



2026 Tackle Football Bulletin (11v11)

Division	Birth Dates	Notes
3 rd Grade	Must be going into 3 rd grade	Weekday Practices & Saturday Games
4 th & 5 th	Must be going into 4 th /5 th grade	Weekday Practices & Saturday Games
6 th & 7 th	Must be going into 6 th /7 th grade	Weekday Practices & Saturday Games

CALENDAR OF EVENTS

May 20th: Fall Registration Opens
 August 30th: Rosters will be formed
 Week of Sept. 19th: Regular season games begin
 September 28th: Final Rosters Due

Rules Summary by Grade(s):

	3 rd Grade Rules:	4 th & 5 th Grade Rules:	6 th & 7 th Grade Rules:
Field Size	100 Yards	100 Yards	100 Yards
Game Ball	Pee Wee	Junior	Youth
Timing	(2) 25 minute halves -Stop time last 2:00 of each half and extra points	(4) 12 minute quarters -Stop time last 4:00 of 2nd and 4th quarter and extra points	(4) 12 minute quarters -Stop time last 4:00 of 2nd and 4th quarter and extra points
Half Time	5 Minutes	5 Minutes	5 Minutes
Time Outs	3 Per half -One Coach Allowed on field	3 Per half -One Coach Allowed on field	3 Per half -One Coach Allowed on field
Scoring	Scoring Touchdown = 6 points Extra Points (1) = 3-yard line -Run or pass Extra Points (2) = 5-yard line -Run or pass	Touchdowns = 6 points Extra Points (1) = 3-yard line -Run or pass Extra Points (2) = 5-yard line *There are no restrictions for weight with extra point Attempts. All players are eligible for to run/pass/catch the ball.	Touchdowns = 6 points Extra Points (1) = 3-yard line -Run or pass Extra Points (2) = 5-yard line *There are no restrictions for weight with extra point Attempts. All players are eligible for to run/pass/catch the ball.
Kickoffs	There are NO kick-offs at the 3 rd Grade level.	Kickoffs will be from the "kicking teams" 40-yard line must have 5 players on each side of the kicker Onside kicks ARE allowed	Kickoffs will be from the "kicking teams" 40-yard line must have 5 players on each side of the kicker Onside kicks ARE allowed
Mercy Rule	Running Time after 24 point lead	Running time after 28 point lead	Running time after 28 point lead
Overtime	No	One High School Overtime if tied	One High School Overtime if tied
Season Length	6 regular season games No post season	6 regular season games No post season	6 regular season games No post season
Ball Carrier Weight	105 Pounds or less	135 pounds or less	160 pounds or less



Administrative Info:

1. Tackle Football schedules will be viewable through our online league management software (Team Sideline). It is a web-based program and can be viewed from anywhere.
2. Park Directors will be notified when they are available for viewing. You will then use the following steps to get your team's schedule:
3. Website: <https://www.teamsideline.com/sites/minneapolisparks>
 - a. On the top menu bar, click on Game Schedules – Choose your Division
 - i. Teams can also use the "Find Team Schedule" search bar
 - b. Teams can view the whole season schedules, or they can click on "teams" and just view the schedule for their team (great tool for parents & coaches)
 - c. Special notes will be displayed above the standings (i.e. tournament information)
 - d. Teams can check scores of other games & view standings once the scores have been reported.

Administrative Rules:

All coaches must be certified and issued a coaching badge to be eligible to coach during a practice and/or game. MPRB Youth Football Certification includes:

- Completed and Passed Background Check
- CDC Concussion Training every 3 years (The concussion portion of the USA Football Heads Up Certification does not meet this requirement)
- USA Football Heads Up Certification
- Complete a Football Coaches Test

There should be no more than 5 coaches per team. Each coach should have a badge or be on the coaches roster. Coaches must remain on the sideline the entire games.

Team Forfeit Rule:

- Teams must have 11 players ready to play by 15 minutes after game time or a forfeit will be declared.
- Clock Adjustment: If a team needs to use the 15-minute grace period for players to arrive the clock will be adjusted accordingly.

