

FLAG FOOTBALL RULES

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GBCS FLAG FOOTBALL RULES

Table of Contents

I. General Rules-----	3
➤ Game Length	
➤ Field	
➤ Players	
➤ Equipment	
II. Game Play Rules -----	4
➤ Offense-----	4
• Blocking	
• Passing	
• Snapping	
• Rushing	
• Receiving	
➤ Defense-----	5
• Blocking	
• Rushing	
• Pass Defense	
• De-Flagging/Tackling	
➤ Kicking -----	6
• Kick-offs	
• Punting	
➤ Penalties -----	6
• Offense	
• Defense	
III. Coach and Player Conduct -----	9
IV. Scoring -----	9
➤ Touchdown	
➤ Point After Touchdown	
➤ Safety	
V. Miscellaneous Rules -----	10
➤ Series of Downs	
➤ Play-Clock	
➤ Overtime	
➤ Mercy Rule	
➤ Protests	
➤ MPR	
Table of Game Clock Times -----	13
Penalty Summary -----	14
Notable Differences from CIF Rules -----	15

GBCS FLAG FOOTBALL RULES

I. GENERAL RULES:

a. Game Length

1. 2 – 24 – minute running halves.
2. Halftime will consist of two (2) minutes.
3. END OF HALF – End of Half is defined as the final 1:00 minute of the First Half and the final 2:00 minutes of the Second Half.
 - The clock stops on all dead ball plays at the End of Half unless otherwise noted. Dead balls that stop the clock at the End of Half include: incomplete passes, ball carrier steps out of bounds, scoring plays, change of possession, penalty (clock stops until ball is set), time out, official time out, or spiked ball after offensive line is set. The clock is also stopped after a touchdown at End of Half for extra point attempts. The game clock will start on the snap following the stoppage for notification of 2-minute warning.
4. Each team receives (3) three timeouts TOTAL per game, to be used whenever they wish in either half throughout the game. Each timeout will last one full minute (:60). Teams can call timeouts at any point of the game regardless of the score.
5. A coin toss determines first choice of options to receive or defer.

b. Field:

1. Width: 53.5 yards wide (full football field width)
2. Length: 80 yards + 2 end zones (10 yards each)
3. No-Run Zones are located 5 yards from each End Zone
4. Team Area: 2 yards from each sideline and between the 20-yard markers.

c. Players:

1. Spring 2024 will be played 8 v 8.
2. Minimum of 5 players to play a game.

d. Equipment:

1. Shoes:
 - Must be soft pliable upper material (i.e., canvas/synthetic) that completely covers the foot and is attached to a one-piece molded composite bottom (i.e., tennis shoes).
 - Turf Shoe or molded rubber cleats only. NO metal cleats, screw in cleats, or baseball cleats allowed.
2. Shirts/Jerseys:
 - All jerseys must have numbers on front and back.
 - No identical numbers on the field at the same time.
 - Must cover the players' torso.
 - Must be long enough to be tucked into pants.
 - Shirt must be always tucked in.
 - Sweats (including hoods) must be worn under the uniform, if worn.
3. Shorts/Pants:
 - Must be part of a uniform.
 - No Open Pockets
 - Spandex, compression shorts or black leggings may be worn under the uniform.
 - No torn shorts or sweatpants.
 - The pants or shorts must be a contrasting color than the flags.

4. Flags:
- A one-piece flag belt without any knots.
 - One flag on each side and one in the center of the back. (3 total)
 - Flags may not be altered in width or length and may have no tape on them.
 - All players must be wearing a flag before the ball becomes live. Failure to properly wear required player equipment when the ball is about to become live results in a dead ball penalty for Delay of Game.

NOTE: Games will not be played unless both teams have the appropriate flags.

5. Football:
- Pebble grained or rubber covered football.
 - Pee Wee size for 5GU Division, Junior size for Middle School Division
 - The referee shall be the judge of any ball offered for play.

