

2025
Catholic Youth Organization
34 Boys Rookie Tackle Football League
Rules, Regulations & Information

Section I - Purpose & Conduct

- A. The purpose of the league is to provide supervised competitive recreation for boys in the CYO grade school age group, thereby giving them an opportunity to learn the fundamentals of football and to develop spiritually, mentally, and physically.
- B. Any team member or coach conducting himself in an unsportsmanlike manner shall be liable to suspension from the league. The CYO Athletic Code of Ethics must always be followed, and it is the responsibility of the coaches to adhere to and enforce these standards.
- C. It is expected that the head coach will not tolerate inappropriate language or behavior from the players, assistant coaches, or himself. Anyone engaging in this type of behavior shall be subject to being ejected from a game. Anyone ejected cannot return to participate in that game.
- D. All offenders will be subject to actions outlined in the CYO Athletic Disciplinary Policy.

Section II - Special Scheduling Notes

- A. No team may take it upon themselves to postpone a game. The schedule is to be strictly followed, except in extremely inclement weather.
- B. Games are expected to begin at times designated on the official schedule, except when the start is delayed by an incomplete game. A 15-minute grace period is allowed if a team has not arrived at a game site at the designated start time of a game before a forfeit can be claimed unless prior arrangements have been made.
- C. Official football practice may **only** be started on the date assigned by the CYO Office. However, summer conditioning programs designed and limited to activities which promote physical fitness are an excellent way to prepare athletes for the rigors of early season practices in football. Examples of permissible activities are weightlifting (under a knowledgeable supervisor, only), running and aerobic exercising. Students may participate in a conditioning program during the summer and parishes may conduct such programs. Because of the age group that the CYO leagues deal with, adult supervision must always be present for these programs. Coaches must be responsible for the health and safety of these children at all times.

The conditioning programs must be open to all male students of the parish and participation in all summer activities shall be voluntary. A student will not be required to participate in the summer conditioning to be considered for membership on the team. During the summer conditioning program, helmets may be worn but no other protective equipment such as shoulder pads and football pants will be allowed. Footballs may be used but no other specific equipment related to performing football drills such as blocking pads, tackling dummies, etc. will be allowed.

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Section II - Special Scheduling Notes (Continued)

- D. Practice sessions must be conducted with the idea in mind that we are dealing with young boys. Therefore, no single practice session may exceed **two hours** in length, and no team may conduct supervised practice more than once a day. It is also suggested that you limit the number of practice sessions to no more than four per week. **Also, provide plenty of water for all the participants, especially on extremely hot and humid days.**
- E. The CYO Office will keep league standings. Scores must be reported to the CYO website at www.cyoarchindy.org by the coaches immediately following each game.
- F. The CYO will conduct a postseason tournament following the completion of the regular season. Every CYO team will automatically participate in the postseason tournament. The winner of the postseason tournament in each CYO football league will be recognized as the league champion for that league.
- G. Our greatest concern is always the physical safety of the players. Therefore, no CYO football team is permitted to play any team outside the league, unless the league format is the same and the weight and age rules are the same. We expect coaches to make sure there are no differences in league and weight and age rules exists before agreeing to any such game. If in doubt, call the CYO Office for clarification.
- H. No team is allowed to participate in a football game following the conclusion of the CYO football season.

Section III - Eligibility

The following general eligibility rules are taken from the CYO General Eligibility Standards.

A. 34 Level

- 1. **Age and Grade** - 3rd and 4th grade male students who have not reached the age of 12 before the completion of the athletic season in which they are competing. Any student over this stated age limit who wishes to participate must submit a written request to the CYO Office for review at least three weeks prior to the start of an athletic season.
- 2. **Parish and School Affiliation** – In order to participate in CYO grade school sports, all participants must be either a student enrolled in a Catholic school or a child residing in a household registered in and participating in a Catholic parish. A participating household is determined by official registration on the parish roster. However, pastors, at their discretion, may also require attendance at Mass and or active participation in the religious education or youth ministry programs offered by the parish.
- 3. Girls are not eligible to participate in the boy's football program.

