

ADIRONDACK FOOTBALL LEAGUE GENERAL RULES

Players

1. Flag Football players will be Kindergarten through 2nd grade (No younger than 5 no older than 8)
2. Tackle B players will be 3rd and 4th grade (no older than 10)
3. Tackle A players will be 5th and 6th grade (no older than 12)
4. No player shall play in an age bracket below their age. However, with the approval of the Board, parent and coach, a player may be moved up to a higher age bracket based upon his level of maturity and size. The decision of the League Board is final in all such matters.
5. If a player is moved to a higher age bracket, he may play one game and still be returned to his original age bracket if such a move is deemed appropriate by the parent, coach, and League Board.
6. All players shall be allowed to participate in whatever division he or she qualifies for. No cuts will be allowed.
7. Each participant must have completed eight practices prior to their first game. No player will be eligible for a game without having completed eight practices. It should be emphasized to the player that this is not a punishment, but an eligibility requirement.
8. All coaches, parents and players must read and sign their applicable code of conduct before a player may participate in any game.
9. All players will have a starting position on either offense or defense. Coaches will attempt to equalize playing time for all players to the extent possible. Coaches may reduce the playing time of players in their discretion for the following reasons:
 1. Missing practice without notice or acceptable excuse;
 2. Players misconduct, including use of vulgar language or gestures; or
 3. Failure to obey the coach's directions.
10. No coach, player or spectator will be permitted to argue with game officials (referee). The league will maintain a "ZERO TOLERANCE" policy.
 1. A violation of the above rule will result in the following.
 1. Violation by player or coach:
 1. First infraction 5 yard penalty
 2. Second infraction 15 yard penalty
 3. Third infraction 15 yard penalty and ejection from game and will be asked to leave the field.
 2. Spectator will be asked to leave the area of the game
 2. The game will be halted and shall not resume until the ejected player, coach or spectator has left the field area.

Fields

1. A flag field is 60 yards long by 30 yards wide
(G-10-20-30-20-10-G with 5 yard end zones)
2. A JV field is 80 yards long by 40 yards wide
(G-10-20-30-40-40-30-20-10-G with 10 yard end zones)
3. A Varsity field is 100 yards long by 50 yards wide
(G-10-20-30-40-50-40-30-20-10-G with 10 yard end zones)

Ball

1. Flag football players will use a pee wee sized football
2. Tackle B players will have the option of a pee wee sized football or a Junior size football.
3. Tackle A players will use a Junior size football

Coaches

1. There will be no more than three coaches per team on the sideline during a football game.
2. **Coaches will treat all players with respect**

Parents and Spectators

1. For the safety of all players and to prevent interference, all parents and spectators will be on the opposite side of the field as the players and coaches.

Scoring values

1. Touchdown - 6 points
2. Safety - 2 points
3. Points after touchdown
 1. Passing - 2 points
 2. Running - 1 point
3. Forfeit (offended teams wins by 1-0)
4. Game termination (Slaughter rule): When one team is 4 touchdowns or more ahead at the end of the first half or it takes this lead during the second half, the game is ended at this point.
 1. Game may continue upon agreement of both coaches & commissioners

Tie Games

1. Tie games will go into the record as such and will not be played off in regular season play.

Injured Players

1. Once a player has been removed from a game because of injury, the player must sit out at least one series of downs.

Disqualifications

1. Fighting by player or non player.
2. Any act if unduly rough or flagrant.
3. Striking, kicking, kneeling.
4. Intentionally contacting an official.
5. Second unsportsmanlike foul by player or nonplayer.

Referees

1. There will be at least two officials appointed by the league prior to the Game.
2. The league may assign more than two referees for a game.
3. Each referee shall carry a yellow handkerchief and drop it when an infraction occurs.

Practices

1. Season schedules for games and practices are as follows:
 1. Pre-season practices are Monday thru Thursday 5:30pm - 7pm
 2. After first games, practice schedules are Tuesday and Thursday 5:30pm - 7pm
2. Any changes to practice or game times must receive prior approval from the league. Any changes made without prior approval will be considered a violation of the above rule and will be immediately addressed by the league.

