

Apple Valley League Rules

All Teams will adhere to Virginia High School Football Rules. Rules listed below are Apple Valley League specific.

D

- **Football Size: K2**
- **Ball Carrier/Specialty Position Weight: 75lbs**
 - Any Player OVER 75lbs will have a Sticker/Tag placed on their helmet to indicate they cannot carry the ball/Play a Non-Line Position. Possession of the ball by a Tagged Player results in a dead ball spot. If the Tagged player recovers a fumble resulting in a turnover it is dead at the spot of recovery but DOES result in a change of possession.
- **Ball starts at the Thirty (30) yard line.**
- **Tight End (TE) CAN be a Tagged/Overweight player.**
- **No Defensive player is allowed over the head of the Center.**
- **Defensive Line MUST line up head up on offensive line. (No Gaps)**
- **ANY Defensive player lined up inside the offensive tackles MUST be in a down position.**
- **Defensive Ends (DEs) CAN be Tagged/Overweight players and ARE allowed to line up in a 2 point stance.**
 - DEs MUST be lined up within Two (2) yards of the Offensive Tackle.
- **Line Backers (LBs) MUST be Three (3) yards off the line of scrimmage (LOS).**
 - LBs CANNOT be moving towards the LOS prior to the snap.
- **Corner Backs (CBs) MAY line up on the LOS IF there is a Wide Receiver (WR) present on that Corner backs side. If NO WR is present they MUST line up Three (3) yards off the LOS and Five (5) yards outside the Wing back/Tight End/Offensive Tackle.**
- **Safety (S) MUST line up Eight (8) yards off the LOS.**
- **If punting is elected on 4th down it results in a Thirty (30) yard change of possession.**
- **Field Goals: Kicking blocks CAN be used. NO Kick Off tees. (No live rush)**
- **Encourage Sportsmanship: If up please move dominant players around/sub them if available.**

Apple Valley League Rules

All Teams will adhere to Virginia High School Football Rules. Rules listed below are Apple Valley League specific.

C

- **Football Size: K2**
- **Ball Carrier/Specialty Position Weight: 90lbs**
 - Any Player OVER 90lbs will have a Sticker/Tag placed on their helmet to indicate they cannot carry the ball/Play a Non-Line Position. Possession of the ball by a Tagged Player results in a dead ball spot. If the Tagged player recovers a fumble resulting in a turnover it is dead at the spot of recovery but DOES result in a change of possession.
- **Tight End (TE) CAN be a Tagged/Overweight player.**
- **ANY Defensive player lined up inside the offensive tackles MUST be in a down position.**
- **Defensive Ends (DEs) CAN be Tagged/Overweight players and ARE allowed to line up in a 2 point stance.**
 - DEs MUST be lined up within Two (2) yards of the Offensive Tackle.
- **Line Backers (LBs) MUST be Three (3) yards off the line of scrimmage (LOS).**
 - LBs CANNOT be moving towards the LOS prior to the snap.
- **Corner Backs (CBs) MAY line up on the LOS IF there is a Wide Receiver (WR) present on that Corner backs side. If NO WR is present they MUST line up Three (3) yards off the LOS and Five (5) yards outside the Wing back/Tight End/Offensive Tackle.**
- **Safety (S) MUST line up Eight (8) yards off the LOS.**
- **Field Goals: Kicking blocks CAN be used. NO Kick Off tees. (No live rush)**
- **Punting (No live rush); Ball is placed where the opposing returner receives/downs the punt.**
- **Encourage Sportsmanship: Respect a 3 score lead by subbing and moving players around to less impactful positions.**

Apple Valley League Rules

All Teams will adhere to Virginia High School Football Rules. Rules listed below are Apple Valley League specific.

B

- **Football Size: TDJ**
- **Ball Carrier/Specialty Position Weight: 130lbs**
 - Any Player OVER 130lbs will have a Sticker/Tag placed on their helmet to indicate they cannot carry the ball/Play a Non-Line Position. Possession of the ball by a Tagged Player results in a dead ball spot. If the Tagged player recovers a fumble resulting in a turnover it is dead at the spot of recovery but DOES result in a change of possession.
- **Tight End (TE) CAN be a Tagged/Overweight player.**
- **ANY Defensive player lined up inside the offensive tackles MUST be in a down position.**
- **Defensive Ends (DEs) CAN be Tagged/Overweight players and ARE allowed to line up in a 2 point stance.**
 - DEs MUST be lined up within Two (2) yards of the Offensive Tackle.
- **Line Backers (LBs) MUST be Three (3) yards off the line of scrimmage (LOS).**
 - LBs CANNOT be moving towards the LOS prior to the snap.
- **Corner Backs (CBs) MAY line up on the LOS IF there is a Wide Receiver (WR) present on that Corner backs side. If NO WR is present they MUST line up Three (3) yards off the LOS and Five (5) yards outside the Wing back/Tight End/Offensive Tackle.**
- **Safety (S) MUST line up Eight (8) yards off the LOS.**
- **Field Goals: Kicking blocks CAN be used. NO Kick Off tees.**
- **Encourage Sportsmanship: Respect a 3 score lead by subbing and moving players around to less impactful positions.**