



Official Rules & Regulations

1. League Philosophy

Game Time Flag Football is committed to providing a safe, competitive, and positive environment for youth athletes. The league emphasizes:

- Sportsmanship
- Player Development
- Safety
- Competitive Fairness
- Community Engagement

Game Time Officials maintain final authority over all gameplay and rule enforcement.

2. Field & Equipment

2.1 Field Dimensions & Layout

Official Game Time Field Dimensions (5v5 & 7v7)

• 5v5 Field Dimensions

Total Field Length: 70 yards (Back of End Zone to Back of End Zone)

Field Width: 25 yards (Sideline to Sideline)

• 7v7 Field Dimensions

Total Field Length: 70 yards (Back of End Zone to Back of End Zone)

Field Width: 25-30 yards (Sideline to Sideline)

See field diagram attached at the end of the rules pages.

No Run Zones

No Run Zones are located:

- 5 yards in front of each end zone
- 5 yards on both sides of midfield

When the ball is spotted inside a No Run Zone:

- Offense must attempt a forward pass
- Running plays are prohibited

Rush Line

- Rush Line is 7 yards from the Line of Scrimmage
- Rush Line moves with each play. Officials on the field will spot the 7 yard rush line

2.2 Ball Size Requirements

Coed Divisions

- 6U & 8U — Pee wee Football
- 10U & 12U — Junior or Youth Football
- 14U — Youth or Official Football
- High School/Open — Official Football

All Girls Divisions

- 8U — Pee wee Football

- 10U & 12U — Junior or Youth Football
- 14U & High School — Junior or Youth Football

Game Time reserves approval of all game balls. If an agreement on ball cannot be found. Game Time Staff or Official will choose the ball to play.

2.3 Flag Requirements

- Flags must be worn on hips
- Flags must remain visible
- Flags cannot be altered, wrapped, or knotted

2.4 Blocking Rules

Game Time Flag Football is a non-blocking league.

Prohibited actions:

- Screening defenders using body positioning
- Extending arms or initiating contact
- Downfield blocking by receivers or runners
- Offensive linemen engaging defenders

Blocking Penalty

- 5-yard penalty
- Loss of down
- Enforced from Line of Scrimmage

3. Rosters & Player Eligibility

- 5v5 Teams — Maximum 10 players (+2 when announced)
- 7v7 Teams — Maximum 14 players
- Only registered players may participate
- Players must compete in proper division unless approved by Game Time Administration

4. Game Format

4.1 Regular Season Games

- Two (2) 20-minute halves
- Running clock
- 1-minute halftime
- Teams switch sides at halftime
- Clock stops only for injuries or official stoppages

4.2 Tournament Play

- Two 12-minute halves
- Running clock
- 1-minute halftime
- Teams switch sides at halftime

5. Play Clock & Timeouts

Play Clock

- Offense has 25 seconds to snap ball
- Officials warn at approximately 10 seconds remaining

Timeouts

- Two (2) 30 second timeouts per half
- Timeouts do not carry over

6. Offensive Rules

- Offense has four (4) downs to cross midfield
- After crossing midfield, offense has three (3) downs to score
- Ball must be snapped between the center's legs
- All players are eligible receivers unless division rules state otherwise

7. Defensive Rules

- Defensive players must avoid excessive contact
- Legal stop is pulling the ball carrier's flag
- Defense must allow safe snap exchange

8. Rushing the Quarterback

- Rusher must begin 7 yards from Line of Scrimmage
- Rusher must declare by raising arm before snap
- Game Time Officials verify rush positioning

Rushing Regulations

- False rushing is not allowed
- Multiple rushers are allowed
- All rushers must be declared
- Undeclared players cannot rush
- Rushers cannot cross line before snap
- Rushers cannot initiate contact with center

9. Scoring

- Touchdown — 6 points
- 1-Point Conversion
- 2-Point Conversion
- Safety — 2 points

10. Center Protection Rule

The center is a protected player during snap exchange.

Defense may NOT:

- Make contact with center during or immediately after snap
- Strike, grab, or push center
- Disrupt snap exchange

Center Protection Penalty

- 5-yard penalty
- Automatic First Down
- 10-yard penalty and possible ejection if excessive



11. Penalty Enforcement Chart

Offensive Penalties

Offensive Spot Fouls	
Screen or Blocking	5yds and LOD
Charging	5yds and LOD
Holding/Illegal Contract	5yds and LOD
Flag Guarding	5yds and LOD
Intentional Grounding	LOD (Safety if in the Endzone)
Offensive Penalties	
Offensive rough play	10yds and LOD
Unsportsmanlike	10yds and LOD
Offsides/False start	5yds from LOS and LOD
Offensive pass interference	5yds from LOS and LOD
Illegal Motion	5yds from LOS and LOD
Delay of game	5yds from LOS and LOD
Impeding the rusher	5yds from LOS and LOD
Illegal Procedure	5yds from LOS and LOD
Taunting	10yds from LOS and LOD
Illegal forward pass	5yds from LOS and LOD
Illegal Substitution	5yds from LOS and LOD

Defensive Penalties

Defensive Spot Fouls	
Defensive pass interference	Automatic first down (AFD)
Holding/Illegal contact	5yds and AFD
Stripping	5yds and AFD
Defensive Penalties	
Unnecessary Roughness	10yds and AFD
Unsportsmanlike	10yds and AFD
Offsides-Illegal Sub	5yds from LOS and AFD
Illegal Rush inside 7yds	5yds from LOS and AFD
Illegal Flag pull	5yds from LOS and AFD
Roughing the Passer	5yds from LOS and AFD
Taunting	10yds from LOS and AFD
Illegal Procedure	5yds from LOS and LOD
Taunting	10yds from LOS and LOD

12. Mercy Rule

If a team is leading by **28 points or more in the second half**, the game is declared final.

Game Time Officials retain final authority.

13. Overtime Format

Each team receives equal opportunity using PAT format:

- 5-yard attempt = 1 point
- 10-yard attempt = 2 points

Overtime Tie Breaker

- If tied, overtime repeats
- Beginning with 2nd overtime, teams must attempt 2-point conversions until a winning score has been scored

Interceptions During Overtime

- Play is ruled dead
- Attempt ends
- No return or defensive scoring allowed

14. Sportsmanship & Conduct

- Officials may issue warnings
- Officials may issue ejections
- Coaches responsible for sideline behavior

15. Weather & Safety Policy

Game Time reserves the right to:

- Delay games
- Suspend games
- Cancel games
- Modify schedules for safety

16. Player Equipment

- Number on jersey is required.
- Uniforms must be similar by week 3 with Team Logo and numbered.
- Players must have mouth pieces. (This is the Coaches and Parents responsibility to make sure players have mouth pieces and all proper equipment during all games and its duration)
- All Players with hair longer than shoulder length must have their hair in a high ponytail (not middle back of the athletes head), in a hair bun (hair bun style) or in a Skully/Skull style cap.
- NO POCKETS ALLOWED. All shorts/leggings/bottoms must have no pockets or pockets must be completely sewn. Tape is not allowed.

Field Diagram

