



# FLAG IN-SCHOOL

# GAME RULES

## Game

- The winner of the coin toss has the choice to take offense or defense. The other team chooses which direction it will defend. There is no option to defer to second half.
- The offensive team takes possession of the ball at its 5-yard line and has three (3) plays to cross midfield. Once a team crosses midfield, it has (3) plays to score a touchdown.
- If the offense fails to cross midfield or fails to score, the ball changes possession, and the new offensive team takes over on its own 5-yard line.
- All possession changes except interceptions start on the offense's 5-yard line.
- Teams change sides after the first half. Possession changes to the team that started the game on defense.

## Timing

- Games are 20 minutes running time (10 minutes each half)
- Halftime is 1 minute long (Teams change sides of the field)
- Each time the ball is spotted the team has 30 seconds to snap the ball
- Each team has one 30-second time out per half

## Scoring

- Touchdown: 6 points.
- Extra point: 1 point (from 5-yard line) or 2 points (from 10-yard line)
- Safety: 2 points
- Overtime winner: Add 6 points to winning team's score
- Games are played to 20 minutes unless one team is leading by a 28-point margin, at which point the game is over

## No Run Zone

- No Run Zones are located 5 yards before midfield and 5 yards before the goal line in each offensive direction
- If the ball is spotted on or inside the No Run Zone, the offense **MUST** use a pass play to achieve a first down or touchdown