

2025 HIGH SCHOOL RULES SUMMARY FOR LMAA

FREE KICKS

- At least 4 players on each side of the kicker, at least 2 yards apart, and must start within 5 yards of the ball
- Onside Kick - K cannot contact R until the ball travels 10 yards AND touches the ground; or is touched by R
- The kicker and holder may legally be “offsides”

SCRIMMAGE PLAYS

- Offensive false start and defensive encroachment are dead ball fouls Encroachment (can't jump back)
- Blindside block is a block outside the free blocking zone against an opponent other than the runner who does not see the blocker approaching. A blindside block with forceful contact must be initiated with open hands to be legal. Must be forceful.
- It is a horse collar to grab the inside back or side collar of the shoulder pads or jersey, or the name plate area of the runner and subsequently pull that opponent to the ground sideways or backward
- Tripping the runner is a foul

PASSING

- Only the QB can dump pass if outside the pocket and ball is thrown at least to the line of scrimmage
- Pass interference applies only to passes beyond the NZ (Holding an eligible receiver behind the NZ is still illegal)
- No 5 yard “chuck” rule. Eligible receivers can be legally contacted until the pass is in flight
- Must be contact for pass interference. Non-contact face guarding is legal
- Defensive Holding - 10 Yards, Not Automatic First Down
- Both OPI and DPI are 15 yard penalties (or ½ the distance). DPI is not automatic first down
- Only need 1 foot in bounds for a legal catch

PUNTS

- K can advance a punt (or blocked FG attempt) if recovered behind the LOS, even if the ball was previously beyond the LOS
- Whether the snap hits the ground has no bearing on protection. Punter gets reasonable protection, even if he runs around.
- The kicking team cannot advance a recovered muffed punt (or kick-off), but can advance a fumble