



**FALL 2024**

# Diocese of Cleveland **CYO**

**COACH'S  
MEETING**

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**ROOKIE  
TACKLE  
FOOTBALL**

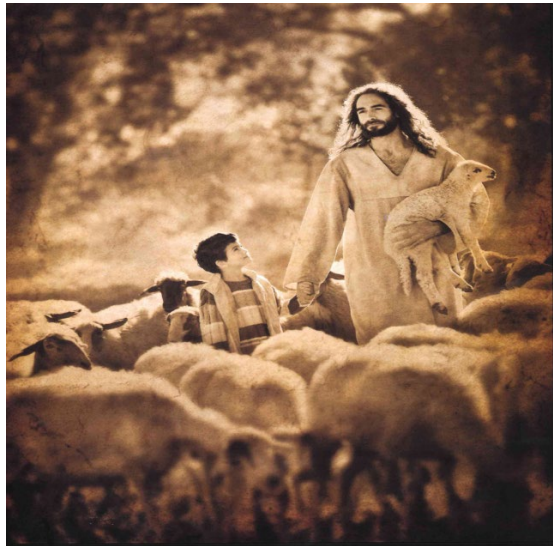
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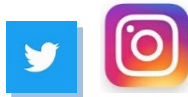


## DIOCESE OF CLEVELAND CYO ROOKIE TACKLE FOOTBALL COACH'S MEETING

1. Program Planner
2. Points of Emphasis
3. Resources



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**CYO inspires young people to know God, to love God, and to serve God through athletics.**



# DIOCESE OF CLEVELAND CYO ROOKIE TACKLE FOOTBALL PROGRAM PLANNER - 2024



July	18	In-person mandatory fall sports season coaches meetings, 6-9 p.m. Location: University of Akron, InfoCision Stadium
	19-21	Dick’s Sporting Goods Shop Days
	22	Fall sports season opens, practices may begin, sanctioned event season begins Fall sports season early registration closes; regular registration begins, 9:00am
	24	In-person mandatory fall sports season coaches meetings, 6-9 p.m. Location: Notre Dame Cathedral Latin High School
	<b>20</b>	<b>Football Coaches Mandatory Recertification - First Energy Stadium Mandatory for Head &amp; Assistant Coaches</b>
	29	Fall sports season regular registration ends, 9:00am
	30	In-person mandatory fall sports season coaches meetings, 6-9 p.m. Location: Magnificat High School Team fee payments and fee summary due Last day to enter teams’ blackouts
August	1	Coaches Development Program – Gesu (McAuley Room), 6:00 pm 2470 Miramar Blvd, University Heights, OH 44118
	5	Deadline to add athletes and coaches to rosters, 9:00am
	7	<b>Football Coaches Mandatory Recertification Make Up #1</b> Cleveland CYO Office – 6:00pm-9:00pm
	16	Fall sports season schedules available on CYO website
	17	Coaches Development Program – St. Ambrose (Hilkert Hall/Gym), 6:00 pm 929 Pearl Rd. Brunswick, 44212
	20	Coaches Development Program – St. Jude, 6:00 pm 590 Poplar Rd., Elyria, 44035
	22	<b>Football Coaches Mandatory Recertification Make Up #2</b> Cleveland CYO Office – 6:00pm-9:00pm
	24	Fall sports regular season competitions begin
September	14-15	Parents and VIP Weekend
	22	Team Mass Sunday
	28-29	Officials Appreciation Weekend
October	12-27	Diocese of Cleveland CYO Fall Championship Tournaments – 6 <sup>th</sup> Grade
	27	Fall sports season ends, sanctioned event period ends

***CYO Inspires Young People To Know God, Love God and serve God through Athletics***

# DIOCESE OF CLEVELAND CYO

## ROOKIE TACKLE -- POINTS OF EMPHASIS

### OFFICIAL TEAM

- **5<sup>th</sup> Grade Division**
  1. An official 7-man Rookie Tackle football team will consist of a minimum of 7 players.
  2. There minimum roster size of 11 athletes. There is a maximum number of 18 unless all are from the same member.
- **6<sup>th</sup> Grade Division**
  1. An official 8-man Rookie Tackle football team will consist of a minimum of 8 players.
  2. There minimum roster size of 12 athletes. There is a maximum number of 18 unless all are from the same member.
- A **partial roster** or combined roster **cannot** be entered into any tournament or sanctioned event. Each member of the team must play a minimum of one quarter per half.
- CYO General Section Assignments should be used for eligibility purposes.

