



FOOTBALL DEVELOPMENT MODEL

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FOOTBALL FOR ALL™

GAME TYPES FOR EVERY ATHLETE

From flag to traditional tackle, USA Football has outlined the progression of game types to provide leagues and players the entry-points and options to share and play the game.

HOW GAME TYPES IMPACT YOUR LEAGUE

PROVIDING MULTIPLE ENTRY POINTS

Keeping football fun and dynamic continues to capture the imaginations of young athletes. When you implement the Football Development Model in your organization, you're offering more ways to play and more reasons for athletes to stay in the game.

GIVING PARENTS OPTIONS

Parents are making the decisions for their young athletes, including if and when they play football. Offering multiple game types gives parents more options to consider and gives their athletes the confidence and skills to play the sport.

REDUCING CONTACT

These game types, in addition to the skill and age progressions, create multiple entry points for athletes and help make the game safer by reducing contact and standardizing game aspects, including field size and the number of players.

AMOUNT OF CONTACT ▶

Non-Contact

Limited Contact

Contact

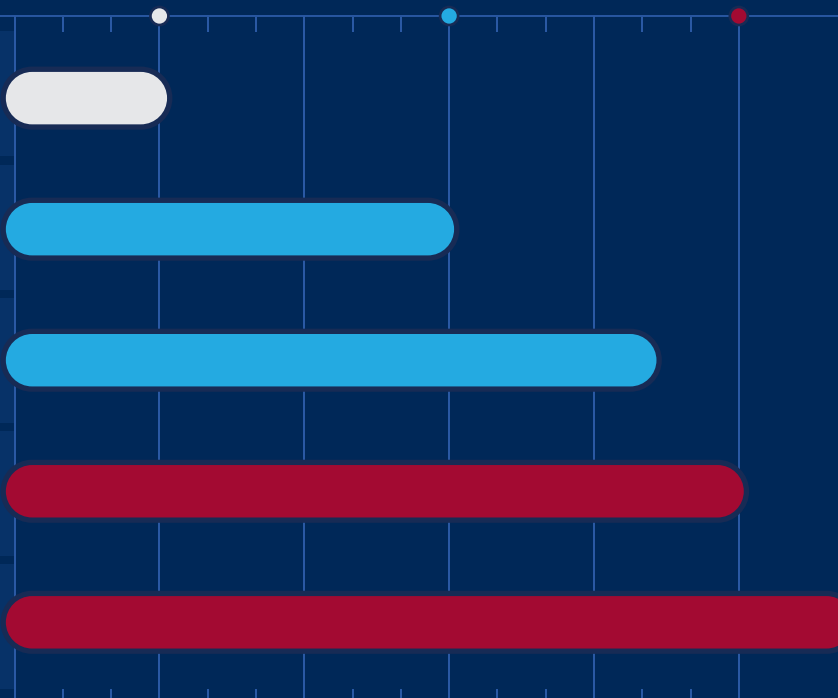
FLAG

ROOKIE LIMITED CONTACT™

SENIOR LIMITED CONTACT™

ROOKIE TACKLE®

SENIOR TACKLE™



FOOTBALL FOR ALL™



FLAG

In flag football, both non-contact and prep for contact skills are learned to help players develop as they progress through the sport. These skills help some players transfer to tackle football, while others remain in flag and deepen their abilities within a non-contact football journey.



ROOKIE LIMITED CONTACT™

A bridge game to full contact using a smaller field, fewer players and specific rule modifications. Wearing traditional equipment, plus flags or a TackleBar™ harness, athletes learn how to block, track and engage an opponent with proper form and technique, all while staying on their feet. (An advanced version can be played on a larger field with two-directional play.)



SENIOR LIMITED CONTACT™

A bridge game played on a full-sized field, with rule modifications and game dynamics that mirror the look and feel of the traditional contact game. Wearing helmets and pads, plus flags or a TackleBar™ harness, athletes learn proper form and technique for both blocking and tackling without having to take the ball carrier to the ground.



ROOKIE TACKLE®

A modified version of the traditional full-contact tackle game, Rookie Tackle® is played on a smaller field with fewer players. With specific rule modifications and mandatory position sampling, it allows the contact game to be introduced in a fun and developmentally appropriate way.



SENIOR TACKLE™

A traditional tackle football game played on a full-sized field where athletes learn in-depth techniques and schemes. The goal of this game type is to introduce players to more advanced fundamentals from what they learned in Rookie Tackle®. The game becomes a bit more competitive with new elements and rules for experienced players.