



OVERVIEW

Below are the current Game Categories and Game Types identified under USA Football's Football Development Model. The purpose of this document is to define criteria an organization would follow to be considered playing these game types.

GAME CATEGORY	GAME TYPES
Non-Contact	Flag
Limited Contact	Rookie Limited Contact™ Senior Limited Contact™
Contact	Rookie Tackle® Senior Tackle™

GAME TYPE REQUIREMENTS

The information below shows the requirements that are needed to be implemented by leagues to be considered running the respective game type.

▶ Flag

- Protective Equipment: **No**
- Additional Equipment: **Flag Belts**
- Tackle to Ground: **No**
- Field Size Modifications: **Yes**

▶ Rookie Limited Contact

- Protective Equipment: **Helmet and Shoulder Pads**
- Additional Equipment: **Flag Belts or TackleBar® Harness**
- Tackle to Ground: **No**
- Field Size Modifications: **Yes**
- Reduced Number of Players Per Side: **Yes**

▶ Senior Limited Contact

- Protective Equipment: **Helmet and Shoulder Pads**
- Additional Equipment: **Flag Belts or TackleBar® Harness**
- Tackle to Ground: **No**

▶ Rookie Tackle

- Protective Equipment: **Traditional Helmet, Shoulder Pads and Pants**
- Tackle to Ground: **Yes**
- Field Size Modifications: **Yes**
- Reduced Number of Players Per Side: **Yes**

▶ Senior Tackle

- Protective Equipment: **Traditional Helmet, Shoulder Pads and Pants**
- Tackle to Ground: **Yes**

REQUIREMENTS

	Flag	Rookie Limited Contact	Senior Limited Contact	Rookie Tackle	Senior Tackle
Players per Side		6-8		6-8	
Protective Equipment		Helmet and Shoulder Pads	Helmet and Shoulder Pads	Traditional Helmet, Shoulder Pads and Pants	Traditional Helmet, Shoulder Pads and Pants
Additional Equipment	Flag Belts	Flag Belts or TackleBar Harness	Flag Belts or TackleBar Harness		
Tackle to Ground	No	No	No	Yes	Yes
Field Size Modifications	Yes	Yes		Yes	

ADDITIONAL RECOMMENDATIONS

	Flag	Rookie Limited Contact	Senior Limited Contact	Rookie Tackle	Senior Tackle
Players per Side	5-7		6-11		6-11
Optional Protective Equipment	Soft Shell Headgear	Soft Shell Headgear and Padded Pants	Soft Shell Headgear and Padded Pants		
Player-to-Player Engagement	No	Yes	Yes	Yes	Yes
Field Size Modifications			Optional		Optional
Field Length	40-70 yards	40-yards	80-100 yards	40-yards	80-100 yards
Field Width	25-40 yards	Not to exceed 40 yards	40-53 1/3 yards	Not to exceed 40 yards	40-53 1/3 yards
Formation Restrictions	Yes	Yes	Optional	Yes	No
Two-Point Stance Required on LOS	Yes	Yes	Yes	Yes	Yes, Offense
Defense allowed to line-up directly over Center	No	No	No	No	Yes
Special Teams	No	No	Yes (modified)	No	Yes

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