

EQUIPMENT:

- Players must use an official NFL flag belt and approved footballs.
- Players must wear suitable shoes. Cleats/boots may not be allowed at certain locations. This will be specified in the tournament details you receive prior to the tournament. However, cleats with exposed metal are never allowed and must be removed.
- Players must wear a gumshield.
- Players' must remove all jewellery and hats. However, winter beanies are allowed.
- Players' jerseys must be tucked into shorts or bottoms if they hang below the belt line.
- We recommend players wear shorts or bottoms that do not have pockets. Shorts or bottoms with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.

SCORING:

- Touchdown = 6 points
- One (1) point after touchdown (PAT) from the 5-yard line. Must be a passing attempt. = 1 Point
- Two (2) points after touchdown (2PAT) from the 12 yard. Can be either a running or passing attempt. = 2 Points
- If a defender intercepts a PAT or 2PAT pass and returns it to the opposition endzone. (PAT return) = 2 points.
- A safety occurs when the ball carrier is ruled down within their own endzone. A ball carrier is ruled down by being tackled, a flag falling out, stepping out of bounds or fumbling the ball.

GAMEPLAY:

- The offensive team takes possession of the ball at its 5-yard line and has four (4) plays to cross midfield. Once a team crosses midfield, it has four (4) plays to score a touchdown.
- If the offence fails to score, the ball changes possession and the new offensive team starts its drive on its own 5-yard line.
- If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 5-yard line.
- All possession changes, except interceptions, start on the offense's 5-yard line.
- The tempo of the game is to be dictated by the referee and not the players or coaches involved. The ball can only be spotted by an official. This dictates the Line of scrimmage.

DEFENDING:

- A legal flag pull takes place when the ball carrier is in full possession of the ball.
- Defenders can leave the floor and dive to pull the ball carriers flag but cannot impede, hold or hit the ball carrier.
- It is illegal to attempt to strip or hit the ball out of the ball carrier's possession at any time.
- Interceptions are returnable for touchdowns and for 2 points on both PAT and 2PAT attempts.
- Once the quarterback has lowered their hands (simulating a handoff) the defence are able to cross the line of scrimmage and tackle offensive players. This is the only time a quarterback can be sacked.

LIVE BALL/DEAD BALL

- The ball is live post snap until the official whistles, declaring the ball dead.
- It is an automatic dead ball foul if any player enters the neutral zone pre-snap. As a courtesy, an official is encouraged to give players a warning and an opportunity to reposition themselves into an onside position pre-snap.
- Any official can whistle the ball dead.
- The ball is ruled dead when:
 - The ball hits the ground. (if the ball hits the ground as the result of a bad snap the ball is spotted where the ball hits the ground as a loss of yardage)
 - The ball-carriers flag is pulled or falls out.
 - The ball-carrier steps out of bounds
 - A touchdown, PAT, 2PAT or safety is scored.
 - The ball-carriers knee, elbow, back or torso hits the ground.
 - The ball carrier receives possession with one or no flag (s).
 - The 7 second pass clock expires.
 - Following an incomplete pass.
 - The ball is deliberately kicked at any time.
 - Inadvertent whistle. Including for a flag or penalty.
- The act of fumbling (dropping a live ball on the floor and the ball remaining live) doesn't occur in NFL Flag football.
- There are no live ball fumbles. The ball is spotted in line with the feet of the ball carrier once the ball is fumbled.

