

Air It Out 4 on 4 Flag Football Rules

1. A coin flip will decide who will be on defense/offense first.
2. Offense begins on its own 10-yard line.
3. Must have two (2) players to start a game.
4. Participants must be registered **before** being allowed to play. Must have a player wristband on.

First Downs

1. The offensive team will have 3 chances to reach the half way mark to achieve a first down.
2. The offensive team will have 3 chances from the half way mark to reach the end zone for a score.

Scoring

1. A **Touchdown** is worth 6 points.
2. A **Safety** is worth 2 points (plus possession.)
3. **EXTRA POINT:** A conversion from the five-yard line is worth 1 point and a conversion from the ten-yard line is worth 2 points (the defense cannot score on conversions).

Timing of the game/Time Outs

1. Each game will consist of two 12 minute halves (running clock)
2. Halftime is a 2 minute break
3. The clock will stop for time outs, injuries, and halftime
4. Each team will receive **1 time out per game.**
5. Teams will be allowed 10 seconds to run a play after the official signals that the ball is ready for play.
6. **Mercy Rule** - when a team leads by 25 or more points they will be declared the winner.

Overtime

1. A coin flip will determine which team gets possession first.
2. The first team to score in overtime is declared the winner!

Contact

1. Blocking will not be permitted at anytime. This is a **noncontact** game.
2. Bump and Run defense is **not** allowed.

Tackling /Flag Guarding

1. A **legal tackle** takes place when a defender removes one of either ball carrier's flags without physically grasping him/ her. If a flag is missing from the ball carrier then he/she will be called down when touched by defender.
2. Flag guarding, stiff-arming, and spinning by the ball carrier will be called down at the spot of the infraction and penalized five (5) yards.
3. If the ball carrier is physically pushed or tackled, by a defender, to prevent an obvious score the result will be a score for the offense and an unsportsmanlike penalty on the offender.

Field Dimensions

Fields are 50 yards long by 25 yards wide with 10 yard end zones... Fields are marked on each 10 yard line and the 25 yard (half way point) line.

Change of Possession/Fumbles

1. All drives and change of possession start at the offenses ten (10) yard line. The only exception is when an interception takes place the ball will be spotted for play at the point in which the "interceptor" is tackled.
2. All fumbles are considered dead balls at the point in which the ball hits the ground and possession is maintained by the offensive team. This includes center to quarterback exchange.

Penalties

1. Flag guarding, offside, illegal procedure, too many men, delay of game, stiff-arming, **spinning**, etc. are all five (5) yard penalties. With two (2) minutes or less remaining in the half / game a delay of game penalty will result in a loss of down in addition to the five yards.
2. Pass interference, unsportsmanlike conduct (taunting), and blocking are ten (10) yard penalties. An automatic first down will be given if on the defensive team and loss of down if on the offensive team.
3. Excessive roughness, excessive taunting, fighting, and verbal abuse are considered **flagrant penalties** and may result in your dismissal from the game and/or tournament. Any player ejected from the event will be asked to immediately leave the site. If the player(s) do not cooperate fully their team(s) may be ejected. No refunds will be given.

Misc. Game Regulations

1. No running plays allowed.
2. The quarterback will not be allowed to run past the line of scrimmage (play will be blown dead).
3. The defender(s) **rushing the quarterback** must be at least five (5) yards off the line of scrimmage.
4. The center must snap the ball between the legs.
5. All players are eligible receivers.
6. The **captain** is the **spokesperson** for their team, not a spectator or coach.
7. One foot in bounds and possession of the ball constitutes a catch.
8. The offensive team will be responsible for returning the ball to the line of scrimmage after every play .
9. One player may go in motion (No shifts).
10. Substitutions will be allowed between plays. Players must make substitutions from one side of the field, which will be designated by the official.
11. Teams are responsible for their fans.
12. Cleats are allowed but **CAN NOT BE METAL.**
13. No visible cuts or blood can be on clothing or persons. It is the players responsibility to prepare accordingly.
14. Absolutely **No Alcohol** allowed on site.
15. Clothing must be tucked underneath your flags.
16. All **forward passes** must be completed beyond the line of scrimmage or the play will be blown dead

Roster/Refunds/Substitution

1. All teams are allowed six (6) players on their roster.
2. Once your roster has been sent in there will be no refunds Unless adverse weather conditions are in effect.
3. Roster changes are allowed before the start of your first game... Any changes after brackets are posted must meet the same criteria of the age bracket or experience level your team was placed in!

Team Placement (Bracketing)/Scheduling Information

Teams are divided into (approximate) divisions based on age and playing experience.

Age Categories: 10 & Under, 11-12, 13-14, 15-16, 17-18, 19-20, 21-24, 25-Older. CO-ED teams are excepted.

TOP FLIGHT is an open division where you compete against the best teams.

"Air It Out reserves the right to change brackets to best suit each tournament" Posted Age Categories are for reference only!"

Adverse Weather Conditions or Unforeseen Circumstances

1. Games may be delayed due to unforeseen circumstances or adverse weather.
2. Game times may be shortened, points to win a game may be reduced, the tournament format may be changed from double elimination to single elimination or other steps may be taken.
3. If the tournament is cancelled due to unforeseen circumstances or adverse weather conditions there will be **NO** refunds.

ON SITE PLAYER CHECK-IN PROCEDUR

Teams may attend a **NON-MANDATORY** check-in the Friday before the tournament (at the tournament location), from **6:00pm to 7:00pm**. All 6 players **DO NOT** need to attend at the same time. For those who do, 1 parent or guardian can sign the waiver for all players that are under 18. For those who do not attend the Friday check-in they must register a 1/2 hour before their first scheduled game on Saturday. At either registration players will receive their tournament t-shirt, court assignment and time of their first game. Or you can download a copy of your bracket from our website the Wednesday before the tournament. Every player must have a birth certificate or school ID to verify age during the tournament. A picture ID required if older than 18.

Call us if you have any questions!

Deano: (616) 850-9643

Shaun: (231) 578-6876

www.airitoutinc.com