



## 4<sup>th</sup> Grade Division Rules

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1. **Legal teams can be made up as either of the following:**

- a. All non-combined league teams will have a 30-player roster maximum. A signed roster by your Association president or vice president confirming this is required on your teams King of the Gridiron entry rosters, if your league roster is not posted on your league website.
- b. All combined league teams are allowed to have 6 regular roster players from other same grade teams within the same association. Combined league teams will have a 18 player roster maximum. A signed roster by your Association president or vice president confirming this is required on your teams King of the Gridiron entry roster.

*\*All combined league teams must be approved by the Big Lake Youth Football Association tournament. A roster signed by your association President or Vice President confirming this is required for you to fill a roster along with rationale.*

2. **Weight Restrictions/weigh-ins:** All offensive backs, receivers and tight ends must be **100 lbs or under** to play their respective position and to carry the ball. Any player that is over the weight limit must have their helmet marked with a red stripe. **There will be no physical weigh-ins at registration for 4th, 5th, and 6th grades this year.** Each head coach will get **1** weight challenge per tournament. In any game a coach feels an opposing ball carrier is above the allowable weight, he/she will call a timeout and have the official mark the number of the ball carrier who just finished a carry from the opposing team on the **tournament issued RED CARD**. The game will continue until the conclusion and the challenging team will not be charged a timeout. When the game is complete, the tournament director, along with the head coach from each team will weigh-in the challenged player and either deems the player eligible or ineligible. The challenged player will receive a 3 pound scale variance (MUST WEAR SHORTS & T-SHIRT MINIMUM). **If the player is not weight eligible the team will forfeit the outcome of said game and that player will not be eligible to participate for the duration of the tournament.**

**King of the Gridiron Tournament staff also reserves the right to weigh in any ball carrier at their discretion.**

Coaches please be honest and responsible and make sure ball carriers are under the weight limitation.

3. **Playing Fields:** The team box shall extend from the 20 yard line to the 20 yard line, 5 yards deep, marked with cones or chalk. All coaches and players are to remain inside that box during the game. The penalty for violation is 5 yards.

Fields will be 80 yards long by 42 yards wide with 10 yard end zones. All fields must be completely chalked and markers every 10 yards.

4. **Officials:** A minimum of two officials will be assigned to each game. The Tournament Director will assign officials to each game.
5. **Start of Play:** We will run kickoffs to start the game and the 2nd half. The ball size for 4th grade is for ages 6-9.
6. **Scoring and Timing:** A touchdown is worth (6) points. Extra points are worth (2) points if scored on a passing play, or (1) point if scored on a running play. Safeties are worth (2) points.  
**4th grade games will consist of four (10) minute quarters. Running time except for last 2 minutes of each half.** 45 second play clock will be in effect once the ball is placed by the referee. Because there is no visual clock, the referee will inform the offense once 30 seconds have elapsed. Exceeding the 45 second limit will result in a 5 yard penalty.

Game will have running time, with the exception of the following:

- Penalties
- Injuries
- Touchdowns (through the PAT until the following kickoff)
- Change of possession (until next offensive play begins)

Time is stopped during the last 2 minutes of each half for the following:

- Incomplete pass
- Out of Bounds
- Moving of yard and down markers

There will be 2 timeouts per half.

Timeouts will last 1 minute from the time the huddle starts. Timeouts will not be carried over from the first half to the second half. In the case of an overtime game each team will have 1 timeout. Timeouts will not be carried over from the second half.

Tie Games

Overtime will begin with a coin toss. The winner of the coin toss will have the choice of beginning on offense or defense. The loser of the coin toss will choose from which end of the field the overtime will be played. The offensive team will have 4 plays from the 10 yard line to score a touchdown. Extra points do apply in overtime. Once the offensive team has either scored a touchdown or run out of downs, the opposing team will receive the ball and have 4 plays to score a touchdown. Both teams to run all plays from the same end zone.

7. **Offense:** Teams may run any legal offense (i.e. 7 players on the line of scrimmage). A player is considered on the line of scrimmage as long as his helmet is even with or forward of the centers hips. Only players of ball carrying weight may line up in any position eligible to receive the ball.

(See rule on ball carrying weights)

The offensive line may not line up with splits larger than three (3) feet between linemen.  
(i.e. center, guard, tackles)

“Crack back” blocks are illegal. Players split more than 5 yards from the offensive tackle may not block defensive players on the line of scrimmage. (Defensive Ends can go wider). Teams must use a balanced line. The ball must be snapped from the middle of the formation. The outside

two (2) players are eligible receivers, and may line up anywhere between the tackle and the sideline as long as they remain on the line of scrimmage.

An official huddle is five (5) yards back from the line of scrimmage and between the hash marks. If hash marks are not on the field the huddle must be in the middle of the field per the official's judgment. It could range in time anywhere from one (1) second to no more than forty five (45) seconds. An official can hold up a play to allow for a defensive player to get on the field and get set up, (i.e. injuries, beanies, moving chains), only on a change of possession. The clock stops on a change of possession.

If the game is still tied after the first overtime, each team will receive an additional 4 plays to score again with the ball starting on the 5 yard line this will continue until we have a winner. If the defense scores during overtime, their team wins. (Game over).

