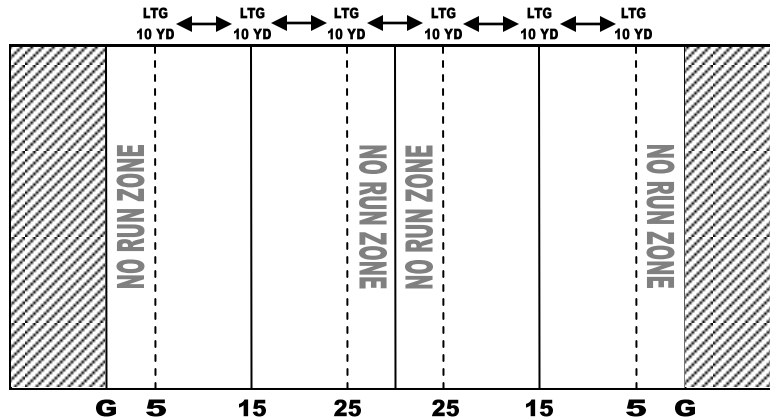


7 ON 7 YOUTH TACKLE RULES - INTRODUCTION

The playing field is 80 x 35 yards, including two 10-yard end zones.

The cross-lines marking the field, designate:

- a. “**Line To Gain**” for 1st downs (10 yards apart)... Note: *Chains will not be used for marking 1st downs.*
- b. “**No Run Zones**” ... 5 yards prior to mid-field, and 5 yards prior to the goal line.



The goals of Rookie Tackle are:

1. Participants learning the “Positions and Skills” to advance them to the next level of 11-man football.
2. Maximizing player enjoyment and skill development.
3. Ensuring all players have meaningful playing time and the opportunity for improvement during game action.
4. Providing a bridge between flag football and the 11-player, or as an introduction prior to 11-player tackle.
5. Encouraging leagues to play on a smaller field size that is appropriately scaled to the age and skill level of the youth football players.
6. Encouraging a fast-paced game with more plays, greater activity and the promotion of fun.
7. Emphasizing fundamental skill development by isolating situations for players to showcase their abilities via formation regulations and limited field size.
8. Limiting roster sizes to foster participation and provide more focused, individualized coaching attention during practice and on game day.
 - a. Roster size: 14 Players (7 on 7).
 - b. Fewer players on the sideline means fewer substitutions and more playing time for each athlete.