

Apple Valley League Rules

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

D League:

- **Football Size: K2 Clock: 20 Minute Running Half Time Outs: 3**
- **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. (On the line of scrimmage (LOS) only.)**
- **Defensive Line MUST line up head up on offensive line. (No Gaps)**
- **ANY Defensive player lined up inside the Tight End/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 outside the Tight End/Offensive Tackle and on the LOS.**
 - **Any player further than Two (2) yards outside the Tight End/Offensive Tackle is considered a LB and MUST be Three (3) yards off the LOS.**
- **Line Backers (LBs) MUST Three (3) yards off the LOS. 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 Cornerback's side. If NO WR is present they MUST line up Three (3) yards off the LOS and Five (5) yards outside the Tight End/Offensive Tackle or last offensive player.**
- **Safety (S) MUST line up Eight (8) yards off the LOS at all times.**
 - **Safety is a required defensive position.**
- **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: Respect a 3 score lead by subbing and moving players around to less impactful positions.**

C League:

- **Football Size: K2 Clock: 8 Minute Quarters Time Outs: 3**
- **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 Tight End/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 outside the Tight End/Offensive Tackle and on the LOS.**
 - **Any player further than Two (2) yards outside the Tight End/Offensive Tackle is considered a LB and MUST be Three (3) yards off the LOS.**
- **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 Cornerback's 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.**
 - **Safety may move to Three (3) yards off the line of scrimmage (LOS) on 4th down and inside the defensive team's own 10 yard line.**
 - **Safety is a required defensive position.**
- **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, or where ball comes to a rest.**
- **Encourage Sportsmanship: Respect a 3 score lead by subbing and moving players around to less impactful positions.**

B League:

- Football Size: TDJ Clock: 9 Minute Quarters Time Outs: 3
- 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 outside the Tight End/Offensive Tackle and on the LOS.
 - Any player further than Two (2) yards outside the Tight End/Offensive Tackle is considered a LB and MUST be Three (3) yards off the LOS.
- **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.
 - S may move to Three (3) yards off the line of scrimmage (LOS) on 4th down and inside the defensive team's own 10 yard line.
 - **S is a required defensive position.**
- 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.

A League:

- Adheres to FULL Virginia High School Football Rules.