**24 Point Rule:** When a team is down by 24 points or more, the clock runs nonstop. If the score reverts to less than 24 point difference, the clock goes back to normal stoppages. There will be no passing allowed when the 24 point rule is in effect by the team that is ahead. If the winning team does pass, the first offense will be an incomplete pass, loss of down and a 15 yard unsportsmanlike conduct penalty. The second offense will be the same plus ejection of the coach from this game and the coach will not be allowed at the next game. There will be no timeouts allowed to be taken by a team that is 24 points or more ahead.

8. **Defense:** The defense must line up in a 5-2 "Okie" in accordance with the attached diagram. Every player on the defensive line must maintain a position across from the opponent on the offensive line ranging from "heads up" to an "outside shade" (i.e. the inside shoulder pad of the defensive lineman is directly across from the outside shoulder pad of the offensive lineman). The other four (4) players must be in a standing position and must be lined up at least four (4) yards from the line of scrimmage when the play begins. For all grades the defense is permitted to line up in any alignment inside their own five (5) yard line (goal line defense). Any players off the line of scrimmage in the goal line defense are still prohibited from blitzing. (See defense diagram)

Goal line defense - When the offense has the ball on, or inside the defensive team's five (5) yard, the linebackers may move up into the gaps to within one (1) yard of the line of scrimmage.

**Blitzing, stunting: There shall be no blitzing or stunting.**

Defensive linebackers and safeties may not cross the line of scrimmage until the ball carrier commits to cross the line or goes outside the offensive tight end position established at the time of the snap.

Linebackers and safeties must be coached to read all of the plays and the movements of the offensive players.

All players must line up heads up, no shading and square to the line. If a referee considers a player lined up crooked for a stunt he may make him square up. You can cross block but you must line up squared up.

**Blitzing/stunting penalty clarification.** If the referee calls a team for blitzing or stunting, the penalty for the first offense is a 5 yard penalty. The penalty for the second and any subsequent calls is a 5 yard penalty and automatic first down for the offense.

9. **Fumbles:** Live Ball Advance as allowed.
10. **Coaching:** One (1) coach will be allowed on the field during play, coaches on the field must remain silent once the quarterback is under center and until the end of the play. If the coaches

do not remain silent, they will receive one warning. For the second offense, a 5 yard penalty will be assessed. Coaches on the sidelines can continue to give commands at any time during the course of play. There must never be more than one (1) coach on the field at any given time except for equipment repairs, injuries or change of possession. EXCEPTION: An on field coach may call a time out at any time.

11. **Kicking game:** The kicking team will line up on the 35 yard line. The kicking team cannot cross the 35 yard line until the ball has been kicked. The receiving team must have 5 players lined up on the opposite 35 yard line. If the ball is kicked out of bounds the receiving team takes possession on their own 30 yard line. A free kick will occur after a safety. For a safety the ball will be placed at the kicking teams' 20 yard line and can be punted or kicked off. The set up for a free kick is the same for a regular kickoff. Onside kicks have always been and are still legal per High School rules. When a touchback occurs the ball will be placed on the 20 yard line. The offensive team must notify the defensive team when they intend to punt no matter what down it is. (Declared punt) The punting team must have 7 players on the line of scrimmage in a legal offensive formation. The punter must line up at least 3-5 yards behind the line of scrimmage. The offensive and defensive teams cannot leave the line of scrimmage until the ball has been punted. The defensive team must have 5 players on the line of scrimmage. If the ball touches either offense or defense on the line of scrimmage it is a dead ball and belongs to the receiving team and ball goes back to the original line of scrimmage.
12. **Rules and Penalties:** The Minnesota State High School rules are used to govern all play. Our rules are either clarifications or changes made specifically for our league.

Any unsportsmanlike conduct by coaches, players, parents or spectators will result in an automatic 15 yard penalty. It is the responsibility of the head coach to control his player, parents and spectators. Any time a player, parent, spectator or a coach has been ejected from the game, the game will not continue until that person has left the premises. If they do not leave within 5 minutes of being ejected the team that they represent will be forfeited.

No more than 2 coaches will be allowed on the field during timeouts to discuss strategy. Only the Head coach or the coach on the field at the time can talk to the referees during the game.

**Blitzing/stunting penalty clarification.** If the referee calls a team for blitzing or stunting, the penalty for the first offense is a 5 yard penalty. The penalty for the second and any subsequent calls is a 5 yard penalty and automatic first down for the offense.

#### **Penalty Enforcements:**

##### **5 Yards**

- False Starts Illegal Formation/Illegal Huddle
- Encroachment Less than 7 on Offensive Line
- Illegal Motion/Shift Face Mask
- Holding Illegal use of hands
- Delay of Game Blitzing/2nd Time Automatic First Down
- Coaches talking/ 1st Warning/2nd 5 yards/ 3rd 5 Yards Coaches no longer allowed on field remainder of game.

##### **10 Yards**

- Pass Interference Clipping/Tripping
- Illegal Participation Failure to wear proper equipment
- Intentional Grounding Horse Collaring

- Fans too close to the field

### 15 Yards

- Unsportsmanlike Conduct can warrant disqualification first time.
- Pass Interference – Offensive (Loss Of Down)

24 point rule, no passing 1st time unsportsmanlike, LOD, 2nd time coach

### Defense Diagram:

