

Football Under-Varsity Timing/Special Rules 2025

- 9-player (Houston, Grand Meadow, Lanesboro, Spring Grove, Mabel-Canton, Kingsland, Wabasha-Kellogg, Bethlehem Academy, AC/GE, LeRoy-Ostrander, Lyle-Pacelli(JH only))
 - JV games = 10 minute quarters (standard timing), all rules same as varsity.
 - JH games (7th and 8th together) = 8 minutes quarters (standard timing of start/stop like a varsity game)
 - 2 points for kicking a PAT.
 - 1 point for running/passing a conversion.
 - Review the no-blitzing rule with both coaches in pre-game discussions. The spirit and intent of the rules is to only have down defensive lineman on the LOS between offensive tackles rush the QB before they hand the ball off.

- Mid-South Schools A and AA (Fillmore Central, Blooming Prairie, Lewiston-Altura, Southland, Hayfield, Medford)
 - JV/B-games = 12 minute quarters (standard timing), all rules same as varsity.
 - JH games = 15 minute quarters (running time).
 - Stop timing (standard timing) last 2 minutes of each half, team TO's, and injuries.
 - 7th grade only - ONE coach may be on the field.

- Southeast Central Schools AA, AAA, and AAAA (Austin, Cannon Falls, Lourdes, Chatfield, Kenyon-Wanamingo, Triton, Goodhue, Cotter, LaCrescent, Lake City, PEM, Pine Island, Red Wing, Z-M, Dover-Eyota, St. Charles, Caledonia, Rushford-Peterson)
 - JV/B-games = 12 minute quarters (standard timing), all rules same as varsity.
 - C-games = 10 minute quarters (standard timing), all rules same as varsity.
 - JH games = 15 minute quarters (running time).
 - Stop timing (standard timing) last 2 minutes of each half, team TO's, and injuries.
 - The clock stops after scores and not restarted until the ensuing kickoff is legally touched by the kickers or receivers.
 - 3 time-outs per half
 - Halftime shall be 5 minutes.
 - For 7th grade only, one coach may stay on the field to organize and instruct players. Once the play is ready to begin the on-field coach must step back and not coach during the play.

- Big Southeast Schools AAAA and AAAAA (Stewartville, Byron, Kasson-Mantorville, Winona, John Marshall, Mayo, Century)
 - JV games = 12 minute quarters (standard timing), all rules same as varsity.
 - 9th grade games = 12 minute quarters (standard timing), all rules same as varsity.
 - JH games = 15 minute quarters (running time).
 - Stop timing (standard timing) last 2 minutes of each half, team TO's, and injuries.
 - The clock stops after scores and not restarted until the ensuing kickoff is legally touched by the kickers or receivers.
 - 2 time-outs per half
 - No OT, game ends in a tie.
 - Blitzing - teams may blitz ONE player. If a team is up by 20 points, they can no longer blitz. Once the lead drops below 20 points, the team may blitz again.
 - Punts - team must declare punt/NO FAKE PUNT. Punting team may send 2 gunners and center on the snap. All other players are allowed to move once the ball leaves the punter's foot. If the punter does not catch the ball, the punt will be made where the punter picks up the ball. No players are allowed to rush the punter.
 - Extra Points - One or two point conversions are allowed. If kicking extra point - NO RUSHING.