

Overtime in College Flag Football, referred to as "Extra Periods," proceeds as follows:

1. **Trigger:** Overtime begins if the game is tied after four periods of regulation play.
2. **Coin Toss (Article 3.a, b):**
  - A coin toss is conducted before the first extra period, similar to the start of the game.
  - The **winner of the toss cannot defer** and must choose one of the following:
    - To start on offense or defense.
    - Which goal to advance towards for the **entirety** of the overtime.
  - The loser of the toss exercises the remaining available option for the first extra period and gets the first choice for any subsequent even-numbered extra periods.
  - Captains alternate choices if additional overtime periods are played beyond the first.
3. **Structure of an Extra Period (Article 4.a, b):**
  - An extra period consists of a **two-possession series**.
  - Each team puts the ball in play at the **opponent's 10-yard line**.
  - Each team retains possession until they score or fail to do so in their four allotted downs (unless changed by penalty).
  - Team A may not retain possession if they regain it after a change of possession *and* do not score during that down.
  - **Beginning with the third extra period**, a team's possession series will be **one play for a one-point try from the three-yard line** (unless moved by penalty).
4. **Scoring (Article 4.c):**
  - The team scoring the greater number of points during regulation and extra periods is declared the winner.
  - There will be an **equal number of possession series** for each team in an extra period, unless Team B scores other than on the try (e.g., a defensive touchdown or safety).

## 5. Fouls and Penalties (Article 4.d):

- Penalties are administered similarly to regulation, but with specific exceptions:
  - **Automatic First Down Penalties:** If a penalty would result in an automatic first down, a new series of downs is awarded, but the **line to gain remains the goal line.**
  - **Fouls After a Change of Team Possession:** Penalties against either team are generally *declined* by rule (except for flagrant personal fouls, dead-ball personal fouls, unsportsmanlike conduct fouls, and live-ball fouls treated as dead-ball fouls, which are enforced on the succeeding spot).
  - A score by a team committing a foul during the down is canceled (except for live-ball fouls treated as dead-ball fouls).
  - If both teams foul during the down and Team B had not fouled before the change of possession, the fouls cancel, and the down is not repeated (with exceptions for serious fouls as listed above).

## 6. Timeouts (Article 4.e):

- Each team is allowed **one timeout** for the **entirety of overtime.**
- Timeouts not used in regulation **do not carry over** into extra periods.