

TUALATIN VALLEY YOUTH FOOTBALL LEAGUE



ROOKIE TACKLE
RULES OF PLAY
2023 SEASON



ROOKIE TACKLE RULES OF PLAY

2023 SEASON

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PREFACE

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.

The Tualatin Valley Youth Football League (TVYFL) follows the NFHS Rules unless specified in this document. Rules set forth in this document take precedence in cases when NFHS and TVYFL rules differ. Consider these rules as a subset of the TVYFL Senior Tackle Rules of Play. Therefore, it is recommended that the TVYFL Senior Tackle Rules of Play are reviewed in addition to these rules. NFHS Rules > TVYFL Senior Tackle Rules > TVYFL Rookie Tackle Rules

The members of the Tualatin Valley Youth Football League resolve that the following rules and regulations have been adopted by a majority vote of the Board of Directors and ratified by a majority vote of the TVYFL Membership.

All Titles of the TVYFL may only be amended by a majority vote of the Board of Directors and a majority vote of all members at a duly noticed meeting of the league. These Titles are binding on all members of the TVYFL and by committing to membership in the TVYFL, all members accept all bylaws, rules, regulations, and Titles as adopted without recourse.



ROOKIE TACKLE **RULES OF PLAY**

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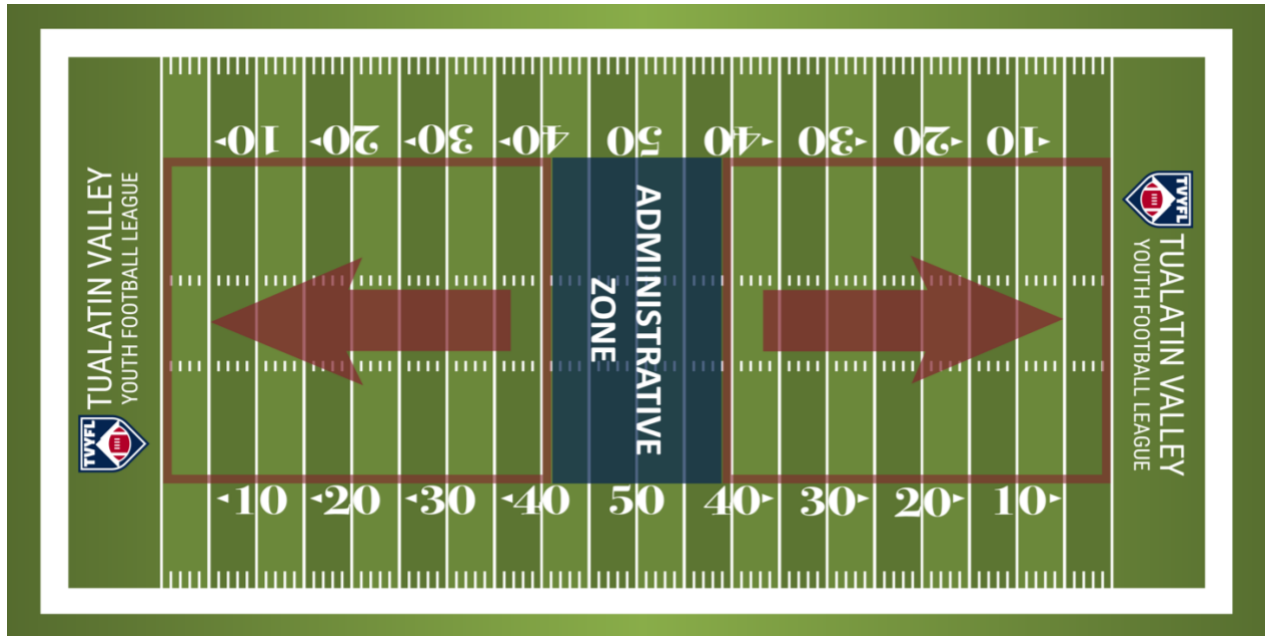
2023 RULES CHANGES



