



8-PLAYER RULES

Rookie Tackle uses the NFHS rule book as a base and employs the following adjustments for

8-player football:

***** Scores and standings will be kept! Remember the purpose of this division – LEARNING*****

General Rules:

- 1. No Restrictions on Jersey numbers or player positions.**
- 2. 10-minute quarters with a running clock.**
- 3. Play Clock 40 seconds. Violation of the play clock will be a loss of down.**
- 4. The clock will stop on timeout and after scoring pay only. Once the ball is set after score the clock will begin running.**
- 5. 1 timeout per half**
- 6. All game action takes place from one sideline of the field to the far hash marks with all possessions starting on the 40- yard line and going toward the end zone in between the hashes.**
- 7. The ball is always spotted in the middle of the playing area.**
- 8. Tackles for a loss behind the 40-yard line are replaced at the 40-yard line.**
- 9. Any turnover is blown dead immediately. No returns are allowed. The ball will be placed at the 40-yard line, and the teams switch sides from offense to defense or defense to offense (Interception/Fumble recovery).**
- 10. There are no defensive TDs or Safeties**
- 11. All players will play a minimum of 10 plays each. This will be tracked by a playcounter on the sidelines and kept on record.**
- 12. 2 (two) coaches will be allowed on the field on the offensive side, 1 (one) on the defensive side. All coaches will stop coaching when the play starts.**

Offense:

- 1. Formations – 5 on the LOS. 3 in the backfield (T to T)**
- 2. No unbalanced lines or formations.**
- 3. The Center may snap the ball with 1 or 2 hands.**
- 4. Guards and Tackles must be in a 2-point stance**
- 5. OL must be foot to foot. No gaps between OL**
- 6. All 3 interior OL (G-C-G) are ineligible for the first touch**
- 7. QB – C exchange may be direct or shotgun**
- 8. No QB sneaks**
- 9. No Motion**
- 10. No block below the waist at any time**

Defense:

- 1. 2 DL minimum and up to 4 DL maximum**
- 2. Must be in a 2-point stance**
- 3. Head up on G's or T's**
- 4. No gap shading or alignment**
- 5. No A gap alignment or rushing of the A Gap**
- 6. The defense must have one player at least 10 YARDS from the ball in a Safety position**
- 7. Any players not on the LOS or at safety must be FOUR yards off the LOS**
- 8. Defenses that choose to not match the WRs on the LOS may position those players at the second level as long as they are at least 4 yards from the ball**
- 9. NO blitzes allowed**
- 10. Run plays - Players within the box (G to G or T/TE to T/TE) can penetrate upon the snap going straight forward. LBs, CB's, and safety must flow to the ball naturally.**
- 11. If the ball is inside the 4-yard line, the 3-5 non-DL may align on the goal line**

Special Teams:

- 1. No Special Teams**

Officials/Penalties:

1. Officials will call penalties according to NFHS/JYFA/Rookie rules.

2. Penalty yardage – 5-yard penalty = 2 yards, 10-yard penalty = 4 yards, 15-yard penalty = 7 yards

3. If a play starts on the offensive 40-yard line and it is a penalty against the offense, no yardage will be marked off, it will be a loss of down.

Important Site Links

- [Covid19 Information](#)
- [Contact Us](#)

Get Connected



Site Powered by [TeamSideline.com](#)

[Privacy](#) | [Admin Sign In](#) ▶