



FAQ

What is Rookie Tackle?

Rookie Tackle is designed to be a fun, small-sided game that introduces tackle football to younger players. This is a player pathway concept in alignment with the U.S. Olympic Committee's American Development Model (ADM). Similar to tee-ball to "coach pitch" to player pitch in baseball, Rookie Tackle is designed to be a bridge between flag football and 11-player tackle football.

What is the American Development Model, and why did USA Football adopt its framework?

The American Development Model (ADM), created by the United States Olympic Committee (USOC), is a forward-thinking framework for skill development, fitness and long-term enjoyment of sport. USA Football credits USA Hockey for its effort to pioneer this concept and work with the USOC to allow other sports organizations to benefit from it.

USA Football is applying the ADM to our sport. Rookie Tackle is one piece of this model.

Does this affect 11-player tackle football?

It compliments 11-player tackle. Rookie Tackle is a bridge game, part of a pathway to 11-player tackle. It offers young athletes another entry point to tackle football, increases physical activity and social benefits and teaches the game's fundamental skills in a forward-thinking way.

What is the goal of the Rookie Tackle pilot season?

A key goal for this pilot season is to learn how players, parents, coaches and youth league commissioners embrace its concept and how it may be improved. Similar versions of the sport have been played in some youth leagues for years.

What is the future of Rookie Tackle?

Rookie Tackle will be evaluated throughout the 10-league pilot season. USA Football will determine how the small-sided version of the sport may be improved and offered to youth leagues in 2018.

What age bracket is Rookie Tackle designed for?

We have a wide variety of ages across the pilot leagues. These leagues are independent of USA Football and will determine what best suits their athletes and teams. The pilot leagues are utilizing Rookie Tackle as an introduction to tackle football.

How might this benefit youth football?

Like "coach pitch" baseball, cross-ice hockey or 5-a-side soccer, Rookie Tackle offers another fun entry point to the sport, focused on a pathway for better skill development. Smaller field dimensions maximize field space and smaller roster sizes afford coaches more time to teach players one-on-one and enhance skill development.

How will this help develop young athletes in the sport?

Players learn multiple positions and skills. Position-specialization is not introduced in Rookie Tackle. Fewer players on a team's roster invites more playing time and opportunities for improvement and success. A higher coach-to-player ratio also lends itself toward increased one-on-one, dedicated teaching opportunities.

Does Rookie Tackle make football safer?

Safety is always our top priority. USA Football promotes safer football through our Heads Up Football program, which educates coaches on the fundamentals of shoulder tackling, blocking and proper equipment fitting. In addition, they are educated on concussion recognition and response, sudden cardiac arrest and heat emergency preparedness.

Rookie Tackle offers an additional entry point for kids, allowing a new way to experience and learn tackle football fundamentals.

There is a 6-, 7- and 8-player option, why?

Youth sports in general contend with community-specific challenges. USA Football recognizes this and offers flexibility to Rookie Tackle pilot organizations in order to assess each program and potentially make rule alterations for 2018.