

7th & 8th Grade Football Rules

Coaches can visit with officials prior to the game to review rules.

1. If a given school has more than (1) team per grade level in 7th grade, the teams shall be divided equally (numerically and ability-wise) by coaches. Eighth grade will be divided into A and B Teams
2. An intermediate sized football will be used for all contests.
3. **Game Play**
 - a. 12 minute quarters - running clock until the last two minutes of each half.
 - b. Clock will stop when timeouts are called or for injuries.
 - c. Five minute halftime
4. **Defense**
 - a. Grade 7
 - i. Six man front on defense, center will be uncovered, defensive lineman cannot line up in A gaps (must be hat-on-hat with guard)
 - ii. Linebackers and corners will be a minimum of 3 yards off the ball
 - b. Grade 8
 - i. Any defensive fronts are acceptable
 - ii. Linebackers and corners will be a minimum of 3 yards off the ball
2. **Offense**
 - a. Grade 7/8
 - i. 25 second play clock will be enforced when ball is ready for play
3. **Punting**
 - a. Grade 7
 - i. No rushing the punter. Offense must declare and line up in a punting formation or option to not punt - result is walking off a 25-yard punt.
 - b. Grade 8 - Normal kicking game
4. **Kick-Offs**
 - a. Grade 7/8 - Normal kick-off
5. **Coaches**
 - a. Grade 7
 - i. Coaches can be on field for jamborees/scrimmages and first game of the season
 - b. Grade 8
 - i. Coaches can be on field for jamborees/scrimmages
6. **Timeouts**
 - a. Each team will be given 2 timeouts per half
 - *No leading with the head/spearing/targeting with tackles*
 - *Cut blocks must be inside the tackle box and immediate after the snap*