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Section IV - Placement of Football Teams into Leagues

Football is a contact sport where players of many sizes, weights and abilities participate together. The CYO believes that to ensure the best on field competition and safety, teams should be paired together into leagues and divisions based on the physical size of the teams.

Therefore, the CYO uses the following criteria when pairing teams together for league competition. This information is gathered at the preseason weigh-in for all teams. After team weigh-ins the statistics are compiled and compared with all other teams in the league so that teams are paired together, as best as possible, by like or similar size.

Criteria used for Pairing Teams into The A and AA Leagues

- A. Each player on a roster is worth 1 point.
- B. Each upperclassman on the roster is worth 2 points. For the 34 league, upperclassmen are 4th graders.
- C. Each 2 striper on the roster is worth 3 points.
- D. Each 3 striper on the roster is worth 2 points.
- E. Each impact player on the roster is worth 1 point. An impact player is a player that is within 3 pounds of the maximum weight for a non-striper and a 2 striper.
- F. The size of the school is worth 0 to 10 points. (10 points for the biggest schools – above 500 students, 5 points for the mid-range schools – 350 to 500 students and 0 points for the smallest schools – under 350 students).

Each of these individual criteria for each team are then added together to get a total for each team. The number of teams in the league are then divided in half and the teams with the highest point total are placed in the AA league and the remaining teams are placed in the A league.

The following limited chart will serve as an example of the team placement process:

Parish	Players x 1	Upperclassmen x 2	2 Stripers x 3	3 Stripers x 2	Impact x 1	School Size x 1	Total
St. Walter	25	18	5	4	3	10	97
St. William	23	15	3	2	4	5	75
St. George	21	13	2	4	2	0	63
St. Anna	20	16	6	3	1	10	87

Using the total points for these 4 teams based on their team make-up St. Walter (97) and St. Anna (87) would be placed in the AA league and St. William (75) and St. George (63) would be placed in the A league.

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Any team wishing to play up into the AA or AAA league may request to do so. This request must be made to the CYO Office no later than 12:00 PM on Monday, August 19th following the official team weigh-in.

Section V - General Information

- A. There may be individual cases involving youth affiliated with another parish or school who want to participate because their own parish or school does not sponsor that activity. These individuals may participate for a bordering parish when that parish is willing to grant permission.
- B. Any special requests for player participation not covered in these rules must be made in writing to the CYO Office before the official start of the season.

The CYO will charge a fee to each parish for each team entered into the league and a fee for each participant on the roster.

- C. CYO participants and coaches are required to register for CYO athletic programs through the CYO website, www.cyoarchindy.org, once each school year to be eligible for participation. After logging on to the website parents click on the Register Child link and coaches click on the Coach Registration link to register. If coaches and participants do not register through the website, they cannot be added to a team as a coach or to a roster as a participant.

After a parent has registered the child through the website they must download and print a physician's examination form from the site. These mandatory physical forms, once completed by the physician, will then be turned into the parish athletic director and are to be kept on file at the parish or school and are valid for the entire school year.

- D. A 3rd grade player may not begin the regular season with the 4th team and move down to the 3rd grade team after participating in a 4th grade game. He may move up to the 4th grade team after the opening of the season but may not return to the 3rd grade team. This rule takes effect on the opening day of the regular season.

Please note that at no time may a player float between football teams during the season. A player may only play for the team on which his name appears on the roster.

- E. In both leagues, players eligible to participate may be added to a roster any time **prior to the second weekend of games of the current season (September 13-14)**, as long as a properly completed CYO Athletic Eligibility Form is submitted, and the player's weight is recorded officially by the CYO Office in each case.
- F. In addition to the general eligibility standards for participation in CYO sports and the specific eligibility rule for each sport, all student athletes are subject to the academic policies of the sponsoring parish. Scholastic eligibility is always the prerogative of the Catholic school administrator.

