

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).
2. 2. 1st weigh-in will be in the final week of pre-season. Date to be determined by the league.
3. 3. 2nd weigh-in will be during week 4 of the regular season. Date to be determined by the league.
4. 4. 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.
 1. **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 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 3 timeouts 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 (*please see below for Tackle A adjustments)

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, which ever is further.

8. A thirty five-second rule will be in place. The ball must be snapped within thirty five seconds of the ready for play whistle. (Tackle A and B)
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.

Tackle A Only- new as of 2025 season

1. You can run trick plays: **No Double Handoffs**
2. If QB is under center, there shall be no immediate forward progress.
3. QB can draw out of the gun.
4. You can run Jet motion. The snap must prior to center with Jet motion.
5. Cannot cross the center before the ball is snapped.
6. No trip formation.
7. QB fumbles under center or out of the gun are now live.
8. You can run the 0,1,2 hole.
9. No crack back blocking allowed.
10. No pulling on any lineman.

Defensive Rules (*See below for Tackle A adjustments)

1. Formation:
 1. Tackle A -An approved 6-2-3, 4-4-3, 6-2, 4-4, 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.
 3. **Tackle B: The Safety can move up to run a 6-3 defensive formation.**
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.

Tackle A Only, new as of 2025 season

1. Linebackers can blitz but must be 4 yards off the ball and set before they blitz.
2. No corner or safety blitzing.
3. Corners and safety must be 7 yards off the ball.
4. Defensive line can shoot gaps but must line up and then shoot immediately left or right.
5. Outside linebackers are allowed to cover the slot receiver and must be 4 yards off the ball.
6. In a 4-3 defense formation there must be two high safeties.

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
 - a. Defined by the AFL as any tackle made above the point of the shoulder.