



Approved: 7/20/26

PLAYING RULES

7th/8th GRADE

Playing Rules:	11-Man Football
Field Length:	100 yds x Min. 50 yds wide
Ball Size:	Junior/High School

All rules not modified below will follow the National Federation of High School Rules.

DEFENSE

1. All forms of defense are allowed including blitzing packages per regular High School Football rules.
2. Coaches are not allowed on the field or in the huddle at any time during play.

OFFENSE

1. The offense is required to have 7 players on the line of scrimmage per football rules. Unbalanced formations are allowed per High School Football rules.
2. The outside end on the line of scrimmage on each side of the line is considered an eligible receiver. Please make sure that if you have a tight end on the line of scrimmage anyone outside of them on the line needs to be off the line. Similar arrangements need to be made when using trips on multiple receiver packages on one side.
3. Coaches are not allowed on the field or in the huddle at any time during play.

WEIGHT RESTRICTIONS

1. There are no weight restrictions on ball carriers or red stripers needing to be identified at these grade levels. All players are eligible to play in any position at any time.

GAME ADMINISTRATION RULES

1. Team benches and team fans will be on the same side of their portion of the field. Team/Coaching Box from 15 yd line to 15 yd line and 3 yds deep. No fans should be inside this area when not playing in a stadium facility with seating. When playing at facilities that have stadiums all fans should be in the bleacher area and not on the sidelines.
2. All benches must be cleaned of any debris immediately following each game. Please leave the space better than you found and represent our league and your community in a positive manner.



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GAME ADMINISTRATION RULES

Cont'd

3. The game clock will be kept officially by referees or scoreboard if available using modified HS timing of 4 quarters of 10 minutes per quarter, three 1-minute timeouts per half and a 5-minute break at half time. Each game quarter will be National Federation book rule stop time, with the following exceptions.
 - a. After a change of possession, the game clock starts when chains/ or down box is set, and the ball is ready for play. This will be whistled and signaled with a winding of the arm by the lead official.
 - b. In the event if one team is seventeen (17) or more points ahead at any time in the fourth quarter, the clock shall continue to run in all circumstances except time outs and injuries. This modification shall continue until the team behind cuts the deficit to less than seventeen (17) points. At half time, in the event one team is twenty-eight (28) or more points ahead teams can agree to use running time for the 2nd half, the clock shall continue to run in all circumstances except team time outs and officials time outs. It won't revert to stop time the remainder of the contest.
 - c. Officials will use reason and common sense for the play clock with the 25/40 second High School rules play clock used as a guide.
 - d. During regular play clock stops on plays out of bounds, incomplete passes and on called timeouts. Clock begins again on snap of the ball in these cases.
4. Teams will switch ends at all quarter breaks.
5. Extra Points: 1 Pt for Run or Pass; 2 Pts for Kick
6. One overtime will be played to determine the final score. Each team will have an offensive possession (four downs) from the 10 yard line. Extra points will be attempted also. If the score remains tied after one overtime in the regular season the game will be declared a tie.
7. Kickoffs will be utilized with the kickoff at the 40 yard line of the kicking team and the receiving team will have at least five players at the 50 yard line.
8. Punts – all punts are live action, but the center cannot be touched until after ball is snapped.



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GAME EJECTIONS

1. Any player, coach, or spectator ejected from the game for any reason will be asked to leave the bench/playing area if a player or coach and the facility if a spectator.
2. Anyone ejected from a game will also be suspended for the next game with no exceptions. Referees' judgement is final and there is no appeal.
3. All ejections are reported in the form of a game report by the ejecting referee and the association involved leadership is contacted and must supply a representative to attend the next game, if possible, to ensure that the game suspension is in place.
4. A second suspension of the season will be possible removal from the league after review with the associations involved.

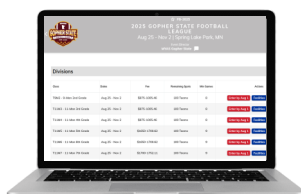
GAME MANAGEMENT

1. Please have teams ready for play at game time when there is a previous game on same field.
2. Home team as noted on the schedule must provide the chain crew. Please have crew ready to go at least 10 minutes before game time and please make sure the crew are adults or teenagers.
3. The chain crew is a part of the referees' crew so must be impartial during the game. No coaching, cheering or comments are allowed by the chain crew at any time, or they may be removed.
4. Winning team reports the final score on the GSFL website within 24 hours of completion.



[Gopher State Football League - Website](#)

- Coaches Corner
- GSFL Handbook
- GSFL Rules
- GSFL Calendar



[Gopher State Football League - RegisterPlay](#)

- Game Schedule
- Score Reporting
- Standings
- Divisions