

SOUTHERN TIER YOUTH FOOTBALL CONFERENCE

Tackle - Rules and Regulations 2025

SECTION 1 COACHES AND LEAGUE DIRECTORS

- 1.1. Each individual league participating in the STYFC will be entitled to have one person represent their league on the Board of Directors for the STYFC. Each league will have one vote through their director on all matters decided by the Board. By being a member of the STYFC, each league agrees to obey by all rules, regulations and schedules set forth by the Board. It will be the responsibility of each director to see that all information regarding decisions set forth by the Board of Directors is passed on to their respective leagues.
 - A. Each participating League is required to pay a minimum annual league fee of \$100. Checks shall be made payable to STYFC and due before start of the practice season.
 - B. Each participating league is required to register and comply with the USA Football – Heads Up Football program.
- 1.2. League playing rules will be reviewed each year prior to the start of the new season. Any changes to the playing rules-or structure of the league must have majority approval of STYFC directors.
- 1.3. Coaching staff shall consist of one head coach and as many assistant coaches deemed necessary.
- 1.4. All coaches must be on their leagues Coaches Roster which will be submitted to the STYFC at weigh-ins.
- 1.5. Head coach must be knowledgeable of the game of football and all league rules. The head coach must be a mature adult whose responsibility includes total control of the sidelines, assistant coaches, and the action of all persons connected with the team.
- 1.6. Assistant coaches must be under the direction of the head coach. They are also expected to be mature individuals knowledgeable of the game and all league rules.
- 1.7. No alcohol, smoking, chewing tobacco or profanity will be allowed on the playing field during practice or games.
- 1.8. A League Director that can not be present for games hosted on their field must provide a back up persons name and phone # to the STYFC President. It will also be the home team's discretion whether to play Saturday night or Sunday afternoon.
- 1.9. The Superbowl will rotate each year to a new location. The playing field must be acceptable, or the Superbowl will go to the next field host.
- 1.10. In order to split to two teams in any age group, a league must split at least 2 of 3 age groups in any combination.

1.11. It is the responsibility of the individual League Directors to submit all-star player selections from the opposing team to the League President within one (1) week of the game played. Director shall submit one ball carrier and one non-ball carrier name and number for each division.

1.12. Coaches Code of Conduct-In accordance with NFHS Rules:

The coach shall be aware that he or she has a tremendous influence, for either good or ill, on the education of the player and, thus, shall never place the value of winning above the value of instilling the highest ideals of character.

- The coach shall uphold the honor and dignity of the profession. In all personal contact with Players, families, officials, STYFC league administrators, and the public, the coach shall strive to set an -example of the highest ethical and moral conduct.
- The coach shall master the contest rules and shall teach them to his or her team - members. The coach shall not seek an advantage by circumvention of the spirit or letter of the rules.
- The coach shall exert his or her influence to enhance sportsmanship by fellow coaches, players, and spectators.
- The coach shall respect and support contest officials. The coach shall not indulge in - conduct which would incite players or spectators against the officials. Public criticism of officials or players is unethical.
- The coach should meet and exchange cordial greetings with the opposing coach to set the correct tone for the event before and after the contest.

SECTION 2 PRACTICE SESSIONS

2.1. Practices shall not begin prior to **July 28, 2025** and then shall be conducted under the following guidelines:

2.2. No player will participate in contact drills or scrimmage until he/she has experienced three (3) full conditioning practices. All players must have three (3) full contact practice sessions prior to their first game. In Summary: All players must have a total of six (6) practices prior to their first game.

2.3. All players shall wear proper league approved protective equipment at all sessions (game and practice) involving physical contact.

- A. Helmet
- B. Shoulder pads
- C. Hip, thigh, tail bone and knee pads
- D. Supporter with cup (boys)
- E. Mouth guard must be attached to helmet or waived if special orthodontic device is used
- F. Molded rubber sole cleat or non-cleated athletic shoe
- G. All INELIGIBLE ball carriers must have clearly marked helmets signified by striping down the middle of the helmet that is distinguishable by contrast with helmet color.

2.4. No practice session shall exceed two (2) hours. Coaches will allow sufficient water breaks.

- 2.5 No more than three (3), two-hour practice sessions per week.
- 2.6 After the first game of the season, practice sessions shall not exceed 3 days in a week, one of which must be non-contact, and helmets only.
- 2.7 A week begins on Monday and ends on Sunday.

SECTION 3 GAME SCHEDULING

- 3.1 Season schedule will be set by league directors. It will be the responsibility of the head coach to see that his players are ready so that games start on time.
 - A. *Saturday Game times are:*
Grade levels 1st/2nd - Lower "C" – 3:30pm (Flag)
Grade levels 3rd/4th - Middle "B" – 5:30pm
Grade levels 5th/6th - Upper "A" – 7:30pm
 - B. *Sunday Game times are:*
Grade levels 1st/2nd - Lower "C" – 11:30pm (Flag)
Grade levels 3rd/4th - Middle "B" – 1:30pm
Grade levels 5th/6th - Upper "A" – 3:30pm
- 3.2 Game postponements will be allowed due to severe weather conditions as follows:
 - A. In the event of severe weather, league directors should contact each other at least 2 hours prior to game time. Both directors must agree to the postponement. If the directors can't agree, STYFC President will make the decision.
 - B. Or at the field just prior to the game with the consent of both participating coaches and/or league directors.
 - C. Failure to field your team at the scheduled time will result in a forfeit. Games that are forfeited will be considered a loss and will not be rescheduled.
- 3.3 Rescheduling of postponed games will be done with both coaches and/or league directors to determine a day and time convenient for all. The postponed game must be made up by Wednesday of the following week. If the postponed game cannot be made up by Wednesday of the following week, the STYFC President must be contacted.

SECTION 4 FIELD REQUIREMENTS

- 4.1 Playing Fields that are not of High School caliber (meaning Fenced and with a Track) will need to be roped off in order to keep spectators off the sidelines. Ropes will need to be 30 ft. off the sideline of the playing field where possible or as far back as field dimensions will allow. The STYFC must approve all such field situations for Game Play before the first game of the season.
 - A. All Fields will require Padded Goal Posts.
 - B. All Fields that do not have working scoreboards will require a Digital clock on the field that both team's coaches can see while on the field. In the event of a malfunction of the digital clock, official time will be kept on the field by the officials. The home team is responsible

- for providing someone who will keep the visiting team updated on status of the game clock.
- C. Only one game will be played at a time per location.
 - D. The home team is responsible for the game clock and must have an adult running the clock that understands basic game officials hand signals as to when to start and stop the clock.
 - E. It is the director's responsibility to contact the STYFC President and the visiting team's director if there are concerns over poor field conditions due to weather etc. that would render the field un-safe to play on. This must be done as soon as possible (minimum 1 day) in advance in order to possibly change the game's location.
 - F. Bathroom facilities must be provided at all field locations.
 - G. Programs that can not provide an adequate playing field will play their games on the road.
 - H. Fields must be maintained (ropes, pads etc.) throughout the season after receiving league approval. If an opposing team arrives for a game and the field is not up to the standards set in the STYFC rulebook, the home team will forfeit the game. Or, if agreed upon by both teams, the game may be played under protest. The STYFC President will review the protested game and make a determination.
 - I. In the event of thunder and/or lightning, the playing field must be evacuated for a minimum of 40 minutes after the first sound of thunder or flash of lightning. If no further signs of thunder or lightning occur within the 40 minutes, play may resume. If at any time there is an additional clap of thunder or streak of lightning, the clock resets and play cannot resume until 40 minutes has passed without any further signs of thunder or lightning. There is a maximum of 2 clock resets, after which the game will be cancelled.

SECTION 5 PERSONNEL ON THE FIELD

- 5.1 One coach from each team is allowed on the field during play.
- A. This coach is allowed to instruct the players up until the offensive huddle is broken.
 - B. In the case of a no-huddle offense, instruction must stop once the officials signal "ready to play."
 - C. The only exception is when a player is positioned illegally or in the case of a safety issue. (Example: Defensive player line up in the "A" gaps or incorrect depth or equipment problems.)
 - D. A coach is not to instruct a player to go out and cover a wideout.
 - E. The coach must stay clear of play and not interfere. Coach must be at least 5 yards behind the deepest player on their team.
 - F. Coaching can resume once a play is blown dead. Coaching from sidelines is allowed at any time.
 - G. Electronic communication devices are not allowed on the field of play at any time.
 - H. Coaching violations will result in a 5-yard procedure penalty for each offense.
 - I. Exception: Two coaches will be allowed on the field during C and B Games.
- 5.2 Officials and chain crews:
- A. It will be the home team's responsibility to ensure that 3 responsible adults are assigned to man the 10-yard chain and down marker for each game.
 - B. The chain crews are instructed by and under the direction of the head linesman.
 - C. Chain crew location will be determined by the home team. In the event the chain crew is on

the visiting team's sidelines and there are any conflicts or confrontations between the chain crew and the visiting coaches or spectators, the chain crew will be moved to the home team's sidelines.