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TITLE 1: PLAYING FIELD



1. The playing field is 40 x 35 1/3 yards, allowing for two (2) fields to be created on a traditional 100-yard field at the same time. The playing field is from the forty (40) yard line to the end zone on each side of the field.
2. The sidelines extend between the insides of the numbers on a traditional football field and should be marked with cones every five (5) yards. Use traditional pylons, if available, to mark the goal line and the back line of the end zone.
3. Additional cones can be placed between the five (5) yard stripes and in line with the inside of the numbers to further outline the playing surface if desired.
4. This leaves a twenty (20) yard buffer zone between the two (2) game fields for game administration and safety purposes. Game officials, league personnel, athletic trainers and designated coaches are allowed in this space.
5. The offensive huddle may take place in the Administrative Zone.
6. Players not in the game stand on the traditional sidelines with one or more coaches to supervise.
7. The standard players' box should be used for sideline players. With the field split in two (2), this keeps players between the twenty-five (25) and forty (40) yard line on each respective field and side.
8. First downs, down markers and the chain gang are administered in accordance with National Federation (NFHS) or local rules – starting from the forty (40) yard line.
9. Home Field member will be responsible for all field set up and ensuring a field greeter is on-site to direct opposing teams to the appropriate locations.



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TITLE 2: WEIGHT & BALL CARRIER LIMITATIONS

1. There is a weight limitation pertaining to the ball carrier positions only.
2. The weight limit for 3rd/4th Rookie Tackle is 105 Pounds.
3. For the purposes of these bylaws and administration of this league, the term ball carrier shall mean: Any offensive player touching the ball behind the line of scrimmage after the snap or on the first hand-off. This includes personnel in the backfield or receiving positions.
4. Blocking backs over the ball carrying weight limit are not allowed. These positions include, but are not limited to: Quarterback, Running Back, Wide Receiver, Flanker, Tight End, and Split End.
5. Any offensive player recovering a fumble who is over the weight limit, may not advance the ball.

PENALTY

6. Any player, who is over the weight limit, lining up in a ball carrier eligible position, will incur a five (5) yard penalty and a dead ball foul stopping play. This will not be considered Unsportsmanlike Conduct and will not go towards a coach's ejections.



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TITLE 3: PLAY & PARTICIPATION BASED RULES & REGULATIONS

| BALL SIZE | TD | PAT (KICK) | PAT (RUN) | SAFETY | FG |
|-----------|-----|------------|-----------|--------|-----|
| JUNIOR | N/A | N/A | N/A | N/A | N/A |

| QUARTERS | HALFTIME | BETWEEN GAMES | SPECIAL TEAMS | MAX SCORE DIFF | BALL CARRIER |
|----------|----------|---------------|---------------|----------------|--------------|
| 15 MINS | 5 MINS | 10 MINS | N/A | N/A | 105 lbs. |

BALL SIZE

- 3rd/4th Rookie Tackle teams will use the “Junior” size football.

DEFINITION OF THE “BOX”

- Box definition
 - The box is defined as the area inside of the “C” gaps. When using a TE, the box would include the Center, the two (2) Guards, and the Tight End. When using a Split End (who is more than 3 yards outside the Guard), the box would only include the Center and the two (2) Guards. The box includes the corresponding defensive players that are opposite the offensive line. This would include the two (2) Defensive Tackles and the Defensive End (if the offense is using a Tight End).

GAME PLAY

- Game play
 - All game action takes place on one half of the field with all possessions starting on the forty (40) yard line going toward the end zone. This may require an extra set of chains if more than one game is being played at a time.
 - All tackles behind the forty (40) yard line are re-spotted at the forty (40) yard line.
 - No play, turnover, or penalty on the offense can take the ball beyond the forty (40) yard line going in. The forty (40) yard line is as far back as a team can be placed.
 - If an offensive play results in a player running backwards that takes the ball beyond the fifty (50) yard line, the play will be blown dead, and the ball be placed back at the forty (40) yard line for the next play. Play will count as a play and carry a loss of that down.
 - After each play, the ball is spotted in the middle of the field. No hash marks will be used.
 - There will be no special teams used at the Rookie/Tackle level. This includes kick off, punts and extra points.

