



4th Grade Division Rules

1. **Legal Teams**

A team can be made up of players from anywhere; a select team is okay. The roster shall have a max of 30 players.

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 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 **ONE** weight challenge per tournament. In any game, if 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 Player, Head Official, and a Big Lake Youth Football Association officer (President, VP, Secretary or Treasurer) will weigh in the challenged player and deem the player either eligible or ineligible. The challenged player must wear socks, shorts and a T-shirt at minimum, no variance will be given. **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.

- ### 2. **Playing Fields:**
- The team box shall extend from the 25-yard line to the 25-yard line, 5 yards deep, marked with cones or chalk. All coaches and players are to remain inside that box during the game. Players to remain 3 feet back from the field of play. The penalty for violation is 5 yards. No coaches are allowed on the field.

Fields will be 100 yards long by 42 yards wide with 10-yard end zones. All fields must be completely chalked and markers every 10 yards. Spectators shall remain **10 yards** back from the field of play.

- ### 3. **Officials:**
- A minimum of two officials will be assigned to each game. The Tournament Director will assign officials to each game.

4. **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.
5. **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 being stopped. 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.

6. **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, so long as their helmet is even with or forward of the center's 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, so 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 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 a 24-point difference, the clock goes back to normal stoppages. When the 24-point rule is in effect, there will be no passing allowed 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.

7. **Defense:** The defense must line up in a 4-3 in accordance with the attached diagram (see defense diagram on the last page).

Goal line defense: When the offense has the ball on or inside the defensive team's 5-yard line, 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 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 the player 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.

8. **Fumbles:** Live Ball Advance as allowed.
9. **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 coach does 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.
10. **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 team's 20-yard line and can be punted or kicked off. The setup for a free kick is the same as 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.

11. **Rules and Penalties:** Minnesota State High School League 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 their players, parents, and spectators. Officials will have the final say as to what behavior is considered unsportsmanlike and coaches will be given a single warning, resulting in the previously mentioned automatic 15-yard penalty. 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 for the entire rest of the tournament.

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.

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)

Defense Diagram:

