



2019 Tuscaloosa Spring Shootout Flag Football 5 on 5 Tournament –

EXCLUSIVE AMENDED RULES ONLY FOR THIS TOURNAMENT

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.

III. Equipment

- Balls must be the correct size which is: pee wee size for all divisions except 10U and up which plays with a junior size football.
- 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 highly recommended.
- 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 NFL flag belts regardless.
- Player shorts cannot be the same color as the flags, which is yellow.

VI. Timing and Overtime

- Games are played in two 20 minute halves. The clock only stops for timeouts till the last minute of the 2nd half. The last minute of the 2nd half is regulation clock.
- Halftime is five minutes long.
- Each team has 2 timeouts per half. The timeouts from the 2nd half will not carry over to overtime. Each team has 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 1st round will go second in the 2nd round and vice versa. If the score is still tied after the second round of extra point conversions the game end 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 3rd round conversions.

VII. Scoring

- Mercy Rule: If one team is winning by seventeen points or more at one minute, the game is over.

VII. 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.
- Protest fee will be \$50 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.

X. Running

- The ball is spotted “where the ball is” when the flag is pulled.
- The quarterback cannot directly run with the ball in the 6U and below. The quarterback may run once on each side of midfield per possession in 8U and up. The player that receives the snap is considered the quarterback.
- Unlimited lateral or pitches are allowed
- The player who takes a backward handoff or lateral can throw the ball from behind the line of scrimmage.
- Runners may jump or 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 allowed; the blocker must establish a position and remain still.
- Offensive players must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier. Defensive players must go around stationary offensive players.

XI. Passing

- There is no 7 second pass clock. Quarterbacks are free to hold the ball until his or her flag is pulled.

XIV. 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.

XVI. 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
- If you send a player in motion that player must be set for one second and at least 1 yard behind the line scrimmage before he/she can go into motion.