MINIMUM PLAY RULE

- Minimum play rule
 - The minimum mandatory play rule for all Rookie Tackle teams shall be fifteen (15) regardless of team size.
 - The mandatory play rule requirement may be forfeited by any player due to disciplinary reasons as determined by either the individual Member or the individual coach. If a player is listed, due to disciplinary reasons or injury, as being ineligible to play, that player MUST NOT PLAY IN THE GAME AT ALL. It is recommended that the player’s parents be notified before being listed as ineligible.
 - Plays must be from the line of scrimmage.
 - All players shall be provided their mandatory plays by participation in active plays, without the intent to minimize the action or integrity of the plays. Plays such as, but not limited to, having the center snap the ball to the quarterback and fall to the ground, while substitutes are playing the other positions, shall NOT be considered as active plays. Taking a knee is not an active play.
 - Enforcement of the Minimum Play Rule is by a team or Member filing a grievance that during a game a team did not follow the rule. An investigation by the Division Co-President will take place, including review of the Play Count Sheet, video evidence, and parent and player accounts. If a violation is found, the penalty will be possible suspension of the Head Coach and fines for the Association.



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TURNOVERS

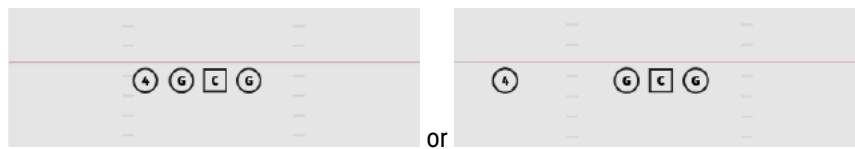
5. Turnovers
 - a. A turnover on downs brings the ball back to the forty (40) yard line, and the teams switch sides from offense to defense, defense to offense.
 - b. A turnover from an interception or fumble is blown dead immediately, the ball is brought back to the forty (40) yard line, and the teams switch sides from offense to defense, defense to offense.

PENALTIES

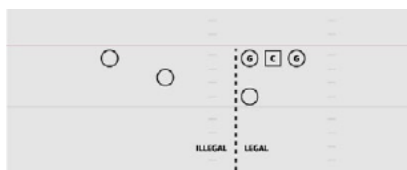
6. Penalties
 - a. A penalty that warrants a fifteen (15) yard march off will only be enforced to ten (10) yard march off.
 - b. Penalties on the offense that are called and accepted on or behind the forty (40) yard line will result in a loss of down. Any penalty that places the ball at the forty (40) yard line or beyond (40+) will result in an automatic loss of down.
 - c. All personal foul penalties include an immediate substitution from the field for a minimum of one (1) play to allow coaches to address misconduct and promote good sportsmanship. Further personal fouls called on same player will result in player ejection in accordance with the current TVYFL Tackle Rules of Play.

OFFENSIVE ADJUSTMENTS

7. Offensive adjustments
 - a. Offensive formations must include four (4) players on the line of scrimmage. This includes one (1) center, two (2) guards and one (1) tight-end/split-end. The guards' splits are to be no more than three (3) feet from center.



- b. TE/SE are eligible receivers. SE are determined by a split greater than three (3) feet from the guard.
- c. There are no three (3) point stances. Player on the line of scrimmage must be in a two (2) point stance with forearms on the knees. The SE may be upright.
- d. No QB sneaks in "A" gap.
- e. The offensive players who are not on the line of scrimmage may be deployed in positions at the coach's discretion, so long as they are off the line of scrimmage.
- f. No trips formations are allowed. Trips is defined as any three (3) players outside the guards.



- g. Motion is allowed by a backfield player if it does not create a trips formation.
- h. All blocks below the waist, in any situation, are illegal. Penalty will be a personal foul.

