



## **RMF changes to Atom Division for 2016**



### **Regina Minor Football is excited to announce some changes to the Atom Division for 2016**

- In 2016 Atom will be playing 9 on 9. This will provide a smooth transition for players and coaches moving from 6 on 6 Mighty Mites into the Atom Division. The field will be narrowed to keep all players closer to the action. This will provide great opportunities for players to develop their skills. It also follows Football Canada's Long Term Athlete Development plan, which emphasizes a smaller ball, smaller field, and fewer players on the field for this age group. Team rosters will be smaller to maximize playing time opportunities. Playbooks will be provided to coaches to help them implement an offensive and defensive system that progresses from Mighty Mites.
- To give players opportunities to develop a variety of skills, Atom players will play the first two games on either offense or defense, and then will move to the other side of the ball for games three and four. With a game added to the Atom season, coaches can then decide how they want to assign players to positions for the final three regular season games and the bowl game.
- For the first four games of the Atom season, the schedule will be set in the pre-season. In order to provide competitive games for all teams and to try to avoid lopsided scores, teams will be seeded and scheduled to play their last three regular season games against teams of similar strength.

**If you have any questions or concerns contact us at**

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**or**

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