

7th & 8th Grade Football Rules

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

1. Seventh & Eighth grade will be divided into A and B-level 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. 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
 - i. A - Normal kicking game
 - ii. B - 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.

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

Mouth guards are required

7th & 8th Grade Football Rules

General

- Coaches may visit with officials prior to the game to review rules.
 - Both 7th and 8th grade will be divided into A and B-level teams.
 - An intermediate-sized football will be used for all contests.
 - Mouth guards are required.
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Game Play

- **Quarters:** 12 minutes, running clock (stops only for timeouts or injuries).
 - **Clock:** Regular clock rules apply in the final 2 minutes of each half.
 - **Halftime:** 5 minutes.
 - **Play Clock:** 25 seconds once the ball is ready for play.
 - **Timeouts:** 2 per half, per team.
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Defense

Grade 7

- Center must remain uncovered.
- Defensive linemen may not line up in the A gaps (must be hat-on-hat with guards).
- Linebackers and corners must align at least 3 yards off the ball.

Grade 8

- Any defensive front is allowed.
 - Linebackers and corners must align at least 3 yards off the ball.
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Offense

- Cut blocks: Only allowed inside the tackle box and must occur immediately after the snap.
 - No leading with the head, spearing, or targeting on tackles.
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Punting

Grade 7

- No rushing the punter.
- Offense must either:
 - Declare and line up in punt formation, or
 - Choose not to punt (results in a 25-yard walk-off punt).

Grade 8

- A-level: Normal kicking game.
 - B-level: Same as 7th grade (no rushing, punt declaration or 25-yard walk-off).
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Kickoffs

- Grades 7 & 8: Normal kickoff rules apply.
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Coaches on Field

Grade 7

- Allowed on the field during jamborees, scrimmages, and the first game of the season.

Grade 8

- Allowed on the field during jamborees and scrimmages only.