

Air Force Football

How To Play:

1. Only seven to eight players on a team.
2. Fields are shorter and narrower than a regulation football field.
3. Kick Off:
 - a. Start from the 20-yard line.
 - b. The ball may be kicked or thrown on the kick off.
 - c. If the ball is kicked out-of-bounds, the receiving team may elect to have another kick or take it where it went out-of-bounds.
 - d. If the ball goes into or out of the end zone, the receiving team gets the ball on the 20-yard line.
 - e. There are no fumbles when trying to catch the ball on the kick off.
 - f. The ball is put into play by a drop kick or place kick at the start of the game and after a score.
 - g. Members of the kicking team must be behind the ball.
4. Offense:
 - a. Offensive team must have all players on or behind the line of scrimmage prior to the hike.
 - b. Can move across the line of scrimmage when the ball is hiked.
 - c. Ball can be hiked in any manner from the ground.
 - d. Quarterback must alternate guy and then girl.
 - e. Quarterback has three seconds to get rid of the ball before defense can rush in.
 - f. Quarterback can not run down field until a completed pass has been made.
 - g. No huddle.
 - h. Have four downs (tries) to score.
 - i. May block the defense with arms folded into the body.
 - j. Ball carrier cannot stiff-arm defenders who are attempting to tag them.
 - k. Can spin with the ball while running.
 - l. May pitch or pass the ball any number of times in any direction.
 - m. Incomplete pass is brought back to the original line of scrimmage or last completed pass.
 - n. A fumbled ball at any time is considered a dead ball and belongs to the team that committed the fumble.
 - o. On the 4th down, must declare punt. If declared, must punt.
 - p. If a team is not successful after four downs, the ball is awarded to the opponents on the spot where the last stoppage of play occurred.
 - q. All players on both teams are eligible to catch passes.
 - r. Teams switch ends after a touchdown.
 - s. Touchdowns = 1 point

5. Defense:

- a. Must be on their own side prior to the offense hiking the ball.
- b. Cannot cross the line of scrimmage until the three second whistle has been blown by the official – Official will call “rush.”
- c. Must have at least two players rushing the quarterback or it is a 5 yard penalty and the offense gets to repeat the down.
- d. No rush allowed on the punt.
- e. Cannot intentionally hit the ball from the hands of the runner.
- f. Offsides is a 5-yard penalty.
- g. Pass interference, pushing, illegal blocking, or tackling is a 15-yard penalty. Tackling will also result in a loss of points for the day and time on the sideline.
- h. A player is down when they are tagged with two hands between the shoulders and the knees.
- i. If the defense deflects the ball to the ground, the offense retains possession but loses a down.
- j. May block the offense with arms folded into the body.
- k. Blockers cannot block below the waist.
- l. Blockers cannot jump into the air on a block.

6. General Rules:

- a. Incidental contact is allowed, but will be at the discretion of the officials.
- b. The call made by the official stands.
- c. Any arguing with the official will result in a loss of points for the day.
- d. All players on your team must be included.