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Section V – General Information (Continued)

- G. In all leagues no protest other than those concerning player's eligibility violations will be accepted by the CYO Athletics Policy Committee. Protests must be filed with the CYO Office in writing not more than 48 hours after the eligibility violation is discovered.
- H. In all leagues a team involved in a violation of any of these eligibility rules may be penalized as follows: the player is removed from the squad; the team forfeits all games in which this player has participated; the school is put on probation for six months; and the head coach is subject to suspension. All such violations shall be subject to review by the Athletics Policy Committee of the CYO Board of Directors.
- I. Before each game, the coaches and game officials should hold a conference in order that all concerned are in agreement on rules, time, or anything else that should be decided before the games start. Coaches and officials should always take a copy of these rules with them to games in the event a situation arises which needs to be clarified.
- J. Coaches are permitted to talk with the players between quarters for one minute. Half-time intermission should not exceed 8 minutes.
- K. According to the rule book, players, managers, coaches, etc. must remain two yards outside all side-lines and inside the 25-yard line during the game.
- L. **Minimum Playing Time Rule For all CYO Football Leagues**

The following rule is intended to ensure that all participants, regardless of their skill level, are given the opportunity to play a minimum of time in every game. When a young person signs up to play in the CYO program they expect, and have the right, to participate in all the games. Coaches need to respect all the young athletes if they are to have a rewarding experience in sports. These guidelines were developed in order to maximize the potential benefits of sports participation. **ATHLETES FIRST - WINNING SECOND!**

1. This rule is in effect for all CYO Football regular season and playoff games.
2. The CYO does not permit the cutting of players from team rosters.
3. All players listed on the official team roster must play a minimum of 24 quarters during the season. Participation in a quarter is defined as participating for one offensive or defensive snap in that quarter.
4. An assistant coach or team parent should be assigned to monitor the participation of players at each game.
5. Coaches do have the prerogative to exclude a child from being in uniform and included on the game roster because of a disciplinary situation, absenteeism, personal, etc. In these cases, it is strongly recommended that the reasons for exclusion be discussed with the parents.

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6. Any coach who knowingly violates this rule is subject to probation or suspension for a portion or all of the season. In addition, flagrant violations may be referred to the CYO Athletics Policy Committee for appropriate action. Depending upon the circumstances, rule violations can also result in a game being forfeited.

Section VI - Equipment

- A. The CYO reserves the right to inspect the protective equipment of any team, and to ask for improvements in this area before the parish participates in the football season.
- B. It is especially important that parishes make sure they protect player's heads with good helmets. Naturally, we hope you will be as concerned as we are about the importance of protection for the head. Also, remember that the fit of the helmet is important. All helmets and face masks must carry a NOCSAE stamp of approval.
- C. Good quality football pants, plus sound shoulder, hip, thigh, and knee pads must be worn by every player who takes part in a game. An athletic supporter also is to be worn. Rib pads are not required, but we recommend them.
 1. **Mouthpieces** - Mouthpieces are mandatory for the obvious reason that the safety of the players is our most important consideration. Due to increased competition in this field many reputable manufacturers offer an excellent mouthpiece for a reasonable price. However, we urge you to make sure of the indemnity coverage offered by each mouthpiece.
 2. **Pants** - Good football pants must be worn with the proper fitting pads.
 3. **Shoulder Pads** - Proper fitting, quality shoulder pads must always be worn by CYO football players.
 4. **Shoes** - Any shoe which conforms to Federation Football Rules. If removable cleats are used, an effective locking device which prevents the exposure of metal posts must be incorporated.
- D. The official football for the CYO 34 Rookie Tackle league is the following:

34 League

Pee Wee Football

Average Weight – 10 Oz

Long Circumference – 23.5 in

Short Circumference – 17.25 in

Each team is to take a regulation football to all games. Officials will select one of the balls to be used for the game. However, a team may use its own ball when on offense if it is able to get the ball on and off the field without delay.

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- E. Each player in the league must wear a "CYO Emblem" on his jersey or helmet. The emblem is to be displayed on the left arm of the jersey, two inches below the shoulder seam. All jerseys are to carry this emblem on the day of the first regular season game.
- F. Each team should consider having two sets of jerseys of contrasting colors to avoid confusion on the field. If this is not possible, it is suggested that each team have a contrasting-colored scrimmage vest for use in the event both teams have the same-colored game jersey.
- G. A down-marker and yardage chains must be taken to every game. We suggest that the opposing coaches contact each other the week of the game to make sure all game equipment will be available for the game.

