

2021



**5th Grade
Rules &
Procedures**

5th Grade Rules

1. RESOURCE INFORMATION

- a. Minnesota High School Football League rules are used with a few exceptions listed throughout this manual.

2. WEIGHT LIMITS

- a. There are no weight limits on participation. There are, however, ball carrier weight limits for the fifth-grade level which means that 110 pounds and below can carry the ball.
- b. Any player who exceeds 110 pounds must have a red stripe placed on their helmet from front to back at the time of weigh-in and equipment handout.
- c. No player who exceeds 110 pounds with a red striped helmet may advance the ball at any time.
- d. During the course of a game, if a player who exceeds 110 pounds with a red striped helmet ends up with a live ball through a fumble recovery, interception, or any other means he or she is not allowed to advance the ball. The play will be considered dead and the ball spotted at the point of possession.
- e. Official player weights are determined after the final player weigh-in session and before the teams are handed out.

3. EQUIPMENT FOR PLAYERS

- a. Certified helmet with facemask and chinstrap.
- b. Certified shoulder pads.
- c. Football pants. All team members must wear football pants of matching color.
- d. Mouth guard (required to be attached to the helmet).
- e. Shoes (football, soccer, or any tennis/running shoe is acceptable provided there is no more than ½ inch protrusion from the sole). Rubber soled cleats or replaceable (detachable) cleats with hard plastic soles are allowed. Metal or cleats that are longer than ½ inch are forbidden.
- f. Athletic supporter and cup are recommended.

4. MANDATORY PLAYING TIME

- a. All players must play approximately 50% of the plays in every game. Players held out of the game for disciplinary reasons or for injuries, must be made known to the referees prior to the start of the game. This will be adhered to providing the player:
 - i. Attends practice regularly.
 - ii. Abides by the Player's Code of Conduct.
 - iii. Is physically ready to play.
- b. Coaches can only withhold a player from all or part of a game for an *unexcused* absence from practice, lack of cooperation toward coaches, teammates, referees, or behavioral issues if the coach:
 - i. Maintains attendance records for all players.
 - ii. Brings attendance records to the games.

- iii. Documents cooperation and behavioral issues.
- iv. Notifies the player, parents, opposing coach, and the Board 5th Grade Coordinator before the game, unless the incident occurred during the game, the parents and the Board 5th Grade Coordinator shall be notified before the next scheduled event (practice or game).

5. PLAYER PARTICIPATION

- a. All 5th grade players are expected to dress and attend each game. It is recommended each player have a starting position on offense and/or defense. Playing time and starting positions are subject to certain conditions. These conditions are:
 - i. Injury or illness of a player which affects their ability to play.
 - ii. A player ejected from a game for fighting by the game official is ineligible to play the next scheduled game including playoff games. A second offense for fighting will result in suspension from the league with re-admission review by the Board of Directors. A third offense for fighting will result in suspension from the league for the remainder of the year with no review.
 - iii. A player being disciplined by the coach for any of the following:
 - 1. Unexcused absences from practice.
 - 2. Not abiding by the Player's Code of Conduct.
 - 3. Does not have all the mandatory equipment for a game.
- b. Head coaches are expected to keep attendance records for practices and games or delegate this to an Assistant Coach or Team Manager. Notify the player, parents, referees, and the Board 5th Grade Coordinator before the game the reason why the player is being disciplined and the length of the discipline (not being played for a quarter, two quarters, or a full game suspension for repeat offenses). Disciplinary actions are generally handled by the head coach.

6. TEAM PRACTICES (ACTIVITIES), PRACTISE HOURS, AND TEAM AND PLAYER WARM-UP

- a. An excused absence from practice will not affect a player having a starting position and playing at least half of each game. While definitions cannot meet one hundred percent of all situations, generally excused absences from team practice are:
 - i. Doctor or dentist appointment.
 - ii. Out of town with family.
 - iii. Religious education classes.
 - iv. Injury or illness. If a player misses two consecutive practices due to illness, a doctor's note stating the player is ready to return to football is required.
 - v. School educational event.
 - vi. A player attending a practice for another sport instead of a scheduled football practice **is not** an excused absence.
- b. Practices are 1 ½ hours per day plus an additional 15-minute warm-up with no more than one practice per day.
- c. We follow USA Football Guidelines Appendix A for practices:
 - i. Maximum of 4 practices per week pre-season.
 - ii. Maximum of 3 practices per week during the season.

- iii. Required Preseason Heat-Acclimatization Period 10-14 days prior to regular practices starting.
 - iv. No more than 4 “events” a week. An event is a practice, scrimmage, or game.
 - v. A 15-minute warm up period before each practice does not count as practice time.
- d. To prevent injuries, coaches must have players warm-up (at least stretching and running exercises) a minimum of 15 minutes prior to any event, Pregame warm-ups may not exceed 1 ½ hours.
- e. Two coaches or adults minimum are required at **ALL** team activities.

7. FOOTBALLS

- a. 5th grade uses Junior sized footballs.
- b. Game balls will be provided by the referees.

8. FIELDS

- a. 5th grade football fields are 120 yards (including end zones) x 53 1/3 yards.
- b. Both teams are on the same side of the field with a 20-yard buffer between teams.
- c. Spectators are on the opposite side of the field from the teams.
- d. Only Coaches, Team Managers, and Board Members with proper background checks and credentials and medical personal are allowed on the team side of the field.
- e. No player, coach, team manager, or spectator may be between the 20-yard line and end zone. No spectator may be at the back of the endzone.
- f. Coaches are responsible for the actions of their players and spectators. A team can be penalized if coaches, players, and spectators do not follow these rules.