Schedules

1. Schedule of games will be determined by the executive board of ADIRONDACK FOOTBALL LEAGUE.
2. All games are to be played on Sunday as scheduled.

Protests

1. Only protests involving rules interpretations of the eligibility of a player shall be considered, never the judgment of an official calling a play.
2. Protests are decided at the local level in accordance with the administrative procedures of the league.

Additional Rules

1. Team splitting will be made by the executive board only. Commissioners will not be involved in the process. Commissioners will be able to view the split and offer any input before the rosters are made final.
2. Number cutoffs for splitting of teams decided on by all commissioners and executive board are as follows:
 1. Flag teams of 22 players or more will be split into 2 teams or more if needed.
 2. Tackle teams of 28 players or more will be split into 2 teams or more if needed.

Standing Rules Committee

1. Questions relating to the interpretation of these rules and regulations should be addressed in writing to Adirondack Football League rules committee only. A written reply shall follow after receipt of the letter.
2. LEAGUE RESERVES THE RIGHT TO MAKE CHANGES TO THE RULES AS IT DEEMS NECESSARY AT ANY TIME DURING THE SEASON OR THE OFF SEASON.

Updated January 2016, Adirondack Football league

ADIRONDACK FOOTBALL LEAGUE FLAG RULES

PLAYERS AND COACHES

Maximum of 3 coaches per team

1. A game is played between two teams of 9 players each.
2. Only players appearing on the official team roster form are to be counted as players. The form is completed before the first game of the season and then certified by the league.
3. Each team shall designate two players as captains and only they shall represent the team and address the officials on matters of rule interpretation, or to obtain essential information.
4. The offensive team must have six players on the line and three in the backfield.
5. The defensive team may choose 6-3 or 6-2-1 formation.
6. The team will consist of players 5,6,7, and 8 years old.

PLAYING FIELDS

1. The field shall be rectangular with lines and zones as listed.
 1. The field shall be sixty yards long by thirty yards wide; The playing area will be fifty yards with two five yard end zones.
 2. Goal posts are not needed as extra points are passed or ran in. There are no field goals.
 3. A conversion line will be marked three yards from each goal line and at an equal distance from each side line.
2. Field Equipment
 1. A down marker may be used to indicate the number of the down.
 2. A zone marker may be used to indicate the distance to go for the first down. (Placed at the forward zone line)
 3. Corner flags with flexible staffs will be placed at the four sections of the end zones and the side lines. Soft pylons may be used if flags are not available.

EQUIPMENT

1. Game ball shall be of good grade leather or rubber. It shall be a pee wee size ball
2. Flags
 1. Each player must wear a triple threat flag belt. The flags will be supplied by the league and may not be altered.
 2. The flags will be attached to the belt and extend or hang from each side of the player's body.
 3. Flags will be 14-20 inches long and a minimum of 2 inches wide.
 4. The belt must be light to prevent being turned around during de-flagging.
 5. The securing of the flags to the body or the belt other than by normal means (b) will be illegal.
 6. Jerseys cannot be worn over flags.
 7. If a players flag is lost, he is ineligible to handle the ball.
3. Game Uniforms
 1. All jerseys must be supplied by the league, and shall be tucked in at all times.
 2. League issued Game pants.
 3. Sneakers or non-detachable rubber cleat shoes (soccer style) are allowed. No other footwear is acceptable.
4. Eye Glasses
 1. Eye glasses shall be of an athletically approved construction with Non shattering lens (safety glass).
 2. Contact lens may be worn.
 3. Any player not wearing eye glasses per part (1) shall wear protective eye wear.
5. League will provide initial mouth guard, if lost or missing from that point on is parent responsibility to replace.

