

2017 LAKE MINNETONKA ATHLETIC ASSOCIATION



3rd and 4th GRADE FOOTBALL 2017 RULES Updated 5/23/2017

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3rd and 4th GRADE OFFENSE

*For 3rd and 4th grade, the maximum weight without equipment for backs on offense is 90 pounds.

- 34.1 3rd and 4th Grade will play 9-Man Football.
- 34.2 Approved footballs for 3rd and 4th 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.
- 34.3 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.
- 34.4 Teams must have exactly three (3) backs, with one being the quarterback, within the ends. The flanker or wingback may not be more than one (1) yard outside the end.
- 34.5 Teams must use the LMAA approved Playbook with players aligned in the manner set forth on the play diagrams. See Playbook at end of this section. All teams must run the plays as designed. The QB taking a knee is an allowable option to the QB sneak. The QB grounding the ball to stop the clock is an allowable option to the pass play.
- 34.6 When handing off, Quarterbacks must use straight handoffs. Quarterbacks may not pitch or lateral the ball.
- 34.7 The Quarterback must reverse pivot and fake to the dive back when running the Quarterback sweep.
- 34.8 Quarterbacks use a straight drop back for all passing plays. The Quarterback is allowed to run to avoid pressure. The Quarterback must throw the ball if a clear opportunity is available.
- 34.9 Failure to run the plays as designed or adding additional plays shall constitute an unsportsmanlike conduct penalty.
- 34.10 One coach will be allowed on the field to organize the team in the huddle. Once the huddle breaks, the on-field coach may only talk to the players to assist them in alignment until the players are "set" by the QB/signal caller. Coaches may be warned once and subsequent violations can result in a five (5) yard penalty.
- 34.11 The maximum split for players on the line of scrimmage shall be two (2) feet.

- 34.12 Players cannot rotate within the defined positions during a 6 play rotation (i.e. right end cannot move to the left end). There shall be no player in motion, no shifting, and no unbalanced line.
- 34.13 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.
- 34.14 Covered Offensive linemen (the guards and ends) must block the person directly in front of them as diagramed in the playbook. Coaches have discretion for the blocking assignment of the Center.
- 34.15 Offensive Lineman must use a 3 or 4 point Stance.

3rd and 4th GRADE DEFENSE

- 34.16 The three defensive positions shall be:
1. Defensive Line (DE and DT/DGs)
 2. Linebacker
 3. Defensive Back/Safety
- 34.17 Defensive linemen must be in a three or four point stance.
- 34.18 Teams must use the LMAA approved standard 4-3-2 defensive alignment with defensive lineman head up on the offensive guards and ends. No “shading” by defensive linemen is permitted.
- 34.19 Players cannot rotate within the defined positions during a 6 play rotation (i.e. right outside linebacker cannot move to the left outside linebacker or middle linebacker).
- 34.20 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 penalty for failure to comply with the above rule shall be ten (10) yards and an automatic first down. The exception is when a fumble occurs; every player may cross the line of scrimmage.

- 34.21 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 only talk to the players to assist them in alignment until the players are “set” by the QB/signal caller. Coaches may be warned once and subsequent violations will result in five (5) yard penalty.
- 34.22 No stunting of any kind (Gap shooting, looping behind another player, etc.) is permitted. Defensive linemen must engage the center line of the offensive lineman directly across from them before pursuing the ball carrier.
- 34.23 If a player is running with the ball in an upright position (head above the position where the shoulders would normally be if the player were standing upright), THEN the initial contact by the tackler must be below the shoulder. No intentional helmet to helmet contact is permitted.

3rd and 4th GRADE PUNTING & KICKING

- 34.24 Punting will be a declared punt only. If a team chooses to declare a punt, the ball will be advanced twenty (20) yards, or half of the distance to the opponent’s goal if the ball is inside the opponent’s twenty (20) yard line. If the ball is located outside the twenty (20) yard line, the ball will be advanced the full twenty (20) yards.
- 34.25 Teams will not kick off. Offensive teams will start with the ball on their own thirty-five (35) yard line.
- 34.26 Teams will not free kick. Following a safety, the free kick shall be declared and the ball placed on receiving teams’ thirty-five (35) yard line.