JUST COMPETE SPORTS

NFL FLAG

RULES & ADJUSTMENTS

League rushing requirements and tournament differences.

QUICK REFERENCE | PLAYERS, COACHES & FAMILIES

LEAGUE RULE | 10U, 12U & 14U ONLY

QB running: Not permitted. The first player to receive the snap from the center cannot run beyond the line of scrimmage (LOS).

Declared rushers: Maximum of two, positioned at least 7 yards behind the LOS. Both must raise their hands and keep them raised until the snap.

At the snap: Declared rushers may immediately rush the QB or drop into coverage. No fake blitzing or delayed rushing. Once a player steps forward to rush, they must continue rushing.

PENALTY: Illegal rush, fake blitz, or failure to declare = 5 yards from LOS + automatic first down.

TOURNAMENT RULES & ADJUSTMENTS

01 SINGLE PLAY OVERTIME
Offense is the team possessing the ball when regulation ends; defense is the opposing team. The ball is placed at the 7 yard line. Running or passing is permitted. One play only: if the offense scores, it wins. If the defense stops the play, it wins.

02 GAME TIME & TIMEOUTS
Two 18 minute halves (36 minutes total). Each team receives three timeouts per game. Each timeout lasts 30 seconds.

03 8U: NO DEFENSIVE RUSHING
No defensive rushing is permitted in the 8U division. Defenders may not rush the quarterback.

04 28 POINT MERCY RULE
A 28 point mercy rule applies during the tournament.

05 NO RUN ZONES: SHULA & LOMBARDI ONLY
No run zones are NOT in play for Shula and Lombardi during the tournament. This exception applies only to these two divisions.

06 ON FIELD COACHES: LOMBARDI & SHULA
Lombardi: One coach is allowed on the field. Shula: One coach is allowed on the field during pre snap only and must leave before the snap, as in the regular season.

All other tournament rules: Follow the official NFL FLAG Tournament Rules unless specifically modified by the Just Compete Sports rules above.

OPEN THE LINKED NFL FLAG RULEBOOK >