JUST COMPETE SPORTS

NFL FLAG

TOURNAMENT GUIDE

Game rules, standings, and tiebreakers in one place.

TOURNAMENT READY | COACHES, PLAYERS & FAMILIES

THREE DIFFERENCES FROM NFL FLAG TOURNAMENT RULES

01 SINGLE PLAY OVERTIME

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

02 GAME TIME & TIMEOUTS

Two 18 minute halves equal 36 minutes of regulation. Each team receives three timeouts per game, and 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.

HOW STANDINGS & TIEBREAKERS ARE DETERMINED

Rankings are first determined by each team's **win, loss, and tie record.** If teams have tied records, use the following order:

TWO TEAMS TIED

1. Head to head wins
2. Points against
3. Point differential

THREE OR MORE TEAMS TIED

1. Points against
2. Point differential

Points against: Points scored by opponents against your team.
Point differential: Your team's points scored minus its points allowed.

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

OPEN THE LINKED NFL FLAG RULEBOOK >

Compiled from the supplied Tournament Quick Guide and Standings Determination. Linked rulebook retained from league materials.