PROHIBITED EQUIPMENT

1. Spiked or street shoes.
2. Padding of any kind, including hard surface padding such as shoulder pads, hip pads, and helmets.
3. Hard metal or any other hard substance on a players clothing or person.
4. Anything that conceals the flags (see Rule 3-2f, regarding jerseys)
5. Foreign substances such as grease or glue on a players clothing.
6. Any equipment, in the referee's opinion, that will endanger or confuse players. (jewelry)

RULES OF THE GAME

1. The free substitution rule is in effect and a player may enter the game at any time the ball is dead.
1. Team captains.
 1. The captain shall address the referee's only on matters of interpretation and to obtain information.
2. Two coach for each team will be permitted on the field at all times.
3. Time.
 1. There are four 12 minute quarters of running time.
 2. Five minutes at the half.
 3. Three time outs per half.
 4. Clock will stop at two minutes from the end of the game.
 4. Each half will start with the offensive team putting the ball in play at their own ten yard line.
 1. A coin toss will decide which team will take the ball or go on Defense. The winning captain has the choice.
 2. The losing captain has the choice at the start of the second half.
5. Downs.
 1. Each team will have four consecutive downs to advance the ball into the next zone or to score a touchdown.
 2. Once a team enters the next zone, it is a first down and a new series of downs begin. If the offensive team loss yardage behind the previous zone line, a first down can be achieved by reaching the second zone line; ie the one they needed to reach before the loss of yardage.
 3. A team failing to move the ball into the next zone within 4 downs will lose possession. The opposing team will take over at their own ten yard line.
 4. The forward part of the ball touching any part of the line will be the determining factor in measuring for the first down.
 5. A down will be repeated as provided for in the rules (see penalties).
 6. When the offensive team has the ball within the last zone, it will be considered first and goal to go.
 7. At the conclusion of each down, the referee will place the ball at the center of the field equal distance from each sideline. (no playing or hash marks)
 8. There will be only 1 handoff, pass, or pitch per play.
 9. There will be no reverses, a ball carrier must start from the area between the offensive tackles.
 10. The ball may not be run in the area between the two offensive guards.
6. De-flagging
 1. **There will be no tackling of the ball carrier or passer.**
 2. The player carrying or having possession of the ball is down when the flag is removed from the waist (de-flagging). The defensive player shall hold the flag above his head and stand still.
 3. The defensive player cannot hold or push the ball carrier to remove his flag. An accidental touch of the body or shoulder while reaching for the flag shall not be considered a violation; however, touching of the face or head shall be considered a violation.
 4. A defensive player may not run over, or pull a blocker away from him.
 5. A defensive player must go for the passer's flag, and he may not touch the passers arm.
 6. **The defensive team may have only one player eligible to cross the line of scrimmage to rush the quarterback.** The rusher must identify their self before the snap of the ball. The rusher may not rush in the area between the 2 offensive guards. Once the quarterback hands the ball off to another player, any defensive player may cross the line of scrimmage to de-flag the ball carrier.
 7. A defensive player may not line up over the center.
 8. The offense may not line up more than six players on the line of scrimmage.
 9. Defense will use a standard 6-2-1 or 6-3 defense.
 10. Linebackers must start within the tackle box
7. Blocking
 1. A blocker must be on his feet at all times while blocking. All lineman, except the center, must not assume the three point stance or otherwise spring from a coiled or crouching

