

“ROOKIE TACKLE FOOTBALL” PEE WEE FOOTBALL

8-PLAYER RULES

Rookie Tackle uses the NFHS rule book as a base and employs the following adjustments for 8-player football:

SECTION I LEAGUE RULES

Teams will not have high school, college, or professional team names ie: Broncos, Patriots etc...

Rule 1 To be eligible for play a boy or girl must be in grade 1 or 2 as of September 1st.

Rule 2 Rosters listing the player’s names, addresses, and phone numbers will be prepared for each team by league officials and presented to the head coaches prior to the start of team practices. The CJFL Board will establish the official weigh-in dates. Any player whose weight exceeds backfield limitations shall be designated on the team roster with red striper next to his name. Subsequent additions or changes to the roster must be approved by the CJFL Board.

Rule 3 Eligibility: No boy or girl shall be eligible to play until he/she has been duly registered and he/she is equipped with equipment approved by the CJFL. The CJFL may waive registration fees. All boys and girls must have four (4) non-contact and six (6) additional team practices before he/she will be eligible to play in a game.

Rule 4 Registration: Registration will officially be closed on the date determined by the CJFL.

Rule 5 No awards, trophies, gifts or any other tangible item may be given by anyone or any entity other than the League.

Rule 6 Playing time: All athletes are required to play a minimum of 7 plays in each quarter. This is based on 100% practice attendance per game week. However, the required playing time will be reduced by one play per quarter for each day of practice missed. For example, if an athlete misses one practice for that game week, the total number of plays required shall be reduced by one play per quarter to two. These are the minimum requirements and the remainder of playing time is at the coach’s discretion. The board may lower the required plays for individuals on a case-by-case basis.

Any violation of the mandatory playing time policy by a coach during a game will result in a 9-yard unsportsmanlike penalty assessed at the start of the following quarter. Three infractions of this rule during the season will result in the suspension of the head coach until an investigation is completed by the board at which time the board can elect to reinstate the head coach or suspend the coach for the remainder of the season.

SECTION II CONDITIONING WEEK

Rule 1 Procedures for conducting conditioning week will be designated by the League. The first four non-contact practices will be designated as the conditioning week. Conditioning week and the following four practices will comprise training camp. Training camp may be extended at the discretion of the

League Board or the coaches. Preseason camp shall be considered part of the three required days of conditioning.

Rule 2 Head coaches will be responsible for conducting conditioning week.

Rule 3 Conditioning will consist of a minimum of 4 two hour sessions. Each player is required to have 10 practices (including the four conditioning practices) prior to playing in their first game.

Rule 4 Players will be required to wear all regulation equipment that is designated during conditioning week by the coaches.

Rule 5 The 4 conditioning practices are no contact practices. No contact is defined as any physical contact of any nature with another player.

Rule 6 Any violation of conditioning rules will result in responsible parties being suspended without warning.

SECTION III DRAFT RULES

The drafting of teams will take place after training camp has been completed and will be conducted by the Board of Directors. The draft will consist of two groups, 1st year players and 2nd year players. Each group will be separated into categories; “red stripers” list and non “red stripers” list. Each category will be drafted separately. The draft order will be flipped for each draft Ex: (Striper draft order Team 1, Team 2, Team 3) Non Striper draft order Team 3, Team 2, Team 1). The Board will not take requests for athletes to be placed on the same team with the exception of coach’s children or those with mitigating circumstances that have prior approval from by the board.

SECTION IV PRACTICES

Rule 1 Coaches will be responsible for scheduling and conducting practice after training camp is complete.

Rule 2 Coaches will coordinate with the coaching coordinator for team practice times and locations.

Rule 3 Limit: The football week will begin on Monday and end on Thursday. Each team is limited to a maximum of four playing periods per week. A playing period is hereby defined as a practice or game in which the players are engaged in organized practice or play. The maximum playing periods per week can be extended with prior approval from the board and only during tournament settings.

Rule 4 Length of practice: Length of a practice session shall not exceed two (2) hours.

Rule 5 Upon the first infraction of the above rules, the coach will be given a warning; upon the second infraction, the coach will be dismissed.

Rule 6 Players are required to wear all regulation and approved equipment during practices.