6. Field Equipment:
- Score board
 - Goal post pads
 - Sideline markers and pylons
 - Down marker

7. Additional Equipment:
- Mouth and Tooth Protector: It is MANDATORY that all players wear a Mouthpiece.
 - Sunglasses: Players are not permitted to wear sunglasses
 - Hand Warmers: Players may not wear hand Warmers that buckle around the waist
 - Wristbands and headwear shall meet the following guidelines: Soft-sided, Rubber, cloth or elastic bands may be used to control hair. Hard items, including, but not limited to, beads, barrettes, and bobby pins, are prohibited.
 - Knee & ankle braces are permitted but all exposed hinges must be covered. Most oversleeves recommended by the manufacturer are acceptable. These braces may be padded or unpadded.
 - The officials shall not permit any team member to participate while wearing apparel or equipment if in his/her judgment any item is dangerous or confusing to other players, is not appropriate, or constitutes a safety concern.
 - A player may not wear jewelry. Religious and medical alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical alert medal must be taped and may be visible. Additionally, no hanging play cards and no eye shade other than all black.

II. GAME PLAY RULES:

➤ Offense:

➤ Blocking:

- No Blocking or Moving Screens allowed at any time
- NO EXCESSIVE CONTACT will be allowed.

➤ Passing:

- The offensive team may NOT throw more than one forward pass per play.
- The offensive team may throw an unlimited number of backward passes during any play.
- No player may throw the ball forward if that player is beyond the line of scrimmage.
- The QB MAY intentionally ground the ball by throwing the ball into the ground or

out of bounds to avoid a sack. If the ball is thrown laterally or backwards it is considered a fumble and the ball will be placed at the spot where the ball crossed the out of bounds demarcation or hits the ground. If the pass is thrown forward it is considered an incomplete pass and will be placed at the previous spot.

- No forward passes are allowed after an interception.

➤ Snapping:

- The ball must be snapped from the ground between the legs.
- The ball may be snapped to any person lined up behind the Center.
- The person who receives the snap is considered the quarterback for that play.

➤ Rushing:

- ALL players are eligible receivers.
- Quarterback can run the ball ONCE per SERIES OF DOWNS.
- There is no limit on the number of times players other than the quarterback can run.
- The PAT shall be treated as a new series (QB is open).
- No stiff arming.
- If the QB is being rushed by the defense they may run without it counting toward their one run per series of downs. This is true whether it is one or two defensive players rushing the QB. The defense can never rush more than two players (and there is no limit on how many times a defense can rush).
- The QB is considered the player that takes the ball from the Center (whether under Center or in shotgun formation). As soon as the QB gives the ball to another player behind the line of scrimmage (whether it's a hand-off, pitch or pass), there is no limit on how many defenders can cross the line of scrimmage to attempt to pull the ball carrier's flag. The defender is not allowed to cross the line of scrimmage until the ball "touches" another player besides the QB in the backfield.

➤ No Run Zone:

- No-Run Zones are located 5 yards from each end zone. No run zones are designed to avoid short-yardage, power-running situations to help avoid blocks/screens & excessive contact. If a penalty or loss of yardage takes a team out of the no run zone (more than 5 yards from end zone), that team is then allowed direct hand-offs again.
- QB runs are not allowed in these No Run Zones unless the defense rushes one or two players.
- Pitches and direct hand-offs, including those following a forward or backward pass, are not allowed in these No Run Zones.

➤ Receiving:

- A reception is deemed made if:
 - The receiver possesses the ball before the ball contacts the ground and
 - The receiver has a body part down in the field of play after possessing the ball.
- The receiver may NOT use their hands or arms to move a defender to make a reception.
- No stiff arming.

➤ Jumping:

- A player may not leave her feet to avoid a flag from being pulled.
- Official will blow the whistle and the player will be down at the spot where she left their feet.