- start. Instead they must simply stand on the line of scrimmage and await the snap. The center, though crouching, if he is to block, must first stand straight up.
2. Cross body or roll blocking are not permitted.
 3. A blocker may use his hands (open handed block).
 4. Shoulder and brush blocking are also permitted.
 5. A defensive player cannot block or push a ball carrier out of bounds. Incidental contact will not be penalized.
 6. Butting, elbowing, or knee blocking are not permitted.
 7. There will be no two on one blocking for the ball carrier beyond the line of scrimmage.
 8. Blocking a player from behind is not permitted (clipping).
 9. There will be no interlock blocking.
 10. A defensive player will be restricted in the use of his hands to the blockers body or shoulders.
8. Ball Carrier.
 1. The ball carrier cannot use his hands or arms to protect his flags. The defensive player must have the opportunity to remove the ball carrier's flags.
 2. The ball carrier may not lower his head to drive or run into a defensive player.
 3. **Stiff arming by the ball carrier is illegal.** (Dead ball at spot of stiff arm)
 4. The ball carrier cannot hurdle or drive to prevent a defensive player from removing his flags.
 5. A ball carrier may run in any direction until the ball is declared dead.
 6. Quarterback sneaks will not be allowed. **A quarterback draw is allowed provided the quarterback takes a three step drop.**
 9. Center
 1. The center must snap the ball between his legs.
 2. He must have both feet on the line of scrimmage with no part of his body beyond the forward point of the ball.
 3. He may adjust the long part of the ball at right angles to the line of scrimmage, one time only.
 10. Passing.
 1. All backfield players are eligible passers.
 2. Passing will be attempted from behind the line of scrimmage only.
 3. A lateral pass is a pass thrown parallel to the line of scrimmage or back towards the passers own goal line. A lateral pass is not considered a forward pass.
 4. A forward pass is a pass thrown from behind the line of scrimmage towards the defensive teams goal line.
 5. Interception: A forward pass may be intercepted by the defensive player and advanced until the ball is declared dead. The intercepting team shall take over on offense at the point the ball was declared dead.
 6. Each team must pass once every series of downs, with these exceptions:
 1. If it's 4th down and less than 3 yards (in the determination of the game officials), the offensive team need not pass.
 2. If the series of downs begin inside the opponents 10 yard line, the offensive team need not pass.
 11. Receiving
 1. All players receiving passes must be in a position that is eligible to receive forward passes. (ie RB,WR,TE)
 2. A player may catch the ball even if he steps out of bounds or out of the end zone after he catches the ball, as long as he comes down with one foot in bounds.
 3. Two or more receivers may touch the ball in succession resulting in a completed pass.
 4. If an offensive and defensive player catch a pass simultaneously, the ball is declared dead at the spot of the catch and the passing team is awarded possession.
 5. An offensive player cannot be out of bounds and return in bounds to catch a pass. This will be ruled an incomplete pass.
 12. Dead Ball. All balls touching the ground are immediately dead.
 1. When the ball carrier touches the ground with his body other than hands and feet.
 2. When the ball carriers flag has been pulled.
 3. If a pass receiver or ball carrier has a missing flag the ball is dead at that spot.
 4. Following a touchdown, safety, or touchback.

5. When the ball goes out of bounds for any reason.
6. If the center snap hits the ground before reaching the backfield man.
7. When the ball hits the ground as a result of a fumble or muffed play. There are no fumble recoveries.
8. If a lateral pass goes out of bounds the ball is ruled dead at the point it crosses the boundary line.
9. If a forward pass strikes the ground or is caught at the same time by an opposing player.

PENALTIES

1. The offended team will always have the choice of accepting or declining a penalty. If the penalty is declined, the down will remain the as if no infraction occurred. If the penalty is accepted, the down is repeated unless otherwise noted below. Also, when the penalty is greater than the distance to the goal line, the penalty shall be half the distance to the goal line.
2. Line of scrimmage centering
 1. Offside; defense or offense: 5 yds
 2. Illegal snap: 5 yds.
 3. Failure to obey 30/40 second rule: 5 yds
 4. Illegal motion; more than one backfield man in motion: 5 yds.
3. Passing
 1. If an illegal forward pass is thrown and intercepted, the play will continue until the ball is declared dead. The intercepting team has the option of possession from that spot or accepting the penalty. 5 yds .
 2. Passer crosses the line of scrimmage: 5 yds / loss of down.
 3. Intentional grounding: 5 yds / loss of down.
 4. Offensive pass interference: 10 yds from line of scrimmage loss of down.
 5. Defensive pass interference: First down from the spot of infraction for the offensive team. If interference occurs in the end zone, offensive team will put ball into play at the 1 yd. line; first down.
 6. More than one defensive player crosses the line of scrimmage before the quarterback hands ball off or a non designated rusher crosses line of scrimmage: 5 yds.
 7. Player does not have safety glasses on:
 1. Offensive player: stop play at snap, loss of down
 2. Defensive player: 5 yrds
4. Delay of game
 1. Continuing to play after ball is dead: 5 yds from spot ball is dead.
 2. Recovering fumble or falling on loose ball: 5 yds
 3. Unnecessary delay of game for any reason: 5yds
5. Flag wearing / De-flagging
 1. Tackling: 5 yds
 2. Wearing flags illegally: 5 yds
 3. Ball carrier using hands to prevent de-flagging: 10 yds
 4. Holding, pushing, or hitting ball carrier while de-flagging: 5 yds from spot of foul.
 5. Wearing of less than 3 flags: 5 yds
6. Illegal handoff
 1. If ball is handed forward beyond line of scrimmage: 5 yds / loss of down.
 2. Handing or snapping a ball to a lineman: 5 yds
7. Illegal substitutions
 1. More than nine players on field: 5 yds
 2. Substitutions while ball is in play or not declared dead: 5 yds
 3. Disqualified player enters game: 10 yds
8. Blocking
 1. Leaving feet to block: 10 yds
 2. Cross body or roll blocking: 10 yds
 3. Illegal use of hands by blocker: 10 yds
 4. Holding a defensive player: 10 yds
 5. Defensive player blocking or pushing ball carrier out of bounds 10 yds
 6. Butting, elbowing, or knee blocking: 10 yds
 7. Defensive player using hands illegally: 5 yds

