



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 | THREE DIFFERENCES

01 SINGLE PLAY OVERTIME

The offense is the team possessing the ball when regulation ends; the other team is the defense. Place the ball at the 7 yard line. Run or pass permitted. One play: offense scores, offense wins; defense stops, defense wins.

02 GAME TIME & TIMEOUTS

Two 18 minute halves: 36 minutes of regulation. Each team receives three timeouts per game, 30 seconds each.

03 8U: NO DEFENSIVE RUSHING

Defenders cannot rush the quarterback in 8U tournament play.

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 >](#)

New formatted copy of the supplied league rules document. Rule wording and the original rulebook link are retained.