



LEHI CITY RECREATION
FLAG FOOTBALL
7TH - 10TH Grade
TOURNAMENT OVERTIME RULES

All standard Flag Football rules will be in place, with the exceptions to the following modifications below.

1. **Mandatory Meeting:** The officials shall bring all players and coaches of both teams to the center of the field. They will check the team's cleats, flags, jerseys, and jewelry. They will also discuss the tie breaker procedures and answer all questions prior to the coin toss. After this meeting, the captains will stay while the remaining players and coaches will return to their respective team spots.
2. **Coin Toss:** The officials shall do a "coin toss" with the captains by either choosing number 1 or 2 behind the official's back or rock, paper, scissors. The team that did not call the coin toss at the beginning of the game will call the coin toss for the overtime. If additional overtime periods are played, captains will alternate choices.
3. **Tie Breaker:** Tie breakers will be decided by a PAT (Point after touchdown). (No Touch Downs in OT). Each team will be given a chance to try for a 1 or 2 point, PAT (same regulation PAT rules apply) A coin toss will determine who has possession first. If at the end of the first OT the score is still tied, teams will switch who has the possession first. If a third OT is reached teams must go for 2.
4. **Time Outs:** No timeouts will be given during overtime.
5. **Fouls & Penalties:** They are administered similar to the regular game.

Coaches must play all of their players a minimum of half (50%) of the game!