

Girls Flag Football Update

July 2026

Dates and Details



Most Tryouts will occur July 31st



Practices cannot begin until August 31st



Games Start September 9th



3 Officials per Game



\$55 Per Official, Per Game

Timing Differences

Last Year

4 – 10 Minute Quarters

Halftime = 5 mins

Running Clock except:

- Final 2 Minutes of the 4th Q.
- Timeouts

This Year

4 – 12 Minute Quarters

Halftime = 10 mins**

Running Clock except:

- Final 2 Minutes of 2nd & 4th Q
- Timeouts

Also Stop the Clock After:

- Change of Possession

- After Scores

- Official's Timeouts (penalties)

Other Changes

“Onside”

New Ability to attempt to keep the ball after you score. If team is trailing, after they score they may opt to keep the ball and it will be 4th down from their own 20 yard line (“coming out”). If they are not successful the ball may be turned over on downs and the game continues as such.

Mercy Rule

If a team is winning by 19 pts or more at the 2 min timeout of the 4th quarter, then the final 2 mins will run without “2 min stoppages”

Overtime

Same as last year

Alternating attempts at “Try’s”. Either they go for 1pt or 2pts.

No Timeouts in OT (except 1 minute between OT periods)

Expectations

Games should be approx. 1 hour 30 minutes

Almost all sites will have multiple games. Typically 5, 6:30 & 8pm

JV Uniform is permitted for games (full uniform for playoffs)

Standard Arrival Protocols. Minimum 30 mins prior to assignment

Always Professional

Uniforms should be in line with rules. No Jewelry permitted

KNOW THE RULES!!