



Beginning in the Fall of 2018, Rockingham County Parks and Recreation will partner with USA Football and adopt the ADM (American Development Model) for its Tackle Football Program similar to what is being used in Baseball and Hockey across the USA. We will be offering a Rookie Tackle program in order to introduce participants to Tackle Football.

Rookie Tackle is a small-sided tackle football game designed to be implemented as a bridge game between flag football and 11-on-11 tackle within youth football leagues and clubs across the country as a child's first experience to tackle football. We believe that an age-appropriate and developmental approach to the game driven by high-quality coaching will improve athlete enjoyment and skill development. By modifying the game at younger age groups and educating coaches, commissioners, officials and parents on the game adjustments, mechanics and skills, we can create an age-appropriate, athlete-centered understanding that leads to a better experience.

The goals of the Rookie Tackle game are:

1. All participants learn to play all positions and learn all football skills that are required by the game.
2. Maximizing player enjoyment and skill development.
3. Ensuring all players have meaningful playing time and the opportunity for improvement and success.
4. Providing a bridge between flag football and the 11-player, full-field tackle version.
5. Encouraging leagues to play on a smaller field size that is appropriately scaled to the age and skill level of the youth football player.
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. Allowing leagues and clubs to maximize field space by playing two games at a time on one regulation-sized football field.
9. Limiting roster sizes to foster participation and provide more focused, individualized coaching attention during practice and on game day.

As of this time we are considering three possible options for the age groupings. The final determination will be made after we know the number of participants for each age group.

OPTION 1:

- 8yr & 9yr will play 6 versus 6 (Rookie Tackle)
- 10yr will play either 7 versus 7 or 8 versus 8 (Rookie Tackle)
- 11yr to 13yr will play 11 versus 11

OPTION 2:

- 8yr will play 6v6 (Rookie Tackle)
- 9yr & 10yr will play either 7v7 or 8v8 (Rookie Tackle)
- 11yr to 13yr will play 11v11

OPTION 3 (if we determine that not enough participants are avail. to have a single Age group) :

- 8yr & 9yr will play 6v6 (Rookie Tackle)
 - **9yr and less than 6mo will play with 8yr group (subject to change)**
- 9yr & 10yr will play either 7v7 or 8v8 (Rookie Tackle)
 - **9yr 6mo+ will play will 10yr group (subject to change)**
- 11yr to 13yr will play 11v11

With either option we will allow for 10 year olds to play up in the oldest age (11v11) grouping if they choose to.