

NFL Flag Tournament Rules 2024 (3rd-8th)

Teams

- 7 will be the max amount of players rostered on a team
- The game will be played 5v5.
- You may play with 4

Time

- Games will start on the hour and half hour
- 20-minute games with a running clock.
- No half time no time outs
- Once the horn is blown, finish the play then game will end.
- Teams may take a maximum of 30-seconds after the play ends. Try to go quickly so the kids get more playing time!
 - Failure to comply to the time restraint will result in a loss of down

Tournament Scoring - 3pts for a WIN, 1pt for a TIE, and 0pts for a LOSS

- A touchdown is worth 6 points PAT 1-Point (5-yards)
- Safety 2-Points.
- Extra Points intercepted and returned are 2-points.

Field

- The drive will start at the teams own 5-yard line.
- They will have 4 plays to score

Live/Dead Ball

- Ball is live at the snap once the ball has moved off the ground and is live until the referee blows the whistle.
- The play is stopped/dead when:
 - a. The ball hits the ground (including a bad snap or fumble).
 - b. The ball carrier's flag is pulled (defender should drop flag where they pulled it).
 - c. The ball carrier steps on the out of bounds line/ runs out of bounds.
 - d. A touchdown is made.
 - e. The ball carrier's arm or knee touches the ground.
 - f. The ball carrier's flag falls off.
 - g. The receiver catches the ball and their flag falls off beforehand. They will be down when they catch the ball.
 - h. The 7-second pass clock expires on the QB tee.
 - i. 5 seconds for 7th-8th grade BOYS
 - ii. 7 seconds for everyone else
 - i. If the player does not throw the ball within 7 seconds, the play will be blown dead and the team will lose the down.
 - j. Ball carrier cannot jump, spin, or flag guard (marked down where foul occurred).
- There are no fumbles. Next down starts from where the ball hits the ground

- If the QB drops the ball, the play will be blown dead.

Running

- There is no running allowed, this is a passing only tournament.

Rushing the QB

- No rushing allowed

Receiving

- All players are eligible to receive passes (including the center).
- Only one player can be in motion at a time. Must be parallel to the line of scrimmage.
- The receiver must have one foot or other body part down in bounds before going out of bounds to count as a catch.

Passing

- Pass must be thrown from behind the line of scrimmage.
- The QB has 7-seconds to throw the ball. If not, the play will be called dead and the ball will go back to the line of scrimmage.
- There are no hand-offs allowed
- All passes must go past the line of scrimmage (no double passes).

Misc.

- Coaches are only allowed to be a part of the offensive huddle.
- Substitutions are unlimited during any dead ball.
- The play will start on the QB Tee and begin counting to 7 once “snapped”
- All teams need to call out “hike” when snapping the ball.
- Offense does not have to wait for the defense to be ready to snap the ball.
- Interceptions can be returned. Ball will be marked where the players flag was pulled.
- “Punting”: If you decide to “punt” the ball on 4th down, the opposing team will take the ball on their 5-yard line. You do not actually punt the ball.
- Visiting team will start the game with the ball. Home will start with the ball for the second half. They will start on their 5-yard line. Home/Away listed on schedule.

Ball Size

| GRADE | BALL SIZE |
|---------------------|------------------|
| 3rd-5th grade Girls | Mini |
| 3rd/4th Grade Boys | Pee Wee |
| 5th/6th Grade Boys | Junior Size |
| 6th-8th Grade Girls | Pee Wee |
| 7th/8th Grade Boys | Youth Size |

Overtime - Only in the CHAMPIONSHIP GAME. Regular games can end in a tie.

- Each team will get to attempt 1 play to score from either the 1-point mark (5-yards) or the 2-point mark (10-yards). (Visiting team goes first. Home team goes second.)
- If there is a second overtime, both teams must go for 2-points (10-yards).
- If there is a third overtime, each team will get one play from *their own* 5-yard line, and whoever gains the most yards on one play will be the winner.

Penalties

The referee will call all penalties. They determine incidental contact that may result from normal run of play. Only the head coach may respectfully ask the referee questions about clarification and interpretations.

- Defensive: **Holding : 5 yards added to the end of the play**
- Defensive: **Unsportsmanlike Conduct : 5 yards added from line of scrimmage and replay the down**
- Defensive: **Unnecessary Roughness 5 yards added to the end of the play**
- Defensive: **Roughing the passer- If the team gains over 5 yards let the play continue. If it ends up being an interception or incomplete pass, then 5 yards will be added from the line of scrimmage and replay the down.**
- Defensive: **Offside/illegal rush- The ref will blow the whistle and call the play dead, and 5 yards will be added to the line of scrimmage.**
- Defensive: **Pass Interference- Ball is placed where the foul occurs and replay the down. Unless they pass the first down marker then its a first down.**
- Defensive **Holding or Unnecessary Roughness on a Ball Carrier: 5 yards added to the end of the play.**
- Offensive: **Pass Interference, Unnecessary Roughness, Illegal Forward Pass, Illegal Motion, Delay of Game, False Start, Running a Run Play in the “No Run Zone”, Unsportsmanlike Conduct= -5 yards from line the of scrimmage and replay the down.**
- Offensive: **Holding/Illegal Blocking = Illegal blocking consist of the offense(non ball carrier) getting in the way of the defense pulling the flag= a 5 yard penalty from the line of scrimmage and replay the down**
- Offense and Defense: **All holding/illegal blocking/unnecessary roughness/Unsportsmanlike penalties will be called at the discretion of the referee**
- **Unnecessary Roughness or Unsportsmanlike Conduct could result in ejection from the game at the referee’s discretion.**
- **NO CONTACT AT ALL. Player must avoid contact with other players**