8. More than two blockers for the ball carrier (on one defensive player) beyond the line of scrimmage: 5 yds
9. Clipping: 15 yds
10. Interlock blocking: 5 yds from spot of foul
9. Ball carrier
 1. Stiff arming: 10 yds from spot of foul
 2. Lowering head to drive or run into defensive player: 10 yds
 3. Use of head: 10 yds
 4. Use of hands or arms to protect flags: 10 yds
10. Unnecessary Roughness
 1. Offensive and defensive: 10 yds
 2. Disqualification of player or players if repeated.
11. Unsportsmanlike conduct
 1. Fighting: 10 yds / offenders ejected from game
 2. Defensive player pulling offensive players flag to make him ineligible to play: 10 yds
 3. Insulting or abusive language: 10 yds
 4. Interference with progress of game by coaches or any other team personnel: 10 yds
 5. Illegal play 10 yds
 6. Team leaving field before game is completed: 10 yds. Failure to return is a forfeit. Win for team remaining on field.
 7. Failure of team to control players or its own fans: 10 yds / forfeit if not controlled.

**Updated January 2016,
Adirondack Football league**

ADIRONDACK FOOTBALL LEAGUE TACKLE RULES

PLAYERS AND COACHES

1. Ball carrier (QB, RB, TE, WR) weights shall not exceed the following:
 1. Tackle B - 100 pounds
 2. Tackle A - 125 pounds
 3. **To be in positions of (QB, RB, WR, TE) you must meet the above weight requirements.**
 4. Official weights will now be made twice a year (does not include weight at registration time).
1. 1st weigh-in will be in the final week of pre-season. Date to be determined by the league.
2. 2nd weigh-in will be during week 4 of the regular season. Date to be determined by the league.
3. Anyone missing the weigh-ins must be officially weighed before the next game in order to be eligible to run or receive the football (runners, receivers, and quarterbacks). Weight must be done by a league official.
 2. **Players taking the position of a tight end may exceed the weight limit above if they or their coach declare themselves to the official upon entering into the game as an ineligible receiver.** While in the game at that position, the tight end shall be treated as an ineligible offensive lineman.

RULES OF THE GAME

1. Games will be played in four quarters. The first three quarters will be running time. The fourth quarter will be running time with the exception of the last five minutes, which will be stopped time. The times will be as follows:
 1. Junior Varsity: 12 minute quarters
 2. Varsity: 15 minutes quarters
2. A coin flip will determine the choice of the ball and direction. There will be no kick off and the team choosing to begin on offense shall start their first series of downs as follows:
 1. On an 80 yard field, at the 20 yard line;
 2. On an 100 yard field, at the 35 yard line;
3. Penalties will be assessed in accordance with the Appendix I, attached.
4. When a safety occurs, two points will be awarded to the defensive team and they will be awarded possession of the ball in the same manner as set of forth in Rule No. 2 at the beginning of the game.
5. It shall be permissible and recommended that game officials take the necessary time during the game to explain to any player the reason why a particular penalty was assessed.
6. There will be no overtime. If a game is tied at the end of regulation, it will remain a tie.
7. There will be a 10 minute half time period and there will be a 1 minute break between quarters.
8. Each team will have 2 time outs per half.
9. JV will remain in a 2-point stance only. Varsity may be in a 2- or 3-point stance (at the discretion of player/parent and coach).

