



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 trailing captain will be allowed to elect to end the game early. If the trailing captain wishes to continue playing, the final 2 minutes will be played with a running clock.
- An offense 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
- 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.
- 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 in or behind a goal line, a touch back will be awarded.
- 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.