



GCRFF TOURNAMENT RULES & REGULATIONS

GAME SETUP & FLOW

At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.

The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. There is no option to defer. Teams will automatically switch sides of the field and the team that started the game with possession will begin the 2nd half on defense.

The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield.

Once a team crosses midfield, it has three (3) downs to score a touchdown.

If the offensive team fails to cross midfield after 3rd down and elect to "punt" on 4th down, possession of the ball changes and the opposing team will start a new possession from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross midfield, the opposing team will start a new possession from the spot where 4th down ended.

Any time there is a 'PUNT or PLAY' decision on 4th or 3rd down, the referee WILL ask the offense's Head Coach to declare 'Punt or Play'. The coach MUST make an immediate decision or risk a delay of game penalty.

Teams may use a timeout to change the declaration of "Play" at any time prior to the expiration of the play clock.

After crossing midfield, if the offense fails to score on 3rd down, the ball changes possession and the new offensive team starts at its 5-yard line.

Boundary Lines	The outer lines marking the playing field's perimeter, including sidelines and end zones.
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GCRFF TOURNAMENT RULES & REGULATIONS

Line of Scrimmage	(LOS) an imaginary line running through the point of the football and across the width of the field.
Line-to-Gain	The yard line the offense must reach for a first down.
Rush Line	An imaginary line 7 yards from the line of scrimmage on the defense's side.
Offense	The team with possession of the ball.
Defense	The team trying to stop the offense and regain possession.
Passer	Any offensive player who throws the ball, not just the quarterback.
Rusher	The defensive player who starts from the rush line and tries to pressure the quarterback by either pulling flags or blocking passes.
Live Ball	Refers to the period of time that the play is in action. Generally used in regard to penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
Dead Ball	The time between plays when no action is occurring.
Whistle	Official's signal to stop play for timeouts, end of plays, or game periods.
Inadvertent Whistle	An official's whistle that is sounded in error.
Charging	When a ball-carrier illegally runs directly into a set defensive player. This includes leading with the head or making contact with shoulder, forearm, or chest.
Flag Guarding	An illegal act when the ball-carrier tries to block defenders from pulling their flags - whether by stiff-arming, dropping their elbow/head, or using the ball itself as a shield.
Shovel Pass	A legal forward pass across the LOS (Underhand, backhand or by pushing the ball forward).
Lateral	A backward or parallel toss of the ball by the ball-carrier.
Unsportsmanlike Conduct	Confrontational or offensive behavior or language.



GCRFF TOURNAMENT RULES & REGULATIONS

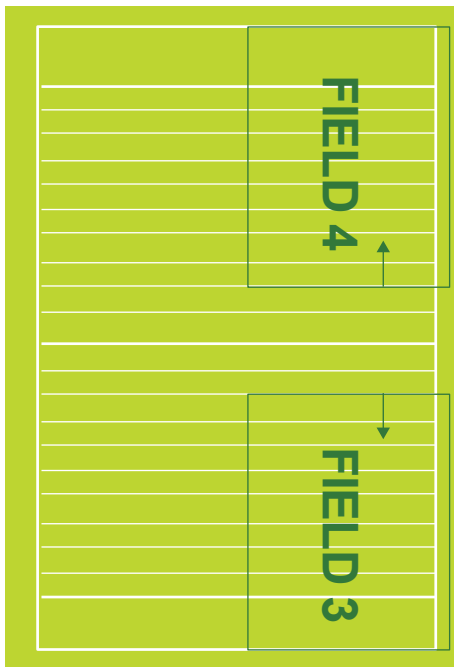
FLAG FOOTBALL EQUIPMENT

1. All players must wear official flag belts and flags. All players **MUST** wear mouth guards at all times while on the field. Game balls should be age specific.
2. Players must wear shoes. Cleats may not be allowed at certain locations. This will be specified by your league organizer or site director. However, cleats with exposed metal are never allowed and must be removed.
3. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metals are not allowed.
4. Players must remove all jewelry and hats. Headbands or winter beanies are allowed.
5. Players may wear soft shell helmets, halos and sunglasses but they must be secured at all times while on the field. Prescription glasses are permitted without a strap.
6. Players' jerseys must be tucked into shorts or pants, if they hang below the belt line.
7. We recommend players wear shorts or pants that do not have pockets or belt loops. Games will not be delayed for a player to tape their pockets.
8. Participants must bring their own official FLAG belts and mouth guards to the field.
9. GCRFF footballs will be provided.
10. Flag belts and flags cannot be the same color as the player's shorts or pants.
11. Electronic communication between any player with their coach or spectator for their team is prohibited. If a team or individual is using electronic communication with a player or coach, at any time, that team will be disqualified immediately from play. This does not limit possible additional discipline at the sole discretion of the local league organizer OR GCRFF Tournament staff.