- D. It will be the home team's responsibility to have at least 2 Adult officials that are High School Certified or have been trained by their league director on the field to insure proper conduct of the game and enforcement of the rules for the each level. The visiting team may supply 1 or 2 referees. (Optional). Visiting (Non Certified) officials are entitled to be either the back judge or referee and must be an adult. The home team official has the first choice.
- E. Adults are classified as being at least 18 years of age and out of High School.
- F. If a H.S. Certified Official is in attendance for any game, (be it home or away) that Certified Official shall be designated as the Head Referee. Should both the Home and Visiting Team supply a Certified Official(s), then a Certified Official supplied by the Home Team shall be designated as the Head Referee.
- G. If Certified Officials are present then a Non-Certified Official will NOT be allowed to work with the certified crew.
- H. Failure to provide Certified or league director trained adult officiating will result in a FORFEIT by the HOME teams. If certified or league director trained officials are NOT available the HOME team must notify the visiting team and the STYFC President by Friday at 8:00 PM to avoid a forfeit.
- I. Non-Certified Officials should wear at the minimum an Officials Black/White Striped shirt.

SECTION 6 GAME CLOCK

- 6.1 Playing time for all age levels will be 4 quarters of 10 minutes each.
- 6.2 For Divisions A and B there will be no running time. It will be a full stop and go clock.
- 6.3 The play clock will be controlled exclusively by an official on the field of play and run as follows:
 - A. The 45 second clock will enforced at the "A" & "B" levels.
 - B. 10-minute quarters with a 1 minute official time out between the 1st and 2nd and the 3rd and 4th quarters with a 10 minute halftime.
 - C. Clock will stop any time during the game for official time outs, extra points, out of bounds, penalties, incomplete passes, injuries, and change of team possessions. Change of possession is when the offensive team declares a punt.
- 6.4 Each team is allowed 3 time outs per half (1 minute each). A charged time out occurs when requested by the captain, Head Coach or other authorized player as granted by an official. Non chargeable time outs will be injury of a player, repair of equipment or officials time outs. Injured players, for which a time out has been called, must come out of the game for the next two (2) plays.

SECTION 7 OFFICIAL WEIGH IN

- 7.1 Each player must be officially weighed in prior to the start of playing season by league officials. Stripped weight can be used. Time, date and place of weigh-ins will be set by league officials. Doctors weigh in slips will not be accepted. **All league programs must have the STYFC Roster form filled out legibly and ready for weigh-in or the team's weigh-in will not be acknowledged.**

- 7.2 Once a player is weighed in and meets league requirements they will not be challenged during the year. **Once the player's weight is written down on the form, it is final and cannot be changed or challenged. A player/coach can ask for a weight "check" prior to documenting.**
- 7.3 After the second weigh in an official roster will be distributed to league directors. If a player is not on the official roster he/she will be a non-ball carrier and the weight/grade level can be challenged through out the year. If a player does not officially weigh-in at either of the two weigh-ins, he/she must sit out the first scheduled game.
- 7.4 A league representative must be present for all that league's teams' weigh-ins.
- 7.5 The Official roster, in order to expedite the weigh in process, shall contain the following information in this order: Name, Date of Birth, Age, School Name, Grade Level, Weight, and Jersey Number and **must be in alphabetical order**. Only the official STYFC Roster Form will be accepted. If the official STYFC form is not used the **TEAM** will **NOT** be weighed in. Once weighed in a player's jersey number can't be changed without all STYFC directors being notified in writing. **NO EXCEPTIONS!** Each program roster shall be signed by the Program Director prior to the weigh-in. If the roster is not authorized by the Program Director, the team shall not be allowed to weigh-in.
- 7.6 The only roster form that will be accepted as **OFFICIAL** will be the template provided on the STYFC league website. All other forms **will not** be accepted at the league weigh in.
- 7.7 Prior to the start of the weigh-in process, a minimum of two (2) league Directors to verify accuracy of the scale to be used for weigh-ins.

