



After Dark Flag Football Tournament

Rules and Information

Game

- ★ At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball. The visiting team calls the toss.
- ★ The winner of the coin toss has the choice of offense or defense
- ★ The offensive team takes possession of the ball and has four(4) plays to score a touchdown.
- ★ If the offense fails to score, the ball changes possession and the new offensive team starts its drive.

Equipment

- ★ Participants must wear a mouthpiece.
- ★ Flag belts and footballs will be provided by the league.
- ★ No hats during game play.
- ★ Indoor shoes or sneakers **must** be worn on the turf.
- ★ Teams will provide their own jersey for the tournament. All jerseys must match in color.

Field

- ★The field dimensions are 30 yards by 30 yards with one end zone and one no-run zone at the 5 yd line.
- ★Both teams will go in the same direction - Change of possession teams will run to the start mark and begin their drive.
- ★No-run zones are in place to prevent teams from conducting power run plays. While in the no-run zones (a 5-yard imaginary zone before the end zone), teams cannot run the ball in any fashion. All plays must be pass plays, even with a handoff.

Timing

- ★Games are played on an 18 minute continuous clock.
- ★Clock stops only for timeouts or injuries.
- ★Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- ★Both teams get 1 - :30 timeout per game. Whichever team has the ball on the last possession will have :30 seconds extended to the game clock or one minute if both timeouts were used during the game. The referee will keep track of the extra time on the field.
- ★In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.
- ★Teams must be ready to play immediately after the conclusion of the game prior.

Scoring

- ★Touchdown: 6 points
- ★PAT (point after touchdown) 1 point (5-yard line) or 2 points (10-yard line)
- ★Interceptions will result in 2 points for the defensive team and possession of the ball at the start mark. INT's will be blown dead immediately.

Coaches

- ★1 coach can be on the field for offensive downs but not for defense.

After Dark Tournament Rules

- ★ 5 v 5 gameplay - 4 v 4 allowed to play if necessary
- ★ No Defensive Rush
- ★ Ball must be snapped to the QB - Shotgun or under center
- ★ :30 sec play clock - play clock starts when the referee spots the ball - if the team isn't able to get the play off in :30 seconds - teams will lose the down.
- ★ No Quarterback runs - Handoffs, pitches and reverses are all permitted. The QB is permitted to hand the ball off and then go out for a pass.(QB throwback)
- ★ The offense has a 4 Mississippi count to get their play completed - if the play is not completed by 4 Mississippi the referee will blow the play dead and the offensive team will lose that down.
- ★ Once the QB hands the ball off to one of the offensive players, the defense no rush rule becomes void. The defensive players are allowed to attack the ball carrier regardless if he/she is going to throw the ball to another teammate. The 4 mississippi count stops as well once the QB hands the ball off.
- ★ No 1st downs - teams have four downs to score
- ★ All defensive penalties are 5 yards from the L.O.S. and a replay of the down for the offense.
- ★ All offensive penalties are a loss of 5 yds from the L.O.S. and a loss of down.

