

## 8-PLAYER RULES

Rookie Tackle uses the NFHS rule book as a base and employs the following adjustments for

### 8-player football:

\*\*\* Scores and standings will be kept! Remember the purpose of this division – LEARNING\*\*\*

#### General Rules:

1. No Restrictions on Jersey numbers or player positions.
2. 10-minute quarters with a running clock.
3. Play Clock 40 seconds. Violation of the play clock will be a loss of down.
4. The clock will stop on timeout and after scoring pay only. Once the ball is set after score the clock will begin running.
5. 1 timeout per half
6. All game action takes place from one sideline of the field to the far hash marks with all possessions starting on the 40- yard line and going toward the end zone in between the hashes.
7. The ball is always spotted in the middle of the playing area.
8. Tackles for a loss behind the 40-yard line are replaced at the 40-yard line.
9. Any turnover is blown dead immediately. No returns are allowed. The ball will be placed at the 40-yard line, and the teams switch sides from offense to defense or defense to offense (Interception/Fumble recovery).
10. There are no defensive TDs or Safeties
11. All players will play a minimum of 10 plays each. This will be tracked by a playcounter on the sidelines and kept on record.
12. 2 (two) coaches will be allowed on the field on the offensive side, 1 (one) on the defensive side. All coaches will stop coaching when the play starts.

#### Offense:

1. Formations – 5 on the LOS. 3 in the backfield (T to T)
2. No unbalanced lines or formations.
3. The Center may snap the ball with 1 or 2 hands.
4. Guards and Tackles must be in a 2-point stance
5. OL must be foot to foot. No gaps between OL
6. All 3 interior OL (G-C-G) are ineligible for the first touch
7. QB – C exchange may be direct or shotgun
8. No QB sneaks
9. No Motion
10. No block below the waist at any time

#### Defense:

1. 2 DL minimum and up to 4 DL maximum
2. Must be in a 2-point stance
3. Head up on G's or T's
4. No gap shading or alignment
5. No A gap alignment or rushing of the A Gap
6. The defense must have one player at least 10 YARDS from the ball in a Safety position
7. Any players not on the LOS or at safety must be FOUR yards off the LOS
8. Defenses that choose to not match the WRs on the LOS may position those players at the second level as long as they are at least 4 yards from the ball
9. NO blitzes allowed
10. Run plays - Players within the box (G to G or T/TE to T/TE) can penetrate upon the snap going straight forward. LBs, CB's, and safety must flow to the ball naturally
11. If the ball is inside the 4-yard line, the 3-5 non-DL may align on the goal line

#### Special Teams:

1. No Special Teams

#### Officials/Penalties:

1. Officials will call penalties according to NFHS/JYFA/Rookie rules.
2. Penalty yardage – 5-yard penalty = 2 yards, 10-yard penalty = 4 yards, 15-yard penalty = 7 yards
3. If a play starts on the offensive 40-yard line and it is a penalty against the offense, no yardage will be marked off, it will be a loss of down.