JUST COMPETE SPORTS

NFL FLAG

TOURNAMENT GUIDE

Game rules, standings, and tiebreakers in one place.

TOURNAMENT READY | COACHES, PLAYERS & FAMILIES

JUST COMPETE TOURNAMENT RULES & EXCEPTIONS

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.

HOW STANDINGS & TIEBREAKERS ARE DETERMINED

Rank teams by win, loss, and tie record. For 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 Just Compete rules above.

OPEN THE LINKED NFL FLAG RULEBOOK >