➤ Fumbles:

- Fumbles are dead as soon as they hit the ground.
- Forward or backward fumbles will be placed at the spot where the ball crossed the out of bounds demarcation or hit the ground.
- A fumble caught in the air by either team is a live ball and may be advanced.

➤ Defense:

➤ Blocking:

- No Blocking or Moving Screens allowed at any time
- NO EXCESSIVE CONTACT will be allowed.

➤ Rushing:

- Any defensive players can rush from any position on the field if they are 7 yards behind the line of scrimmage. The referee will mark the spot where the defender(s) can rush from (7 yards back) with either a bean bag, a towel, a cone, or with their own body.
- The defense may rush up to two (2) players at a time.
- There is no limit on how many times a defense can rush the QB (with one or two players).
- Rushers must attempt to avoid any offensive players. NO EXCESSIVE contact is allowed.
- Rusher must avoid hitting the QB's arm, even on the follow through motion.
- As soon as the QB gives the ball to another player behind the line of scrimmage (whether it's a hand-off, pitch or pass), there is no limit on how many defenders can cross the line of scrimmage to attempt to pull the ball carrier's flag. The defender is not allowed to cross the line of scrimmage until the ball "touches" another player besides the QB in the backfield.

➤ Pass Defense:

- Receivers are allowed a free release from the line of scrimmage. NO Bump and Run coverage. This is an illegal contact foul - 10-yard penalty. This would be enforced from the end of the related run (running play) or previous spot (pass play).
- Defenders are not allowed to play through the receiver to make a play on the ball.
- Interceptions occur if:
 - The interceptor possesses the ball before the ball contacts the ground, &
 - The interceptor has a body part down in the field of play after possessing the ball.
- If the defense intercepts a pass, they can return the ball for a touchdown. Wherever the flag is pulled is where the new offense will start their first series of downs.

➤ De-Flagging/Tackling:

- The defender must make a play at the flags. A player may not try to strip, grab or knock free a ball in player possession, including a quarterback prior to passing the ball. If this occurs, it is penalized as an illegal contact foul.
- When de-flagging the ball carrier:
 - The ball carrier is down at the point when the flag belt comes unclipped, NOT when it falls off.
 - The ball will be spotted using forward progress where the ball is at when the flag comes unclipped, not where the flag may fall.
 - Forward progress is the forward-most point of the ball when de-flagged, if a player is holding the ball out in front of her body, then that's the dead-ball spot where the ball will next be put into play.

➤ Kicking:

➤ Kick-offs:

- There will be NO kick-offs.
- Teams will take possession of the football on their 20-yard line

➤ Punting:

- There will be NO punts.
- On 4th down the offensive team must declare whether they are "punting" or going for the first down prior to expiration of the play clock.

- If the offensive team declares a “punt” after committing a delay of game foul, the penalty will be enforced at the subsequent dead ball spot.
- If the offense declares a “punt” the defense will take possession of the football on their 20-yard line. (10-yard line for 50 yard fields)
- If the offense goes for the first down and does not obtain it, the defense will take possession of the football at that point on the field.

➤ Penalties:

➤ Offense:

