

FLAG FLAG FOOTBALL BOSTON

FLAG Flag Football uses the most recently published NGFFL rule book (most recently revised on August 9, 2024), with the following modifications:

- Field size: The field will be rectangular with dimensions: 60 yards by 30 yards (plus two end zones of 7 yards deep).
- The game consists of two halves of 20 minutes.
- Each team is allotted three 30-second timeouts per game. These timeouts can be taken at any time during the game.
- There will be up to a 5-minute intermission between the halves.
- If a team is ahead by 20 or more points with two minutes or less remaining during a game, then the game is automatically over.
- An offense may have 8 players on the field during a huddle, so long as the 8th player exits the huddle, raises their hand while leaving the field, and clears the field before the ball is snapped.
 - *Penalty: Illegal Substitution (dead ball foul) – 5-yard penalty*
- There is no kicking (all references to fair catches, punts, and free kicks are to be ignored).
- After a try-for-point, the non-scoring team takes possession of the ball at their 5-yard line, unless that spot is moved after enforcement of a penalty carried over from the previous touchdown scoring play or the try to the succeeding spot.
- Prior to the expiration of the play clock on any down, the team currently in possession of the football may declare to “punt.” As a result of this action, their opponents will take over possession 30 yards in advance of the succeeding spot. If such an advance results in spotting the ball in or behind a goal line, a touchback will be awarded.
- In the spirit of equity and inclusion, players who identify as female are permitted to throw a forward pass with a junior-sized football. However, if a teammate who identifies as male throws a forward pass with a junior-sized football, it will be a penalty for illegal procedure (5 yards from previous spot).
- The possession following a 2-point safety will begin at midfield.
- Overtime possessions (only used in tournament play weekends) start with a 1st and Goal from the 10-yard line.