

# **CBYF ROOKIE 2<sup>ND</sup>/3<sup>RD</sup> GRADE TACKLE RULES**

## **1. General Rules Authority**

1.1 These Playing Rules have been modeled after the National Federation of State High School Associations (NFHS) rulebook and the USA Football Rookie Tackle 8-Player rulebook.

1.2 Cases may arise where the head referee or designated field manager may need to make a game rule decision during the play of a game. The individual will make the best attempt to follow NFHS rulebook with respect to the level of play. Individual judgment decisions made in this instance are not subject to appeal.

## **2. Playing field**

2.1. The playing field is 40 x 35 1/3 yards, allowing for two fields to be created on a traditional 100-yard field at the same time.

2.2 All possessions start on the 40-yard line going toward the end zone. After each play, the ball is spotted in the middle of the field. Hash marks are not used.

2.3. An Administrative Zone extending a minimum of 10 yards from the 40-yard line will be established for game administration and safety purposes, this will typically be in the middle of a standard football field.

2.4. Game officials, league personnel and designated coaches are allowed in this space. The offensive huddle may take place in the Administrative Zone.

2.5. Sideline players' box extends from the 40-yard line to the 25 yard line. Players not in the game must stay in the players' box with one or more coaches to supervise.

2.6. First downs, down markers, and the chain gang are administered in accordance with National Federation (NFHS) rules starting from the 40-yard line.

## **3. Game Clock**

3.1. 2 x 25-minute periods - running clock.

3.2. 5 minute half-time

3.3. 1-time out per half (1 minute duration each)

## **4. Playing Time**

4.1. The Rookie divisions are developmental divisions with a "all players, all positions, all skills philosophy".

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4.2. Not all players may play every position every game or even through the course of the entire season.

4.3. All players should practice at least one offensive and defensive line position as well as one offensive and one defensive backfield position.

4.4. In practice, players should learn all skills of all positions for developmental purposes in accordance with the Football Development Model principles.

4.5. If rosters have 16 or fewer players, then each player on the squad will have either an offensive or defensive starting position and play the entire first half with that unit.

4.6. Players must switch to the opposite unit at halftime and play the entire 2nd half with that unit.

4.7. All players should have at least one offensive and defensive position to play each game.

## **5. Jersey Numbers**

5.1. Because of the "all players, all positions, all skills philosophy," there are no restrictions on jersey numbers or player positions.

5.2. It is not allowed to change a player's jersey number during the course of a game in order to deceive the opposing defense.

5.3. Any team caught jersey swapping for this purpose will forfeit the game, regardless of the game's outcome.

5.4. If a jersey is damaged and unsuitable for play, the opposing coach and officials must be immediately notified of the problem and given the player's name and their new jersey number.

## **6. The Huddle**

1. The time allowed between the huddle and the snap of the ball shall not exceed 30 seconds from the referee's spot of the ball and the signal of ready for play.

## **7. Assisting the Play**

7.1. Two coaches can be in the huddle calling offensive and defensive plays but must back away from the area of play and be behind the referees prior to the start of the quarterback's coming set under the center.

7.2. Coaches need to be behind the referees when the quarterback comes set under the center.

7.3. Coaches may not shout instructions and may not physically touch or assist a player after the quarterback has come set under the center.

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7.4. An attempt by the coach to assist a player during the play is considered unsportsmanlike conduct and the penalty will be assessed as follows:

- a. If the offending coach is on offense: 10-yard penalty from the line of scrimmage or the spot of the ball (whichever is worse) and loss of the down that was played.
- b. If the offending coach is on defense: 10-yard penalty from the line of scrimmage or end of the play and automatic first down for the offense.
- c. If both sides commit this penalty on the same play or this penalty is committed and another penalty is committed by the opposing team, then the penalties would offset, and the down would be replayed.
- d. If this penalty is committed along with another penalty by the same team, it is not combined, but the victimized team would have a choice of which penalty to accept.

## **8. Scoring:**

### 8.1. Touchdown

- a. An offensive touchdown is worth 6 points. There are no defensive touchdowns as all turnovers are blown dead immediately.

### 8.2. Point after Touchdowns (PAT)

- a. After every successful touchdown, a point after attempt shall occur from the 3-yard line by the offense.
- b. Point after attempts do not extend the game if the score would not matter to the offense to win the game.
- c. Successfully crossing the goal line on a PAT attempt by a forward pass is worth 2 points.
- d. Successfully crossing the goal line on a PAT attempt by run play is worth 1 point.

