

AIR IT OUT FOOTBALL RULES

1. Four downs to gain half field, four downs to score.
2. Any defender intending on blitzing must start from 7 yards from the line of scrimmage
3. The quarterback cannot cross the line of scrimmage unless a defender has, if the quarterback crosses the line of scrimmage he is not allowed to make a forward pass. If he does it will be a 10 yard penalty from the previous spot. This is the only scenario that there can be a run.
4. No bump-coverage.
5. No moving downfield blocks. Only screens and picks with arms at the side.
6. All penalties are 10 yards.
7. PATs: 5 yards = 1pt, 10 yards = 2pts, 15 yards = 3pts
8. During a punt, both teams must have three men on the line of scrimmage
9. All players are eligible to receive a pass, must start either on the line of scrimmage or behind it AND be beyond the team's line of scrimmage to receive the pass.
10. Ball is declared dead when:
 - a) Official blows the whistle
 - b) when the ball touches the ground
 - c) when it goes out of bounds
 - d) when any part of the runner other than a hand(s) or foot (feet) touches the ground
 - e) when a runner has a flag belt removed legally by a defensive player. A flag belt is removed when the clip is detached from the belt.
 - f) When a runner is legally tagged with one hand between the shoulders and knees, including the hand and arm, once the flag belt is no longer attached.
11. When the flag belt is clearly taken from the runner in possession of the ball, the ball is declared dead and the down shall end. A player who removes the flag belt from the runner should immediately hold the flag belt above his/her head to assist the official in locating the spot where the capture occurred. If a flag belt inadvertently falls to the ground, a one-hand tag between the shoulder and knees constitutes capture

12. In an attempt to remove the flag belt from a runner, defensive players may contact the body and shoulders, but not the face, neck or any part of the head of an opponent with their hands. A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt.
13. The first team listed on schedule is the home team. They may choose offense, defense, direction or to defer their choice to the second half. Each half begins with the team on offense starting at their 10 yard line.
14. Each team is entitled to one charge time-out per game. If unused in the first half, it can be used in the second half. No additional time-outs will be awarded in over time but an unused time-out can be carried over.
15. There must be a legal forward pass each down. The only exception is stated in rule #3. The person receiving the ball must be beyond their team's line of scrimmage. If the ball is received behind the line of scrimmage, illegal procedure penalty.
16. The passer has 7 seconds to release the ball. If not, it results in the loss of down and the ball is spotted at the previous location.
17. Runners shall not flag guard by using their hands, arms, or the ball to deny the opportunity for an opponent to pull or remove the flag belt.
18. Examples of flag guarding include, but are not limited to:
 - a) placing or swinging the hand or arm over the flag belt.
 - b) placing the ball in possession over the flag belt.
 - c) lowering the shoulders in such a manner that places the arm over the flag belt.
19. The runner shall be prohibited from contacting an opponent with extended hand or arm. This includes the use of a "stiff arm" extended to ward off an opponent attempting to deflag.
20. There are no kicks. If offensive possession is stopped the defensive team takes control at their 10 yard line.
21. The game is played with two 20-minute halves, with a 5-minute intermission between halves. When overtime is used, there will be a 3-minute intermission. Timing rules may be modified due to various program constraints.
22. Playoffs: If overtime shall occur then, the home team captain will call the toss with the winner selecting offense, defense or direction. Each team will attempt to score by passing from either the 5 yard line for 1 point or the 10 yard line for 2 points. If additional overtime periods are necessary to determine a winner, teams will alternate overtime choices. If a ball is intercepted the attempt is over.