

# Grasshopper (aka “Hopper”) 8 Year Olds

## Player Requirements

- Must have completed & submitted Concussion & Head Injury and Sudden Cardiac Arrest Forms
- Must meet age requirements (based on age on August 1, 2016)
- Agree & abide by Knox County Sports Code of Conduct

## Coaches (Head, Assistant) Requirements

- Must have successfully passed national background screening
- Must have completed USA Football Level 1 Coach Certification
- Agree & abide by Knox County Sports Code of Conduct
- 1 Head Coach & 4 Assistants allowed on sideline during game with Coach ID Badge.
  - A 5<sup>th</sup> Assistant with Coach ID Badge is allowed to track plays for each player.

**Ball** R5-PW

**Weight** 105 pound maximum for backs/ends. Teams weigh-in before each game.

**Green Strippers** Must wear the green stripe on helmet until meet weight  
Can not advance the ball  
(Offense) Can be upright (does not have to be in 3-point stance  
(Offense) Can not be on end of line – must have receiver on both ends  
(Defense) Players can not play MLB/OLB or DB. Only D-Line between OTs.  
(Defense) Must be in 3 or 4 point stance  
(Kickoff) Can not go more than 10 yards downfield  
(Kickoff Return) Must be within 10 yards of the ball at kickoff

**Substitutions** Coaches may sub freely. Strongly encourage that all play 4+ plays per game

**Game Timing** 8 Minute Quarters with running clock until final 2 minutes of 2<sup>nd</sup> & 4<sup>th</sup> Quarters where HS timing rules are used. Clock stops on timeouts, scores, and injuries. No overtime in regular season

**Field Length** 80 Yards

**Penalties** 4 yards, 8 yards

**Kicking** No kicking. Ball placed on 35 yard line.

**Punts** Ball moved 20 yards downfield, but not inside 10 yard line.

**PAT** 1 point for rush/pass

**Mercy Rule** The clock shall run the entire 2<sup>nd</sup> half if a team leads by 28 or more points. The clock only stops at end of 3<sup>rd</sup> quarter and for major injuries. The clock will revert to standard procedures if the deficit becomes less than 28 points.

### Defense:

- Plays 4-3 or 5-2. If inside 10 yard line, may play 5-3 or 6-2
- May not blitz
- No forward movement before ball snapped
- 4-6 players on defensive line. Green strippers between OT
- Interior linemen in 3 or 4-point stance
- Linebackers must be 2 yards back from downed players
- Safety must be 4 yards back from downed players

### Offense:

- Halfbacks must be 4 yards behind downed players