

TVYFL Rookie Tackle Rules of Play

1. If a member fields more than 1 team at this level, it is the president's responsibility to insure that the teams are equally divided by both grade level and skill level. No, "Stacked", teams will be allowed. By grade level, both team(s) should be within 1 (+/-) of 4th graders and within 1 (+/-), of 3rd graders. The intent is to equally divide teams in a way that promotes the development of all players on these teams.
2. Maximum team size will be 21 players. It is preferred that team sizes be closer to 14-16 players to optimize playing time, player development. Minimum team size will be 9 players. Every effort should be made to increase numbers to the recommended number. **Ideal team size would be 14-16 players.**
3. No member shall conduct tryouts as a condition of participation. All players will be allowed to play. No member will cut any player who has registered to be a part of a team.
4. Current waiver rules, per TVYFL bylaws, are in force at this level. See bylaws regarding waivers if questions.
5. No player shall participate in this level of play if player turns 11 before August 1st of this year.
6. There will be no weight limits ball carriers at this level. It is the responsibility of both coaches on the field to insure that where size is a concern, that players, by position, will be as evenly matched as possible. (Example: If you have a bigger kid running the ball, defense should have a rotation of bigger kids on the D-Line and LB positions. If bigger kids are playing WR, the defense should match up bigger kids at CB. The intent of this is to allow kids to have the opportunity to play all positions on the field. The coaches on the fields are, "RESPONSIBLE", to insure there are appropriate match ups to allow this to happen.
7. Weigh in's will not be required at this level. However, just like current weigh in's, visiting team will assemble 30 minutes prior to start of game for book verification. Team must have current team book with all the required info and pictures as is required at all TVYFL levels currently. Immediately followed by the home team assembling and doing the same. Books will be closed after home team book verification has been completed. Unless agreed upon by both coaches to allow it to stay open longer. Once game has started, books are closed.
8. It is the intent of this program to insure all players are getting equal playing time. A platoon system, where by, upon a change from offense to defense, or vice versa, 7 players should be coming off and 7 new players should be coming in. **(Where number of player's permits)**. Where a team is made up of 15-21 players, the third rotation should be with players who have not yet participated. The only acceptable reason for a player not to be put into one of the rotations would be injury. Player ability will not be an acceptable reason not to put a player in the game, per their rotation. Because of this format, we will not require a play count sheet to be completed. However if a complaint is made and verified, that a player is not getting the appropriate number of rep's for reasons other than injury, expect to be fined, and removed from coaching for a period of week. No exceptions.
9. Home Field member will be responsible for all field set up. Will be responsible for insuring a field greeter is on-site to direct opposing team to the appropriate locations.

7 man Rookie/Tackle Rules of Play

1. Rookie Tackle uses the NFHS rule book as a base with the following level specific changes.
2. There are no restrictions on jersey numbers being based on position.
3. All game action takes place on one half of the field with all possessions starting on the 40 yard line going toward the end zone.
4. A turnover on downs brings the ball back to the 40 yard line, and the teams switch sides from offense to defense, defense to offense.
5. Turnovers on interceptions or fumbles are blown dead immediately. Possession changes to the recovering team at the 40 yard line going in.
6. After each play, the ball is spotted in the middle of the field. No hash marks will be used.
7. A penalty that warrants a 15 yard march off will only be enforced to 10 yard march off.
8. No penalty on the offense can take the ball beyond the 40 yard line going in. The 40 yard line is as far back as a team can be placed.
9. Penalties on the offense that are called and accepted on or behind the 40 yard line will result in a loss of down.

10. Penalties on the offense called between the 40 yard line and the end zone in which yardage is lost, even if limited in enforcement by the 40 yard line, are enforced as written in terms of down lost or replayed.
11. There are no defensive safeties. Tackles behind the 40 yard line are re-spotted at the 40 yard line.
12. All personal foul penalties include an immediate substitution from the field for a minimum of one play to allow coaches to address misconduct and promote good sportsmanship. Further personal fouls called on same player will result in player ejection and same standards listed in current bylaws for player ejections will apply.
13. In the event that an offensive play results in a fumble or a player running backwards that takes the ball beyond the 50 yard line, will result in play being blown dead and the ball be placed back at the 40 yard line for the next play. Play will count as a play and carry a loss of that down.
14. 1 Coach will be allowed on the field. Coaches should be a minimum of 5 yards behind the deepest player at the time of the hike. This includes both offense and defense. Coaches can verbally direct players at this time, but are not allowed to physically place players into position.
15. There will be no special teams used at the Rookie/Tackle level. This includes kick off's, punts and extra points.
16. **No score will be kept.**