Overtime Rule (4th-5th and 6th-7th)

- Coin toss to determine who gets ball first
- One timeout per overtime
- Each start of downs will begin on the defensive teams 10-yard line
- If the defensive team gains possession of the ball, the play will be called dead and start on the opposing teams 10-yard line.
- Each team is given one set of downs
- Repeated if each team scores equal points

36-Hour Rule:

A team may not participate in more than (1) organized game, scrimmage, jamboree, or practice vs. an opposing team within a 36-hour time span. This rule pertains to MPRB and non-MPRB sponsored games, scrimmages and/or tournaments. The MPRB season starts on September 21st.



An MPRB team that violates the 36-hour rule will be subject to the following penalties and sanctions:

- 1st violation: Team ineligible for the playoffs.
- 2nd violation: Team suspension from league play for the remainder of the season and coach must be reinstated by Youth Sports commission prior to coaching in MPRB leagues.

Definition of Jamboree, scrimmage, and organized practice vs an opposing team:

2 or more teams gathered at one location to compete with contact. Contact shall be defined as competition with any combination of shoulder pads and/or pants with pads. The contact competition shall not last longer than 2 hours.

Approval Required:

All competitions mentioned above must be reported to the League Director and team's park director or agency representative at least 36 hours prior to the competition. The League Director will either approve or deny the request.

MPRB Youth Football Team Practice Policy:

4 practices prior to season starting (before the first game). Practices should be moved to 2/3 practices a week after games start.

Maximum contact practices per week (not including MPRB scheduled league games):

- 3rd Grade = 2 contact practices
- 4th & 5th Grade = 2 contact practices
- 6th & 7th Grade = 3 contact practices

Teams may add one contact practice per week through Labor Day

Definition of a contact practice: Any combination of shoulder pads and/or pants with pads.

Examples: Team practice, practice vs an opposing team, scrimmage, jamboree, non-MPRB game, tournament.

Penalty: Intentional disregard for this policy may result in coach's disciplinary action up to and including suspension

Protective Equipment/Jewelry:

- All players must participate in essential protective equipment, which shall include a helmet with face bar, mouthpiece attached to face bar, shoulder pads, hip and thigh pads, knee protection and jersey.
- All players will be restricted to tennis shoes or molded rubber cleat shoes.
 - **Penalty:** Failure to wear the above equipment will call for a 5-yard penalty and player removal from the game until properly attired.
- Each player shall wear a different number.
 - **Penalty:** Disqualification of player until compliance.
- **Helmets:** The National Federation Football Rules require all players to be equipped with helmets with the NOCSAE (National Operating Committee on Standards for Athletic Equipment) seal of approval. The NOCSAE seal means the helmet meets the standard developed to reduce head injuries by establishing minimum requirements of impact attenuation. All helmets worn in the MPRB program after 1991 have been expected to meet the NOCSAE standard and display the NOCSAE seal of approval.
- Jewelry shall not be worn by players during warm-ups and/or competition. (Medical alert bracelets are not considered jewelry and must be taped to the body and alert may be visible).

Weigh-In Procedures



The MPRB Youth Sports office MUST weigh all players at the beginning of the season. Teams using players that have not been weighed in will forfeit all games the player participated in. This official weigh-in will establish the player's weight and Ball Carrier status for the entire season. Players may weigh in multiple times during the season but NOT more than once per night.

Players must be weighed with the following minimum clothing articles:

- Boys: gym shorts and t-shirt (players are not allowed to be weighed in their underwear)
- Girls: gym shorts and t-shirt (players are not allowed to be weighed in their underwear)

Weigh In Schedule 2026: TBD- Check the MPRB Youth Football page for updates.

Team Rosters and Coaches:

- Maximum 30 players per roster – Extensions must be approved by League Director
- Maximum of 6 non-Minneapolis residents per roster
- Maximum of 6 MPRB certified coaches per team. This includes all team personnel (photographers, first aid, etc.)

Game Day Rosters:

MPRB Athletic Staff will provide copies of the game roster at the pre-game meeting. The following information included:

- Player's name, jersey number and weight
 - Any changes to the roster (player's number) must be submitted to Athletics Staff at least 1 day prior to the scheduled game.

Participation Rule:

- Every player dressed and attending a game MUST play a minimum of 4 plays per half. Players must participate in at least 3 regular season games to be eligible for the Tournament.