SECTION 8 ELIGIBILITY

8.1 *Middle division (Grades 3rd and 4th) – Tackle*

- A. Player's grade level of the present school year will be their official playing level.
- B. Weight restrictions:
 - 1. Unlimited
 - 2. Maximum ball carrying weight is **85** pounds

8.2 *Upper division (Grades 5th and 6th) – Tackle*

- A. Player's grade level of the present year will be their official playing level.
- B. Weight restrictions:
 - 1. Unlimited
 - 2. Maximum ball carrying weight is **115** pounds

- 8.3 No player will be allowed to participate in more than one division at the same time. A player can play at the level above, at the discretion of the individual program. Players are not allowed to play a level below their playing level as based on their school grade level.
- 8.4 No player participating **on a school football team will be allowed to play in the STYFC.** Students

in 7th grade (and above) are not allowed on a STYFC roster.

- 8.5 All ineligible ball carriers must have clearly marked helmets signified by striping down the middle of the helmet that is distinguished by contrasting with the helmet color.
- 8.6 If a team does not have their players marked as ineligible ball carriers and they recover a fumble or have an interception then the ball will be dead at the spot and will not be advanced by the player.
- 8.7 If a Player or Coach is thrown out of a game, the League Director of that program shall report the event to the STYFC League Directors within 24 hours. STYFC will review and provide a decision on the Player or Coach(es) eligibility for the next scheduled game.
- 8.8 Any player additions after the official roster is issued, per Section 7, must be communicated and distributed to STYFC Directors. If not communicated to STYFC prior to game play, team will be required to forfeit any wins with ad player(s).
- 8.9 All football protective pads should be covered by the uniform. If protective pads are exposed, the uniform part should be repaired or replaced.
- 8.10 Players may participate with approved padded cast on hand, wrist, forearm, or elbow and must have officials and program Director's approval.
- 8.11 Mouthguards are required and must be attached to the helmet.

SECTION 9 TACKLE - PLAYING RULES

- 9.1 STYFC rules will utilize NFHS Rules with the following modifications.
- 9.2 Kickoffs: There are No kickoffs. Play will start on the 35-yard line on a 100-yard field and on the 25 yard line on an 80 yard field.
- 9.3 Safety: After a safety, the scoring team will put the ball in play on the 50-yard line (100-yard field) or 40-yard line (80 yard field).
- 9.4 Punting will be done by controlled freeze punt. The offensive team must declare if they are going to punt and the punt will be conducted as follows:
 - A. No rushing and no returning the punt. Both the offense and defense will have 7 men at the line of scrimmage. Players are allowed to stand with hands raised. Players cannot jump.
 - B. The ball becomes dead once the receiving team recovers the kick. The ball will be next put into play at the spot of first touching, or the spot of recovery, whichever is further behind.
 - C. The punter must stay between the tackles and a minimum of 5 yards behind the line of scrimmage to kick the ball.
 - D. The center must long snap the ball through his legs to the punter.
- 9.5 Fumbles: Advancement of fumbles or interception by an eligible ball carrier will be allowed. Recovery by a non-eligible ball carrier will be marked at point of recovery.

- 9.6 Heat Index Rule: If the Home teams school or league has a heat index rule and a game must be canceled, the Home team must re-schedule and play the game within the week or take a forfeit.
- 9.7 If a rules violation occurs during a game, the opposing coach must bring the violation to the attention of the game officials. The game officials must inform the violator of the rules violation. If the rule violation continues to occur with no attempt of corrective action, the opposing Coach may bring video evidence to the STYFC League Directors for review and resolution of issue.

SECTION 10 TACKLE - OFFENSE

- 10.1 Offense line of 7 linemen must be in a 2, 3 or 4 point stance on the line of scrimmage at the snap of the ball. All players must be set for 1 second prior to snap. The use of an unbalanced line is legal.
- 10.2 Maximum split of 1 yard between linemen, end to end, unless a split end is used, in which case the maximum split for the end is 10 yards from the tackle. A team is allowed to use a flanker and a split end within a formation at the same time, but they are not allowed to be on the same side of the formation. If the end is not a ball carrying weight he/she may block only. The end must be ball carrying weight only if split is greater than 1 yard.
- 10.3 Offensive backfield must be eligible ball carriers.
- 10.4 Flanker can be used, with a maximum split of 5 yards out past the end and at least 1 yard off the line of scrimmage and be ball carrying weight.
- 10.5 Illegal formations: You cannot have 3 eligible ball carriers set on the same side outside the tackle. No more than 2 players outside the tackle.
- 10.6 Motion: No more than one player may be in motion at the snap of the ball between the offensive ends and then only if such motion is not toward the line of scrimmage prior to the snap of the ball. When motioning to the side of a formation that has 2 players outside of the tackle, the motion back may not be passed the midline of the center at the snap of the ball.
- 10.7 Game Balls must have the size stamped on the ball. The following sizes will be allowed for Game Play:
“B”: PEE WEE or JUNIOR
“A”: JUNIOR or YOUTH