### 8.3. Safeties

- a. There are no defensive safeties. All tackles behind the 40-yard line result in a loss of down, but the offense retains the ball, and the ball is re-spotted at the 40-yard line.

### 8.4. Scoring Limitations

- a. A player may score a maximum of 2 touchdowns in a game.
- b. Once a player has scored 2 offensive touchdowns in a game, they must be moved from the QB or RB position.

- c. Players who have scored 2 touchdowns may continue to play offense but must play on the offensive line or at tight end, wide receiver or wing and cannot have a play designed for them to touch the ball.
- d. Players who have scored their 2 touchdowns will have a colored helmet beanie placed on their helmet.
- e. A player who reaches his/her touchdown limit may touch the ball during the PAT attempt immediately following his/her 2nd touchdown. However, he/she may not touch the ball on any subsequent PAT attempts.

#### 8.5. Identifying Ineligible Ball Carriers/Receivers

- a. To assist game officials, coaches, players, and field monitors in easily identifying ineligible ball carriers/receivers a penny will be placed on the helmet of any player who reaches their touchdown limit.
- b. In the event an ineligible player touches the ball on an offensive drive, whether designed or not, the play will be immediately blown dead. The ball will be placed at the original line of scrimmage. The infraction will result in the loss of a down.
- c. In the event an ineligible player touches the ball on a PAT, whether designed or not, the play will be immediately blown dead. The infraction will result in a 5-yard penalty and the PAT replayed.
- d. An ineligible player may recover a fumble. If the player recovering the ball is ineligible the ball will be spotted at the point of recovery with no additional loss of down.
- e. A team may not have a player intentionally fall down or step out of bounds near the goal line to avoid hitting the player's maximum touchdown limit. Doing so will result in an unsportsmanlike conduct penalty.

#### 8.6. Mercy Rule

- a. If, at any time after the first half of a play, a differential of 28 or more points exists the Mercy Rule will go into effect.
- b. Once the mercy rule has gone into effect the game clock will become a running clock and will only be stopped for time outs, player injury, or change in game periods (i.e. end of quarter or halftime).
- c. The clock will not revert to a normal game clock for the remainder of the game.
- d. Once the mercy rule is in effect the official game score will be the score at the time the mercy rule was instituted.
- e. After a mercy rule is in effect the following special rules will apply:

8.7. The winning team will substitute starting positions with reserve positions provided that the mandatory playing time requirements are still met.

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8.8. There will be no blitzing.

a. Any coach found to be in violation of the mercy rule limitations, or the intent of the rule will be disciplined under the Coaches' Code of Conduct policy at the discretion of the Disciplinary Committee.

b. There are no exceptions, and no waivers permitted for instituting the Mercy Rule when applicable.

## 9. Turnovers

9.1. A turnover on downs brings the ball back to the 40-yard line. The teams switch sides from offense to defense, defense to offense.

9.2. Turnovers on interceptions are blown dead immediately. No returns are allowed. Play restarts on the 40yard line with the intercepting team now on offense.

9.3. A fumble is a live ball until it is recovered by a player, lands out of bounds, or approaches the administrative zone and officials determine the play should be blown dead.

a. If a defensive player recovers the ball the play is blown dead immediately. No returns are allowed. Play restarts on the 40-yard line with the recovering team now on offense.

b. If an offensive player recovers the ball the play is live, and the player may advance the fumble.

## 10. Special Teams Adjustments

10.1. There are no special teams. There are no kickoffs or punts. Each possession starts with the ball on the 40-yard line, regardless of whether there is a score, turnover, or turnover on downs. There are no field goals or PATs by kick.

## 11. Offensive Adjustments

11.1. Line of Scrimmage

a. Each play must include three offensive linemen - a center and two guards, one on either side of the center. These players are ineligible for first touch as the receiver of a pass.



b. The offense must have five players on the line of scrimmage. No more, no less. The fourth and fifth players can be tight ends, spit ends, or a combination of the two. Only two end players on the line of scrimmage are eligible for the first touching of a pass.

There are no unbalanced lines. The split ends/tight ends must be on opposite sides of the center.



c.



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e. The distance (split) between a guard and center may not exceed three feet (one yard) but may be closer.