- **Illegal Contact:**
 - When an offensive player makes excessive contact with a defensive player.
 - No Blocking or Moving Screens
 - 10-yard penalty
- **False Start:**
 - When an offensive player moves in a way that simulates the start of a play.
 - 5-yard penalty
- **Offensive Pass Interference:**
 - When an offensive player hinders a defensive player’s ability to catch a pass by making physical contact with the defensive player.
 - It is forward-pass interference if any player of A, who is beyond the neutral zone, interferes with an opponent's opportunity to move toward, catch, or bat a pass.
 - It is not forward-pass interference if:
 - a. Unavoidable contact occurs when two or more players are making a simultaneous, bona fide attempt to move toward, catch or bat the pass.
 - b. Contact by A is immediately made on a B lineman and the contact does not continue beyond the neutral zone.
 - 10-yard penalty
- **Illegal Forward Pass:**
 - When a player is or has been past the line of scrimmage throws the ball forward or when more than one forward pass is thrown during a play.
 - When a forward pass is thrown after a change of team possession.
 - 5-yard penalty from the spot of the infraction (loss of down, if by offense).
- **Illegal Quarterback Run:**
 - When the quarterback runs the ball more than once per series of downs.
 - 5-yard penalty, loss of down
- **Illegal Shift/Illegal Motion:**
 - When an offensive player in motion moves towards the line of scrimmage before the ball is snapped.
 - A maximum of one (1) player off the line of scrimmage is allowed to be moving laterally/backward at the snap of the ball.
 - 5-yard penalty
- **Flag Guarding:**
 - When a player, either intentionally or accidentally, inhibits a player from de-flagging them using their hands, arms, etc. (including stiff arming).
 - 10-yard penalty from the spot of the infraction, loss of down.
- **Illegal Formation:**

- When the offensive team has more than 3 players lined up behind or off the line of scrimmage at the snap.
- 5-yard penalty
- Hurdling/Spinning/Diving:
 - A player may not attempt to jump over an opponent.
 - A player IS allowed to spin to avoid a flag being pulled
 - A player may not leave their feet and dive in any direction to advance the football.
 - 10-yard penalty.

➤ Defense:

- Illegal Rush:
 - When a defensive player rushes the QB after being less than 7 yards behind the line of scrimmage at the snap.
 - When more than two (2) players rush at a time.
 - 5-yard penalty
- Illegal Contact:
 - When a defensive player makes excessive contact with an offensive player.
 - A player may not run through the ball carrier when pulling a flag.
 - 10-yard penalty
- Illegal Flag Pulling:
 - A defensive player may not intentionally pull the flags off a player who has not touched the ball.
 - 5-yard penalty, automatic first down.
 - Run Play - enforced from end of run
 - Pass Play - Complete - enforced from end of related run
 - Pass Play - Incomplete - enforced from previous spot
- Roughing the Passer:
 - When a defensive player contacts the QB while the QB is in the throwing motion or has just completed the throwing motion. This includes hitting the QB's arm after they have released the ball.
 - 10-yard penalty, automatic first down.
- Defensive Pass Interference:
 - When a defensive player hinders an offensive player's ability to catch a pass by making physical contact with the offensive player.
 - It is forward-pass interference if any player of B, who is beyond the neutral zone, interferes with an opponent's opportunity to move toward, catch, or bat a pass.
 - It is not forward-pass interference if:
 - a. Unavoidable contact occurs when two or more players are making a simultaneous, bona fide attempt to move toward, catch or bat the pass.
 - b. Contact by B is obviously away from the direction of the pass.
 - Ball will be placed at the spot of the foul. Automatic first down.
- Defensive Holding:
 - When a defensive player holds up the offensive player while attempting to de-flag that player.
 - 10-yard penalty
- Encroachment:

- When a defensive player crosses the line of scrimmage before the ball is snapped.
 - 5-yard penalty
- Tackling:
 - A player cannot tackle the ball carrier.
 - 10-yard penalty
- Sliding:
 - A player may not slide to get the flag.
 - 10-yard penalty