GCRFF TOURNAMENT RULES & REGULATIONS

FIELD INFORMATION



One-Way Field Differences:

- a. Starting possession will begin at the 40-yard line
- b. There are no safeties. Ball will be spotted at the 40 with a change of possession.
- c. The ball will never start further back than the 40-yard line.
- d. Interceptions are dead balls and will be spotted at the 40-yard line.
- e. Home and away teams should be on opposite sidelines.
- f. All rules supersede rulebook
- g. 'A declaration to 'PUNT' is final.

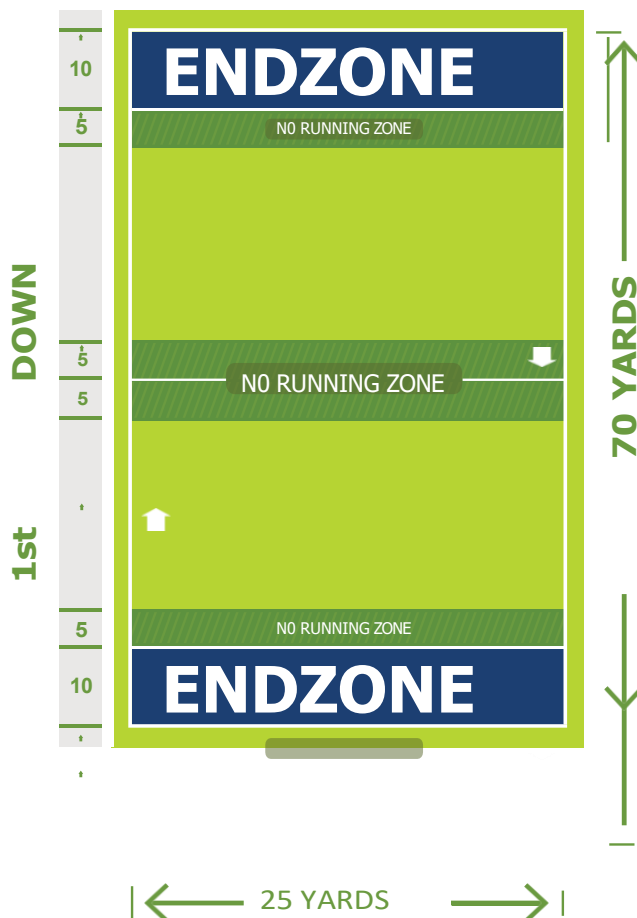


GCRFF TOURNAMENT RULES & REGULATIONS

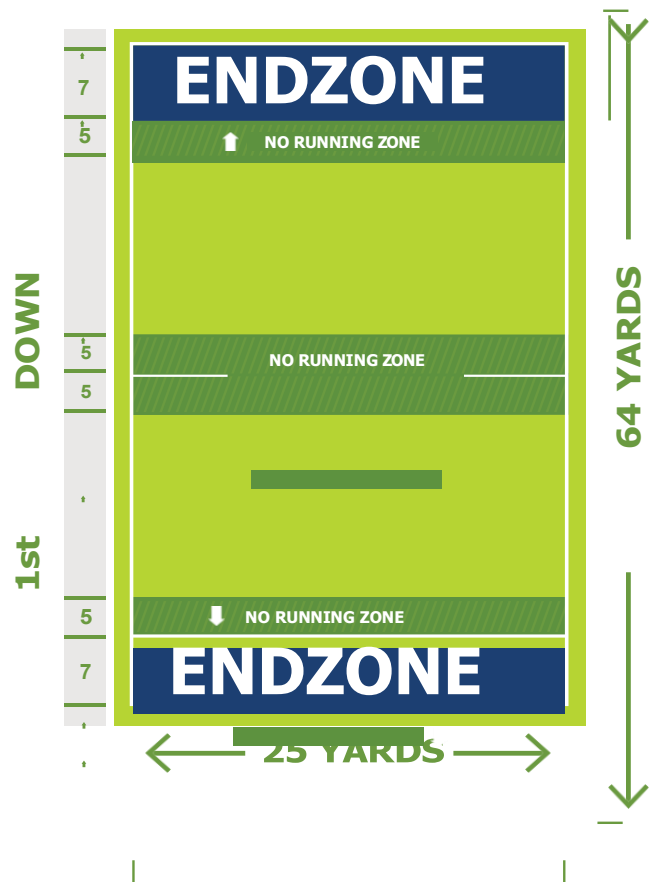
FIELD DIMENSIONS & LAYOUT

- Two standard field size options:
- Option A: 25 yards wide × 70 yards long with 10-yard endzones Option B: 25 yards wide × 64 yards long with 7-yard endzones
- Both field layouts will have a midfield line to gain for a first down. 'No Run Zones' are located 5 yards prior to midfield and 5 yards prior to the opponent's endzone
- Stepping on the boundary line is considered out of bounds.
- 'No Run' Zones are in place to prevent teams from conducting run plays.
- While in the 'No Run' Zones, teams cannot run the ball across the line of scrimmage. All plays must result in a forward pass across the Line of Scrimmage.
- The referee will spot the ball in the middle of the field prior to the 'Ready to Play' whistle. The ball may NOT be closer than 10-yards to any sideline.

