PAT's, however, a "Striper" being used as a Kicker or Holder may not advance the ball by run, but can advance the ball by pass, hand-off or lateral on fake or broken play.
- 78.30 Following a Safety. Teams will free kick. The free kick shall be a punt or a kick off from the kicking team's twenty (20) yard line. Black stripers on the receiving team may not advance the free kick