9. LENGTH OF GAME

- a. Quarters are 12 minutes running time with the clock stopping according to high school football rules the last two minutes of each half.
- b. The clock stops for:
 - i. Penalties
 - ii. Time-outs
 - 1. Each team has two time outs per half, with each 1 minute in length.
 - iii. Injuries
 - 1. Injured players must leave the field for at least one play.
 - 2. A time-out is not charged to a team in the event of an injury to a player.
 - iv. Official’s conference.
 - v. After a touchdown and until the ensuing kickoff.
 - 1. After the PAT, teams have 30 seconds to be in the proper formation from the time the official sets the ball down and signals that play is ready to continue.
 - 2. Failure to do so will result in a 5-yard delay of game penalty.
 - vi. Half time is 5 minutes in length.
 - vii. There will be a 1-minute break between quarters.
 - viii. There are no overtimes during the regular season.

- ix. Overtime during the playoffs and championship games will follow Minnesota State High School League football rules.

10. POINTS AFTER TOUCHDOWN

- a. Ball will be spotted on the 3-yard line
- b. Run (one point)
- c. Pass (two points)

11. RULES AND CONDUCT DURING GAMES

- a. Coaches must remain on the sidelines during the game.
- b. Huddles shall be 30 seconds long.
- c. Coaches shall make sure their team cleans up the field and spectator area.
- d. Use of ineligible players will result in a forfeit. Coaches are responsible for rules about the ages and grades of players.
- e. Decisions of referees are final; no game will be played under protest. Any concerns about the game should be directed to the 5th Grade Coordinator and the FLYFB Grievance Policy be followed. Referees and Board Members are supplied with Grievance Cards that explain the process and contain the grievance email address.
- f. Teams and Coaches must arrive 30-minutes before their scheduled game time.
- g. Offense and defense shall be determined by a flip of a coin, and switched for the second half.
- h. There are no deferments, the team who wins the coin flip must determine if they wish to kick or receive the ball. The team who does not win the coin toss will choose the end zone they wish to defend.
- i. For kickoffs, the ball will be placed on the 40-yard line.
- j. Defense:
 - i. Lineman may use a two-point, three-point, or four-point stance. No more than six (6) linemen on the line of scrimmage.
 - ii. Line backers must be at least 3-yards away from the line of scrimmage and must be set and not make progress towards the ball until it is snapped.
 - iii. There must be at least three (3) defensive backs who must be at least 5-yards from the line of scrimmage and be set and not make progress towards the ball until it is snapped.
- k. Offense:
 - i. All players may use a two-point, three-point, or four-point stance and must be set prior to the snap of the ball.
 - ii. Motion is not allowed.
- l. After a Safety, the ball will be placed on the 40-yard line of the team that scored the Safety.
- m. No quarterback sneaks over the center or through the "A" gaps.
- n. On a punt the defensive team will not be permitted to rush the punter until his or her foot hits the ball. The offensive must also stay in place in a legal offensive formation. A 5-yard penalty shall be given for any flagrant violations. No fake punts.
- o. Game balls will be provided by the referees.

12. STANDINGS

- a. Standing points: Two for a win, one for a tie, 0 for a loss.
- b. Referees have the full and final say on the score of a game and it is not open for discussion on the field. Any contested score must follow the FLYFB Grievance process.
- c. Scores will be forwarded to the Referee Coordinator who will add them to the standings weekly.
- d. Tiebreakers for the standing will be determined by the following order:
 - i. Head-to-head win/loss record.
 - ii. Total points scored against a team. The team with the lowest points scored against them wins the tiebreaker.
 - iii. Coin flip.

13. DISCLOSURE

- a. These rules are subject to change with notice for the following reason(s):
 - i. Safety Concerns that arise that may not be addressed in the current rule structure.
 - ii. Any errors in these rules found by league staff after issued to teams.
 - iii. Any other reason the league staff determines would be in the best interest of our players.



OFFICIAL FOOTBALL SIGNALS



1 Ball ready for play *Untimed down 	2 Start clock 	3 Time-out Discretionary or injury time-out (followed by tapping hands on chest) 		
4 TV/radio time-out 	5 Touchdown, Field goal, Point(s) after touchdown 	6 Safety 	7 Dead ball foul, Touchback (move side to side) 	
8 First down 	9 Loss of down 	10 Incomplete forward pass Penalty declined No play, no score Toss option deferred 	11 Legal touching of forward pass or scrimmage kick 	12 Inadvertent whistle
13 Disregard flag 	14 End of period 	15 Sideline warning 	16 First touching Illegal touching 	
18 Encroachment 	19 False start Illegal formation 	20 Illegal shift (2 hands) Illegal motion (1 hand) 	21 Delay of game 	22 Substitution infraction

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OFFICIAL FOOTBALL SIGNALS



23 Failure to wear required equipment 	24 Illegal helmet contact/targeting 	25 Illegal horse-collar tackle 	27 Unsportsmanlike conduct Noncontact foul 	28 Illegal participation 
29 Sideline interference (Face press box) 	30 Running into or Roughing kicker or holder 	31 Illegal batting/kicking (Followed by pointing toward toe for kicking) 	32 Invalid fair catch Illegal fair catch signal 	33 Forward pass interference Kick catching interference 
34 Roughing passer 	35 Illegal pass/forward handing (Face press box) 	36 Intentional grounding 	37 Ineligible downfield on pass 	38 Personal foul 
39 Clipping 	40 Blocking below waist 	41 Chop block 	42 Holding/obstruction Illegal use of hands/arms 	43 Illegal block 
44 Helping runner Interlocked blocking 	45 Grasping face mask or helmet opening 	46 Tripping 	47 Disqualification 	

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