OPTION A



OPTION B





GCRFF TOURNAMENT RULES & REGULATIONS

TIMING & OVERTIME

Tournament Games are played on a 50-minute continuous clock with 2 - 22-minute halves, unless one team gains a 35-point advantage, which will end the game. Teams can agree to continue without changing the score. The clock stops for halftime, injuries and at the Officials' discretion.

Halftime is 5 minutes. There is 10 minutes in between each game, therefore, games will begin on the hour every hour.

Timeouts are 30 seconds.

Officials will stop the clock for team timeouts, player injuries and at their discretion.

If the score is tied at the end of regulation play, an overtime period will be used to determine the winner. Overtime format is as follows:

- Home team calls the coin toss to determine the team that chooses to be on offense or defense first.
- If a second round of overtime must be played, the team that lost the coin toss will get to choose offense or defense for the start of the second round of overtime. This process continues with teams alternating the choice to be on offense or defense to start every round of overtime.
- The referee will determine which end of the field the entire overtime will be played.

1st OVERTIME: Each team will get one (1) play from the defense's 5-yard line for one point or the defense's 10-yard line for two points. Each team has the choice to go for 1 or 2 points in the first OVERTIME PERIOD ONLY.

- Example: Team A starts on offense and chooses to go for one point from the 5-yard line and is successful. Team B is then on offense and can choose to either go for one point from the
- 5-yard line to tie and force a second round of overtime or to go for two points from the 10-yard line for the win.
- If the second team on offense in an overtime round fails to beat or match the team that went first, the game is over.

Starting with the 2nd overtime, both teams must attempt a 2 point conversion from the 10-yard line.

Starting with the 3rd overtime, each team will get 1 play from the 5 yard line going out from the endzone. The team with the most yards will be the winner. The team with the most yards will be awarded 1 point added to their final score.

The Final Score will be recorded to include all points scored in the overtime periods.

- All regulation period rules and penalties are in effect.



GCRFF TOURNAMENT RULES & REGULATIONS

- There are no timeouts in overtime. Each team will be afforded one (1) 'coaches challenge' for the entire overtime session. Challenge **MUST** be a misapplication of a rule, **NOT** a judgement call by an official.
- Interceptions are returnable for a score in OT and are worth 2 points.
- Interceptions returned for a score in the first or second overtime period, the game is over.
- Interceptions advanced in the third overtime period, the game is over.



GCRFF TOURNAMENT RULES & REGULATIONS

SCORING INFORMATION

1. Touchdown: 6 points
2. PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line)
 - A 1 point extra point is pass only; 2 point extra point can be a run or pass.
3. Interceptions returned for scores during a regulation scrimmage down are worth 6 points. 1 and 2 pt. extra point conversions or overtime interceptions returned are worth 2 points.
4. Safety: 2 points
 - A safety occurs when the ball-carrier is declared down in his/her own end zone. Runners can be called down when their flags are pulled by a defensive player, a flag falls out, they step out of bounds, their knee or arm touches the ground, a fumble occurs in the end zone or if a snapped ball lands in or beyond the end zone.
5. A team that scores a touchdown must declare whether it wishes to attempt a 1-point conversion (from the 5-yard line) or a 2-point conversion (from the 10-yard line). Any change, once a decision is made to try for the extra point, requires a charged timeout.
A decision cannot be changed after a penalty.
6. **When 1 team is winning by 28 points or more, the game is over.**
7. Forfeits - **score will be 28-0.**
8. The coaches, officials and scorekeeper must verify the score sheet. If a coach does not verify the score sheet before leaving the field, the scorekeeper will note on that score sheet and the score will be FINAL.

COACH REQUIREMENTS & BEHAVIOR

1. Coaches are expected to adhere to NFL FLAG philosophies, coaching guidelines and code of conduct.
2. Coaches are permitted to coach on the sideline (see page 17 for grade based and 8, 7, 6U coaching guidelines)
 - All team photographers, managers, position coaches, team moms, fans, etc. are required to remain off the playing field in the designated league viewing area.
 - Coaches are responsible for their fans' conduct and behavior plus any other associated team members in their designated team area.



