

Georgia Northwestern
Technical College



**FLAG FOOTBALL GAME
RULES**

**Men's, Women's, Co-ed
Leagues and Tournaments**

Georgia Northwestern Technical College

FLAG FOOTBALL GAME RULES

Co-ed Leagues and Tournaments

GNTC Co-ed FLAG FOOTBALL GAME RULES

Field Size:

- ✓ Thirty yards (30) yards wide and 70 yards long including end zones

Game Time

Periods (halves) will be 20 minutes with a running clock until the last one minute of the first half and last two minutes of the second half.

Play Clock

The offensive team will have 20 seconds between plays to legally snap the ball. A delay of game penalty will be a 5 yard penalty.

Unsportsmanlike Conduct

- ✓ Spiking and aggressively throwing the flag after removal will constitute an unsportsmanlike foul
- ✓ Spiking, spinning or throwing the ball, other gestures to taunt opponents or to draw attention to oneself will be an unsportsmanlike foul.
- ✓ Players are not allowed to wear jewelry. In each game the first player will be penalized for unsportsmanlike conduct. Other players on that team violating this rule during the game or overtime(s) will be ejected and the team penalized for unsportsmanlike conduct.



Tie Game

Ties are possible in the regular season. In the playoffs, tie games are decided by the shoot-out method. Each team is given the ball an equal number of times. Each team gets 4 downs from the 15 yard line. Defense may return the ball for a touchdown. Extra Points are attempted.

The Game

- ✓ The game shall be played between two teams of five players each. Five players are required to avoid a forfeit.
- ✓ A designated captain will be the only player to confer with the referee. Team will identify this player before the game.

Basic NCAA rules apply except where otherwise listed. On judgment calls, the referee's decision is final.

- ✓ Winner of the coin toss can choose when to exercise their options (first or second half).
 - A. Overtime coin toss – winner has choice of ball, defense or goal to defend
 - B. In additional overtime periods, choice is made alternately by teams.

Scoring***

All touchdowns are awarded 6 points.

After a touchdown, teams can elect to go for 1 ,2 or 3 points.

A two or three point attempt is a live ball play and can be returned by the defense for two points

After a touchdown the opposing team will take possession of the ball at their own 5 yard line (before enforcing any penalty yardage if necessary)

All safeties are awarded 2 points. The official will call a safety in the following instances:

- The ball carrier is de-flagged in their own end zone.
- The ball touches the ground in the offenses end zone (except for forward passes)

- The ball goes out the back of the end zone or the side of the end zone (except for forward passes)
- The offensive team commits a penalty in their own end zone

After a safety, the opposing team (defense) will take possession of the ball at their own 10 yard line.

The Field, Players, and Equipment

- Two Ball Spotters will be used. The scrimmage ball spotter will mark the forward most point of the football. The rush line spotter will mark the defensive scrimmage line. The ball spotters will always be 5 yards apart.
- Jerseys must be long enough so they remain tucked in the pants during the entire down or short enough so there is a minimum of 4" from the bottom of the jersey to the player's waistline.
- Each player must wear pants which do not have belt loops, pockets, belts or exposed drawstrings. The pants must be a different color than the flags. Players of opposing teams must wear contrasting colored jerseys without pockets.
- Penalty for improper dress – the player cannot play.

Protected Scrimmage Kick

- ✓ Must be announced by referee after asking the team captain on the fourth down how they want to play the down: kick or run a scrimmage play.
- ✓ There are no quick kicks – illegal kick
- ✓ Protected scrimmage kick formation.
- ✓ Kicking team must have at least four on scrimmage line. Kicker must be at least five (5) yards behind line to receive snap.
- ✓ Kicker must kick immediately upon receiving the snap. If not, it is an illegal procedure (5 yards)
- ✓ Neither kickers nor receivers can release until ball is kicked.
- ✓ Scrimmage kicks that are not announced are illegal kicks. (10 yards)

- ✓ If a time-out is taken by either team, "K" team can change decision concerning a kick or an announced scrimmage play. Also, a decision can be changed if down is repeated because of penalty.

Snap

- ✓ One Continuous motion:
 - ✓ To a back at least 2 yards behind scrimmage line on scrimmage plays and protected scrimmage kick. There CANNOT be a hand-to-hand center exchange on the snap. This would be an illegal snap.
 - ✓ Illegal snap is a dead ball foul.

