4 on 4 AIR IT OUT FLAG FOOTBALL

RULES:

1. This event is non-contact. **Blocking is not allowed.**
2. 8 players are on the field at a time, teams consist of 4 players.
3. Games are played to 28 points or 30 minutes or 17-0 point mercy rule.
4. Teams consist of 8 players, 4 on the field and 4 subs.
5. TD= 6 points, extra point=1 point (5 yards out) or 2 points (10 yards out).
6. Running is allowed after the catch.
7. **Quarterbacks cannot run.**
8. Laterals are allowed.
9. All players are eligible to receive passes.
10. Only players starting 7 yards behind the line of scrimmage can rush the passer.
11. Quarterback has 7 seconds to attempt a pass or the play is ruled dead.
12. Interceptions will result in 3 points for that team, the play is dead (no run-backs on interceptions) team will have the ball on 40 yd line.
13. Offense has 3 plays to cross the midfield line or score a touchdown.
14. All offensive penalties = loss of down and yardage
15. All defensive penalties = first down.
16. A quarterback tee will be used for ALL snaps. No fumble recoveries allowed.
17. Cleats are allowed, but must be rubber. No metal baseball spikes are allowed. Inspection will be made on field. NO BARE FEET ALLOWED.
18. Flagrant contact or fouls will not be tolerated. Offending player(s) will immediately be ejected from the game.
19. If a person’s flag belt comes off during play, the rule for downing them is 2 hand touch below the waist.