



FLAG
FLAG FOOTBALL
— est. 1988 —

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FLAG Flag football uses the most recently published NGFFL rule book (currently Version 4.7, August 2017), with the following modifications:

- Field size: The field will be rectangular with dimensions: 60 yards by 30 yards (plus two end zones of 7 yards deep).
- The game consists of two halves of 20 minutes. During the first 18 minutes of each half, the clock will only stop for officials' timeouts. During the last 2 minutes of each half the clock will be operated according to high school football rules.
- Each team is allotted three player time outs per game (with no more than two occurring in the same half). Player time outs do not stop the game clock during the first 18 minutes of each half.
- There may be up to a 5-minute intermission between the halves ("half time") when time allows.
- If a team is ahead by 20 or more points with two minutes or less remaining during a game, then the game is over.
- "Everyone Starts": All players present at the start of a game must play either the first possession on offense or the first possession on defense. In this case, a possession is defined as the period of time one team controls the football. A single possession may include multiple series. A player may only be excused from this rule with the agreement of the head referee prior to the start of the game.
 - Penalty: Excessive Unsportsmanlike Act – 25 yards penalty, assessed immediately if committed by the defense. If the offense commits this foul, it is assessed on their opponent's next possession.
- A team may have 8 players on the field during a huddle, so long as the 8th player exits the huddle, raises his hand while leaving the field, and clears the field before the ball is snapped.
 - Penalty: Illegal substitution (dead ball foul) – 5 yard penalty
- Any forward pass which is caught behind the line of scrimmage and subsequently advanced is deemed to be a scrimmage running play. After any forward pass is touched by a member of the defensive team, the football may be advanced by any player and it will not be considered a scrimmage running play.



- A player in possession of the football (ball carrier) who falls to and makes contact with the ground may get up and continue to advance the football, provided that he continues to wear flags. If the ball carrier is touched by an opponent while anything other than his hands and feet were on the ground, he will be ruled down by contact. If the referee determines that the ball carrier is in an unsafe position, the ball may be ruled dead without an actual “touch” by an opposing player.
- A passer may not intentionally ground a forward pass. That is, the passer, to conserve yardage, cannot throw the ball forward such that there is no eligible receiver in the vicinity (as judged by the referee). Exception: It is not a foul if the passer throws the ball such that it crosses or lands beyond the neutral zone.
 - Penalty: Intentional grounding – 5 yard penalty, loss of down.
- There is no kicking (references to fair catches, punts, and free kicks are to be ignored).
 - Prior to the expiration of the play clock on any down, the team currently in possession of the football may elect to surrender possession. As a result of this action, their opponents’ will take over possession 30 yards in advance of the succeeding spot. If such an advance results in spotting the ball behind a goal line, a touchback will be awarded. An officials’ timeout will be taken to reset the field for the next possession, with the clock starting on the referee’s ready for play signal. With less than 2 minutes remaining, the clock will start on the next legal snap.
- The possession following a touchback will begin at the 5 yard line closest to the end zone involved.
- The possession following a 2-point safety will begin at mid-field.
- Overtime possessions (only used in tournament play weekends) starts 1st and Goal from the 10 yard line.