Section VII - Miscellaneous

- A. Each team will be billed a team entry fee and a fee per each participant. Statements will be sent to the parishes at the beginning of the season.
- B. Two game officials will be assigned to officiate CYO Rookie Tackle football games. If only one official is present at a game site, the coaches should attempt to contact a member of the CYO staff at a predetermined telephone number. If it is impossible to secure a second official for the game, a volunteer official should be secured to help officiate the game. An assistant coach from one or both teams could act as the volunteer official for the game.
- C. Important Rule Changes - may be noted on the CYO website or in a later mailing to coaches should they occur.
- D. Filming, telecasting or video taping of CYO football games for scouting purposes by any party other than the two participating schools is prohibited. However, if done ethically and by agreement, coaches may trade game videos with other teams. This will allow teams to prepare for an opponent and will eliminate the time invested in the scouting process. Coaches may video their own team's games with the intent to show the video to their players for instructional purposes and game preparation. Teams should not watch game video after a regular practice session but rather make a video session count as one weekly practice session so as not to keep players away from family time and school studies during the week. This policy should be shared among each coaching staff and also with all parents with children participating in the CYO program so that the spirit of the rule is upheld.

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Section VIII - CYO Concussion Initiative and Policy

CYO Concussion Initiative and Policy

There has been no issue more important in athletics in recent years than concussions and head injuries. The CYO has adopted a concussion policy that will be in effect for all CYO sports. This policy was formulated in conjunction with the physicians, athletic trainers and administrators of St. Vincent Sports Performance and the Athlete's Concussion Alliance. The CYO wishes to thank everyone at St. Vincent Sports Performance who helped to develop this important concussion policy.

Concussions or mild traumatic head injuries are common injuries in sports resulting from a blow or bump to the head. Early recognition and appropriate treatment of concussions are vital for recovery, prevention of future concussions and the safe return to playing athletics.

With this in mind, the following policy pertaining to concussions will be followed in all CYO sports:

Any player who exhibits signs, symptoms, or behaviors consistent with a concussion shall be immediately removed from the game or team practice until he has passed a sideline concussion evaluation and test. Some of the warning signs of a concussion are loss of consciousness, headache, dizziness, confusion, or balance problems.

Each team will be given a sideline concussion evaluation and test that has been prepared by St. Vincent Sports Performance so that all coaches will be able to recognize a possible player concussion. This sideline concussion form will list the many symptoms of a concussion and will include several tests to administer to the player with a possible concussion. These include a memory function test, a concentration test and a balance test all designed to help coaches recognize the signs of a concussion.

If the athlete answers incorrectly to any of the questions, exhibits any single symptom of a concussion or cannot perform the balance test, they may not under any circumstances, return to play for that day. If a player fails the concussion test, he may not return to play or practice until he has been cleared by a licensed health care provider. Written approval must be received before the young athlete may participate again.

After the sideline concussion evaluation and tests have been completed, the person conducting the evaluation and tests, the head coach and the player's parents or legal guardians must sign the evaluation and test form attesting to the fact the concussion evaluation has been completed and whether the player has passed or failed the evaluation. A copy of the signed form must be mailed or emailed to the CYO Office with an additional copy given to the parish athletic director.