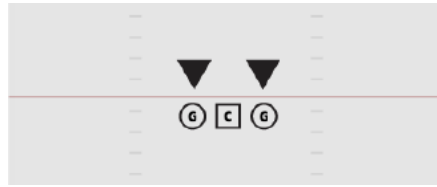
DEFENSIVE ADJUSTMENTS

8. Defensive adjustments
 - a. Defenses must have two (2) defensive linemen unless an offensive formation includes a Tight End. In that case, a third defensive lineman must line up over the Tight End.
 - b. Defensive lineman must be in a two (2) point stance.
 - c. Defensive lineman over guards must be aligned in a head up or outside shade position (i.e., 2 or 3 technique).
 - d. Players in an outside shade must always have one foot aligned inside the stance of the opposing guard.

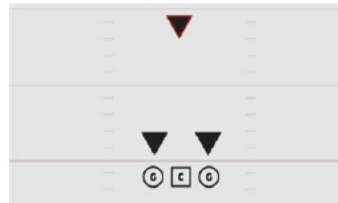


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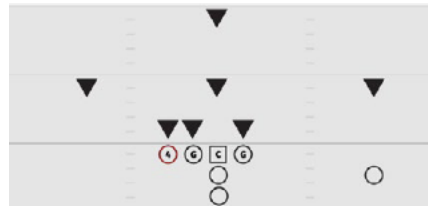
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- e. The defense must have one (1) player at least ten (10) yards off the ball at the time of the snap.



- f. The remaining players can be deployed at the coach's discretion but must be at least four (4) yards off the line of scrimmage.
 - i. 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.



- g. 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.
- h. Coaches are encouraged to be creative with their formations but not use the box to delay defensive penetration.
- i. If the ball is inside the four (4) yard line, the four (4) non-linemen and non-deep players, may align on the goal line. The safety must remain ten (10) yards off the line.

BLITZING

9. Blitzing

- a. No blitzes are allowed. Defensive line players within the box at the snap can penetrate upon the snap (this is not a blitz). LB's, safeties, and cornerbacks can flow to the ball naturally after a handoff is made, but predetermining penetration to a specific gap (i.e., the A gap) is illegal. The penalty assessed will be a personal foul.
- b. On plays where the QB keeps the ball and becomes a runner, LB's, safeties and cornerbacks may pursue across the line only after the QB has moved outside the box.
 - i. NOTE: the restriction on blitzing or predetermining penetration to a specific gap (i.e., the A gap) is intended to encourage skill development within the passing game and allow young players to execute a successful handoff with limited penetration.

Q&A

Q What is the definition of a blitz?

A Simply put, it's a play call by a defense that's designed to rush the quarterback with **more defenders** than there are blockers. For example, if there are 3 blockers on an offensive play (the 3 offensive linemen), then a blitz would be a play that has 4 players rushing the quarterback.



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- Q** When the defensive lineman crosses the line of scrimmage in the A gap after the ball is snapped, is that a blitz?
- A** No if each of the two tackles cross on opposite sides (technique - and +) of the center (not both on the same technique). A couple of points to consider. Based on Title 3.8.c and 3.8.d, the defensive tackles lined up over guards must be aligned in a head up or outside shade position (i.e., 2 or 3 technique). Additionally, players in an outside shade must always have one foot aligned inside the stance of the opposing guard. This means the defensive tackles must cross from head up or outside shade to reach the A gap. As this occurs after the snap of the ball, the offensive guards can (and should) block the advance of the defensive lineman. Additionally, in this example you have two defensive tackles against two offensive guards. Where this becomes a blitz is when the LB (4 yards back at minimum) rushes the same gap when the ball is snapped (as they are outside the box) and based on Title 3.9.a, the LB CANNOT penetrate the line of scrimmage until **AFTER** the ball is handed off. During pass plays, the LB cannot penetrate the line of scrimmage at any point based on Title 3.8.g.
- Q** Can the quarterback run the ball through the A gap?
- A** Per Title 3.7.d, no quarterback sneaks are allowed through the A gap. However, if a quarterback first ran to the outside and was turned back to the interior of the line, at that point the quarterback could run through the A gap.
- Q** Can a running back run through the A gap?
- A** The running back can run through the A gap after the handoff has occurred. A wildcat formation would treat the running back as a quarterback and cannot run through the A gap once the ball is snapped. The A gap is only available as a running lane once the ball is handed off or tossed (an exchange must occur).