III. Coach and Player Conduct:

- Coaches and/or players who disrespectfully object to a game official's call may be assessed an Unsportsmanlike Conduct penalty.
- No coach, player or substitute shall act in an unsportsmanlike manner once the game officials assume authority of the contest.
- Examples are, but not limited to:
 - Using profanity, insulting or vulgar language or gestures.
 - Attempting To influence a decision by a game official.
 - Disrespectfully addressing a game official.
 - Failure of head coach, following verification, to have his/her player(s) wear legal and/or required equipment.
 - Being on the field except as a substitute or replaced player.
 - Being outside the team box, but not on the field.
- These actions result in an unsportsmanlike conduct penalty enforcement, with a second unsportsmanlike conduct foul resulting in disqualification.
 - Unsportsmanlike Conduct penalty enforcement will be treated the same as a dead ball foul with the penalty being enforced from the spot of the ball at the end of the play. A second Unsportsmanlike Conduct foul will result in the coach or player being disqualified for the remainder of the game.
 - Team captains should be the players that address the officials.
 - Fighting is any attempt by a player or non player to strike or engage a player or non player in a combative manner unrelated to football. Such acts include, but are not limited to, attempts to strike an opponent with the arm, hand, leg, or foot, whether there is contact or not.

IV. Scoring:

- Touchdown:
 - 6 points
- Tampering with a Flag:
 - If a player is determined to have tampered with their flag it will result in a loss of down and a warning.
 - Next infraction results in disqualification.
- Point After Touchdown:
 - No kick attempts
 - 5 yards = 1 point
 - 10 yards = 2 points
 - During a PAT attempt, the ball remains live, allowing the intercepting team to return the try for 2 points to the other end of the field.
 - Once a team declares their choice for a 1- or 2-point conversion and the ball is declared ready for play by the officials, the team may change their decision only after calling a time-out.

- Point After Touchdown plays will be an untimed down at 2:00 or less in each half. Additionally, when a touchdown is scored and the PAT down has not been played when any half reaches 0:00, the period shall be extended for the PAT down on the same end of the field that the touchdown was scored.
- 1-PT attempt (from 5 yard line):
 - No run zone rules DO APPLY for offense
 - Defense CAN rush up to 2 players (from 7 yards behind the line of scrimmage)
 - QB CAN run if rushed
- 2-PT attempt (from 10 yard line):
 - No run zone rules DO NOT APPLY for offense
 - Defense CAN rush up to 2 players (from 7 yards behind the line of scrimmage)
 - QB CAN run (whether or not they are being rushed)

➤ Safety:

- 2 points

V. Miscellaneous Rules:

➤ Series of Downs:

- A team in possession of the ball shall have four consecutive downs to advance the ball to the first down line.
- Officials will be responsible for determining the spot of the ball and the down markings.
- A new series of downs will be awarded when a team moves the ball to the next line to gain.
- On fourth down the offensive team must declare whether they are punting or going for the first down prior to the expiration of the play clock.
- If the offense declares a punt the defense will take possession of the football on their 20-yard line. (10 yard line for 50 yard fields)
- If the offense goes for the first down and does not obtain it, the defense will take possession of the football at that point on the field.

➤ Play-Clock:

- The 30 second play clock begins once the ball is placed on the ground and the whistle is blown by the referee.
- Delay of game: If a team exceeds the 30 seconds.

➤ Ball Placement:

- Any request to place the ball on the left or right hash-mark is ignored. The ball should always be placed in the center of the field. This includes Point After Touchdown.

➤ Restricted Area:

- The restricted area is the area extending two yards outside the perimeter of the entire field (i.e., outside both sidelines and end lines). This restricted area is designated by the restraining line. The team box is the area immediately outside the restricted area between the 20-yard lines on each side of the field. With limited exceptions, nonplayers are not permitted in the restricted area at any time during the game. Nonplayers include coaches, team personnel, spectators, game administrators and members of the media.
- During a dead-ball interval, no more than three coaches are permitted in the restricted area directly in front of the team box. No one may be in the restricted area when the ball is live.
- The restricted area is designated to make the sidelines safer for everyone and to allow game officials ample room to work. If the restricted area is not clearly delineated or not enforced by game administration, coaches or game officials, individuals in the restricted area are at risk for injury during or after a play.
- Coaches are encouraged to instruct team personnel of the parameters and boundaries of the team box, and to effectively communicate the requirements to always stay in the team box. Coaches are

also required to remain outside the restricted area when the ball is live, and no more than three coaches are in the coaches' area when the ball is dead.

