



FLAG FOOTBALL TOURNAMENT RULES

1. Game length = 25 minutes running clock. Teams will switch sides at 12 minutes. Game Clock does not stop running unless a time out is used or a referee timeout.
2. Roster = 12 Players maximum. 5 players minimum to avoid forfeit.
3. SCORING: TD = 6 points / Extra Point = 1 point (5 yards) or 2 points (10 yards), Safety = 2 points
4. Players can run the ball only if the ball is handed off behind the LOS. (Except in the “NO-RUN ZONES”). QB cannot run the ball from the direct snap, it must be handed off.
5. The “NO-RUN ZONES” are located 5 yards from the goal line & the mid-field 1st down line only in the direction of the offense.
6. QB CAN NOT take the snap from under center.
7. One LATERAL ALLOWED per play!
8. All players are eligible to receive passes
9. Blocking is ONLY allowed by the center and anyone who is touching the center (snapper) with either the hand or foot.
10. NO BLOCKING DOWN FIELD
11. There is no time limit to throw the ball by the QB.
12. Any hand off behind the QB or backwards pass behind the LOS can be thrown forward. No limit to backward handoffs or passes behind the LOS. Only one forward pass or handoff is permitted.
13. All drives & changes of possession (except interceptions) start at the 5 yd line
14. Offense has 3 plays to cross the mid-field line or score a touchdown
15. Penalties = Offensive Penalties – Loss of down & yardage (5 Yards). All offensive penalties are enforced from the LOS except flag guarding and holding which is spot of flag guard and 5 yards. Holding behind the LOS will be enforced from the LOS except holding in the end zone which will result safety.
16. Defensive Penalties – Automatic 1st down & yardage (5 Yards). All penalties at or behind the LOS are 5 yards from the LOS and automatic first down except holding which will be a 5-yard tack on from the end of the run and Defensive PI which will be a spot foul.
17. Personal Fouls, Roughing the Passer and Unsportsmanlike conduct penalties are 10 yards and automatic first down (defensive) or 10 yards loss of down (offensive).
18. Official Flag is “FLAG-A-TAG SONIC BOOM BELT.” “**Triple Threat**” belts will **NOT be allowed!** (Flags will be provided by the tournament - Teams may bring their own)

19. Any ball that hits the ground will be ruled dead. Fumbles or Muffs are dead at spot
20. Ball must be snapped between legs, not off to one side to start play
21. It is encouraged that all players wear a protective mouthpiece
22. Flagrant contact fouls will not be tolerated. Offending player(s) will be ejected from that game. Tournament Director has the right to ban the player(s) from future games.
23. Interceptions may be returned (If returned on an extra point, the returning team will be awarded the point value that the team attempted the extra point attempt for)
24. One (1) timeout per game
25. Overtime - 2 plays from 12-yard line going into end zone - College Rules Apply (Same scoring as in regular game)
26. Roughing the QB also includes striking the arm when the defense tries to block the pass
27. Defensive players have to be one yard off the ball before the snap
28. Any player that comes off the sidelines during a fight will be ejected
29. All players flag belts must be worn properly. The hip points must be facing out. And the ribs on the flag must be facing out. The referee will enforce the rule, and, if improperly used, will result in a live ball penalty. If a player alters his flag in any way, he will be ejected from game.
30. Minimum of 2 Players must be on the LOS before the ball is snapped. 1 Player can be in motion, but cannot be moving forward before the snap.
31. No stiff arming allowed – considered flag guarding
32. Center snap – If ball hits ground, ball dead at spot
33. If player falls down, or if knee touches ground, ball is dead at spot – player may not get up and run
34. Footballs – Regular size for adult men. All teams provide their own Footballs.
35. NO Shoes Allowed - May wear socks, Sand Socks, or tape.
36. Field size: Approximately 50 yards long (including end zones) and 20 yards wide (5-yard end zones; 20 yard playing zones). Field sizes will depend on the amount of beach space available.
37. When flags fall off inadvertently, revert to a 1 hand touch between shoulders and knees.
38. The ball will be spotted where the BALL is when the flag is pulled for ALL plays (no longer where the flag is)

****Rules subject to change without notice