

Flag Football Playoff Overtime Rules

If a playoff game is tied at the end of regulation, the following overtime format will be used to determine a winner.

1. Overtime Procedure

Coin Toss

- A coin toss determines first possession.
- The winner of the toss chooses **offense or defense**.
- The loser of the toss chooses the end of the field.

Starting the Drive

- The ball is placed **10 yards from the goal line**.
- Each team receives **one offensive possession (4 downs)** per overtime period.

Extra Point Options

Teams may attempt:

- 1-point conversion from the 3-yard line, or
- 2-point conversion from the 10-yard line.

Winning During Standard Overtime

- If the first offensive team scores and the second team fails to match or exceed that score, the game is over.

Interceptions

- The defense may return an interception during the possession (not on the conversion attempt).
- If the return does not result in a score, that possession is over.

2. Progression of Overtime Periods

First Overtime

- Standard overtime rules apply.
- If tied after one overtime, a second overtime (Sudden-Death) will begin.

Sudden-Death Overtime

Occurs if the game is still tied after one overtime possession.

Format:

- The team that just finished playing defense receives the first possession.
- Each team receives **two downs** to gain the most yards.

Winning:

- The team that gains the **most total yards in its two downs** wins the game.
- If tied again, the format repeats until a winner is determined.

3. General Reminders

- Penalties are enforced as normal.
- Timeouts do not carry over into overtime and are not awarded.