Deflagging/Tagging

- ✓ Runners must not guard the flags with ball, hands or shoulders:
 - ✓ Flags must not be attached to runner in any way that one pull will not deflag the runner. (Flag tampering results in a 10 yard penalty and disqualification)
 - ✓ If a runner loses his/her flag belt, a one hand tag by the opposing team between knee and shoulder will end the run. Touching the head or below the knee will not stop the play.
 - ✓ Deflagger may leave feet to deflag runner

Screen Blocking

- ✓ Screen blocking is legally obstructing an opponent without contacting him/her with any part of the screen blocker's body
 - ✓ Blocker cannot use arms or elbows. Hands must be at side or behind the back.
 - ✓ Blocker must get in moving rusher's direction of movement quick enough for a change of direction to be made prior to possible contact.
 - ✓ Screen block must be short of contact in defensive players visual field and one step away in defensive players blind area (directly behind player being blocked)

Offensive Play

During the play, the ball may be thrown forward only ONE time by the offensive team. A second forward pass is illegal and will be penalized five (5) yards from the spot of the infraction and the offensive team loses the down.

Additionally, if the line of scrimmage is passed by the ball carrier, the offense can not go back behind the line of scrimmage and then throw a forward pass. This is also an illegal forward pass and the offense will be penalized five (5) yards from the spot of the infraction and the offensive team loses the down.

Offensive penalties that result in a loss of down are:

FLAG GUARDING, ILLEGAL FORWARD PASS, ILLEGAL PLAY, ILLEGAL BACKWARD PASS, etc.

Turnovers

A change of possession can only occur due to downs or an interception on a forward pass or lateral. A fumble is not a turnover. The ball is dead at the point of the fumble and the offense retains possession (see exception below). A lateral is a live ball until it touches the ground and CAN be returned by the opposing team. On a fumble the ball is spotted at the point of the fumble or at the point it touches the ground (whichever has the greater advantage to the defense) and the offense retains possession.

Exception - On a fumbled ball that lands in the endzone, the play is dead when the ball touches the ground. If the ball was fumbled into the endzone by a ballcarrier that had not yet entered the endzone it will be ruled a touchback and the defensive team will take possession on their own 20 yard line.

Fouls That Create Automatic First Downs

- ✓ Defensive Pass Interference
 - ✓ Roughing the passer
 - ✓ An illegal secured flag belt

Rule decisions are final after ball is next legally snapped.

Inadvertent Whistle

- ✓ Replay down if ball is loose on pass or kick
- ✓ Replay down or take play results at the time of the whistle (the offensive team has the option of taking the play results or replaying the down from the original line of scrimmage)

Overtime

- ✓ Each team is given four downs from fifteen (15) yard line.
- ✓ Toss is made for:
 - A. Defense or offense first or:
 - B. End of field overtime will be played
- ✓ Choice on other overtime periods is made on an alternate basis. If red won the toss, blue has second overtime choice.
- ✓ If a team scores on first down, their series of downs is over.
- ✓ If the defense intercepts the ball and scores a touchdown the game is over. If interception does not result in a touchdown, overtime is over if defense has played its series in the overtime; otherwise the defense gets their series of plays.
- ✓ Extra Points will be played if the contest has not been decided.
- ✓ Tournament play overtime will continue until winner is decided.

Game Time

- ✓ Playing Time shall be 40 minutes, divided into two halves of 20 minutes each. The intermission between halves shall be five (5) minutes. When overtime is used there will be a three (3) minute intermission.

- ✓ The clock will start when the ball is legally snapped or the kickoff is legally touched. It will run continuously for the first 19 minutes of the first half and first 18 minutes of the second half unless it is stopped for a:
 - A. Team time out – starts on the snap

 - B. Referee’s Time-out – starts based upon referee’s ready for play.

- ✓ During Stop Time (the final one minute of the first half and two (2) minutes of the second half, the clock will stop for a:
 - A. Incomplete Pass – starts on snap

 - B. Out-of-bounds – starts on snap

 - C. Score (touchdown or safety) – starts on ready for play for opposing team
During Stop time the clock will not run on extra point attempts

 - D. Team time-out – starts on snap.

 - E. First down – dependent on previous play

 - F. Fair Catch – starts on ready for play

 - G. Penalty and administration – dependent on the previous play.
(Exception: delay of game – starts on the snap)

 - H. Referee’s time-out – starts at his/her discretion

 - I. Touchback – starts on ready for play

 - J. Change of possession – starts on ready for play

 - K. Team attempting to conserve time illegally – dependent on previous play

ETC.

There may be rules not listed here that apply during the game. Any rule changes will be announced prior to any games and all teams will be informed.