

2020 1ST & 2ND GRADE ROOKIE TACKLE

Team and League rules:

1. Because of all players, all positions, all skills, philosophy, there are no weight restrictions regarding player positions in 1st grade. 2nd Grade has an 85lb weight limit.
2. USA Footballs modified rules:
 - a. The playing field is 40-by-35 & 1/3 yards.
 - i. Sidelines are at numbers on a traditional football field and should be marked with additional cones
 - ii. Teams always start on the plus-40, always going in toward the end zone
 - iii. After each play, the ball is marked in the middle of the field not on the hash.
 - b. Each game is made up of four (4) quarters of 10 minutes each with a running clock. The final two minutes of both halves are played in accordance with National Federation time stop rules
 - i. Halftime is seven (7) minutes
 - ii. Each team is granted two timeouts per half. Timeouts do not carry over from half to half. Timeouts are one (1) minute in length
 - c. Overtime is played only in playoff games
 - d. Major rule violations are enforced at 10-yards not 15 to account for the smaller field.
 - e. Coaches on the field: Each team is always allowed two coaches on the field to facilitate faster play calling and keep the speed of the game and activity levels high. Once the huddle is broken, the on-field coaches may assist in alignment but there are no audible calls or changing of plays allowed.

- i. Teams have the option to have an offensive and defensive coaches who switch on change of position
 - ii. Extra instruction will receive one (1) warning and all continued infractions will result in 5-yard penalties
- f. No special teams
 - i. There are no kickoff or punts. The game starts with the ball on the plus-40, and if the ball is turned over on downs, the team's flip sides, and the ball is placed back on the 40-yard line.
 - ii. No extra points by a kick. All PATs are replaced by a run or pass try from the 3-yard line for a single point.
- g. Offensive regulations
 - i. Each play must have three (3) offensive lineman for 7 man format and (5) offensive linemen for 9 man format– a center and two guards, one on either side of the center for 3 man alignment – center and two guard on either side of center flanked tackles on outside shoulders
 - 1. Guards and Tackles are required to play from a two-point stance
 - 2. The distance between guard and center may not exceed three feet (1 yard).
 - 3. Because of “all players, all positions, all skills” and the changing of positions during the game, the three offensive linemen must identify themselves by raising their hands they approach the line of scrimmage.
 - a. Once identified as an offensive lineman, players may not shift to another position.

- ii. The offense must have four (4) players on the line of scrimmage in 7-man format and (5) players on line of scrimmage in 9-man format
 - iii. There is no quarterback – center exchange. The QB will start with the ball in pistol or shotgun. Center will be in three-point stance and with his down hand on soft flexible cone and topple cone on QB's "Go" call.
 - iv. The non-offensive line players may be deployed in positions at the coach's discretion: QB, RB, FB, and WR in any numbers
 - 1. As long as one is on the LOS
 - v. There will be no "trips" formations
 - vi. Motion is not allowed
 - vii. There are no cut blocks (any block below the waist) allowed by any player at any point on the field
- h. Defensive restriction
- i. Defenses may only have two defensive linemen for 7 man format and 4 defensive linemen for 9 man format
 - 1. Defensive lineman must be in a two-point stance
 - 2. Defensive lineman must be aligned on the guards head up or outside shade
 - a. Players in a shade must always have one foot aligned inside the stance of the opposing guard.
 - ii. The defense must have one player at least eight (8) yards from the ball
 - iii. The remaining players must be four (4) yards off the ball in "standard" defensive formation, unless covering the offensive fourth player on the line of scrimmage.

1. If the ball is inside the 3-yard line, the four non-linemen, non-deep players may align on the goal line.
- iv. There are no "blitz" or "stunt" plays from any defensive backer position
- v. "A" gap is not to be used and Center to remain unopposed.

Space between offence and defense players to be one yard marked with two cones. One that the center topples and the other a small flat cone where the defense uses as a line of scrimmage.