Section IX - CYO Rookie Tackle Football 7-Player Rules - 9

Playing Field

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. The field width will be marked from the sideline on one side of the field to hash marks on the opposite side of one end the traditional football field and should be marked with cones every five yards. Use traditional pylons, if available, to mark the goal line and the back line of the end zone. The other end of the football field will be marked from the opposite sideline to the hash marks on the opposite side of the field and be marked with cones every five yards so that two games can be played on one field at the same time. This will necessitate that all fields that host 34 league games have the hash marks measured and marked on the field.
3. Additional cones can be placed between the five-yard stripes and in line with the inside of the numbers to further outline the playing surface if desired.
4. All possessions start at the 40-yard line going toward the end zone.
 - a. This leaves a 20-yard buffer zone between the two game fields for game administration and safety purposes. Game officials, league personnel, athletic trainers and designated coaches are allowed in this space.
 - b. The offensive huddle may take place in the Administrative Zone.
 - c. Players not in the game stand on the traditional sideline with one or more coaches to supervise.
 - d. The standard players' box should be used for sideline players. With the field split in two, this keeps players between the 25 and the 40-yard line on each respective field and side.
5. First downs, down markers and the chain gang are administered in the accordance with National Federation (NFHS) or local rules - starting from the 40-yard line.

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7-Player Rules

Rookie Tackle uses the NFHS rule book as a base and employs the following adjustments for 7-player football.

1. Because of the “all players, all positions, all skills philosophy,” there are no restrictions on jersey numbers or player positions.
 - A. Not all players may play every position every game or even through the course of the entire season. All players should have a least one offensive and defensive line positions as well as one offensive and one defensive backfield position to play each game.
 - B. In practice, players should learn all skills of all positions for developmental purposes in accordance with the Football Development Model principles.

Weight Restrictions

Players who weigh over 100 pounds will be strikers and will wear stripes on their helmets. On the helmet of any player over 100 pounds will be two strips of adhesive tape, each strip at least 10 inches in length, will be placed on the top of the helmet in the form of a cross. The two strips of tape should cross each other as near as possible to the top center of the helmet. For easy visibility for officials and coaches, fluorescent colored tape should be used as a contrast with the team's jersey and helmet color.

At the initial weigh-in, all players weighing within five pounds of moving into a higher weight category will be required to be re-weighed after the third game of the regular season on a date announced by the CYO Office. Players will receive a five-pound allowance on the date of the second weigh-in.

Strikers are not allowed to carry the ball as a runner in the 34 Rookie Tackle League, but a striker may play quarterback and can pass the football. The moment a striped quarterback tucks the ball to run the ball, the officials will whistle the play dead and replace the ball for the next play at the previous line of scrimmage. A striker may line up as a receiver and catch a pass, however, as soon as the catch is made the officials will whistle the play dead and mark the spot for the next play. A striker can catch the ball in the end zone for a touchdown.

In the CYO 34 Rookie Tackle League as soon as a player scores two touchdowns in a game they are not allowed to carry the ball again, either with a rush or by catching a pass. If a team does not follow this policy and allows that player to carry the ball after his second touchdown, it will result in a loss of down and the ball will be brought back to the original line of scrimmage. If a player intentionally steps out of bounds to avoid scoring, that play will count as a score for the offense and that player. Coaches should keep track of all player scores.

However, players who have scored two touchdowns can still carry the ball or catch and score on the extra point attempts after a touchdown. There is no limit on the PAT attempts for ball carriers, even after scoring two touchdowns.

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2. Player Rotation

Players will rotate from line to running back/receiver positions every alternating quarter. Teams must play their true/big offensive linemen on the offensive line and their true/big defensive lineman on the defensive line in the 1st and 3rd quarters of each game. The smaller players will play the skilled positions in the 1st and 3rd quarters of each game. Then, in the 2nd and 4th quarters, the smaller players will play on the offensive and defensive lines and the bigger players will play the skilled positions. This will allow big on big and small on small in the line positions for the same quarters in each game.

Important Note:

No player may play the same position on either offense or defense in consecutive quarters. This includes the quarterback position.

Special Note Regarding Player Rotations:

- A. If a player playing the Center position is not a Center accustomed to snapping (i.e. – a wide receiver playing the Center position), the QB can place the ball on the top of the Center's rear end. The Center is the only player on the field who will have a hand down. Two-point stance for all other players. After the QB's cadence, the play will begin on the movement of the QB.
- B. For shotgun snaps, the QB will place the ball on the ground between his feet and will keep his hands above his knees. After his cadence, the play will start as the QB quickly picks the ball up from the ground to carry out the play. This process helps eliminate teaching multiple players how to shotgun snap.

