



Rule Book Modifications for 2012 -2013

Rule Modification for 10 or 12 A-side Tackle Football

The following rule modifications are recommended for implementation in the 2012 season. After the 2012 season a review to ensure clarity of the modification will be undertaken with an anticipated full implementation of the modifications for the 2013 season.

These rule modifications are recommended to enhance age appropriate football skills development and safety. The modifications support Football Canada's Long Term Athlete Development Model and Skill Development Progression. The Skill Development Progression was developed by coach experts as part of Football Canada's National Coaching Certification Program.

These rules apply when the 10 or 12 a-side game is being played. At this time the rule modifications apply to pre-high school levels of play.

It is recognized that, at this time, not every province has adopted the same age parameters (birth dates) for their two-year age bands within each stage of development. PSOs will make the determination to which age group the rule modifications will apply. What is critically important is that the rules modifications be applied to the age groups based on the developmental age of the players (playing experience) in each Stage of Development.

Fundamental Stage of Development - U9

Defense –

- Must present a static front with the offensive centre being uncovered.
- Each player on the defensive line must cover one offensive player except for the offensive centre.
- No cross plays are allowed by the linemen or stunts by the linebackers.
- Pressure can be applied by the defensive players who are positioned on the line of scrimmage.
- Pass defense will be man to man coverage.

Offense -

- No unbalanced line
- Minimum of 2 running backs
- No pre-snap motion by eligible receivers

- Only the Quarterback can throw a forward pass
- Running Backs cannot run a pass route from the backfield
- No cut blocks allowed across the entire offensive front
- At least one pass attempt in every three (3) plays

Learn to Train Stage of Development – U 11

Defense-

- 4 Defensive Linemen are mandatory
- Static Front with the offensive centre being uncovered.
- Each defensive linemen must cover one offensive player
- Pressure can be applied by a maximum of 4 players all positioned at the line of scrimmage at the snap of the ball
- Pass defense will be Man to Man coverage

Offense

- No unbalanced line
- Minimum of 2 running backs
- No formation with 3 receivers to one side of centre (trips)
- No pre-snap movement by eligible receivers or running backs
- Running Backs can now run a pass route from the backfield
- No cut blocking allowed across the entire offensive front
- At least one pass attempt in every three (3) plays

Learn to Train Stage of Development - U13

Defense

- 4 Defensive linemen are mandatory
- Static front with offensive centre being uncovered
- Each defense linemen must cover one offensive player
- Pressure can be applied by a maximum of 5 players, who must come from a position in the box
- Pass defense is Man to Man coverage

Offense

- No unbalanced line
- No formation without a running back
- No cut blocks allowed across the entire offensive front
- Running Backs can run pass routes from the backfield
- Formations with three (3) receivers to one side (trips) now allowed
- At least one pass attempt in every three (3) plays