



RULE 1

Section 2. Article 1: Minimum 3 players to start a game. May only have up to 5 players on the field at any one time. Amendment: If a team goes down to 4 players due to injury, the other team shall match them and play 4v4. If a team goes down to 3, it's not required.

Section 2. Article 5: No blocking is allowed. No intentional contact is allowed.

Section 3. Article 2: Amendment- SPARD will use triple threat flag belts.

Section 5. Article 1: Tournament clock is 25 minutes long. Two 12-minute halves and 1-minute halftime. Amendment. Two 18-minute halves and 1-minute halftime will be used for all competitions. Pre/K division will be 2 continuous 12 min halves with no stoppages.

Section 7. Article 1: In the second half the clock will run continuously for the first 17 minutes unless a team timeout or an official's time out is used. Article 2: The one-minute warning will stop the clock in the second half if the score difference is 8 points or less.

RULE 2

Section 1. Article 1: The quarterback may not run unless the ball has been thrown back, handed or pitched to him or her in the backfield.

Section 1. Article 3: 13U and younger may lateral once behind the line of scrimmage per play, but may not lateral/ pitch/handoff at any time past the line of scrimmage. Not permitted in Air-It-Out

Section 1. Article 6: No run zones are located 5 yards before mid-field and 5-yards before the end zone. You may not run the ball in the no run zone (5-yards before the first down and end zone), only forward passes are allowed. The no run zone does not apply to the pre/k division. No running in 5v5 Air-It-Out

RULE 3

Section 1. Article 1&2: Rushing is ONLY allowed for 1st/2nd divisions and up. Players that blitz/rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.

Section 2. Article 1: Mercy Rule is a team up by 28 points (4 scores) at any point or 19 points (3 scores) in the final minute.



Updated 3/17/2026 BM

5v5 Air-It-Out Specific Rules

These rules are an **extension of our 5v5 Non-Contact rules** so read through those, along with the General Rules first, as they apply to every style we offer. Below are the changes to this style for Air It Out:

RULE 1: AIR IT OUT CHANGES

SECTION 1. OFFENSE

Article 1. The offensive team has 4 plays to get a first down, and 4 plays to score once a first down is achieved.

Article 2. The quarterback may not run or cross the line of scrimmage at any point. All plays must include a forward pass that advances the ball. A forward pass can be legally completed behind the line of scrimmage and advanced. Teams in the 1st/2nd and 3rd/4th Division may opt to use a coach as a quarterback. The coach still has 5 seconds to throw. If he throws an interception he must not participate any further or the defense is awarded an automatic touchdown. Quarterbacks (kid or coach) always have 5 seconds to throw.

Article 3. No Laterals or handoffs of any kind on offense or defense. Any intentional or inadvertent lateral or handoff will be deemed an illegal pitch at the spot where the ball is handed or lands in an attempted lateral. This is a live ball penalty. Illegal pitch will incur a 5 yard penalty from the spot of the foul and a loss of down.

Article 4. Teams are awarded 3 timeouts per game.

SECTION 1. DEFENSE

Article 1. The defense can not rush the quarterback.

YOUTH 5V5 STANDARD RULES

The following 5v5 non-contact flag football rules for men and women are USA Flag approved.

Read through the General Rules first, as they apply to every style we offer, then also make sure and check out the style-specific rules below that are unique to this format.

RULE 1. OVERVIEW

SECTION 1. THE FIELD

Article 1. Standard dimensions of the field are 60 yards long by 25 yards wide with 7 yard endzones. Approved field sizes may fluctuate from 53-64 yards long when necessary, or 23-30 yards wide. Endzones should not be shorter than 5 yards.

SECTION 2. THE GAME

Article 1. Game Time is FORFEIT TIME – upon approval by an USA Flag director.

Article 2. Minimum 3 players to start a game. May only have up to 5 players on the field at any one time.

Article 3. The offensive team takes possession of the ball at their 5-yard line and has four plays to cross mid-field. On 4th down, teams have 5 seconds to declare to go for it or punt. Once a team crosses mid-field they have three plays to score. If the offensive team fails to cross mid-field, the ball changes possession. In 5v5 Air-It-Out you have 4 plays to cross mid-field and another 4 once you have crossed midfield.

Article 4. If the offense does not score, the ball changes possession. All drives start from the 5-yard line with the exception of an interception or failed 4th down conversion, where defense takes over at the spot.

Article 5. No blocking is allowed. No intentional contact is allowed.

SECTION 3. EQUIPMENT

Article 1. Approved football sizes:

- 1/2nd Grade and below: Pee-wee, junior, and youth size footballs allowed
- ¾ & 5/6 Grade: Junior and youth size footballs allowed

Article 2. Teams must wear Youth Shruumz or Sonic Flag-a-Tag flags (if custom flags are worn they must be of equal dimensions as Sonic flags). NO NFL FLAG BELTS. Flags will not be allowed that have been altered (cut, taped, etc.). Mushroom Flags are not allowed for youth. The flags cannot be the same color as a player's shorts.

SECTION 4. COACHES

Article 1. Coaches are volunteers whose role it is to help young people learn to play and enjoy football. Parents are encouraged to support their youth and their coach at all times.

Article 2. Coaches (1 Coach per Team) in the 1st/2nd and under divisions only are permitted on the field to assist players with their position alignment and mentoring on offense only (no coaches allowed on the field while on defense). At the snap, on-field coaches must be 5 yards behind the quarterback and are not allowed to continue instructing or coaching until the play ends.

