



## **2021 Gulf Coast Youth Flag Football 5 on 5 Invitational All-Star Tournament Rules**

### **All Rules will follow the NFL Flag Football Rules with the following exceptions**

- The winner of the coin toss gets to choose one of the following options: offense, defense, defer or field direction. The loser of the coin toss chooses from the remaining of the above options.

### **Equipment**

- All balls will be issued by ESFF.
- Cleats are allowed, however cleats with exposed metal are not allowed and must be removed.
- Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads, and kneepads.
- Players must remove all watches, earrings and any other jewelry that the officials deem hazardous.
- Pants or shorts with belt loops or pockets are not allowed.
- Protective mouthpieces are required.
- Flag belts will be provided for at each field. After each game you will leave the flag belts on the same field that you found them. Every team will use the NFL flag belts regardless.
- Player shorts cannot be the same color as the flags, which is yellow or green.

## Timing and Overtime

- Games are played in two 20-minute halves. The clock only stops for timeouts until the last minute of the 2<sup>nd</sup> half. The last minute of the 2<sup>nd</sup> half is a regulation clock.
- Halftime is five minutes long.
- Each team has 2 - 30 second timeouts per game. The timeouts will not carry over to overtime. Each team will have one timeout for all overtime periods.
- If the score is tied at the end of 40 minutes, teams move directly into overtime. Each team will be given the opportunity to go for a 1 or 2 point conversion (Team Decision). A coin toss will determine which team goes first. If the score is still tied, a second-round conversion opportunity will be given to each team. The team that went first in the 1<sup>st</sup> round will go second in the 2<sup>nd</sup> round and vice versa. If the score is still tied after the second round of extra point conversions the game ends in a tie for all pool games. Extra point conversions will continue until a winner is decided for tournament games. Teams must go for a two-point conversion at the beginning of the 3<sup>rd</sup> round conversions.

## Scoring

- Mercy Rule: If one team is winning by 28 points or more at 5-minute mark in the second half, the game is over.

## Coaches

- A Coach is allowed on the field on Offense only to direct players. A Coach may remain on the field but may not give direction (either verbally or non-verbally) once the ball is snapped. If the coach on the field is caught directing the offense after the ball is snapped the coach will be warned 1 time after that the coach will be removed from the field and will not be allowed on the field for the rest of the tournament.
- Protest fee will be \$40 cash-if protest is lost, money stays with the tournament. Protests will be decided immediately. All protests must be made before the next snap. All protests are determined by the Tournament Director and/or Tournament Rules Director.

## Running

- The ball is spotted “where the ball is” when the flag is pulled.
- The quarterback cannot directly run with the ball. The player that receives the snap is considered the quarterback.
- Unlimited lateral or pitches are allowed behind the line of scrimmage.
- The player who takes a backward handoff or lateral can throw the ball from behind the line of scrimmage but must throw past the line of scrimmage.
- Runners may spin to avoid a flag pull as long as the runner does not cause contact. A runner diving or sliding to avoid a flag pull is considered flag guarding.
- Blocking or screening is NOT allowed at any time; the offensive player must establish a position and remain still and give the defender time to redirect motion.
- No running with the ball carrier. Defensive players must go around stationary offensive players.
  - i.e., offensive players not with the ball running down the field with the ball carrier preventing or hindering access to the ball carrier.

## **Passing**

- There is a 7 second pass clock.

## **Flag Pulling**

- If a player's flag inadvertently falls off during the play, the ball carrier will be down when the defense touches the ball carrier with one hand anywhere from knees to shoulders.
- Player is down if his flag falls out when the player takes possession of the ball.
- If a defensive player pulls the flag out of an offensive player that is not the ball carrier the defense will be penalized 5 yards and automatic first down for the offense.

## **Formations**

- An offensive team must have a minimum of two players on the line of scrimmage when the ball is snapped.
- The ball has to be snapped off the ground and in the middle of the field
- Your center's feet must be behind the line of scrimmage