

When deciding between registering a child for 7-on-7 rookie tackle football or 11-on-11 tackle football, parents should consider the following key factors:

1. Skill Development

- 7-on-7 Rookie Tackle Football
 - Focuses on fundamentals like positioning, blocking, and tackling in a simplified format.
 - Fewer players on the field means more individual attention and more touches per player.
 - Ideal for introducing younger or less experienced children to tackle football in a safer, more manageable setting.
- 11-on-11 Tackle Football
 - Reflects the full traditional game with all positions and plays.
 - Better for players with some experience who are ready for the complexity and physical demands of full-team football.
 - Builds deeper understanding of full-game strategy and team dynamics.

2. Age and Experience

- 7-on-7 Rookie Tackle is often geared toward younger players or first-time tackle participants.
- 11-on-11 is typically more appropriate for older or more experienced players who have already learned the basics and are physically and mentally ready for full-team play.

3. Safety

- Rookie Tackle reduces contact and speeds, aiming to decrease injury risk while still teaching safe tackling techniques.
- 11-on-11 has a higher physical demand and contact level, so proper conditioning, technique, and equipment are crucial.

4. Child's Readiness and Interest

- Consider your child's maturity level, physical development, and personal interest in the sport.
- Talk to your child about their comfort level with physical contact and their motivation to learn the game.

Summary:

Choose 7-on-7 rookie tackle if your child is new to football, younger, or needs a safer, skill-focused introduction.

Choose 11-on-11 tackle if your child has prior experience, is physically and mentally ready, and wants to engage in the full version of the sport.

Always prioritize enjoyment, safety, and long-term development over immediate competition.

Please note: To support the growth, safety, and enjoyment of all players, the LEYFL rookie tackle football league has three levels of play based on skill and readiness. This setup helps each athlete learn at the right pace and play with others at a similar level. By matching teams based on ability and development, the league creates a more supportive and inclusive environment where players can build confidence, learn the basics well, and get ready for future success in football. The Recreation Department will enter teams based on most appropriate level.