

CYO "34" ROOKIE TACKLE ONE-PAGE RULES "CHEAT SHEET"

EVERY COACH AND EVERY OFFICIAL SHOULD HAVE A COPY OF THESE RULES AT EVERY GAME, AND ANY QUESTIONS ABOUT THESE "34" RULES SHOULD BE ADDRESSED AT THE PRE-GAME MEETING WITH THE HEAD COACHES AND THE OFFICIALS. LET'S ALL COMMIT TO FOLLOWING THE SAME RULES FOR EVERYONE!

1. The field is from the 40-yard line in, with the width from the sideline to the far hash. Set up cones every five yards down the far hash. If hash marks are not present, estimate two-thirds of the field.
2. Head Coaches and Officials have a **MANDATORY** pre-game meeting to discuss rules & questions.
3. **MANDATORY PLAYER ROTATION** - Players will rotate from the line to back/receiver positions every alternating quarter, and vice versa. True "Big" offensive and defensive linemen must play line positions in the 1st and 3rd quarters, while smaller players play skilled positions during those quarters. Everyone must switch in the 2nd and 4th quarters!! This will allow big on big and small on small in the line positions for the same quarters in each game.
*****A player CANNOT play quarterback in quarters 1 and 3, and running back in quarters 2 and 4, or vice versa! Skilled position players MUST play line positions in quarters 2 and 4, and linemen MUST play the skilled positions in quarters 2 and 4! The only exception to this rule is if a team only has 7 players, where one player must play the wide receiver position in quarters 2 and 4 after playing quarterback or running back in quarters 1 and 3, because there is no one to sub in. Defense must follow this same policy, with kids rotating from the LB and DB spots to the line spots & vice versa.**
4. Stripers in quarters 2 and 4 can play QB and throw passes, but cannot run with the ball, and can catch passes as a receiver but cannot run after the catch. They can catch a TD pass in the end zone.
5. No QB sneaks, but a QB can run a "draw" play after a two-second delay.
6. No Trips formations (3 outside the guard position on the same side) or motion to create trips.
7. Offense is allowed 30 seconds in the huddle (have play sheets drawn up to keep the game moving).
8. **BALL SPOTTED IN THE MIDDLE OF THE FIELD AFTER EVERY PLAY. (NO HASH MARKS).**
9. Two Coaches allowed on the field and in the huddle on both sides. However, coaches cannot intentionally shift kids after breaking the huddle to gain an advantage.
10. Once a player has scored two TDs, he cannot carry the ball again or catch a pass, except on extra point conversions. He can play QB and hand off and throw passes, but he cannot run with the ball. There is no limit to the number of extra point conversions a player can score.
***** If a player intentionally steps out of bounds to keep from scoring to avoid this rule, the official will award the TD, and that player will not be allowed to carry the ball again, except on extra point conversions.**
11. The two defensive linemen must line up head up on the offensive guards. They should not be angled in or out **AND ARE NOT ALLOWED TO SLANT TO EITHER GAP!!** The spirit of the league is to teach them to make two handed contact with the offensive guard, use their hands to separate, then react to the ball. Since the QBs are not allowed to run a sneak, the D-Line cannot slant to either Gap!
12. Linebackers cannot stunt any gap. All linebackers should be aligned at least 4 yards deep at the snap of the ball and should then react. The exception is if there is a Tight End... then the LB can step up and play head up on the TE and on the line of scrimmage.
13. No defensive player can stunt off the edge on any play!
14. **SAFETY MUST LINE UP 10 YARDS DEEP AT THE SNAP OF THE BALL, AND CAN THEN REACT TO THE BALL.**
15. On the goal line, once the ball is on the 3-yard line or less, Linebackers can move to 2 yards deep. On any 4th and 1 play (regardless of where the ball is spotted on the field), Linebackers can move to 2 yards deep, Safety can move to 7 yards. Even on the goal line, no 4- or 5-man fronts are allowed!
16. All turnovers are automatically dead balls. The ball should never be carried beyond the 40-yd. line.
17. When an offensive penalty occurs on the 40-yard line, the result is loss of down.
18. Teams will have a total of four timeouts – two each half with no carryover.

PLEASE BRING A COPY OF THIS "CHEAT SHEET" TO ALL 34 GAMES FOR QUICK REFERENCE!