SECTION 11 TACKLE - DEFENSE

- 11.1 Defensive formation will be 6-2-3 or 6-2-2-1. Once inside the 10 yard line or extra point try a 6-3-2 can be used. Defensive player must be grouped into three distinct areas until the ball is snapped. All defensive backs and linebackers must be eligible ball carriers.
- 11.2 Defensive line made up of 6 linemen must be in an imaginary straight line extending from offensive end to offensive end - with **no one lined up over the center**. Defensive lineman may move laterally to adjust to offensive front. Once set, they must remain until the ball is snapped.

- 11.3 No linemen may play directly over the offensive center or in the “A” gap.
- 11.4 Defensive ends can play no more than two (2) yards outside the offensive ends in an upright stance. When an offensive team employs a flanker or split end, the defensive end to that side of the formation may assume a walk away position – splitting the distance between the flanker/split end and tight end/tackle, respectively. The defensive end may align at a maximum depth even with the 2 inside linebackers and no wider than half the distance between the wide receiver, flanker or split end and the next lineman.
- 11.5 Linebackers:
- Once aligned, linebackers must be stationary until the ball is snapped and be at least 3 yards off the line of scrimmage.
 - Linebackers may not line up over the center or in the gap in 6-2-3 or 6-2-2-1.
 - Inside the 10 yard line (goal line stands or extra point) 6-3-2, linebacker can line up over the center however they must be at least 3 yards off the line of scrimmage
- 11.6 Defensive backs (including cornerbacks):
- Once aligned, defensive backs must be at least 6 yards behind the line of scrimmage until the ball is snapped.
 - Press coverage is not allowed.
 - Defensive backs may play up to 5 yards maximum outside the widest offensive player on the field. He may or may not move out to cover the widest offensive player on the field. However the 6-2-3 must be maintained.
 - Inside the 10 yard line the defense can be modified to 6-3-2. Proper depths must be maintained at all times.
- 11.7 **Blitzing: No Defensive Linebacker or Defensive back may be moving towards the line of scrimmage (blitzing) prior to the snap of the ball.**

SECTION 12 SCORING & OVERTIME

- 12.1 The game is won by the team which accumulates the most points. Points are scored either by the run or the pass as follows:
- A. Touchdown = 6 points
- B. Point after:
1. Run or pass from the 3 yard line = 1 point
 2. Run or pass from the 6 yard line = 2 points
 3. Kick from the 3 yard line = 2 points assuming the following criteria:
 - i. Ball must be snapped backwards from the 3 yard line between the center’s legs.
 - ii. A place holder must spot the ball at the point where the kick will take place. If at any time the snap of the ball results in the ball touching the ground prior to placement for kicking, the play is dead and the attempt is unsuccessful.
- C. Immediately following a touchdown the offensive team must declare if point after attempt will be for 1 or 2 points or kick. The referee will then set the line of scrimmage from either the 3 or 6 yard line.
- D. Point after kick is like a punt. Defense may only hold hands up, no rushing, no jumping. The

Offense snaps the ball from the 3 yard line to the holder; ball is dead when hitting the ground. The holder is allowed to receive the ball on a pivot foot only. Should the holder move both feet during the snap, the play is ruled a dead ball. The center must snap the ball between his/her legs. A kicking block of upto 2 inch may be used.

- E. Foul during point after:
 1. Offense attempt is for 2 points from the 6 yard line and their attempt is unsuccessful however the defense commits a foul. The offense accepts the penalty and the spot is moved half the distance to the goal. The attempt will still be for 2 points.
 2. Offense attempt is for 1 point from the 3 yard line and is successful however they commit a foul. The defense accepts the penalty. The spot is now beyond the 6 yard line. The attempt will still be for 1 point.

