



# 2026 GOPHER STATE FOOTBALL LEAGUE RULES GUIDE



(National Federation High School Rules will be followed where not listed on guide of GSFL Playing Rules)

GRADE	2nd Grade	3rd Grade	4th Grade	5th Grade	6th Grade	7th Grade	8th Grade	
<b>TEAM SIZE</b>	9-Man Max 18 Roster	11-Man Max 22 Roster				11-Man Max 33 Roster		
<b>FIELD SIZE</b>	80 yd x 40 yd		100 yd x 50 yd					
<b>BALL SIZE</b>	Pee Wee			Junior		Youth (12-14 Year Old)		
<b>COACHING STAFF</b>	1 Head Coach / 4 Assistant Coaches MAX in Coaching Box							
<b>DEFENSE</b>	4-4-1	4-3		4-3 or 5-2	4-3 or 5-2	Unlimited		
<b>OFFENSE</b>	5-man Balance line; QB & 2 RB's between the tackle; 1 WR allowed	Offense required to have 7 player on Balanced LOS; All other FB alignment allowed		Offense required to have 7 player on Balanced LOS; All other FB alignment allowed		Offense required to have 7 player on LOS; All other FB alignment allowed		
<b>COACHES ON FIELD</b>	2 Coaches on field for each team; Silent when QB is ready		1 Coach on field for each team - First 2 Games; Silent when QB is ready	No coaches on the field during action				
<b>WEIGHT RESTRICTION</b>	Red Stripe Over 85 lbs	Red Stripe Over 95 lbs	Red Stripe Over 105 lbs	Red Stripe Over 125 lbs	Red Stripe Over 135 lbs	Unlimited		
<b>GAME PLAY</b>	35 sec. play clock on the spot; Two 1 MIN TO's per half; 5 minute half time			35 sec. play clock on the spot; Three 1 MIN TO's per half; 5 minute half time		25/40 second HS play clock; 3-1 MIN TO's per half; 5 minute half time		
<b>KICKOFFS</b>	No kickoffs; Play starts on 20 yd line		No kickoffs; Play starts on 25 yd line			Live kickoffs at the 40 yd line		
<b>PUNTS</b>	No punts - walk off 20 yds or half the distance if inside the 40 yd line.		No punts - walk off 25 yds or half the distance if inside the 50 yd line	No punts - walk off 30 yds or half the distance if inside the 40 yd line		Live Punts; Must have 7 on the LOS		
<b>GAME ADMIN</b>	Team Benches are 15 yd line to 15 yd line; Switch ends every quarter; Only game day coaches inside the bench area							
<b>SCORING</b>	6 pts for TD; Extra pts are 1 for a run and 2 for a pass or kick					1 pt for Run/Pass; 2 for Kick		
<b>TIMING</b>	Four 10 minute timed quarters; Clock starts on possession change on ball spot							
<b>MERCY RULES</b>	17 pt lead or more in the 4th Qtr = Clock runs at all times except injuries and officials TO; Or if 28 pts or more at half time can agree to run time 2nd half							
<b>GAME EJECTIONS</b>	Automatic next game suspension; Recommended Association Rep attend next game							
<b>GAME MANAGEMENT</b>	Referee meeting with head coach before game. Home Team supplies chain gang. Coin toss called by visitors and do not elect to go on Defense! Winning team reports scores to GSFL web site within 24 hrs.							
<b>OFFICIALS</b>	Two (2) assigned per game			Three (3) assigned per game				
<b>OFFICIAL NEEDS</b>	Contact Assigner of Record							
<b>GAME REPORTS (+/-)</b>	Sleep on it; Complete on Website							