- Offensive coaches are allowed on the field to call plays. Defensive coaches are allowed on the field to call plays but must vacate the field before the offensive snap.

➤ Overtime (for playoffs only)

- In the event the 2nd half ends in a tie, overtime will commence.
- A coin toss shall decide who receives the ball first.
- Winner of the coin toss can choose to be on offense first, defense first or choose the end of the field that overtime will be played on. The loser of the toss shall exercise the remaining option for the first extra period and shall have the first choice of options for subsequent even-numbered extra periods.
- Each team will receive one (1) time out per overtime period.
- Teams will alternate possessions, starting at the 20-yard line. The line to gain is always the goal line regardless of whether a penalty enforcement places the ball more than 20 yards from the goal line to start a new series of downs.
- Teams may go for 1 or 2 points after a touchdown is scored.
- Each team will have at least one possession during each over time unless B scores first. If team A scores first, team B will be given a series of down from their 20-yard

➤ Unfair Acts:

- The Referee has much latitude in handling obviously unfair acts during a game. This would include situations that arise when a team commits a blatant and obvious intentional foul or fouls to gain a clock advantage late in a game. We should treat these intentional fouls as Unsportsmanlike Conduct fouls. Each player committing these unsportsmanlike acts will have a counted unsportsmanlike conduct foul, with 2 unsportsmanlike conduct fouls by a single player or coach resulting in disqualification. The following is a list some other potential intentional fouls that could be committed during the game:
 - A player or nonplayer or person(s) not subject to the rules shall not hinder play by an unfair act which has no specific rule coverage.
 - No team shall repeatedly commit fouls which halve the distance to the goal line.
 - No player shall hide the ball under the jersey.
 - Neither team shall commit any act which, in the opinion of the Referee, tends to make a travesty of the game.

➤ Mercy Rule:

- If the point deficit is 21 points or more in the second half, a running clock will be utilized.
- If the point deficit is 21 points or more in the second half, the team who is in the lead will not be permitted to use their timeouts

➤ Protest:

- There are no protests.
- All referee decisions are final.
- Interceptions during overtime remain live and can be returned for a touchdown by the intercepting team.
- Fouls during a point after touchdown or in overtime after a change of team possession:
 - A score by a team committing a foul during the down is canceled. Exception: Live- ball fouls treated as dead-ball fouls.
 - If both teams foul during the down and the defensive team had not fouled before the change of possession, the fouls cancel, and the down is not repeated.
 - Penalties against either team are declined by rule.
 - Exception: Penalties for flagrant personal fouls, unsportsmanlike conduct fouls, dead- ball personal fouls and live-ball fouls treated as dead-ball fouls are enforced from the succeeding spot (20-yard line).

- MPR (MINIMUM PLAY REQUIREMENT): The following shall apply to MPR Monitors:
- All players must play a MINIMUM of 14 plays per game unless there is an injury.
 - If a player arrives late or leaves early the minimum number of plays is 10.
 - All plays count – Extra points, plays stopped for penalties, etc.
 - All teams will use the Platinum Play Counter Mobile Application to ensure all players have reached the minimum number of plays per game.
 - Prior to the start of the game, it is required that both teams have a minimum of one MPR Monitor ready and available to carry out their duties.
 - MPR Monitors should stay as close to the 30-yard line on either side, if possible.
 - The MPR Monitor should be prepared at all times to provide the Head Coach with the number of plays each player has completed.
 - The MPR Monitor must notify the Head Coach prior to start of the second half, if their records indicate that any players have not fulfilled their mandatory plays.
 - NOTE FOR PLAYOFFS: Teams will be monitoring the opposition, and vice-versa.
 - Coaches must turn in MPR results to the BCS Field Monitor at the completion of each playoff game.