3. Coaches On the Field

- A. Each team is allowed two (2) coaches in the huddle/on the field at all times. Teams can switch coaches who are on the field throughout the game.
- B. Coaches cannot shift kids or change the play once the huddle is broken to gain an advantage (against the spirit of the league). Coaches on the field will not be permitted to issue verbal instructions once the offense and defense have taken their positions at the line of scrimmage and the offense has begun to call its cadence.

4. Team Rosters

It is recommended that teams not have more than 18 players on your roster. We feel the best number is 9 or 10 players on a team, so that there are not a lot of players standing on the sidelines during the game. We want kids to play and have a great time!! It is also our hope that with only 7 players on the field for each team, we can strive to get back to having more parishes being able to field their own teams, and not have to consolidate with other parishes.

5. 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.

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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.

Turnovers on interceptions or turnovers on fumbles are blown dead immediately. No returns are allowed in order to protect players from running toward the 20-yard Administration Zone between the two fields. Play restarts on the 40-yard line with the recovering/intercepting team now on offense. There are no defensive touchdowns.

- A. Rule application: A fumble is not blown dead, only a turnover. 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.
 - i. Defensive recoveries, as turnovers, are blown dead.
 - ii. An offensive player who is not a striker may recover and advance a fumble.
- 6. After each play, the ball is spotted in the middle of the field. Hash marks are not used.
- 7. Because of the limited field size, all 15-yard penalties are enforced as 10-yard penalties.
- 8. No Penalty on the offense can take the ball beyond the 40-yard line to ensure the administration zone is free.
 - A. Rule application: A five-yard penalty called and accepted on the 38-yard line would result in a loss of two yards and the ball spotted on the 40-yard line.
- 9. 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.
- 10. Penalties of the offense that are called and accepted on or behind the 40-yard line result in a loss of down. A penalty that would normally include a loss of down would not result in a second loss of down on the same play.
- 11. There are no defensive safeties. When tackles are behind the 40-yard line the ball is placed at the 40-yard with the offense still retaining the ball as long as a down remains.
- 12. 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. We call this a “cooling off period.”
 - A. If a team does not have any substitutes for the game, coaches and officials should discuss during the pregame meeting how to apply league standards for this situation.
- 13. All plays are blown dead, and the ball is returned to the 40-yard line if an offensive ball-carrier or a fumbled ball crosses over midfield (50-yard line) or, at the officials’ discretion, if the action of the play penetrates too deeply into the Administrative Zone

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Timing, Scoring and Overtime

1. Each game will consist of four 8-minute quarters and will be timed using National Federation guidelines. **With coaches helping direct players on the field during games, each team will have four timeouts to use (two each half, no carry over).** The responsibility of keeping the official time for a game belongs to the officials. The official time can be kept on a scoreboard clock if available.
2. Each team will be given 30 seconds in the huddle between plays.
3. Halftime should not exceed eight minutes.
4. Offensive touchdowns are worth six points.
5. PATs are the coach's choice to attempt a one-point try from the three-yard line or a two-point try from the five-yard line. There are no field goal attempts due to not having special teams.
6. There are no defensive touchdowns as all turnovers are blown dead immediately. No returns are allowed to limit play back in the direction of the administrative zone.
7. There are no two-point 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 to preserve the Administrative Zone.
8. During the regular season, a maximum of two overtimes will be played to determine a winner. If a regular season game remains tied after the second overtime session, the game will officially end as a tie game.

During the postseason tournaments, no game may end in a tie, therefore, there is no limit to the number of overtimes played. Overtime continues until a winner is determined.

The following is the overtime procedure for the CYO Rookie Tackle League:

- 1) Immediately following the conclusion of the fourth quarter, a coin toss is to be held similar to the toss at the start of the contest. The captain of the team which lost the toss at the beginning of the game is to call heads or tails while the coin is in the air.
- 2) The winner of the toss shall be given his choice of offense or defense or designating the end of the field at which to play.
- 3) After a two-minute rest period, during which both teams may confer with their coaches on the sidelines, Team A shall place the ball in play, 1st and goal, B's 5-yard line in the 34 League.
- 4) Team A shall have four downs in which to score unless there is a loss of possession. If a touchdown is scored, Team A will try for an extra point or points according to the regular CYO rule.
- 5)

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Illustration – Team A scores six points on the second play and the extra point to make their score seven, during the overtime period. If Team B scores six points during their four-down series and two points on the conversion, Team B would be considered the winner since they scored one more point than Team A during the overtime series.

