



2019 Air It Out Flag Football Official Rule Book Amendments

Section IV. Equipment

1. The league will provide the following footballs to be used as game balls on game day:
9-10 Division will use the Blue NFL Flag Football
11-13 Division will use the Brown NFL Flag Football

Section V. Field

1. The field dimensions are 25 yards by 65 yards with two 7.5 yard end zones, and a midfield line-to-gain. No-run Zones precede each line-to-gain by 5 yards. However, field size may vary based on field availability for each league.
2. No-Run Zones are in place to prevent teams from conducting power run plays. While in the No-Run Zones (a 5 yard imaginary one before midfield and before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff. – This rule does not apply to the 5-6 year old division.

Section VII. Timing and Overtime

1. Games are played on a 40 minute continuous clock with four ten minute quarters. The clock only stops for timeouts. The exception to this rule is with the 5/6 Division, they will run Two 20 minute halves. **Last minute of the game is Regulation Clock if the score is within 8 points or less.**
 - **Clock will stop on all Incomplete passes, 7 second calls on QB, Out of Bounds, Extra Points, Change of Possessions, First Downs, and Touchdowns (as long as the score is 8 points or less).**
 - **Offense must attempt to gain yards. If a referee believes there was no intent to gain yards, referee will stop the clock.**
 - **If a Referee deems offense team to be stalling, Referee may stop the clock.**
4. Each team gets two 60-second time outs per half.
7. Each Team will have 3 plays to obtain as much yardage as possible. Each team will start possession at their own 5 yd line. Should a team score on their first play, they will not run the additional 2 plays, they will however have the ability to go for the extra point of either 1 or 2 points. If neither team scores they team with the most yards will win and be awarded the victory. There are NO 1st downs other than defensive penalties. Should there be a defensive penalty, offense will have 1st down after the penalty has been enforced. If team "A" runs their 3 plays and gets a certain amount of yardage, Team "B" must still run 3 plays even after they obtained more yardage than Team "A". The only exception is if Tea, "B" scores on any of their plays.

Section IX. Coaches

2. Coaches are allowed on the field to direct players according to need and division up through the 3rd week of the season. Following the 3rd week, with the exception of the 5/6 Division, Only Offensive Coaches in the 7/8 and 9/10 Division may be on the field. Defensive coaches must be to the sideline prior to the snap. There are no coaches allowed on the field in the 11-13 Division during the play and must move to the sideline prior to the snap.

Section XI. Running

4. Pitches and Laterals are allowed.
5. "No-Run Zones," – Does not apply to the 5-6 year old Division.
12. Offensive players may run behind the ball carrier provided there is no interference with the defensive player going for the tackle.

Section XII. Passing

1. All passes must be from behind the line of scrimmage and may be received behind the line of scrimmage except in the No-Run Zone.
2. Shovel passes are allowed and may be received behind the line of scrimmage except in the No-Run Zone.
3. All passes in the No-Run Zone Must be received beyond the line of scrimmage.
4. If 2 Players are running simultaneously with the ball behind the line of scrimmage, the defensive player may rush from any point on the field. The Player does not need to be 7 yards back if both players hands appear to be on the ball.
5. Only 1 lateral/pitch behind LOS & only 1 lateral/pitch beyond the LOS are permitted per play. No more than 1 of each can be used each play. A handoff behind the LOS is not considered a lateral/pitch

Section XVI. Formations

- 3.A. Snap does not need to be between the Center's legs in the 5-6/7-8 Division.

Section XVII. Penalties

1. Most Penalties are enforced from the line of scrimmage. Exceptions include Holding and Flag Guarding. All Penalties are 5 yards except Personal Foul or Pass Interference (10 yards).