GBCS FLAG FOOTBALL
Table of Game Clock Times

PERIOD OF TIMING	CLOCK TIME
Game Clock	2-24 minute running halves
Halftime Intermission	2 minutes
Charged Time-Outs	1 minute

STARTING & STOPPING THE CLOCK

The clock shall start with the first legal snap of the game and will remain running until the End of Half (final 1:00 minute of the First Half and the final 2:00 minutes of the Second Half). If there is an official's timeout (i.e., for injury, penalty administration discussion, etc.) that occurs prior to the End of Half, the clock shall be stopped during and will then start with the ready for-play signal. If there is a charged team timeout, the clock shall stop and then start with the next legal snap.

The clock stops on all dead ball plays at the End of Half unless otherwise noted. Dead balls that stop the clock at the End of Half include: incomplete passes, ball carrier steps out of bounds, scoring plays, change of possession, penalty (clock stops until ball is set), time out, official time out, or spiked ball after offensive line is set. The clock is also stopped after a touchdown at End of Half for extra point attempts. The game clock will start on the snap following the stoppage for notification of 2-minute warning.

NOTE: The clock shall start with the ready-for-play whistle after issuing the 2:00 minute warning if the point deficit is 21 points or more in the second half.

GBCS FLAG FOOTBALL
Penalty Summary

LOSS of 5 YARDS

- Delay of game
- Illegal substitution
- Encroachment
- Snap Infraction
- False Start
- Illegal Formation (more than 3 backs)
- Illegal Shift or Illegal Motion
- Illegally handing ball forward (loss of down)
- Illegal forward pass (loss of down)
- Sideline Interference
- Nonplayer outside of team box
- Attendant illegally on field
- Illegal QB run (also loss of down)
- Illegal Run in No Run Zone (also loss of down)
- Illegal Defensive Rush
- Illegal Flag Pull (also first down)

LOSS of 10 YARDS

- Illegal Blocking/Screening/Holding
- Illegal Block in Back
- Excessive Contact
- Offensive Pass Interference
- Flag Guarding (also loss of down)
- Hurdling/Diving
- Roughing the Passer (also first down)
- Tackling
- Sliding
- Unsportsmanlike Conduct
- Unfair Acts
- Illegal Unintentional Contact with an official in the restricted area while ball is live

SPOT FOUL

- Defensive Pass Interference (also first down)

DISQUALIFICATION ASSOCIATED WITH CERTAIN PENALTIES

- Flagrant Excessive Contact
- Fighting by Player or nonplayer
- Intentionally Contacting a Game Official
- Striking, kicking, kneeing
- A second unsportsmanlike foul by player or nonplayer
- A substitute leaving team box during a fight
- Second violation of tampering with a flag
- Second violation of not wearing Mouth and Tooth Protector

GBCS FLAG FOOTBALL
Notable Differences from CIF Rules

TOPIC	CIF	GBCS
Game Length	2-20 minute running halves	2-24 minute running halves
Halftime	5 min	2 min
Game Clock	Running clock until last 2 minutes of each half	Running clock until last 1 minute of first half and last 2 minutes of second half
Timeouts	Each team will have 2 timeouts per half with no carry over from the first half to the second half or the second half to overtime	Each team will have 3 timeouts per game
Field Width	30 yards minimum to 40 yards maximum	53.5 yards (full width)
Field Length	50 yards minimum to 80 yards maximum + 2 end zones (10 yards each)	80 yards + 2 end zones (10 yards each)
No-Run Zones	No-Run Zones are located 5 yards from each End Zone and 5 yards from each line-to-gain	No-Run Zones are located 5 yards from each End Zone
Spinning	A player may not spin to avoid a flag from being pulled	Spinning is allowed
Coaches	Coaches are not allowed on the field to call plays	Offensive coaches are allowed on the field to call plays. Defensive coaches are allowed on the field to call plays but must vacate the field before the offensive snap.
MPR (Minimum Play Requirement)	None	All players must play a MINIMUM of 14 plays per game unless there is an injury.