### EQUIPMENT & UNIFORMS

- Game Ball:
  - The junior size ball will be used.
  - Teams are permitted to use either a composite or leather ball.
- Electronic Devices:
  - Walkie-talkies, cell phones, or any other electronic communication systems are not permitted within the competition area.
  - Teams are permitted to only videotape their games.
  - Videotaping is only permitted from areas approved by the facility but is never permitted from within the competition area, team bench area or other unapproved areas.
  - Individuals videotaping or photographers must be positioned at least two yards from the sideline or end zone.
  - Coaches, Fans, etc. are not permitted to videotape an opponent's game or practice.
- A mouthpiece must be secure in the player's mouth during the game. A mouthpiece cannot be white or clear in color.

### PRE-CONTEST COACHES RESPONSIBILITIES

- Coaches must be CYO certified and **recertified to have access to the sidelines.**
- **No conditioning or coaching instructions may take place until the first practice date as stated by the CYO Administration.**
- CYO Credentials are to be worn and visible at all times.
- Only four (4) credentialed coaches and players listed on the eligibility roster are allowed in the bench area. No water personal permitted. Each player is responsible for their own water bottle.

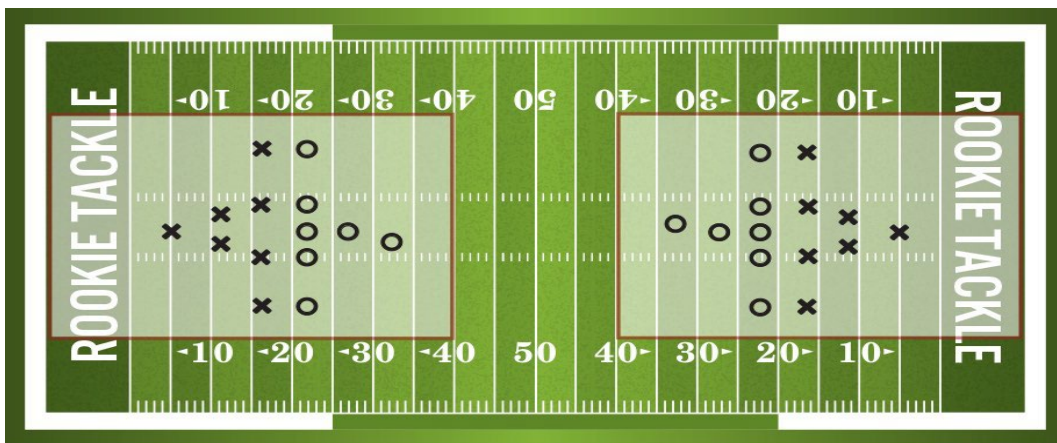
### PARTICIPATION

- Each member of the team must play a minimum of one quarter per half.
- All players should have at least one offensive and defensive line position as well as one offensive and defensive backfield position to play each game.
- Guest Player Rule: Guest Players may be moved from the member's other CYO Rookie Tackle football team(s) to fill the positions at the start of a game under the following restrictions:
  1. If a 7-man or 8-man Rookie Tackle football team has fewer than 12 athletes at a game.
  2. The athlete meets the age/grade restrictions of the squad the athlete will assist.

3. The guest player is reported by means of the link on the CYO Website before the match in which they will be used.
4. The same individual may be moved as a guest player for no more than two (2) games during the season.
5. The athlete complies with the number of games per day competition limits as outlined in Section 6.
6. Guest players cannot be used for sanctioned event or CYO championship competitions.
7. For the educational aspect of the game, all players should have at least one offensive and defensive line position as well as one offensive and defensive backfield position to play each game. Rotating players into different positions encourages players learn multiple positions.
8. There must be a minimum of 2-3 quarterbacks per team. CYO recommends each quarterback plays a balanced number of plays.