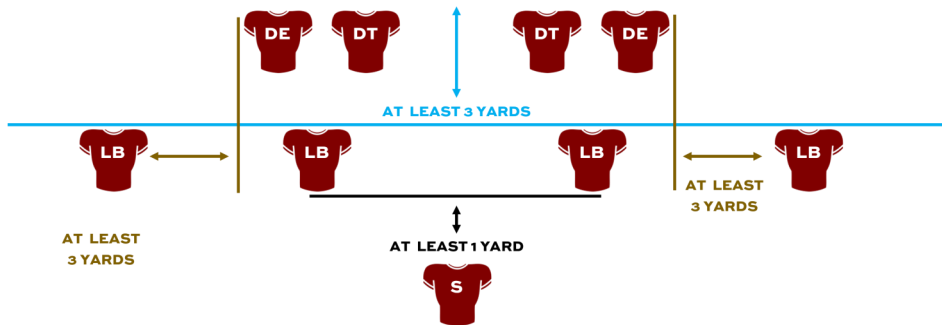


# 2026 GOPHER STATE FOOTBALL LEAGUE - DEFENSIVE ALIGNMENTS



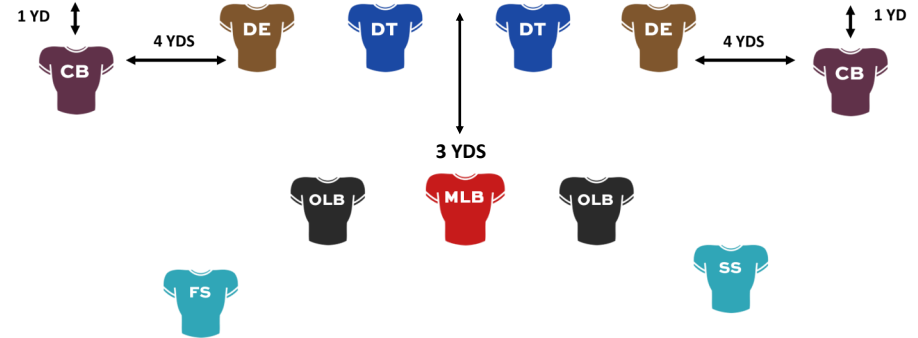
## 2nd GRADE

- DE** Must line up with OT
- DT** Must line up with OG
- LB's** Must be off LOS at least 3 yards
- OLB's** Must be at least 3 yards outside of DE's
- Safeties** Must be behind LB's at least 1 yard



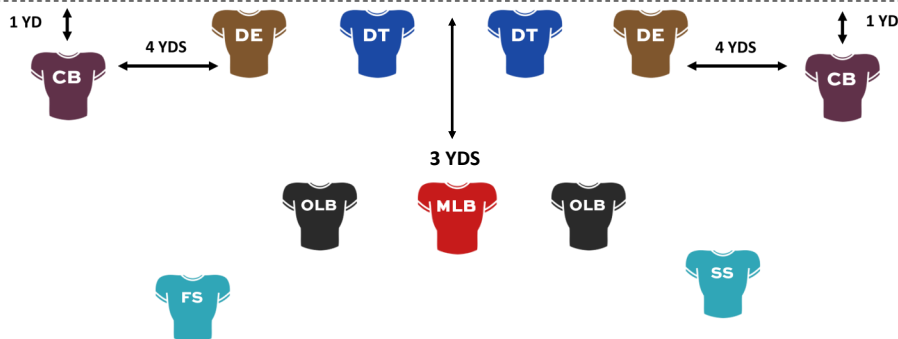
## 3rd/4th GRADE

- DE** Must be in 3 or 4 point "down" stance; Head up or outside shade on TE
  - DT** Must be head up with Guard and in 3 or 4 point "down" stance
  - MLB** Must be 3 yards off LOS; Head up with Center
  - OLB** Aligned over OT; Cannot stack; Never tighter than head up on OT
  - CB** Must be at least 1 yard of LOS and 4 yards outside DE
  - Safeties** Line up anywhere; Must be at least 4 yards off LOS
- NOTE: CB, LB, Safeties = NO BLITZING**



## 5th/6th GRADE - 4-3

- DE** Must be in 3 or 4 point "down" stance; Head up or outside shade on TE
  - DT** Must be head up with Guard and in 3 or 4 point "down" stance
  - MLB** Must be 3 yards off LOS; Head up with Center
  - OLB** Aligned over C-Gap; Cannot stack; Never tighter than head up on C-Gap
  - CB** Must be at least 1 yard of LOS and 4 yards outside DE
  - Safeties** Line up anywhere; Must be at least 4 yards off LOS
- NOTE: CB, LB, Safeties = NO BLITZING**



## 5th/6th GRADE - 5-2

- NT** Must be head up with Center; In a 3 or 4 point "down" stance
  - DE** Head up with TE; Outside shoulder of TE or as wide as 1 stride outside TE
  - DT** Must be head up or outside shoulder with OT and in 3 or 4 point "down" stance
  - OLB** Must be 3 yards off LOS; Head up with Guards
  - CB** Must be at least 1 yard of LOS and 4 yards outside DE
  - Safeties** Line up anywhere; Must be at least 4 yards off LOS
- NOTE: CB, LB, Safeties = NO BLITZING**