SECTION V PLAYING FIELD

Rule 1 Size: The playing field shall be 40 yards long and 20 yards wide, excluding end-zones 10 yards (5 yds. each) behind the goal lines.

Rule 2 Marking: The 40 yard playing field will be properly marked at 5-yard intervals with out of bounds also marked.

Rule 3 A down box and a 6-yard chain shall be supplied by the CJFL for each game. The officials shall have the right to insist on an adult line and make any changes in the line crew at any time during a game.

SECTION VI GAME RULES

Rule 1 Official Rules: Where applicable and with the changes and additions listed herein, the official rules will be the rules of the National Federation of State High School Athletic Association.

Rule 2 Game Officials: One coach from each team will act as the officials for the Pee Wee games.

Rule 3 Length of Game: Each game shall consist of four, 12 minute quarters. Each quarter will be a running clock with no stoppage, except for a time out. The clock will be stopped in the last 2 minutes of the fourth quarter. The CJFL Board may change the length of the quarters at any time during the season.

Rule 4 Overtime will not be played for any Pee Wee games

Rule 5 Prior to each play, the ball will be spotted in the middle of the playing field.

Rule 6 Offensive or Defensive off sides will result in a 3 yard penalty to be assessed against the team that committed the penalty.

Rule 7 Position of Ball at Start of Play or any turnover or turnover on downs will be the offensive 10 yard line.

Rule 8 One point shall be scored for any successful extra point from the 2 yard line and 2 points shall be scored for any successful extra point from the 5 yard.

Rule 9 There will not be a safety awarded to the defense for tackling the offense in the offense's end zone. The play will count as a down and will be placed at the offense's 5 yard line.

Rule 10 Penalties: All penalties in the official high school rules, shall be reduced to 60 percent of their stated value, i.e., 15 yards will be 9 yards, 5 yards will be 3 yards, etc.

Rule 11 Official Game Time: Official game time will be kept by the Officiating crew assigned to the game. The official Score will also be kept by the Officiating crew.

Rule 12 Chain Gang: The home team will be responsible for getting volunteers for the chain gang.

Rule 13 Ball: Pee Wee size ball.

Rule 14 Cleats: Rubber cleats, which are an integral part of the rubber sole, are recommended, but any other type of cleat is prohibited.

Rule 15 Mouthpieces: Mouthpieces are required. **Mouth pieces cannot be cut off, they must be attached to helmet at all times.** If a player does not have mouth piece in when the ball is snapped there will be a 5-yard penalty assessed.

Rule 16 Postponed Game: Postponed games will be rescheduled by the League.

Rule 17 Keeping Order: Each team shall be responsible for keeping the spectators orderly, off the playing field, and behind the spectator's boundary. Parents and spectators are urged to encourage their teams by cheering them on. Attempting to coach or instruct from the sideline or shouting in abusive language at players, officials or other spectators are strictly prohibited, and violation shall result in the IMMEDIATE removal from the field by the officials, a present board member, and or the coaches.

Rule 18 Officials will enforce official high school rules pertaining to coaches and players boundaries and conduct. Coaching from the sidelines by the team coaches will be permitted. In addition, one coach will be allowed in the offensive backfield and one in the defensive backfield staying at a minimum 10 yards from the line of scrimmage. A 3-yard penalty will be assessed to any coach inside that boundary when the official sets the ball for the play to begin.

Rule 19 The play clock will not be enforced for the first game. Coaches will be notified when they have exceeded 40 seconds. In subsequent games, delay of game shall be penalized if 40 seconds over elapses after the ball has been marked ready for play by the official.

Rule 20 Timeouts: There will be two total timeouts per team per half.

OFFENSIVE RULES

Rule 1 Backfield Limitations: Players eligible to play a position in offensive or defensive backfields shall not exceed 70 lbs. Any player whose official weight, as determined at scheduled weigh-in, exceeds 70lbs shall be designated by a red piece of tape, 1 inch in width, placed over the center line of such players helmets, such players hereafter referred to as "red stripers". Any willful removal of the tape by persons other than members of the CJFL shall be cause for dismissal from the program. Once a player has been designated a red striper, he/she will remain so designated for the duration of the season. Each player so designate shall not advance the ball on any predetermined offensive play **EXCEPT** as the result of a recovered fumble or interception.

Rule 2 Halfbacks and fullbacks cannot be "Red Stripers".