Article 3. Coaches of all other age divisions may not come on to the field of play during a game unless a player is injured. Coaches who come on the field of play anytime during a game will be penalized. One sideline warning per game will be issued after which the following penalties will result:

- Coach on the field during live action = unsportsmanlike conduct
- Coach on the field during a dead ball = delay of game

Article 4. Only three coaches per team are allowed on the sidelines. ONLY THE HEAD COACH CAN ADDRESS THE GAME OFFICIALS.

SECTION 5. GAME CLOCK FORMAT

Article 1. Tournament clock is 25 minutes long. Two 12 minute halves and 1-minute halftime.

Article 2. Each team has two 30 second timeouts PER GAME. If a time out is called after a TD the clock will not run until the change of possession and the offense snaps their ball.

Article 3. The play clock is 25 seconds from the end of the previous play.

SECTION 6. FIRST HALF CLOCK

Article 1. The clock will run continuously during the 12 minutes of the first half unless a team timeout is used or play is stopped by an official (e.g. deal with an injury, challenge, referee conference, game management purposes, etc.)

Article 2. The head official will give a verbal two-minute warning (for rule specific changes inside 2 minutes)

Article 3. The clock will run during point-after-touchdown attempts (PATs) in the first half unless either team opts to use a team timeout.

SECTION 7. SECOND HALF CLOCK

Article 1. In the second half the clock will run continuously for the first 11 minutes unless a team timeout or an official's time out is used.

Article 2. The one-minute warning will stop the clock in the second half if the score difference is 8 points or less.

Article 3. The head official will give a verbal two-minute (for rule specific changes) and one-minute warning as close as possible to the actual marks but will not interrupt a live play.

Article 4. At the one minute warning officials will use a 'stop' clock mechanic for the remainder of the contest.

RULE 2. OFFENSE

SECTION 1. RUNNING

Article 1. The quarterback may not run unless the ball has been thrown back, handed or pitched to him or her in the backfield.

Article 2. Teams may handoff unlimited times in the backfield. Handoffs are allowed forward or backwards when behind the line of scrimmage, and only backwards beyond the line of scrimmage. A handoff DOES NOT count as a lateral/throwback.

Article 3. Lateral rules:

- 5/6 Grade and younger may lateral once behind the line of scrimmage per play, but may not lateral/ pitch/handoff at any time past the line of scrimmage.
- Any player who receives a handoff, pitch or lateral behind the line of scrimmage may throw the ball as long as he or she is not fully beyond the line of scrimmage.

Article 4. A forward pass DOES NOT have to cross the LOS to be a legal play.

Article 5. If the ball is placed on the “Back” of ANY player, the player MUST run the ball (no give and go to the QB on the back)

Article 6. No run zones are located 5 yards before mid-field and 5-yards before the end zone. You may not run the ball in the no run zone (5-yards before the first down and end zone), only forward passes are allowed. The no run zone does not apply to the Pre/K division.

Article 7. Ball is spotted where the ball is at the time of the flag pull. The ball must break the plane of the midfield or goal line to be considered a first down or touchdown.

Article 8. Players may NOT block down field in any form.

SECTION 2. PASSING

Article 1. The quarterback has 5 seconds to pass the ball if there is no rush. If the ball is not thrown, then the play is dead. After the ball is ruled dead it is returned to the line of scrimmage.

Article 2. Once the ball is handed off or pitched backwards the 7 second count stops. If the defensive team rushes, then there is no 7 second count.

SECTION 3. RECEIVING

Article 1. All players are eligible to receive a pass, including the quarterback, if the ball has been pitched or handed off in the backfield.

RULE 3. DEFENSE

SECTION 1. RUSHING THE QUARTERBACK

Article 1. Rushing is ONLY allowed for ½ Grade divisions and up and is NOT allowed for youth ages Pre/K and below.

Article 2. Players that blitz/rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.

Article 3. The 7 yards will be measured off by a referee.

Article 4. Players that are not 7 yards from the line of scrimmage when the ball is snapped may not enter into the backfield until there is a change of possession.

Article 5. The blitzer/rusher is allowed a direct lane to the line of scrimmage as long as he or she rushes from either side of the center or outside the bunch formation. The offense must avoid interfering with the rusher if he or she has established a lane. Officials will

announce LANE or NO LANE for rushers/blitzers prior to the snap. This is a judgement call/decision based on the spacing between the players in the offensive formation.

Article 6. The rush of a blitzer has to be immediately after the snap, quick and straight towards the point where the quarterback receives the snap in order to retain the right of way. If a blitzer is rushing late, slowly, aiming at another spot, changing direction during the rush or just does not rush the quarterback, the player loses the right of way but still can participate as any other defensive player.

RULE 4. SCORING

SECTION 1. POINTS

- Touchdown: 6 points
- Point After Touchdown:
 - (PAT) 1 point from the 5-yard line (no-run zone in effect)
 - 2 points from the 12-yard line, run, pass (outside of no-run zone)
 - Interceptions returned on PAT's are worth 2 points
- Safety: 2 points

SECTION 2. MERCY RULE

Article 1. Mercy Rule for both pool play and bracket play is a team up by 28 points at any point or 19 points in the final minute.

SECTION 3. PENALTIES INSIDE 2 MINUTES

Article 1. All penalties inside of 2 minutes of BOTH halves remain the same except:

- Defensive delay of game (+ 15 yards Unsportsmanlike & 1st Down)
- Leading Team – Offensive delay of game (LOD + clock stops) (only second half)
- Offensive Pre-snap penalties – yardage + LOD
- Defensive Pre-Snap – yardage + Automatic first down