

AYFL 2009 Tackle Football Rules

- A. The High School Federation rulebook will govern all playing rules, except as modified herein.
- B. "A", "B" and "C" division games will have ten (10) minute quarters. The game clock will stop on a change of possession and be restarted on the next snap of the ball.
- C. In the "A", "B", and "C" divisions, no more than seven (7) weight restricted players (of which no more than five (5) can be red dot players) may participate at any given time during games). **Penalty for violation: Illegal Substitution – 5-yard penalty.** In all divisions players exceeding the maximum weight will be identified with a recognizable marking. The marking will be orange reflective tape 1 ½ X 1 ½ and shall be located on the helmet in the front, in the rear and above each ear hole. Green reflective tape will be used for players over running weight but under recognized tight-end weight.
- D. During the point after touchdown play, two (2) points are allowed for kicking or a forward pass; and one (1) point for running.
- E. The "C" League will permit the offensive team to declare a free scrimmage punt, extra point kick or field goal (no rush). Upon doing so, the referee will notify the receiving team that the offensive team has declared a free punt. The offensive team is subject to a delay of game penalty if the ball is not kicked within the prescribed time after the ball is marked for play. The defensive team must have six (6) players within five (5) yards of the line of scrimmage until the ball is punted. The receiving team must take possession of the ball. The ball is spotted where any player first touches the ball (no fumbles).
- F. If a team's lead exceeds 12 points (13 OR MORE), that team, upon kick-off, can only take possession of the ball upon the receiving team losing possession.
- G. On Offense
 1. Players exceeding the "tight-end weight" (i.e., red dot players) may only play positions within the interior line (tackle-to-tackle) and must be covered by an offensive player on the line at the time of the snap. **Penalty for violation: Illegal formation – 5-yard penalty.**
 2. Green dot players can play offensive end and receive passes beyond the line of scrimmage. They may not receive the ball from a hand-off, lateral or pitch. A "shovel" pass is permitted, as long as the pass is forward and caught beyond the line of scrimmage. **Penalty for violation: Illegal forward pass – 5-yard penalty and loss of down.**
 3. A green dot player must be on the line of scrimmage, within one yard of the nearest offensive lineman and in a set position at the snap of the ball (i.e., standing, 2 point stance or 3 point stance). **Penalty for violation: Illegal formation.**

H. On Defense

1. Players exceeding the "running back weight" (i.e., red and green dot players or "dotted players") may only play end-to-end on the defensive line. **Penalty for violation: Illegal formation.**
2. Dotted players may not drop back into pass coverage (or become linebackers, unless directly pursuing the ball carrier). **Penalty for violation: Illegal procedure – 5-yard penalty.**
3. With the exception of ends, all players on the line regardless of weight must be in a down stance (i.e., three or four-point stance). **Penalty for violation: Illegal Procedure.**

Game Situation: A defensive back moves forward onto the line of scrimmage outside an upright end.

Ruling: The defensive back has become the defensive end and may be upright; however, the former end is now an interior lineman and must be in a three or four-point stance at the snap of the ball.

4. All defensive players that are not part of the line of scrimmage must be three (3) yards behind the line of scrimmage prior to the snap of the ball. **Penalty for violation: Illegal formation.**
5. Dotted players may only advance the ball on an offensive fumble or interception. **Penalty for violation: None – ball is spotted at the point of infraction.**

Game situation: The defensive team intercepts a pass and during the return, the ball is lateraled to a dotted player on the same team.

Ruling: The ball is dead and spotted at the point the ball was lateraled to the dotted player.

I. On Special Teams

1. On a kick-off return, dotted players must line up on the front line. **Penalty for violation: Illegal formation.**
2. Dotted players that are punting or kicking field goal/extra point may not advance the ball instead of kicking. Even if there is a fumble on the snap, they must kick the ball or down the ball. **Penalty for violation: Illegal procedure – 5-yard penalty and a loss of down.**
3. Dotted players may advance any live ball that is not the result of a post possession action from anyone on their own team (e.g. laterals or hand-offs during a return). **No penalty – ball is spotted at the point of recovery.**

Game Situation: On a kick-off, the ball is kicked directly to a dotted player on the returning team and advanced.

Ruling: No penalty. This is a legal play.

Game Situation: On a kick-off, the ball is kicked on the ground and fielded by a dotted player on the returning team and lateraled to another dotted player and advanced.

Ruling: No penalty. Ball is blown dead and spotted at the point of recovery.

J. Mercy Rule

1. The Mercy rule is invoked when a team is leading by 24 or more points after 2nd half kickoff. The team losing by 24 or more points is given the ball at the opponent's 40-yard line. If the losing team scores a touchdown AND is still losing by 24 or more points, they get the ball again at the opponent's 40-yard line.