11.2. Guards are required to play from a two-point stance. There are no three-point stances.

11.3. The five offensive players who are not playing guard or center may be deployed in positions at the coach's discretion as long as two are on the line of scrimmage.

a. The snap

b. The center may only have his or snapping hand down on the ball.

c. The quarterback-center exchange may be direct, pistol, or shotgun.

d. Illegal Plays and Formations

i. Quarterback sneaks are prohibited in all situations.

ii. All blocks below the waist, in any situation, are illegal.

iii. No trip formations are allowed. Trips are defined as any three players outside the guard-to-guard box on the same side of the ball.

e. Note that motion is allowed by a backfield player as long as it doesn't create an illegal trips formation.

## 12. Defensive Adjustments

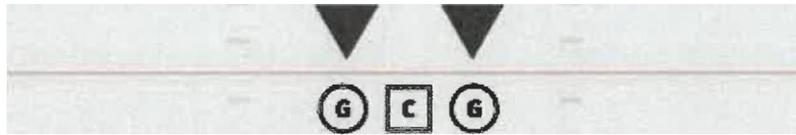
12.1. Linemen

a. Defenses may only have two defensive linemen unless an offensive formation includes a tight end. In that case, a third defensive player may line up over the tight end.

b. Two tight ends allow the defense to use four defensive players on the line of scrimmage. Note: a tight end is defined as a player on the line of scrimmage and within free feet (1 yard) of a guard.

c. BASE

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d. ONE TIGHT END

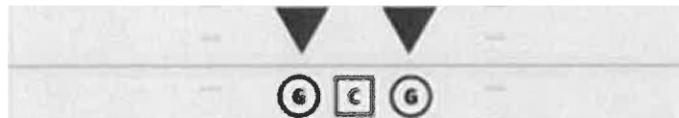


e. TWO TIGHT ENDS



f. Defensive linemen must be in a two-point stance.

g. Defensive linemen must be aligned on the guards and/or tight ends in a head up or outside shade position. Players in an outside shade must always have one foot aligned inside the stance of the opposing player.



h. If the offense aligns with no tight ends, the defense may still align with four players on the line of scrimmage (press corner) but the player must be positioned over the receiver he or she is covering.

Note: with the exception of the players covering the guards, the defense is not required to have additional players on the line of scrimmage but has the option to do so.



## 12.2. Defensive Backfield

a. The defense must have one player at least 10 yards off the line of scrimmage. All remaining players not on the line of scrimmage or at ten-yard-deep safety must be a minimum of four yards off of the line of scrimmage.

b. Defenses that choose to not match the eligible receivers on the line of scrimmage may position those players on the second level as long as they are at least four yards from the line of scrimmage. If the ball is inside the four-yard, the four non lineman, non-deep players may align on the goal line.

### 12.3. Illegal Procedures and Formations

a. Penetration of the A Gap

b. Defensive line of scrimmage players may not penetrate the A-gap on the snap of the ball. Contact with the hands must be made with the offensive line player before defeating the block into the A gap.

c. Enforcement: Deliberate stunting into the A-gap is to be treated as an illegal procedure foul and enforced as a five-yard live ball penalty.

d. Blitzing

e. No blitzes are allowed. Players within the box at the snap can penetrate upon the snap.

f. Linebackers, safeties, and cornerbacks (both on the line and at depth) can flow to the ball naturally after a handoff is made, but predetermining penetration to a specific gap is illegal.

g. On a quarterback run linebackers, safeties and cornerbacks (both on the line and at depth) can flow to the ball naturally as soon as the quarterback passes the guard.

h. 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 over them.

i. 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.

j. Application: The restriction on blitzing is intended to encourage skill development within the passing game and allow young players to execute a successful handoff with limited penetration.

k. Enforcement: Illegal blitzes by a linebacker or defensive back shall be enforced as an illegal procedure foul and a five-yard live ball penalty. If continued blitzing is determined to be a product of coach encouragement, a 15-yard unsportsmanlike conduct penalty can occur.