MPRB Statement on filming league games:

- Teams are allowed to film an opponent's MPRB league game. All filming must be done from the stands or public viewing area. Coach's passes may not be used to gain access to the field for videotaping purposes
- Viewing of game tapes should be used for teaching and coaching strategy purposes only. Game tapes are not to be used via social media (Facebook, Twitter, Snapchat, etc.)
- Filming of an opposing team's practice is strictly prohibited. Any violation must be reported to the league director. Coaches found in violation of this policy are subject to league sanctions and/or discipline.

Ejections:

Any ejection (player or coach) will result in game ejection and suspension from the next scheduled regular season or tournament game. The ejection will be reviewed by the League Directors and may result in additional suspension.

- Please see the [Youth Sports Team Policies and Guidelines](#) for additional MPRB rules & guidelines.

3rd Grade Rules

Games are played in accordance with the National Federation of State High School Associations (NFHS) 2026



Football Rules Book with the following **EXCEPTIONS**:

Weight Limit:

- Players weighing 105 pounds or less at an official weigh in are designated Ball Carriers.
- Players weighing more than 105 pounds at an official weigh in are designated Non-Ball Carriers.

Ball Carrier Restrictions:

- None. Ball Carrier may play any position on offense, defense and special teams.

Non-Ball Carrier Restrictions:

- MUST have a colored MPRB issued decal or stripe on their helmet.
 - **PENALTY:** 10 yards and player removed from game for minimum one play
- MUST line up on the line of scrimmage from tackle to tackle, offense and defense.
- May be used as punters, field goal and P.A.T. kickers, but they must kick the ball. They cannot run, pass, lateral or advance the ball in any other manner than by kicking it.
- May ADVANCE the ball only after recovering a fumble or intercepting a pass.
- May NOT receive a lateral.

Coaches:

- One coach from each team will be allowed to be on the field during the game and/or a time out.

Penalties:

- Teams will be penalized 10 yards for major penalties.

Kickoffs:

- There are **NO** kick-offs at the 3rd Grade level.
- Following a TD or Safety the receiving team will start with the ball on the offense's 30-yard line.

Extra Point:

- Game clock will stop for extra point tries and resume when the ball is put into play on change of possession.
- Extra Points (1) = 3-yard line
 - Run or pass
- Extra Points (2) = 5-yard line
 - Run or pass

4th Down Options:

The offensive team has 2 options:

- The offensive team can run a play from scrimmage – no punting.
- 25 yard relief - If inside opponent's 30 yard line the ball will be placed half the distance to goal line.

Offensive Alignment:

- Unbalanced lines are NOT allowed.
- Direct snaps are allowed
- No trick plays or special formations.
- Only one player may be split or flanked outside of the tackle on each side of the Center.
- A maximum of **Five (5)** Non-ball carriers are allowed on the field at one time.
 - Non-ball carriers must be aligned on the LOS from tackle to tackle.

Defensive Alignment:

- Teams must line up in a 6-3-2 defense.
 - **EXCEPTION:** A 6-5 defense is allowed when the LOS is on or inside of the defense's 5-yd line.
- **NO** defensive player on the line of scrimmage may line up in a gap.
 - Interior defensive linemen MUST line up directly across from the offensive linemen opposite of them.
- **NO** defensive player may line up directly across from the offensive Center.
- Defensive ends must align head up or on the outside shoulder of the offensive Tight End.



- If there is no Tight End the defensive end may still line up head up or on the outside shoulder of the offensive tight end position.
- Defensive ends may line up in either a down (three or four point) stance or standing up.
- Non-ball Carriers must line up on the line of scrimmage in a down (3 or 4 point) stance from tackle to tackle.
- A maximum of **Four (4)** Non-ball Carriers may be on the field at one time.
- Linebackers must line up 5 yards off the line of scrimmage.
 - They may NOT move forward until the ball is snapped.
- The 2 defensive backs must line up at least 8 yards off the line of scrimmage.
 - **EXCEPTION:** When aligned in a 6-5 defense the DBs may line up 5 yards off the LOS

4th-5th Grade Rules

Games are played in accordance with the National Federation of State High School Associations (NFHS) 2026 Football Rules Book with the following **EXCEPTIONS:**

Weight Limit:

- Players weighing 135 pounds or less at official weigh in are designated Ball Carriers.
- Players weighing more than 135 pounds at official weigh in are designated Non-ball Carriers.

