

IV. FIELD

Field Dimensions and Layout

Two standard field size options:

Option A: 25 yards wide × 70 yards long with 10-yard endzones

Option B: 25 yards wide × 64 yards long with 7-yard endzones

1. Both field layouts will have a midfield line to gain for a first down. 'No Run Zones' are located 5 yards prior to midfield and 5 yards prior to the opponent's endzone.
2. Stepping on the boundary line is considered out of bounds.
3. 'No Run' Zones are in place to prevent teams from conducting run plays. **While in the 'No Run' Zones, teams cannot run the ball across the line of scrimmage. All plays must result in a forward pass across the Line of Scrimmage.**
4. The referee will spot the ball in the middle of the field prior to the 'Ready to Play' whistle. The ball may NOT be closer than 10-yards to any sideline.