12.2 Safety = 2 points

12.3 Field Goal = 3 points

- A. Once the offense declares it is attempting a Field Goal the game clock will stop as this is a change of possession.
- B. Field Goal attempt is a DEAD BALL play. The rule for the Defense is the same as a punt. The same rules apply to the offense as for a kicked extra point, refer to Section 12.1, Paragraph D.
- C. If a Field only has one Goal Post it is allowable to switch sides of the Field to attempt a Field Goal or PAT.

12.4 Overtime for Games ending in a Tie

- A. A coin toss determines which side shall attempt to score first, and at which end zone the scores shall be attempted.
- A. Each team in turn will receive one possession, starting with first-and-10 from the opponent's 10 yard line. The game clock does not run during overtime. A team's possession ends when it scores; fails to gain a first down; or loses the ball by turnover. As usual, a touchdown by the offense is followed by a try for one or two points. The Defense Can Not return a Turnover for a Touchdown.
- B. Each team receives one charged time-out per overtime procedure.
- C. After two overtime procedures any touchdown must be followed by a try for two points
- D. The Overtime procedure will keep going until a winner emerges. No game should end in a Tie.

SECTION 13 POSTSEASON

13.1 STYFC postseason schedule shall include two rounds of playoff games with a final game: Super Bowl. Super Bowl to match the West and East winner's against each other.

13.2 Postseason to be determined based on Divisional Record. Top two teams from each division will qualify for postseason play. Top two from each division to be seeded as first and second seeds. First round of playoffs to have #1 seed play the opposing division #2 see. For example: #1 seed West/East A division versus #2 from West/East B division and vice versa for the other game (#1

from West/East B division versus #2 from the West/East A division). Winners will play each other the second round. Host team for second round of playoffs to be determined by previous match-up; if the teams did not compete previously then host team determined by coin toss.

A. In the event of a tied Divisional Record, the following process will be used to determine seeding or qualification for postseason:

1. Overall Record
2. Head to Head
3. Common Opponent
4. Head to Head Contest (three-way tie). Overtime rules apply. Home field is determined by coin toss. Coin toss determined first two teams to play. Coin toss for first possession. After first attempt if no score another round begins in same order until winner. Then winner goes against remaining team. First team to lose twice is out, two remaining teams determine winner that advances to next week.

11-MAN FOOTBALL OFFENSIVE AND DEFENSIVE FORMATIONS:

Team offensive formations are limited to standard formations including the use of only 1 wide receiver.

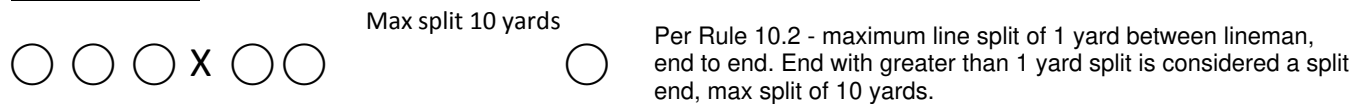
PENALTIES:

Improper formation – 5 yards; downfield blocking – 15 yards

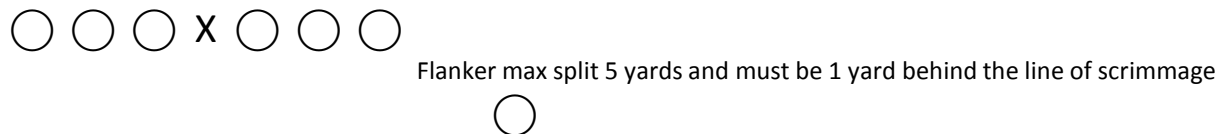
A team has the option of using a split end or a flanker on any given down, but they are not allowed on the same side of a formation.

THE FOLLOWING DIAGRAMS ARE LEGAL OFFENSIVE FORMATIONS FOR ANY GIVEN DOWN:

Split End Right:



Flanker Right:

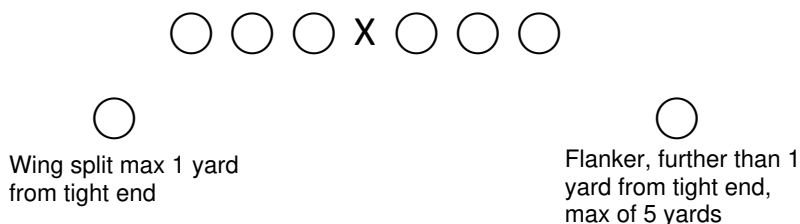


Wing Left, Split End Right:



Ball carrier with split greater than 1 yard is defined as a flanker.
Upto 1 yard classified as a wing.

