

Girls Flag Football – NFHS Rules

1. The Field & Equipment

- Field size: 80 yards long plus 10-yard end zones.
- Ball: NFHS-approved football (recommended to be youth size 7).
- Flags: 3-flag quick release belt, must be worn at waist level, visible outside clothing.
- Shorts without pockets and mouthpiece are required.
- No jewelry allowed. Sunglass permitted but not on top of the head
- Down box: Shall be placed at the line to gain.

2. Game Format

- Players: 7-on-7 is standard (minimum 5 to avoid forfeit).
- Game length: Four 10-minute quarters (running clock except last 2 minutes of 4th quarter).
- Halftime: 5 minutes.
- Overtime: Each team gets 4 downs for an attempt to score, can go for 1 or 2.

3. Starting Play

- Coin toss: Winner chooses offense, defense, or direction.
- Starting positions (always in the middle of the field):
 - 1st half, 2nd half, following scores, and a touchback: Place ball on their own 14 yard line in the middle of the field.
 - Following a safety the starting position will be the 30 yard line for the team that is awarded the safety (their own 30 yard line).

4. Offense

- Downs/Lines to gain: 4 downs to cross each of the following; their own 20 yard line, 40 yard line, opponents 20 yard line, and opponents goal line.
- Center snap: QB must be a minimum of 2 yards behind the snapper.
- Blocking: No contact — only screening allowed (hands cannot be extended)
- Passes: Forward passes allowed from behind the line of scrimmage only.
- Laterals: Unlimited behind or beyond the line.
- Runs: Any player can run at any time

5. Defense

- No tackling: Play ends when flag is pulled or ball carrier steps out of bounds/knee down.
- Rushing the passer: Defender(s) may rush from a position at or behind the 1 yard puke.
- No contact: Holding, pushing, or diving at ball carrier is a foul.

6. Scrimmage Kicks

- On 4th Down: Teams must declare if they will punt or go for it
- Teams will be allowed time to substitute. Only way to change is to call Timeout
- If kicking is elected:
 - Snap must take place and kicker must be 2 yards behind the LOS
 - Neither team may cross the Neutral Zone until the ball is kicked
 - Ball may hit the ground and be picked up but it is dead if it hits a player than the ground

7. Scoring

- Touchdown: 6 points.
- Extra point:
 - 1 point from 3-yard line.
 - 2 points from 10-yard line.
- Safety: 2 points.
- Following a score: A flag pull check shall be performed on the player that scored, flags are pulled by a teammate.

8. Penalties (Common)

- Flag guarding (swatting defender's hands, stiff arm, covering flag): 10 yards from spot.
- Illegal contact/blocking: 10 yards.
- Offsides/false start: 5 yards.
- Delay of game: 5 yards.
- Pass interference:
 - Offense: 10 yards + loss of down.
 - Defense: Ball placed at spot of foul + automatic first down.

9. Sportsmanship

- Taunting, profanity, rough play: Unsportsmanlike conduct (10 yards, possible ejection).
- Flag removal: Must be by legal pull — holding/grabbing clothing is a foul.