



Ultimate Football Development League (UFDL)

Two Division

- **5th- 6th Grade: FLAG Football**
 - Traditional 7 on 7 flag football rules

- **7th - 8th Grade: FUSION Football**
 - All Coaches USA Football “Heads Up” Certified
 - Certified Athletic Trainer on site for all games
 - Flags used on skill position players – **NO TACKLING**
 - Helmet and shoulder pad league
 - Linemen learn to block per UFDL rules, players get the feel for pads
 - 9 versus 9
 - 100 yard field
 - No weight restrictions for skill position player

Schedule

- **Fusion Football Proposed Schedule:**
 - Practice start date: 1st day of school
 - Games: Friday night beginning 9/9/16
 - 6 week game season (5 consecutive Fridays 9/9-10/6)
 - End of season Tournament Saturday 10/15

Rationale

- **Safety:** We believe by limiting most contact, we provide a safer environment for kids to learn essential skills for the game.
- **Education:** We believe proper education and progressive training will enhance students’ ability to play the game safely in high school.
- **Interest:** We want to capture the interest we see in elementary school students by creating a comprehensive program to help prepare them for tackle football in high school. This program will start in 5th grade and will have a distinct progression throughout each level.
- **Games:** We believe that making the game experience feel as much like a high school game is key to securing interest during this progression.

Rules: We will create and publish comprehensive UFDL rules for each level.