### COMPETITON RULES

- Field Size:
  - **5<sup>th</sup> Grade:** 40 yards in length and 30 yards in width.



- **6<sup>th</sup> Grade:** Regulation.
- Placement of the Ball:
  - **5<sup>th</sup> Grade:**
    - Each possession starts with the ball on the 40 yard line, regardless of whether there is a score, turnover, or turnover on downs. **There are no safeties.**
    - After each play, the ball is spotted in the middle of the field. **Hash marks are not used.**
  - **6<sup>th</sup> Grade:**
    - At the start of the game or half the ball will be put in play on the 30-yard line.
    - After a Touchdown or Field Goal the ball will be put in play on the 30-yard line.
    - After a Touchback the ball will be put in play on the 20-yard line.
    - After a safety the ball will be put in play at the 50-yard line.
    - After each play, the ball is spotted in the middle of the field. **Hash marks are not used.**
    - **Hash marks are not used.**
- Coach on the field
  - 5<sup>th</sup> Grade: One coach is allowed on the field during play
  - 6<sup>th</sup> Grade: No coach is allowed on the field during play

### SUPPLEMENTAL RULES

- Turnovers:
  - Interception – Defensive team will begin set of downs on offense from 40 yard line.
    - a. **5<sup>th</sup> Grade** - The play is blown dead immediately. Defensive team will begin set of downs on offense from 40 yard line.

- 6<sup>th</sup> Grade - The interceptor may return the ball on an interception. **The ball will be placed where the ball is returned.**
- 5<sup>th</sup> Grade- **Fumble** past the line of scrimmage - May be recovered by either team, but not advanced.
- 6<sup>th</sup> Grade- **Fumbles caused by the defensive may be recovered and returned.**
  - Fumble behind the line of scrimmage – Loss of down.
  - Fumbled snaps are dead – the next down will start from original Line of Scrimmage.
- **Penalties**
  - 5<sup>th</sup> Grade:
    - Because of limited field size, all 15 yard penalties are enforced as 10 yard penalties.
    - No penalty on offense can take the ball beyond the 40 yard line.
    - Penalties on the offense that are called and accepted on or behind the 40 yard line result in a loss of down.
  - 6<sup>th</sup> Grade – Penalties will be enforced per regulation tackle football rules.
  - 5<sup>th</sup> & 6<sup>th</sup> Grade- **Targeting: No player shall target and make forcible contact to the head or neck area of a defenseless opponent with the helmet, forearm, hand, fist, elbow or shoulder. Penalty: Ejection & suspension.**
- **Offensive Adjustments**
  - 5<sup>th</sup> Grade
    - The offense must have four players on the line of scrimmage. No more, no less. The fourth player can be a tight end or split end.
    - The four offensive players who are not playing guard or center may be deployed in positions at the coach’s discretion as long as one is on the line of scrimmage.
  - 6<sup>th</sup> Grade
    - The offense must have five players on the line of scrimmage. No more, no less. The fourth and 5th players can be a tight ends, split ends or a combination of the two. Only the two end players on the line of scrimmage are eligible for first touching of a pass.
    - There are no unbalanced lines. The split ends/tight ends must be on the opposite sides of the center.
    - The five offensive players who are not playing guard or center may be deployed in positions at the coach’s discretion as long as two on the line of scrimmage.
    - **No trips formation is allowed.**
    - For the purpose of Rookie Tackle, “trips” is defined as any three players outside the guard-to-guard box.
    - Motion is allowed by a backfield player as long as it does not create a trips formation.
    - All blocks below the waist are illegal.