Ball Carrier Restrictions:

- None. Ball Carrier may play any position on offense, defense and special teams.

Non-Ball Carrier Restrictions:

- MUST have a colored MPRB issued decal or stripe on their helmet.
 - **PENALTY:** 15 yards and player removed from game for minimum one play
- MUST line up on the line of scrimmage from tackle to tackle, offense and defense.
- May ADVANCE the ball after recovering a fumble or intercepting a pass.
- Must line up on frontline ten (10) yards from the kick off point on Kick Returns.
- May ADVANCE the ball on Kick Returns.
- May NOT receive a lateral
- May be used as punters, kick-off, field goal and P.A.T. kickers, but they must kick the ball. They cannot run, pass, lateral or advance the ball in any other manner than by kicking it.

Extra Point:

Game clock will stop for extra point tries and resume when the ball is put into play on change of possession. A team must declare they are kicking, trick plays or fakes are not allowed once the teams are lined up for the kick. Defensive team may rush, however the offensive center must not be covered. A blocked kick will be declared a dead ball.

Extra Point Scoring:

- 2 points for a successful kick.
- 2 points for a successful pass.
- 1 point for a successful run.

Extra Point Offensive Alignment:

- Unbalanced lines are allowed.
- Direct snaps are allowed.
- A maximum of **Five (5)** Non-ball carriers are allowed on the field at one time.
 - Non-ball carriers must line up on the LOS from tackle to tackle.

Extra Point Defensive Alignment:

- A maximum of 7 players are allowed to line up on or within 3 yards of the line of scrimmage.
 - Any defensive back lined up on or within 3 yards of the LOS is counted against the limit of 7



- players.
- **EXCEPTION:** Up to 11 players are allowed to line up on or within 3 yards of the line of scrimmage when the LOS is on or inside the defense's 5-yard line.
 - NO defensive player on the line of scrimmage may line up in a gap.
 - All interior defensive linemen **MUST** line up directly in front of the offensive linemen opposite of them.
 - Defensive ends must line up in front of, or on the outside shoulder of the offensive tight end.
 - If there is no Tight End the defensive end may still line up in front of, or on the outside shoulder of the offensive tight end position.
 - Defensive ends may line up in either a down (3 or 4 point) stance or standing up.
 - Non-ball Carriers must line up on the line of scrimmage in a down (three or four point) stance from tackle to tackle.
 - A maximum of **Five (5)** Non-ball Carriers may be on the field at one time.
 - Linebackers must line up Three (3) yards off the line of scrimmage.
 - They may **NOT** move forward until the ball is snapped.
 - They may move laterally prior to the snap of the ball.

6th-7th Grade Rules

Games are played in accordance with the National Federation of State High School Associations (NFHS)2026 Football Rules Book with the following **EXCEPTIONS:**

Weight Limit:

- Players weighing 160 pounds or less at official weigh in are designated Ball Carriers.
- Players weighing more than 160 pounds at official weigh in are designated Non-ball Carriers.

Ball Carrier Restrictions:

- None. Ball Carrier may play any position on offense, defense and special teams.

Non-Ball Carrier Restrictions:

- **MUST** have a colored MPRB issued decal or stripe on their helmet.
 - **PENALTY:** 15 yards and player removed from game for minimum one play.
- **MUST** line up on the line of scrimmage from tackle to tackle, offense and defense.
- May **ADVANCE** the ball after recovering a fumble or intercepting a pass.
- Must line up on front line ten (10) yards from the kick off point on Kick Returns.
- May **ADVANCE** the ball on Kick Returns.
- May **NOT** receive a lateral.
- May be used as punters, kick-off, field goal and P.A.T. kickers, but they must kick the ball. They cannot run, pass, lateral or advance the ball in any other manner than by kicking it.

Extra Point:

Game clock will stop for extra point tries and resume when the ball is put into play on change of possession. A team must declare they are kicking, trick plays or fakes are not allowed once the teams are lined up for the kick. Defensive team may rush, however the offensive center must not be covered. A blocked kick will be declared a dead ball.

Extra Point Scoring:

- 2 points for a successful kick.
- 2 points for a successful pass.
- 1 point for a successful run.

