



ADOPTING NON-CONTACT INTO YOUR LEAGUE

INTRODUCTION

USA Football's Non-Contact game category is part of USA Football's Football Development Model (FDM). This game category is designed to serve as athletes' introduction to their football journey. The Non-Contact game category allows leagues to provide a fun and progressive way to teach and learn the sport.

By educating coaches, commissioners, officials and parents on these game adjustments, mechanics and skills, together we lead the way to a better, safer game.

Non-Contact is designed to be athletes' introduction to their football journey in alignment with the United States Olympic and Paralympic Committee's American Development Model (ADM) and USA Football's Football Development Model. Game types can be modified by adjusting field size, rules and equipment. By incorporating a Non-Contact option, your league can more effectively meet the needs of each athlete.

By playing Non-Contact, coaches and administrators can:

- Increase a team's coach-to-player ratio
- Play and teach in a developmentally appropriate progression
- Decrease the cognitive load on individual players
- Focus on fundamental skill development
- Deliver a fun and positive experience for young athletes

These are just some of the factors that allow coaches to dedicate greater attention to skill development. A greater focus on teaching the introductory aspects of the sport advances young athletes' understanding and learning of foundational skills. This also helps them transition to Limited Contact game types.

By adding the Non-Contact game category to your league, you provide athletes and parents with options to best fit physical and mental abilities. The steps toward mastery are not increased by earlier introduction, but by introducing young athletes to the best version of the sport for them based on their physical and cognitive abilities to learn fundamental movement and football skills.

The process of introducing a new game type requires quality coaching and communication to parents. Once you decide to adopt the Non-Contact game category, inform your coaches and parents. Keep everyone updated on what game formats will be offered ahead of time to ensure a smooth registration process. This makes parents more aware of your commitment to provide fun and positive football experiences.

Playing Non-Contact football should never be viewed as a “step back,” but instead, as a forward-thinking investment in the skill development of each child. It is a step that will better prepare them for long-term development and enjoyment of football and the myriad of benefits that come with participation.

IMPLEMENTING NEW GAME TYPES

Understanding why you should adopt new game types is just the start. Reach out to your Regional Manager to learn how you can access more resources in 2021.

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