

REVISION DATE: AUGUST 14th, 2018

Suffolk County PAL / USA Football

AMERICAN DEVELOPMENT MODEL

ROOKIE TACKLE RULES OF PLAY FOR AGES 7, 8 & 9

8V8

All other Suffolk County Police Athletic League Junior Football League Rules & Procedures apply as this is an addendum to the FULL PAL rulebook.

These are the basic rules of play for the Rookie Tackle ADM 8V8. Deviation from these rules is not permitted without authorization from all participating leagues. These rules are an addendum to the formal PAL and NFHS football rules.

1. **Game Rules-** All divisions shall have 4- 12 minute running clock quarters with a 5 minute half time and 2 time outs per half. After all scores or change of possession, the ball shall be placed at the 45-yard line going in. This division shall have 4 plays to reach the line to gain, which will be 15 yards from the original line of scrimmage (first down). A new series of downs will be awarded if the 30-yard line then the 15-yard line then the goal line is reached. If the subsequence first down markers are not reached it will result in a turnover on downs and the opponent will start on the 45 yard line going in. There will be NO down markers. First down cones will be placed at the 30, 15, and goal line. Both coaches shall receive a 2-minute warning. When the clock reached 10 seconds the referee shall announce last play.
2. **FIELD-** the playing field shall be 50 yards long by 36 yards wide (sideline to far hash). The ball will always be placed at the interior hash mark on a standard football field. There must be a **10 yard perimeter** around the playing field, an area where NO PARENTS can occupy. Coaches please prepare your parents prior to every game this is a mandatory rule..... it will reduce the chance of sideline injuries. NO EXCEPTIONS, Officials will have the authority to stop the play of the game but the game clock will continue to run.

These games will have 2 officials, in addition to their regular game duties they will also ensure fair play, respect, and to maintain the proper game clock. Head coach of each team must maintain control of their sideline and parents.

- A. All coaches are required to play each member of their team **at least half of every game**. Exceptions can be made for disciplinary reasons, but the opposing coach must be informed **prior** to the start of the game.
- B. **One** coach will be permitted in the offensive or defensive huddles and may remain on the field to position players before the start of a play. Coaches should only talk to their own players. **NO COACHING OF PLAYERS ONCE THE BALL IS SNAPPED BY COACHES ON THE FIELD.**
- C. There will be eight players on the field rather than eleven.
- D. The game will be played on a field approximately 50 yards long and 36 yards wide. Spectators must be 10 yards off the sideline.

REVISION DATE: AUGUST 14th, 2018

E. Ball placement at the start of halves and after scores will be at the 45-yard

F. All interceptions, fumbles are recoverable but NOT advancable.

G. Offensive Play:

1. Motion is **illegal**
2. All offensive linemen except the snapper are in a **2 point stance**, forearms on thighs.
3. The maximum split between offensive linemen will be **fingertip-to-fingertip** distance.
4. The quarterback may advance the ball via the run **outside the ends**. If the quarterback runs the ball between the ends the ball will be spotted at the original line of scrimmage with a loss of down (which equate to a loss of a play).
5. The quarterback is only entitled to carry the ball **once per four plays**.
6. There will be 5 lineman and three players in the backfield. The last 2 players on the line of scrimmage are considered to be ELIGIBLE receivers but **MUST** engage the defensive ends prior to going out for a pass.
7. Running backs are not permitted to line up more than **one yard outside the last down offensive lineman**, and must be lined up **deeper** than the quarterback.
8. **The snapper CANNOT double down on the defensive guard (defensive lineman). After the snap he is to have first step toward and engage a second level player (linebacker)**
9. **Once the line of scrimmage is set and the official signals ready for play the coaches on the field are no longer allowed to communicate with their respective team. At this point the coaches become SPECTATORS.**

H. Defensive Play:

1. Nose tackles are **not** permitted.
2. 4 Defensive lineman line head up with the 4 offensive lineman who are not designated as the snapper in a 2 point stance with forearms on thighs.
3. Defensive lineman must make direct contact in a forward motion with the offensive lineman directly in front of them at the initiation of the play. **(Two hands on the chest plate)**

REVISION DATE: AUGUST 14th, 2018

4. **THEY MAY NOT SHOOT GAPS..** Two infractions of this rule and the player must leave the game for at least 2 plays. **PLEASE BE AWARE IF THE OFFENSIVE LINE MAN IS STEPPING AWAY FROM DEFENSE, THIS NOT SHOOTING THE GAP.**
5. Defensive linemen or linebackers may not initiate contact with the snapper; the initial charge must always be away from the snapper.
6. Linebackers must be five (5) yards behind the line of scrimmage at the snap of the ball. Three (3) yard in a goal-line defense inside the five (5) yard line.
 - a. **BLITZING IS ILLEGAL AT ALL TIMES. Linebackers cannot move forward until the ball is snapped.**
7. Defensive backs must be three (3) yards behind the linebackers at the snap of the ball. Two (2) yard in goal line defense inside the five (5) yard line.
8. Types of defense: 4-2-2 or 4-1-3 never more than two linebackers.

I. Special Teams:

1. There are no kick-offs in the Rookie division.
2. There are no punts in the Rookie division.
3. There are no extra points in the Rookie division.

J. Football: Designated home team will supply the game ball for the game. But each team may use and provide their own ball. 7 -10 years olds will use a K-2

4. Sportsmanship and Fair Play:

- A.** Any player is only permitted to score three touchdowns per game.
- B. Illegal Formation** may result in suspension of coach.
- C. Handshake:** After each game the opposing teams will line up on the fifty (50) yard line and meet for the customary handshake.
- D. Fighting:** Fighting among players or coaches will not be tolerated and will result in the immediate ejection for both players and coaches from the game as well as a one game suspension mandatory and possible expulsion from PAL.
- E. Abusive Language and Taunting:** Any coach, spectator or ball player using foul, taunting, or abusive language to a referee, coach or player will immediately be ejected from the field and will result in a mandatory one game suspension after review with a possible expulsion from PAL.
- F. Sidelines:** Coaches must police their own sidelines.
- G. No Tolerance Rule:** In the spirit of ensuring that sportsmanship is a primary goal of the all PAL DIVISIONS, there will be a no tolerance rule, which allows THE PAL BOARD TO SUSPEND COACHES FROM UP COMING GAMES AND IF INFRACTIONS ARE CONTINUOUS THIS MAY RESULT IN THAT TEAMS

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SCHEDULE BEING REVOKED. IN THE WORST SCENARIO THE ENTIRE ORGANIZATION MAYBE EXPELLED FROM PLAY.

H. I, the undersigned coach of the PAL ROOKIE division team listed below, do hereby acknowledge that I have read and understand each and every rule contained herein and agree that myself and the rest of my teams coaching staff will abide by them during the current football season.

_____ of the Rookie _____ Date: / /