



NFHS Flag Football Rules Book: Game Clock Format

General Clock Format:

- The Game length will be four 12-minute periods.
- There will be a 1-minute intermission between the 1st and 2nd periods and between the 3rd and 4th periods. Teams change goals following these intermissions.
- There will be a 10-minute halftime, unless coaches have mutually agreed to shorten the halftime period.

Clock Stoppages:

- *The clock will only be stopped during play in the 1st and 3rd periods and the first 10 minutes of the 2nd and 4th periods for the following:*
 - A charged team timeout (restart on the snap)
 - Change of possession (restart on the snap)
 - Following a safety (restart on the snap)
 - A touchdown (the clock will NOT run on the extra point attempt and will be started again at the change of possession snap)
 - Penalties (restart on the ready-for-play signal)
 - An official's timeout ex. injury (restart on the ready-for-play signal)
- *Two-Minute Timeout* - During the first dead ball with two minutes or less remaining in either half, the referee shall stop the clock and notify the field captains and their coaches of the time remaining and that the last two minute timing rules are in effect. This is not a timeout for coaches to confer with players. The clock starts on the snap following this two-minute timeout.
- *During the final 2 minutes of the 2nd and 4th periods, the clock will stop for the following:*
 - A charged team timeout (restart on the snap)
 - Change of possession (restart on the snap)
 - Following a safety (restart on the snap)
 - A touchdown (the clock will NOT run on the extra point attempt and will be started again at the change of possession snap)
 - **Out of bounds** (restart on the snap)
 - **Dead ball** (restart on the snap)
 - **Incomplete pass** (restart on the snap)
 - Penalties (restart on the ready-for-play signal)
 - An official's timeout ex. injury (restart on the ready-for-play signal)
 - **First down** (restart on the ready-for-play signal)

Play Clock:

If play clock is operational and handled by the press box, it shall be 25 seconds and starts once the referee signals and whistles ready for play.

Putting the Ball in Play:

New series start each half and after scoring at A's 14-yd line.

Following a safety, the team whose goal line was not involved shall put the ball in play by a snap from scrimmage from its own 30-yard line.

Team Timeouts:

Each team gets two charged timeouts per half. Timeouts are one minute each and do NOT rollover from the first half to the second half.

First Downs:

1st downs are accomplished at 20-yard intervals at designated spots:

- A's 20 yd line
- A's 40 yd line
- B's 40 yd line
- B's 20 yd line

Scoring:

- TD: 6 points
- Successful extra point from 3 yd line: 1 point
- Successful extra point from 10 yd line: 2 points
- Safety: 2 points

Mercy Rule Regulations:

1. If a team is ahead by 19 points or more at the two-minute timeout of the 4th quarter, the game clock will continue to run.
2. Team coaches can mutually agree to end a game early.

Overtime Regulations:

1. The overtime will begin with a coin toss. The designated home team will make the call. The winner of the toss will have the option of taking offense, defense, or playing towards a certain goal. The loser of the toss will have the second option. If additional overtime periods are needed, the teams will play the alternate possession from which they started.
2. All overtime periods will be played toward the same goal. Both teams will have one opportunity on offense. The offense may choose to attempt a 1-point try from the 3-yard line or a 2-point try from the 10-yard line. After the try, the opposing team will have the same option. If the game is still tied, the process will be repeated until there is a winner declared.
3. There will be no time outs during overtime. There will be a 1 minute timeout between additional overtime periods.