

Northern Virginia Flag Football Addendum

Revision: April 21, 2021

NVIAC Flag Football is played according to the i9 Sports Rules, with the following exceptions:

1. Teams may play 6 on 6.
2. QB can advanced the ball: the QB is allowed to run without a direct handoff being given.
3. Shot-gun formation is allowed.
4. No laterals or pitches are allowed.
5. Shovel passes are allowed but all passes must be forward.
6. No backward or swing passes that are not clearly forward.
7. Quarterback running in the no run zone while being blitzed. To stick with the I9 rules we should stay with that. So the rule would be. That once in the no run zone the defensive team can blitz, but the quarterback must still throw a forward pass.