GCRFF TOURNAMENT RULES & REGULATIONS

LIVE BALL | DEAD BALL INFORMATION

1. The ball is live at the snap of the ball and remains live until the official whistles the ball dead.
2. The official will indicate the neutral zone and line of scrimmage.
3. It is an automatic dead ball foul if any player on defense or offense enters the neutral zone. The game officials may give teams a “courtesy” neutral zone notification to allow their players to move back behind the line of scrimmage.
4. A player who gains possession of the ball in the air is considered in bounds, as long as the first foot or a body part other than the hand, contacts the ground in the field, while maintaining possession.
5. Substitutions may be made during any dead ball period.
6. The defense may not simulate the offensive team signals by trying to confuse the offensive players, while the quarterback is calling out signals to start the play. Other unfair acts would be; not returning five (5) eligible players to the field of play after halftime, a team or officials' time out prior to the 'Ready to Play' signal by the referee. This will result in an unsportsmanlike conduct penalty on the Head Coach.
7. Any official can whistle the play dead.

Play is ruled “dead” when:

- a. The ball hits the ground.
 - If the ball hits the ground as a result of a snap, backwards pitch or lateral, the ball will be placed where the ball hit the ground.
- b. The ball-carrier's flag is pulled.
- c. The ball-carrier steps out of bounds.
- d. A touchdown, PAT or safety is scored.
- e. The ball-carrier's knee, shin, leg, forearm or arm hits the ground.
- f. The ball-carrier's flag falls out.
- g. The receiver catches the ball while in possession of 1 or 0 flag(s).
- h. The 7 second pass clock expires.
- i. Inadvertent whistle
- j. Ball-carrier leaves their feet to dive, jump or hurdle a player.
(Exception: A PLAYER CAN DIVE TO CATCH A PASS OR PULL A FLAG)



GCRFF TOURNAMENT RULES & REGULATIONS

NOTE: Fumbles / loss of possession: Ground contact must be made for the play to be dead at that spot. A fumble is loss of possession by a player, resulting in the ball contacting the ground.

8. If an inadvertent whistle occurs, the team in possession has two options: Take the ball where the whistle blew and the down will count. Replay the down from the original line of scrimmage.

If an IW occurs on the last play of the half or game, the offense will be awarded one untimed down and given those two options.

9. A team is allowed to use a timeout to question an official's rule interpretation. If the official's ruling is correct, the team will be charged a timeout. If the rule is interpreted incorrectly, the timeout will not be charged and the proper ruling will be enforced.

10.

PLAYING THE GAME

1. The ball is spotted where the ball is when the flag is pulled.
2. The quarterback cannot directly run with the ball across the Line of Scrimmage. The quarterback is the offensive player who receives the snap under center directly or in shotgun formation.
3. Direct handoffs, pitches, and laterals are permitted behind the line of scrimmage only. If this takes place, after the ball carrier crosses the line of scrimmage, the play is to be blown dead by the official. The ball shall be placed at the spot possession was lost for the next play.
 - "Center sneak" play is NOT allowed. The QB may NOT handoff, pitch or lateral the ball first to the center.
 - Any player who receives a handoff, backward pass, pitch or lateral can throw the ball from behind the line of scrimmage.
 - Once the ball has been handed off, in front, behind or to the side of the quarterback, or a backward pass, pitch or lateral has occurred, the 7-second passing clock is eliminated and all defensive players are eligible to rush.
4. Definition of a "Legal Handoff" - Total loss of possession directly from 1 offensive play to another.



GCRFF TOURNAMENT RULES & REGULATIONS

5. Teams are not allowed to run in the 'NO RUN ZONES' - (Reminder: Each offensive team approaches only TWO no-run zones in each drive – one 5 yards from midfield to gain the first down and one 5 yards from the goal line to score a TD).
 6. Runners are not permitted to jump, leap or hurdle, in the officials' judgement, while advancing the ball. The play is to be blown dead and the ball spotted where the jump, leap or hurdle occurred.
 7. Ball carriers may leave their feet and the play will continue for spinning, jump cuts, QB's passing or if there is a clear indication that he/she has done so to avoid a collision with another player. The play will continue without stoppage. However, if while leaving the ground, illegal contact is made, a penalty may be enforced by the official.
 8. No blocking or "screening" is allowed at any time.
 9. Offensive players in close proximity of the ball carrier must stop their motion once the ball has crossed the line of scrimmage. No running with the ball carrier.
 10. Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.
 11. Once the ball is advanced beyond the LOS, the current ball carrier is the only player allowed to have possession of the ball until the play is dead.
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