



CVC ROOKIE TACKLE RULES



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THE GAME

QUARTERS

- 10 MIN QUARTERS/RUNNING CLICK

TIMEOUTS & PLAY CLOCK

- TIME OUTS- 1 PER HALF (30 SECONDS)
- PLAY CLOCK - 30 SECONDS

END OF QUARTER AND HALF TIME

- END OF 1ST AND 3RD QUARTER 2 MIN HALFTIME IS 5 MIN

OVERTIME

- NO OVERTIME UNLESS IN THE PLAYOFFS

CLOCK STOPPAGE

- 2ND QUARTER 1 MIN EQUAL REAL TIME
- 4TH QUARTER 1 MIN EQUAL REAL TIME IF SCORE IS WITHIN 8 POINTS

1 MIN REAL TIME RULE-

- WITH 1 MIN OF THE 2ND AND 4TH QUARTER, CLOCK WILL STOP ON INCOMPLETE PASSES, PLAYER OUT OF BOUNDS, CHANGE OF POSSESSION. ALL CVC HIGH SCHOOL RULES TO BE FOLLOWED

SCORING

- OFFENSIVE TOUCHDOWNS ARE WORTH 6 POINTS
- PAT- 3 YRD LINE 1 POINT, 5 YRD LINE 2 POINTS
- NO DEFENSIVE SAFETIES

COACHES

- ONE COACH IN THE HUDDLE, UP TO THREE ON THE SIDELINES. AFTER THE HUDDLE CAN HELP WITH ALIGNMENT. COACHES ARE NOT ALLOWED TO CHANGE THE PLAY AFTER THE HUDDLE BREAKS. (NO AUDIBLES)

OFFENSE

CHANGE OF POSSESSION

- ALL NEW POSSESSIONS INCLUDING ALL TURNOVERS AND TOUCHDOWNS BEGIN ON THE 40 YARD LINE

INTERCEPTIONS/FUMBLES

- INTERCEPTIONS & FUMBLES ARE BLOWN DEAD
- QB SNAP- FUMBLES FROM UNDER CENTER ARE BLOWN DEAD. FUMBLES FROM SHOTGUN ARE LIVE UNTIL WHISTLE IS BLOWN DEAD. IF QB DOES NOT PICK UP ON FIRST ATTEMPT, THE PLAY WILL BE BLOWN DEAD.

SPOTTING THE BALL

- AFTER EACH PLAY, THE BALL IS SPOTTED IN THE CENTER OF THE FIELD

PENALTIES

- 15 YARD PENALTIES ARE ENFORCED AS 10 YARD PENALTIES. ALL OTHER PENALTIES ARE 5 YARDS. NO PENALTY CANNOT TAKE THE BALL BEYOND THE 40 (LOSS OF DOWN)

OFFENSIVE LINE/FORMATION

- MUST HAVE TWO GUARDS AND ONE CENTER, GUARDS CAN BE UP TO 1 YARD APART
- MUST HAVE 4 PLAYERS ON THE LINE OF SCRIMMAGE. A TE CAN BE THE FOURTH
- NO THREE POINT STANCES
- NO TRIPS OR MOTION TO TRIPS. RB HAS TO BE INSIDE THE GUARD TO TWINS SIDE.

QUARTERBACK

- SNAPS CAN BE DIRECT, SHOTGUN OR PISTOL
- NO QB SNEAKS
- NO DESIGNED A GAP RUNS
- ON QB ROLLOUTS, IF QB HAS BALL TUCKED QB IS CONSIDERED A RUNNER. DEFENSE CAN PURSUE

RUNNING GAME

- RB HAS TO BE INSIDE THE GUARD TO THE TWINS SIDE OF THE BALL AND IF MOTION CREATES A TWINS FORMATION. IF THERE IS A TE RB WILL STILL NEED TO BE INSIDE THE GUARD IS WR IS TO THAT SIDE

BLOCKING

- NO BLOCKS BELOW THE WAIST

DEFENSE

POSITIONS

- 2 DL- 2 POINT STANCE AND MUST BE ALIGNED UP IN A HEADS UPS OR OUTSIDE SHADE POSITION. PLAYER IN AN OUTSIDE POSITION MUST ALWAYS HAVE ONE FOOT ALIGNED INSIDE THE STANCE OF THE GUARDS. DEFENSE MAY ADD A 3RD DL IF THE OFFENSE HAS A TE
- 1 SAFETY- MUST BE LINED UP 10 YARDS FROM THE BALL AND ALIGNED WITH THE CENTER
- THE REMAINING 4 PLAYERS 2 LB AND DB CAN BE DEPLOYED AT THE COACH'S DISCRETION, BUT MUST BE 4 YARDS OF THE BALL TO START

BLITZING/LINING UP OVER THE CENTER

- NO BLITZES AT ANY TIME, ONLY DL CAN PURSUE ON THE SNAP OF THE BALL, NO LINING UP OVER THE CENTER UNLESS 4 YARDS FROM THE BALL. (NO CENTER CONTACT ON THE SNAP.)

A GAP

- ONLY ONE DL MAY ADVANCE THRU THE A GAP AFTER MAKING CONTACT WITH THE GUARD.

GOAL LINE

- IF THE BALL IS INSIDE THE 4 YARD AND IN, NON DL AND SAFETY MAY ALIGN ON THE GOAL LINE.

QUARTERBACK PURSUIT

- DL CAN PURSUE AT ALL TIMES. 5 OTHER PLAYERS HAVE TO SPY THE QB UNTIL THEY HAVE CROSSED THE LINE. IF THE QB IS ROLLING OUT AND BALL IS TUCKED- THEN PLAYERS CAN PURSUE.