Rule 3 Flanker/Slot/Wide Receivers cannot be a "Red Striper".

Rule 4 Tight Ends can be a Red Striper but are not eligible to receive a pass".

Rule 5 Quarterbacks who are not Red Stripers may advance to ball past the line of scrimmage and their play is not restricted in any way

RED STRIPERS MAY PLAY THE QUARTERBACK POSITION, but are limited by the following rules of play;

1. The Red Striper quarterback must be receive the direct snap from the center, either under center or in the shotgun formation(no direct snaps to a running back if a Red Striper is the quarter back)
2. The Red Striper Quarterback must either pass the ball or hand the ball off.
3. The Red Striper Quarterback CAN NOT advance the ball past the line of scrimmage under any circumstances. If the Red Striper Quarterback advances the ball past the line of scrimmage, there will be a 9 yard penalty accessed and the offense will replay the down.
4. The Red Striper Quarterback may scramble (behind the line of scrimmage) to elude would be tacklers , in order to hand the ball off or to complete a pass to an eligible receiver.

Rule 6 Blocking: Pulling of lineman, Straight man on man blocking, double-teaming, cross blocking is allowed. Chop blocking, crack back blocking is **NOT ALLOWED**.

Rule 7 Shifting of players: One player will be allowed to go into motion prior to the snap of the ball. Players eligible to go into motion shall be any player in the back field or wide receiver. No offensive lineman, to include the tight ends will be allowed to go into motion.

Rule 8 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. Player rotations may result with traditional non-lineman numbers at these positions for the purpose of fundamental skill development.

Rule 9 Guards are required to play from a two-point stance.

Rule 10 The center may only have his or her snapping hand down.

Rule 11 The distance between a guard and center may not exceed three feet (1 yard) but may be closer.

Rule 12 The quarterback-center exchange may be direct, pistol or shotgun.

Rule 13 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.

Rule 14 The offense must have five players on the line of scrimmage. No more, no less. The fourth and fifth players can be tight ends, split ends or a combination of the two. Only the two end players on the line of scrimmage are eligible for first touching of a pass.

Rule 15 There are no unbalanced lines. The split ends/tight ends must be on opposite sides of the center.

Rule 16 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. Multiple running backs, slot receivers, wing backs, etc., are allowed but also must be balanced.

Rule 17 No trips formations are allowed. a. For purpose of Rookie Tackle, Trips is defined as any three players outside the guard-to-guard box (*Both legal: Even if outside the G-G box, there are only two players on that side of the field, not Trips*)

DEFENSIVE RULES

Rule 1 There will be no blitzing allowed on defense. For CJFL purposes, a blitz will occur **when more than five players or a player outside of the offensive tackles or tight-ends** crosses the line of scrimmage prior to either:

- The exchange of the ball from one offensive player to another
- Forward movement by the quarterback. (Should the quarterback move laterally or forward immediately following the snap, that motion will be considered forward movement)
- The penalty for blitzing is a 3-yard penalty assessed to the defense for every violation of this rule.

Rule 2 Linebackers must be minimum of 4 yards off the line of scrimmage. There is no minimum distance from the line of scrimmage for linebackers when the line of scrimmage is within 4 yards of the

goal line on the defensive side of the ball. Example: From the 4 yard line and in the linebackers may stand with their heels on the goal line.

Rule 3 No stunting is allowed at any time. At no time will a defensive lineman be allowed to line up directly over the offensive center. Defenders may be lined head up on the offensive guards. A defensive lineman's first move CAN NOT be into the "A" gap, or the defensive lineman's first contact CAN NOT be with the offensive center.

Rule 4 Defenses may only have two defensive linemen unless an offensive formation includes a tight end. In that case, a third defensive lineman may line up over the tight end. Two tight ends allows the defense to use four defensive linemen.

Rule 5 Defensive linemen must be in a two-point stance.

Rule 6 Defensive linemen must be aligned on the guards and/or tight ends in a head up position. • No shade or gap alignment

Rule 7 If the offense aligns with no tight ends, the defense may still align with four players on the line of scrimmage, but they must be positioned over the receivers they are covering. • 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.

Rule 8 The defense must have one player at least 10 yards from the ball.

SPECIAL TEAM RULES

Rule 1 There will be no special teams play in the Pee Wee League of CJFL.