

2018 Spring Season Air It Out Football Substitution Rules

6 v 5 Team with 6 subs 1 at a time until all players cycle through; then repeat

7 v 5 Team with 7 selects 2 players to play entire game while subbing 2 in and 2 out each new series

8 v 5 Team with 8 selects 2 players to play entire game while subbing 3 in and 3 out each new series

7 v 6 Team with 7 selects 1 player to play entire game while subbing 2 in and 2 out each new series

Team with 6 subs 1 at a time until all players cycle through; then repeat

8 v 6 Team with 8 selects 2 players to play entire game while subbing 3 in and 3 out each new series

Team with 6 subs in 1 at a time until all players cycle through; then repeat

8 v 7 Team with 8 selects 2 players to play entire game while subbing 3 in and 3 out each new series

Team with 7 selects 1 player to play entire game while subbing 2 in and 2 out each new series

7 v 7 Regular Rotation – NO LOCKS – 2 in and 2 out each new series

Throughout the Game you will ALWAYS rotate how you started the game. If you started the game on Defense, you will ALWAYS rotate on Defense and vice versa if you started on Offense. If the half ends and you were on Offense and now starting the 3rd Quarter you are Still on Offense, there is NO rotation. The same players stay on the field.

****Substitution patterns remain consistent with all players playing same amount of series**

–THERE IS NO DEVIATION from Sub pattern once game begins

****Free Substitution Last 5 minutes of all games**