Wing Left, Flanker Right:



Pro Set, Flanker and Split End

Split End



○ Flanker, further than 1 yard from tight end, max of 5 yards

Flanker, Split End w/ Wing

Split End



*Cannot put a wing to the tight end side.

○ Wing, split max 1 yard from tackle

○ Flanker, further than 1 yard from tight end, max of 5 yards

Wing Left, Wing Right and Split End



Split End



Max split for wing or slot is 1 yard from nearest lineman
If more than a yard, this would be considered a flanker.



Wing split max 1 yard from tackle

Split End and Wing



○ Wing split max 1 yard from tackle

Unbalanced Line, No Split End:



Unbalanced Line, with Split End:

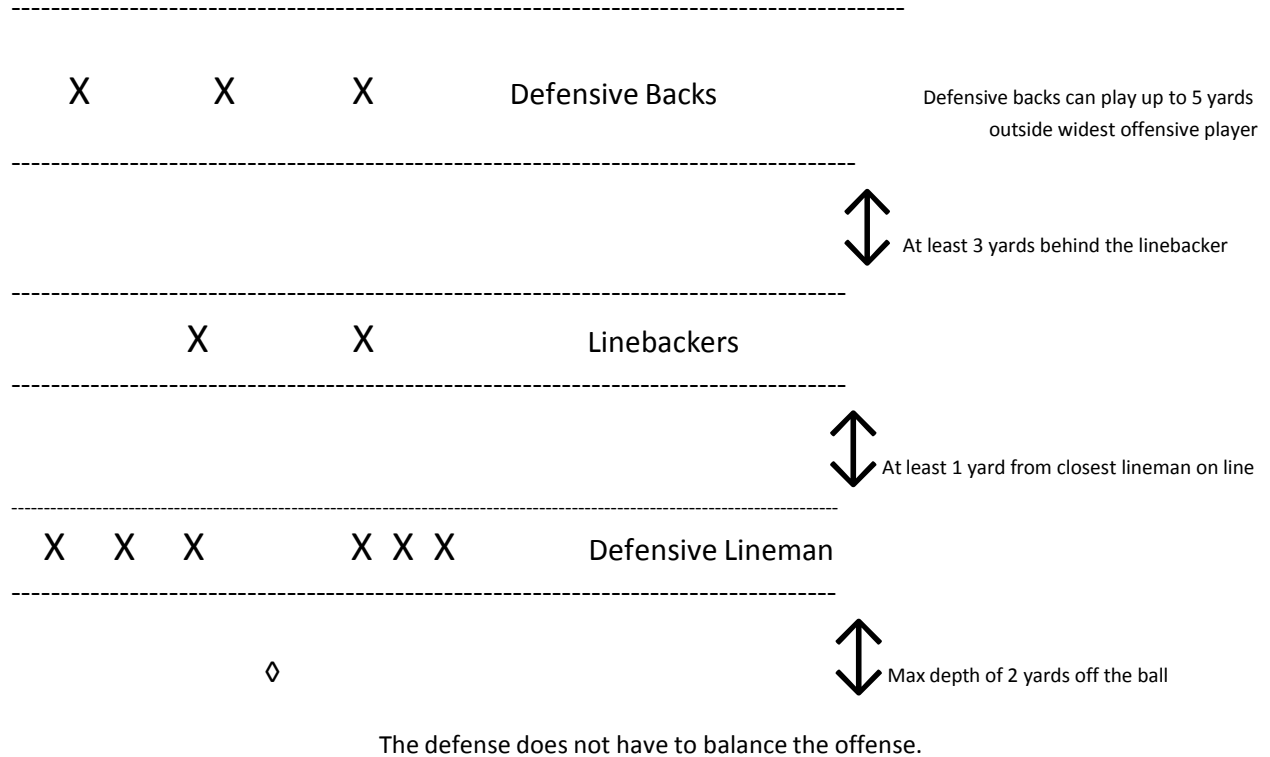


Max split 10 yards

The following formation is illegal; there are more than 2 players outside the normal tackle:



DEFENSIVE ALIGNMENTS:



Defensive alignment against a wide receiver formation:

