

GSPN Flag Football Rules 2012

- Games will start on the hour, or a forfeit will be called.
- Ball starts on the 20.
- First down markers are at the 20 and 40 yard lines.
- **5 second clock**, line of scrimmage is the front leg of the stand.
- Must have a forward pass – from anywhere behind the line of scrimmage.
 - Screen passes are legal.
- There is no illegal procedure behind the line of scrimmage.
- You have 30 seconds to run a play or to get the defense ready on a change of possession.
- Running clock.
- Each team has one timeout per half.
- The clock stops on change of possession only inside of 2 min. each half.
- Player must have one foot in bounds with control of the ball for a catch and maintain possession to the end of the play.
- The boundary lines are out.
- **GSPN game ball must be used.**

The play is dead when:

- The ball carrier's flag is unfastened.
- Any part of the ball carrier (other than **palm** of the hand or feet) touch the ground.
- The ball carrier fumbles the ball.
- An offensive penalty occurs after a reception.
- When flag guarding is called.
- **Offensive player initiates contact with head or shoulder.**

Infractions – 5 yards

- Offside – crossing the line of scrimmage before the “snap”
- Illegal pass – QB crossing the LOS before passing, **-5 and loss of down**
- Delay of game.
- **Sack, -5 and loss of down**

Unsportsmanlike –15 yards

- Contact offensive or defensive (like basketball)
- Pass interference
- Ineligible – Too many on field
- Holding-**impeding the progress of the ball carrier**
- Stripping the ball (**moved from cause for expulsion**)

Cause for expulsion

- Excessive contact
- Profanity
- Arguing with officials
- Taunting

Tie Breakers

- There is no overtime during the regular season.
- Tie breakers in standings:
 - Head to head
 - Score differential within the division
 - Coin flip with captains.
- Playoff games tie breakers: Ball is placed on the 20. Whoever scores with the fewest plays wins.