



ADOPTING LIMITED CONTACT INTO YOUR LEAGUE

INTRODUCTION

USA Football's Limited Contact game types are part of the Football Development Model (FDM) and are designed to be a bridge between Non-Contact (i.e., flag football) and Contact game types (i.e. traditional full-field tackle), as well as young athletes' introduction to contact within their football pathway.

The Limited Contact game types allow leagues to provide a more progressive way to teach the sport, including the skills of blocking, defeating blocks and tackling.

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

Limited Contact builds upon the skills gained in Non-Contact football as part of a player pathway in alignment with the U.S. Olympic & Paralympic Committee's American Development Model (ADM) and USA Football's Football Development Model. The game type can be modified by adjusting field size, rules and equipment. By incorporating a Limited Contact option, your league can more effectively meet the developmental needs of each athlete.

By playing Limited Contact in the year(s) between flag and traditional full-field tackle football, coaches and administrators can:

- Increase a team's coach-to-player ratio
- Play and teach in an appropriate progression
- Decrease the cognitive load on individual players
- Focus on skill development
- Deliver a fun and positive experience for young athletes
- Slow down the skill progression to provide more teaching and better learning

These are just some of the factors that allow coaches to dedicate greater attention to skill development, especially newly introduced skills of blocking, defeating blocks and eventually tackling. A greater focus on teaching these aspects of the sport advances young athletes' understanding and learning of foundational skills, helping them transition to Contact game types.

USA Football's Limited Contact game types evolve the sport by allowing parents, athletes and coaches to progress into Contact in an appropriate way.

By adding Limited Contact game types to your league, you provide parents with options that may fit their children's physical and mental abilities. By introducing young athletes to a version of the sport based primarily on their physical and cognitive abilities, we can help them learn fundamental movement and football skills while increasing levels of engagement, skill development and fun. This will ultimately build a better player and one who enjoys the game to a greater degree.

The process of introducing a new game type requires quality coaching and communication to parents. Inform your coaches and parents once you decide to adopt the Limited Contact game type. Keep everyone updated on what game formats are offered ahead of time to ensure a smooth registration process. Informing parents of a new game type option also makes them aware of your commitment to provide fun and positive football experiences.

Playing Limited Contact football should never be viewed as a "step back," but instead, as a forward-thinking investment in the skill development of each athlete. 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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