

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. Players misconduct, including use of vulgar language or gestures; or
 2. 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. Unless approved by the league.
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 4 plays.

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.

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