Offensive Rules

1. The only permissible offensive formations for Tackle B are shown in Appendix II, attached. The only permissible offensive formations for Tackle A are shown in Appendix II plus those shown in Appendix III. Any of the permissible offensive formations may be used with either the quarterback under center or in the shot gun formation.
2. Offensive line splits will not exceed one yard, with the exception of split ends. Split ends or flankers must align 8-10 yards from the nearest offensive player on the line of scrimmage.
3. Only one hand off, pitch or pass per play.
4. There shall not be permitted any reverses, counters or misdirection which results from a ball carrier who did not begin the play set between the tackles.
5. Rules governing running plays are as follows:
 1. There shall not be permitted any reverses, counters or misdirection which results from a ball carrier who did not begin the play set between the tackles.
 2. No quarterback sneaks will be permitted. A quarterback must retreat three steps before running with the ball.
 3. There will be no running the ball between the guards.
 4. Anyone that runs the ball must start within the tackle box.

5. Stiff arming to the head and neck area by the ball carrier are illegal (dead ball at the spot of the penalty)
6. Anyone that will run or receive the ball must be within the weight guidelines (exception to this is an interception anyone who intercepts the ball may run with the ball until tackled or play has been whistled dead.).
6. Rules applying to passing are as follows:
 1. Each team must pass once every series of downs with these exceptions:
 2. If it is fourth down and less than 3 yards (in the determination of the game official), the offensive team need not pass.
 3. If the series of downs begins inside the opponents 10 yard line, the offensive team need not pass.
 4. No pick passes are permitted.
7. On fourth down, the offensive team may choose to either punt or go for the first down. They must inform the other team of their decision before the play. The following rules apply to a punt:
 1. A punt is a dead ball play. There will be no blocking and no rush. No attempt may be made to block the punt.
 2. The ball will be marked where it is first touched by the defensive team, or a minimum of 20 yards from the original line of scrimmage, whichever ever is further.
8. A thirty second rule will be in place. The ball must be snapped within thirty seconds of the ready for play whistle.
9. Fumbles are live balls which may be recovered, but not advanced.
 1. Dropped snaps from the center to the quarterback are dead balls resulting in a loss of down
10. There will be no blocking below the waist at any time. No crack back blocks are permitted.
11. No players may be put in motion prior to the snap of the ball.
12. After scoring a touchdown, the scoring team may attempt an extra point. A forward pass will count as two points and a run shall count as one point.
13. If offense fails to pass the ball within the 4 downs ball will be turned over at original line of scrimmage.

Defensive Rules

1. Formation:
 1. Tackle A -An approved 6-2-3 or 4-4-3 defensive formation (see appendix) will be the only formations permitted.
 2. Tackle B -A 6-2-3 defensive formation will be the only formations permitted.
2. The rules with respect to each position are as follows:
 1. Interior line (defensive guards and tackles) shall line up head up on the offensive guard and tackle. No lineman shall line up over the center. The interior defensive line must begin their charge by directly and immediately engaging with the offensive lineman across from them. They may not slant or shoot gaps without first engaging with the offensive line.
 1. NO BRUSHING BLOCKING
 2. Defensive ends may line up head up or one yard outside a tight end. They may charge directly at or outside this player, but may not slant into the inside gap. If no player aligns outside the offensive tackle on their side other than a split end, they may charge immediately up the field.
 3. No player may align in any gaps between offensive players.
 4. Line backers shall align at least 4 yards from the line of scrimmage and head up over an offensive lineman, but not in a gap. They may not blitz, but should pursue laterally (e.g. they may not be making tackles in the offensive back field between the offensive tackles), but may fill the hole to make a tackle at the line of scrimmage.
 5. Secondary must align at least 7 yards from the line of scrimmage, except when the line of scrimmage is inside their own 10 yard line. In such a case, they may align 5 yards from the line of scrimmage,
 6. Secondary players may adjust their lateral alignment to the formation of the offense and may be permitted to play either man to man or zone defense.
 7. On the side of a split end, the defensive end may become a "walk away", and may position himself halfway to the split end per the modified football rules.
 8. All interceptions will be considered live balls and the defensive player may return the interception.