## 13. Penalties

### 13.1. Five Yard Penalties

The following violations result in a 5-yard penalty:

Failure to wear required equipment	5-yards from the line of scrimmage	Whistle blown at snap
Delay of games	5-yards from the line of scrimmage	Whistle blown after 30 seconds

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Illegal substitution	5-yards from the line of scrimmage	Whistle blown at snap of ball
Free kick infraction or kicking out of bounds	5-yards back and re-kick Take the ball where it went out of bounds. Take ball at 35- yard line	Whistle blown at end of play
Encroachment	5-yards from the line of scrimmage	Whistle blown before snap of ball
False start	5-yards from the line of scrimmage	Whistle blown before snap of ball
Illegal formation or procedure at snap	5-yards from the line of scrimmage	Whistle blown at snap of ball
Less than 3 or more than 4 players online of scrimmage e	5-yards from the line of scrimmage	Flag thrown during play
Illegal shift or illegal motion	5-yards from the line of scrimmage	Whistle blown at snap of ball
Illegal handling or passing the ball forward	5-yards from the line of scrimmage	Loss of down, flag thrown during play
Ineligible receiver downfield	5-yards from the line of scrimmage	Flag thrown during play
Helping the runner	5-yards from the line of scrimmage	Flag thrown during play
Illegal blitz	5-yards from the line of scrimmage	Flag thrown during play
Stunting into the A-Gap	5-yards from the line of scrimmage	Flag thrown during play

### 13.2. Ten Yard Penalties

The following violations result in a 10-yard penalty:

Illegal blocking technique	10 yards from spot of foul	Flag thrown during la
Holding, tripping, clipping, chop blocking	10 yards from spot of foul	Flag thrown during
Illegal kick or batting of ball	10 yards from spot of foul	Flag thrown during la
Catching interference	10 yards from spot of foul	Flag thrown during la
Pass interference on defense	10 yards from line of scrimmage	Flag thrown during la
Pass interference on defense, if caught	End of play plus 10 yards	Flag thrown during la

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Pass interference on offense	10 yards from line of scrimmage	Loss of down, Flag thrown during la
Charging into an opponent out of la	10 yards from spot of foul; personal foul	Flag thrown during la
Face mask	10 yards from spot of foul or end of play	Flag thrown during la
Roughing the passer or snapper	10 yards from line of scrimmage and first down If pass is caught, the 10 yards is added to the end of play	Flag thrown during play
Slapping the blocker's head	10 yards from spot of foul or end of play	Flag thrown during la
Illegal participation	10 yards from line of scrimmage	Whistle blown at snap of ball
Sideline infraction	10 yards from line of scrimmage	Flag thrown during la
Nonplayer illegally on field	10 yards from line of scrimmage tacked on at end of la	Flag thrown during la
Spearing	10 yards from spot of foul	Flag thrown during la
Open field horse collar	10 yards from spot of foul or add it on to end of lay	Flag thrown during play
Repeat blitz encouraged by coach official's discretion	10 yards from line of scrimmage	Flag thrown during la

### 13.13. Penalties plus Disqualification

The following violations constitute a disqualification and a 10-yard penalty:

Fighting by player or nonplayer	15 yards from line of scrimmage	Flag thrown
Any act if unduly rough or flagrant	15 yards from line of scrimmage	Flag thrown
Striking, Kicking, or Kneeing	15 yards from line of scrimmage	Fla thrown
Intentionally contacting an official	15 yards from line of scrimmage	Flag thrown

A second unsportsmanlike foul	15 yards from line of scrimmage	Flag thrown

#### 13.4. Unsportsmanlike Conduct

- a. If unsportsmanlike conduct is called the penalty will be assessed from the line of scrimmage or end of play, whichever is worse.
- b. A second unsportsmanlike conduct penalty against a player or coach will result in disqualification.
- c. Unsportsmanlike conduct may be called, without warning, against a team's sideline and/or family cheering section. An unsportsmanlike conduct penalty against a non-player/coach will result in an on the field 15-yard penalty. A second unsportsmanlike conduct penalty \_\_\_\_\_ against a non-player/coach will result in an automatic ejection under the Code of Conduct.

#### 13.5. Penalty Limitations Due to Administrative Zone

- a. No penalty on the offense can take the ball beyond the 40-yard line. Example: A five-yard penalty called and accepted on the 38-yard line would result in the loss of two yards and the ball spotted on the 40-yard line.
- b. 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.
- c. Penalties on the offense that are called and accepted on or behind the 40-yard line result in the loss of a down. A penalty that would normally include a loss of down would not result in a second loss of down on the same play.

#### 13.6. Personal Foul Penalties

- a. All personal foul penalties include an immediate required substitution from the field for a minimum of one play to allow coaches to address misconduct and promote good sportsmanship. This is called a "cooling off period".
- b. If a team does not have any substitutes for the game, coaches and officials will discuss during the pregame meeting how to apply league standards for this situation.