



*Dianna Orsini*

# TACKLE CANCER

*Tournament Scrimmage*

**August 22-23, 2009 – West Allegheny High School**

## Scrimmage Rules

- If not in full uniform, all teams must wear numbered jerseys
- To avoid injury, we will have weigh-ins 30 minutes prior to your first game. We will use the SSYFL weight limits (8U-90lbs, 9U-105lbs, 10U-120lbs, 11U-135lbs, 13U-160lbs). We will only have 1 weigh-in per team, unless significant questions are raised from an opposing coach.
- Each team will be guaranteed 2 controlled scrimmages, with 24 plays on offense and 24 plays on defense for each scrimmage
- All scrimmages will be played on the new West Allegheny High School field. There will be two scrimmages running at the same time on the field.
- A referee will run each scrimmage.
- Each scrimmage will start with the offense on the 35 yard line and going into the end zone.
- Each team will get 12 offensive plays, then 12 defensive plays, then 12 offensive plays, then 12 defensive plays...beginning each set of 12 at the 35 yard line (and there again after each touchdown).
- There will be a 15 minute time limit for the set of 12 plays. We will use the stadium time clock to keep both scrimmages on track and both days on track. This should leave plenty of time for getting on and off the field between games.
- There will not be change of possession on defensive fumble recoveries or interceptions
- The scoring system will be as follows:
  - 1 point for crossing the 30 yard line (the first time, in case of lost yardage)
  - 1 additional point for crossing the 20 yard line
  - 2 additional points for crossing the 10 yard line
  - 3 additional points for a touchdown (no extra points)
  - 2 points for a defensive fumble recovery (no advancing the fumble recovery)
  - 2 points for a defensive interception (no advancing of the interception)For example, if on the first play from the 35 yard line a team scores a touchdown, they will be rewarded 7 points.