APPENDIX I

Loss of 5 Yards:

1. Failure to properly wear equipment during down.
2. Delay of game.
3. Failure to properly wear equipment just before snap.
4. Illegal substitution.
5. Encroachment.
6. Snap infraction.
7. False start.
8. Illegal formation or procedure. (violation of appendix II & III.)
9. Less than 7 players on line.
10. Illegal shift or motion.
11. Illegal handing ball forward.
12. Illegal forward pass.
13. Intentional grounding.
14. Ineligible receiver downfield.
15. Illegal touching.
16. Sideline interference. (by player, coach or parents including chain people)

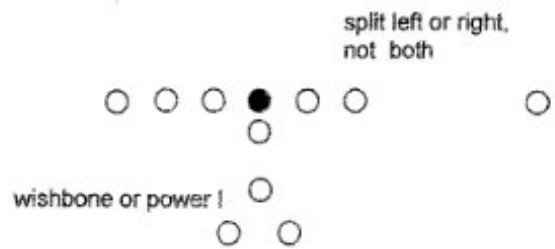
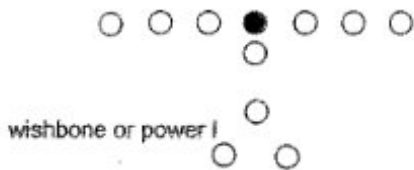
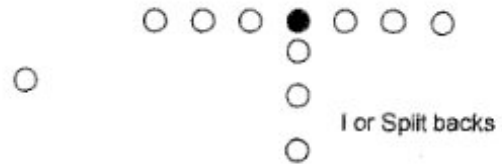
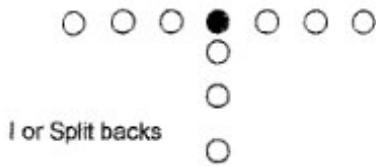
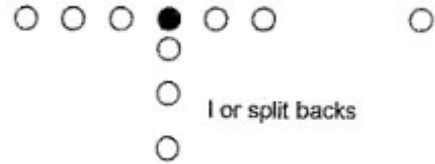
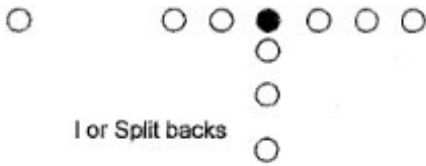
Loss 10 yards

1. Illegal blocking.
2. Interlocked blocking.
3. Holding.
4. Runner grasping a teammate.
5. Illegal use of hands or arms.
6. Striking blockers head with hands.

Loss 15 yards

1. Unsportsmanlike conduct by player or nonplayer.
2. Forward pass interference.
3. Illegal block below waist.
4. Clipping.
5. Chop block.
6. Tripping.
7. Illegal personal contact.
8. Hitting out of bounds.
9. Grasping on opponents face mask or helmet opening.
10. Spear or face tackle.
11. Roughing passer.
12. Roughing snapper.
13. Illegal participation.
14. Sideline interference.
15. Non player illegally on field.
16. Horse collar
 1. Defined by the AFL as any tackle made above the point of the shoulder.

APPENDIX II

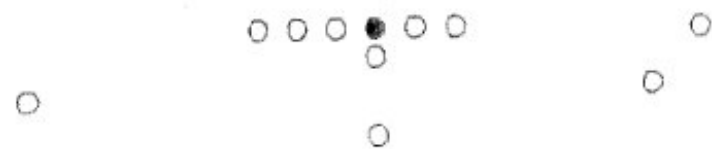


APPENDIX III

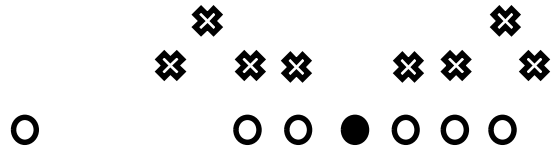
(FORMATIONS MAY BE FLIP-FLOPPED LEFT OR RIGHT)



SPLIT OR 1 BACKS



Approved 6-2 Defense



Approved 4-4 Defenses (Tackle A only)