Extra Point Offensive Alignment

- Unbalanced lines are allowed.



- Direct snaps are allowed.
- A maximum of 5 Non-ball carriers are allowed on the field at one time.
 - Non-ball carriers must line up on the LOS from tackle to tackle.

Extra Point Defensive Alignment:

- A maximum of 8 players are allowed to line up on or within 3 yards of the line of scrimmage.
 - Any defensive back lined up on or within 3 yards of the LOS is counted against the limit of 8 players.
 - **EXCEPTION:** Up to 11 players are allowed to line up on or within 3 yards of the line of scrimmage when the LOS is on or inside the defense's 5-yard line.
- Non-ball Carriers must align on the line of scrimmage in a down (3 or 4 point) stance from tackle to tackle.
- A maximum of Five (5) Non-ball Carriers may be on the field at one time.
- Players lined up more than 3 yards off the line of scrimmage:
 - May NOT move forward until the ball is snapped.
 - May move laterally prior to the snap of the ball.

USA Football Heat Acclimatization Guidelines

Level	Heat Index	Activity Guidelines	Rest Break Guidelines
1	89 and under	Normal Activities	Provide at least three separate rest breaks each hour with a minimum duration of 3 minutes each.
2	90-94	Use discretion for intense or prolonged exercise; watch at-risk players carefully.	Provide at least three separate rest breaks each hour with a minimum duration of 4 minutes each.
3	95-99	Players are restricted to helmet, shoulder pads and shorts during practice, and all protective equipment must be removed during conditioning activities. If the Heat Index rises to this level during practice, players may continue to work out wearing football pants without change to shorts.	Provide at least four separate rest breaks each hour with a minimum duration of 4 minutes each.
4	100-104	Maximum practice time is 1 hour. No protective equipment may be worn during practice, and there may be no conditioning activities.	There must be 20 minutes of rest breaks distributed throughout the hour of practice.
5	105 and above	No Outdoor Activities	No Outdoor Activities

The go goals of Rookie Tackle are (adopted from USA Football):

1. Participants learning the "all positions, all football skills" model.
 - a. Not all players may play every position, every game or even throughout the course of the entire season. All players should have at least one offensive and defensive line position as well as one offensive and defensive skill position to play each game.
 - b. In practice, players should learn all skills of all positions for development purposes in accordance with the Football Development Model principles.



2. Maximizing player enjoyment and skill development.
3. Ensuring all players have meaningful playing time and the opportunity for improvement and success during game action.
4. Providing a bridge between flag football and the 11-player, full-field tackle version or as an introduction to contact skills prior to 11-player tackle.
5. Encouraging leagues to play on a smaller field size that is appropriately scaled to the age, size and skill level of the youth football players.
6. Encouraging a fast-paced game with more plays, greater activity and the promotion of fun.
7. Emphasizing fundamental skill development by isolating situations for players to showcase their abilities via formation regulations and limited field size.
8. Allowing leagues and clubs to maximize field space by playing two games at a time on one regulation-sized football field.
9. Limiting roster sizes to foster participation and provide more focused, individualized coaching attention during practice and on game day
 - a. Roster caps are recommended at two times the number of players on the field (meaning a league/club playing 8-on-8 should cap rosters at 16). Smaller rosters are preferred.
 - b. Fewer players on the sideline means fewer substitutions and more playing time for each athlete.

References/ Sources:

- The MPRB plays by rules published by the NFL Flag Football.
- The USA Football rulebook can be found at the following link –
 - Download: <https://www.teamsideline.com/sites/minneapolisparcs/downloads>
 - PDF Version: [2026 USA Football Youth Guide](#)



**By registering your child in MPRB Youth Athletic Leagues
you are joining the MPRB Kids Zone and agree to the following:**



- Kids are #1
- FUN is more important than winning
- Let the coaches do the coaching and the Refs do the referring
- Fans cheer positively (no public displays of anger or violence)
- Respect the officials
- Keep the facility & grounds clean
- All parks and schools are tobacco & alcohol free
- Be positive role model

Thank you for supporting MPRB athletics!

The Minneapolis Park & Recreation Board will provide you all participating youth with a positive and safe environment. We welcome your ongoing support of our programs.

Help keep kids in sports! Support!