#### **Defensive Adjustments**

- Defense may only have two defensive linemen unless an offensive formation includes a tight end. In that case, a third defensive linemen may line up over the tight end.
  - 6<sup>th</sup> Grade ONLY – Two tight ends allow the defense to use four defensive players on the line of scrimmage.
- 5<sup>th</sup> Grade ONLY - The remaining four players can be deployed at the coach’s discretion but must be four yards off the line of scrimmage unless covering a tight end or split end on the line of scrimmage.
- 6<sup>th</sup> Grade ONLY - All remaining players not on the line of scrimmage or at ten-yard deep safety must be a minimum of four yards off of the line of scrimmage.
  - Defenses that choose to not match the eligible receivers on the line of scrimmage may position those players on the second level as long as they are at least four yards from the line of scrimmage.



# COACHING

**“Behind every fearless player is a fearless coach who refused to let them be anything but the best they can be.”**

*A transformational coach views winning as an outcome, not a priority, and puts the focus on helping athletes grow and reach their full potential, beyond just sports. On the opposite side, a transactional coach is someone who makes winning the ultimate goal and is less concerned about the overall experience.*

**CHANGE YOUR WORDS,  
CHANGE YOUR  
MINDSET**

INSTEAD OF SAYING THAT	SAY THIS!
IT'S TOO HARD.	I'LL KEEP TRYING.
I CAN'T DO THAT.	HOW CAN I GET BETTER AT THAT?
I GIVE UP.	I WILL KEEP WORKING!
I'M AFRAID I'LL MAKE A MISTAKE.	MISTAKES ARE HOW WE LEARN BEST.
THEY'RE SMARTER THAN ME.	WHAT CAN I LEARN FROM THEM?
THIS IS HARD.	THIS MAY TAKE SOME TIME AND EFFORT.
I'M A FAILURE.	I CAN LEARN FROM MY MISTAKES.
I DON'T GET IT.	WHAT AM I MISSING?
I HATE TO BE WRONG.	IS THIS REALLY MY BEST WORK?
I DON'T LIKE OTHERS TO DO BETTER THAN ME.	I'M GOING TO FIGURE OUT WHAT THEY DO AND TRY IT!

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**MINDSET MATTERS**

WHEN YOU HAVE A GROWTH MINDSET, YOU KNOW YOU CAN GET SMARTER AND BETTER AT ANYTHING WITH EFFORT AND PRACTICE.

**SUCCESS BEGINS WITH BELIEVING YOU CAN.**

IT'S OK TO NOT KNOW, BUT IT'S NOT OK TO NOT TRY.

**You can learn anything, know anything, BE anything!**

IF IT DOESN'T CHALLENGE YOU IT WON'T CHANGE YOU

**YOU ARE IN CONTROL OF YOUR CHOICES!**

## CODE OF CONDUCT - Bylaw 9-1-5

- A. Athletes, coaches, parents, or fans will be asked to leave by CYO Personnel. Persons asked to leave must depart immediately. There will be additional consequences and disciplinary actions for those individuals.
- B. Athletes or coaches who are removed from an athletic event are automatically barred from attending any practices or games for a one week period. They may not attend the next scheduled competition for that team. The individual must meet with the Member Administrator and obtain a signed letter from the Member Administrator requesting permission from CYO Administration to attend future competitions.
- C. Parents or fans who are removed from an athletic event are automatically prohibited from attending any practices or games for a two week period. They may not attend the **next two scheduled games** for that team. The individual must meet with the Member Administrator and obtain a signed letter from the Member Administrator requesting permission from CYO Administration to attend future competitions.

# RESOURCES

[https://cdn2.sportngin.com/attachments/document/03a7-1758803/ADM-Implementation-Guidelines\\_Rookie-Tackle.pdf](https://cdn2.sportngin.com/attachments/document/03a7-1758803/ADM-Implementation-Guidelines_Rookie-Tackle.pdf)

<https://www.clevelandbrowns.com/community/youth-football/rookie-tackle#:~:text=Rookie%20Tackle%20serves%20as%20a,youth%20football%20players%20and%20coaches>

<https://blogs.usafootball.com/blog/5918/6-reasons-your-youth-football-league-should-adopt-rookie-tackle>

<https://www.stanfordchildrens.org/en/topic/default?id=teaching-children-good-sportsmanship-1-4524>



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