- 6) If the defensive team gains possession of the football by recovering a fumble or intercepting a pass, the ball is dead, and no advance is allowed according to CYO rules. Anytime the defensive team gains possession of the football the ball becomes dead immediately and A's series is ended. When a touchdown score determines the game winner, no try for an extra point (PAT) shall be made.

Special team's adjustments

1. There are no special teams.
 - a. 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.
 - b. There are no extra points by a kick.
 - i. All PATs are attempted through a run or pass try. Coaches can choose to go for one point from the three-yard line or two points from the five-yard line.

Offensive adjustments

1. 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 regardless of the numbers on their jerseys and regardless of if they are covered by an end.
 - a. Player rotations may result with traditional non-lineman numbers at these positions for the purpose of fundamental skill development.

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2. Guards are required to play from a two-point stance. There are no three-point stances.
3. The center may only have his snapping hand down on the ball.
4. The distance (split) between a guard and a center may not exceed three feet (one yard) but may be closer.
5. Because of all players, all positions, all skills philosophy, players must change positions during the game. (See Player Rotation on Page 11) Therefore:
 - a. The three offensive linemen must identify themselves on each play by raising their hands as they break the huddle and approach the line of scrimmage.
 - b. Once identified as an offensive lineman, players may not shift to another position.
6. The quarterback-center exchange may be direct, pistol or shotgun.
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. However, a draw play is legal as long as the quarterback has a two-second delay before he advances the ball.**
8. The offense must have four players on the line of scrimmage. No more, no less. The fourth player can be a tight end or split end. See figures below.
9. The four 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.

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10. No trips formations are allowed.
 - a. For the purpose of Rookie Tackle, trips is defined as any three players outside the guard-to-guard box on the same side of the ball.
11. Motion is allowed by a backfield player as long as it doesn't create an illegal trips formation.
12. All blocks below the waist, in any situation, are illegal.

Defensive adjustments

1. 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.
 - a. A tight end is defined as a player on the line of scrimmage and within three feet (one yard) off a guard.
2. Defensive lineman must be in a two-point stance.
3. Defensive linemen over guards must be aligned in a head up alignment with the offensive guard.
4. Slanting by the defensive tackles is illegal. Defensive linemen must strike with their hands, separate, then react to the ball.

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5. 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.
 - a. Rule 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.
6. If the offense aligns with no tight ends, the defense may still align with three players on the line of scrimmage (press corner), but the player must be positioned over the receiver he is covering.
 - a. Except for 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. If not aligned on the line of scrimmage, a player must be a minimum of four yards behind the line of scrimmage.
7. The defense must have one player at least 10 yards off the line of scrimmage.
8. 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.
 - a. Example: If the offense aligns with its fourth line-of-scrimmage player as a tight end, then the defense may align a player directly over the tight end on the line of scrimmage to balance the running surface.

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9. No blitzes are allowed. Players within the box at the snap can penetrate upon the snap. 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.
 - a. 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.
 - b. 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. However, if the quarterback rolls out laterally to the sideline, the outside linebacker and defensive backs may pursue the quarterback across the line of scrimmage once he breaks outside the tackle box.
 - i. Rule 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.
 - ii. Rule 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 10-yard unsportsmanlike conduct penalty can occur.
 - c. Good coaches are encouraged to be creative with their formations but not use "the box" to delay defensive penetration.

10. Goal Line Defense

While the linebackers must play at a depth of 4 yards off the line of scrimmage at mid-field, as the line of scrimmage moves to the 3- yard line or less, the linebackers can move up to within 2 yards of the line of scrimmage. It is illegal to play a 4 or 5- man front when playing a goal line defense.