GAME DURATION

10. Game duration

- a. All games will have four (4) fifteen (15) minute time quarters.
- b. Stoppage of play will only be for the following with all other plays requiring the clock to continue to run.
 - ii. Injuries
 - iii. Coaches time outs
 - iv. Changes in possession. However, once the ball is spotted after a change in possession, the clock will start again.
- c. There will be a one (1) minute break between quarters and a five (5) minute half time.

SCOREKEEPING

11. Scorekeeping

- a. No scores will be kept on the field or scoreboard. The scoreboard will be used for time keeping purposes only.
- b. 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.
- c. There are no PAT plays. This means when a team scores a touchdown, the ball is brought back to the forty (40) yard line and possession changes to the other team. The scoring team will not run an additional play after the touchdown is made.

PRACTICES

12. Practices

- a. Practice time limitations follow the TVYFL Tackle Rules of Play document.
- b. Players must accumulate four (4) hours in pads before they can participate in a scrimmage; eight (8) hours in pads before they can participate in a game.

COACHES

13. Coaches

- a. One (1) Coach will be allowed on the field during play for the entire season.



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- b. Coaches should be a minimum of five (5) yards behind the deepest player at the time of the snap. This includes both offense and defense. Coaches can verbally direct players at this time but are not allowed to physically place players into position.
- c. After breaking the huddle, the coach may not physically touch or move a player in any way. The coach on the field will be five (5) yards deeper than the deepest aligned player on their respective team at the snap of the ball. Any penalty for coach infraction will be a five (5) yard penalty and a dead ball foul stopping play. This will not be considered Unsportsmanlike Conduct and will not go towards a coach's ejections.



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TITLE 4: ROUND ROBIN FORMAT

| BALL SIZE | TD | PAT (KICK) | PAT (RUN) | SAFETY | FG |
|-----------|-----|------------|-----------|--------|-----|
| JUNIOR | N/A | N/A | N/A | N/A | N/A |

| QUARTERS | HALFTIME | BETWEEN GAMES | SPECIAL TEAMS | MAX SCORE DIFF | BALL CARRIER |
|----------|----------|---------------|---------------|----------------|--------------|
| 12 MINS | 5 MINS | 10 MINS | N/A | N/A | 105 lbs. |

1. Weigh ins will take place 30 minutes before game start time.
2. Format will mirror 3 team play in game scenario. Prior to start of game, coaches from three teams will determine which teams will play first. Those teams will play one quarter. Then teams will rotate. Teams playing in consecutive quarters should insure they are playing the wave of players who were not playing at the end of their first match-up. See below:
 - a. Team 1 vs Team 2 (1 quarter)
 - b. Team 1 vs Team 3 (1 quarter) (team 1 should start with players that were not playing at end of round 1 to insure equal playing time.
 - c. Team 2 vs Team 3 (1 quarter) (team 3 should start with players that were not playing at end of round 2 to insure equal playing time.
 - d. Repeat round 1 (team 1 vs team 2)
 - e. Repeat round 2 (team 1 vs team 3)
 - f. Repeat round 3 (team 2 vs team 3)
 - g. Continue until 1 hour and 45-minute time limit has been reached (unless coaches agree that the above is enough, which would be 3 full quarters for each team).
3. Depending on how efficient teams are rotating in and out of these change overs, each team should get a full game, or close to it. There needs to be a hard cut-off of 1 hour and 45 minutes time limit on round robin games. This allows the next game to start on time and for the officials to get a brief break in between games.
4. There will be no half times during this format as teams will play the equivalent of no more than 1 consecutive half and will get a break at that time.
5. NOTE: For round robin format only, R/T quarters will be 12-minute running time, versus 15-minute running time. Same criteria for clock stoppage to be used. (Time outs, injured player and change of possession).