

ATOM (U12) - Learn to Train Stage of Development

Defense

RULE Defensive line must be static (minimum of 3) and must cover an offensive lineman except for the offensive centre who must be uncovered.

Allowing the centre to snap the ball and get into a position to block/protect him/herself is a critical safety requirement.

RULE Pressure can be applied by a maximum of 4 players who must be positioned at the line of scrimmage at the snap of the ball (no blitzing).

Successful execution of plays at this age is critical to development on both sides of the ball. The only players allowed to cross the line of scrimmage are the linemen on the LOS at the snap. **Once the QB puts the ball into play by handing off the football, passing the football, or leaving the pocket, all additional defensive players are permitted to cross the line to stop a rush/screen play etc.**

Offense

RULE No unbalanced line permitted.

There must be an equal number of INELIGIBLE linemen on each side of the centre

RULE No cut blocking allowed across the entire offensive front.

Blocking at or below the knee is not allowed at these age groups as it is a safety concern.

PEEWEE (U14) - Learn to Train Stage of Development

Defense

RULE 4 Defensive linemen are mandatory (static) and must cover an offensive lineman except for the offensive centre who must be uncovered.

Allowing the centre to snap the ball and get into a position to block/protect him/herself is a critical safety requirement.

RULE Pressure can be applied by a maximum of 5 players, who must come from a static position within the box (i.e. 4 linemen and 1 LB)

Once the QB puts the ball into play by handing off the football, passing the football, or leaving the pocket, all additional defensive players are permitted to cross the line to stop a rush/screen play etc.

Offense

RULE No unbalanced line permitted. *As explained above*

RULE No cut blocks allowed across the entire offensive front. *As explained above*

Football Canada Rule changes for 2018

Rule 1 Section 1 Article 11

A play is defined as any legally run scrimmage play (run, pass, kick) a convert attempt or a kick off, during both regulation time and overtime.

The change means that a timeout is no longer considered to be a play.

Rule 4 Section 3 Article 1

Legal numbers are from 1 to 99 inclusive. All Team A players shall be identified by the following approved numbering system:

Eligible Pass Receivers 1 to 49 and 80 to 99

Ineligible Pass Receivers 50 to 79

The change is for ineligible receivers - used to be 40 to 69 but now is 50 to 79

On any given play – inappropriately numbered players may report as eligible or ineligible receivers

Rule 7 Section 2 Article 6

No player shall target and make forcible contact to the head or neck area of an opponent with the helmet, forearm, hand, fist, elbow or shoulder. This foul requires at least one indicator of targeting

1 – Launch – a player leaves his feet to attack

2 – Crouch followed by upward and forward thrust

3 – Leading with helmet, shoulder, forearm, fist, hand, or elbow

4 – Lowering the head before attacking

The biggest change is no straight arm to the head or neck

At Atom and Peewee – First offense the player will receive 25 yard penalty and a warning.

Second offense 25 yard penalty and disqualification.

At Bantam – Automatic 25 yard penalty and disqualification

Rule 9 Modifications – Atom and Peewee

Defense – Each Defensive Lineman must cover an offensive lineman except for the centre who must be uncovered

The Change means that the Defensive Lineman does not have to engage with the

Player he is lined up against. He can rush gaps – but cannot contact the centre until the centre has snapped the ball and is in a position to block / protect themselves.