



# **FLAG FOOTBALL TOURNEY RULES**



1. Players must remove all watches, jewelry, etc. before game play
2. Shirts must be tucked in—any shorts with pockets/belt loops/etc. must be taped over
3. Play is five on five. On offense, there is a QB and 4 eligible receivers/runners
4. Each game is 25 minutes long
5. All possessions start on the 5 yard line (except with interceptions)
6. Teams have 3 to get the ball to midfield—which is a first down, then have 3 plays to score
7. Within 5 yards of midfield and 5 yards of the end-zone, the offensive team can **ONLY PASS**—no running plays in these areas
8. There is a 30 second clock between plays (which is strictly adhered to)
9. Each team has **ONE** 60-second time-out
10. Touchdowns are worth 6 points. Extra points are from the 5 yard line and **YOU CAN ONLY PASS**. 2 point-conversions are from the 12 yard line and you can run or pass
11. Interceptions returned to the end-zone are worth 6 points for the defensive team. There are extra-points after a defensive touchdown
12. One foot must be in-bounds for a reception
13. The QB has 7 seconds to pass or hand-off the ball. He **CANNOT** run with the ball over the line of scrimmage
14. A RB or WR cannot leave his feet to dive, jump, or leap in order to advance the ball. He can only do so to avoid a collision
15. **NO** blocking or screening is allowed. Once a player receives a pass or has the ball handed off and crosses the line of scrimmage (LOS), all other offensive players **MUST STOP MOVING**
16. You cannot try to protect your flag by holding it, covering it, knocking an opponent's hand away, or tucking it...and there is no stiff arming allowed
17. There is **NO** Mississippi count. However, players wishing to rush the QB must start 7 yards off the LOS. Any defensive player not starting there on the snap may not cross the LOS until the ball is handed off or thrown
18. The offense **CANNOT** impede someone rushing the QB
19. Only **ONE** offensive player may be in motion at one time and must be in motion parallel to, or away from, the LOS.
20. Offensive players may **NOT** set obvious screens or picks for other receivers to catch the ball
21. **NO** laterals or tosses are allowed. Only direct hand-offs behind the LOS
22. Defenders may **NOT** attempt to strip the ball
23. There are **NO** fumbles. Once the ball hits the ground, it is a dead ball at that spot
24. Excessive celebration, taunting, or unsportsmanlike conduct penalties will be 10 yard penalties. Two such penalties by the same player in a game will result in an ejection
25. Ball is placed where the player's front foot was when the flag was pulled, **NOT** where the ball was