Offensive Adjustments:

1. Each play must include 3 offensive lineman. A center and 2 guards. One on either side of the center. These players are ineligible for first touch as a receiver of a pass.
2. Guards are required to play from a 2 point stance. There are no 3 point stances.
3. The distance between a guard and center may not exceed 3 feet, but can be closer.
4. Because of the constant changes of players and positions, the 3 offensive lineman must identify themselves on each play by raising their hands as the break huddle and approach the line of scrimmage.
5. Once identified as an offensive lineman, players may not shift to another position.
6. All 3 offensive lineman are ineligible for first touch on a pass, including a guard who is uncovered by an end.
7. Quarterback sneaks are prohibited in all situations because the defense is not allowed to have players aligned over the center or in the center-guard a gap.
8. The offense must have 4 players on the line of scrimmage. No more, no less. The fourth player can be a TE or a WR.
9. The 4 offensive players who are not playing guard or center may be deployed in positions at the coach's discretion as long as one is on the line of scrimmage.
10. No trips formations are allowed. Trips is defined as any three players outside the guard to guard box.
11. Motion is allowed by a backfield player as long as it does not create a trips formation.
12. All blocks below the waist, in any situation, are illegal. **Penalty will be a personal foul.**

Defensive adjustments:

1. Defenses may only have 2 defensive lineman unless an offensive formation includes a Tight End. In that case, a third defensive lineman may line up over the Tight End.
2. Defensive lineman must be in a 2 point stance.
3. Defensive lineman over guards must be aligned in a head up or outside shade position.
4. Players in an outside shade must always have one foot aligned inside the stance of the opposing guard.
5. The defense must have one player at least 10 yards off the ball at the time of the snap.
6. The remaining four players can be deployed at the coach's discretion but must be four yards off the line of scrimmage unless covering a Tight End or split end on the line of scrimmage.
7. NO blitzes are allowed. Players within the box at the snap can penetrate upon the snap. LB's, Safeties and Cornerbacks can flow to the ball naturally after a handoff is made, but predetermining penetration to a specific gap **(A)** is illegal. **Penalty will be a personal foul.**
8. The Box includes offensive players who line up within two yards of the ball and on the line of scrimmage along with the defensive players lined up directly over them.
9. On pass plays, anyone outside the box on the snap cannot rush the quarterback and must remain behind the line of scrimmage in pass coverage. **Penalty will be a personal foul.**
10. Coaches are encouraged to be creative with their formations but not use, "The box" to delay defensive penetration.
11. NOTE: the restriction on blitzing **or predetermining penetration to a specific gap (A)** is intended to encourage skill development within the passing game and allow young players to execute a successful handoff with limited penetration.

12. If the ball is inside the 4 yard line, the four non-linemen, non-deep players (Safety must remain at 10 yards off the line, may align on the goal line.

Duration / Scorekeeping / Practice:

1. A Rookie Tackle game will be run with 4 – 15 minute, running time quarters. Stoppage of play will only be for injuries, change of possession and coaches time outs. All other plays will require the clock to continue to run.
2. There will be a 5 minute break period between quarters and a 10 minute half time.
3. No scores will be kept on the field / scoreboard. Scoreboard will be used for time keeping purposes only. Scores will not be required to be submitted to the league. Only what teams played as standings also will not be kept by the league.
4. Practice schedules will mirror our 11 man tackle 3-4 programs. Beginning **opening day** thru Labor Day weekend, practices can be 5 days per week. Not to exceed 2.5 hours (.5 hours is considered time for water breaks). After Labor Day, practice can be no more than 3 days per week for the same duration as listed above. This is not a requirement, this is the allowable practice time. If you choose to practice in shorter increments, or fewer days, that is acceptable.
5. A player still needs to accumulate 10 hours of practice without pads (helmets allowable), before going full pads and full contact. Players must accumulate 6 hours in pads before a scrimmage or game is allowed.

The intent of this program is to gradually introduce tackle football to former flag and first year players. The success of this program will rest largely with how coaches work together to establish best match up's. How the coaches spend time on player development with, "ALL", players. And how coaches keep this fun. Our intent is for kids to fall in love with the game so they will want to continue in the future. Please take this into consideration when you are working with your team this year.