

Girls Flag Football “Town Hall”

September 2026

TOPICS

TIMING

GAMEDAY SET UP

UNIFORMS

APPLICATION OF RULES

BEHAVIOR

TIMING

General Timing

As noted throughout the process, NC is a NFHS state and timing rules follow all NFHS guidelines

All Varsity games require 12-minute quarters, which we will continue to execute

Play Clocks

Play Clock runs for 25 seconds.

Play Clock starts at the signal of the Referee and not at the end of the prior play (which is how tackle football treats it)

The Referee tracks the Play Clock, and they are the official who will indicate when there is 10 seconds remaining

Clock Operators – Please come down to the field prior to the 1st game to talk with the crew. Very Important

GAMEDAY SET UP

Field Set Up

Pylons – always need 8. 4 per end zone

Sidelines – must be clearly defined. Should be obvious to anyone

Recommend having extra cones on site, if needed

Please mark restricted area between field and Coach's Box

Having the 20 (both) and 40 yard markers is very helpful

Legal Footballs

Must be Tan Colored and follow all NFHS guidelines

NFHS logo not required (until 2028)

White & Blue "GO TEAM" footballs are not permitted

Exception exists for USA Flag Balls provided by Panthers (photo)

Down Indicator

Required at all games. Placed on the Line of Scrimmage



UNIFORMS

Jewelry

Not Allowed. Cannot be covered with band aid. Officials are not going to “investigate every bandaid”

We need Support from Coaches PRE-GAME to eliminate these stoppages

Mouthpieces

Pacifier styles are not allowed. Recent reports of them. Help us up front

Flag Belts

Must be in proper position for each play, which includes being on each hip

Need to tuck in, or trim, excess length of the belt

Tucked In Jerseys

Jerseys should be tucked in for Every Play. This should not only be a directive of officials

Cannot tuck into sports bras or tied in knots

Restrictions w/ Shorts/Pants

Cannot have pockets. Cannot be taped. Drawstrings should be tucked

Long Hair

If it's deemed to be in the way, it needs to be tucked in or kept away from the belt line

APPLICATION OF RULES

Illegal Blocking vs. Illegal Personal Contact

- Know the difference

- Blocking does not include an automatic 1st down

- Most common Personal Contact foul is charging into/thru an opponent

Flag Guarding

- Subjective but not really up for debate

Snapping

- Must be one continuous motion

- Slow snaps may cause false start but would rarely cause encroachment

Loss of Flags

- Every player is responsible to have their flags in place for every play

- If they fall off prior to attempt to flag pull, the player must be touched between the knees and shoulder

Penalty Enforcement

- Clock is stopped during penalty enforcement

- Penalties by the defense on the play where a TD is scored would carry over to Try or Next Possession. Defensive fouls on the try can carry over to the next play as well (start of the new series)

BEHAVIOR

Language is becoming a massive issue

NCHSAA has a Zero Tolerance stance

Physicality by players after the play is increasing

Pushing, Swiping and Swinging

Passive/Aggressive Behavior on sidelines towards officials

Becoming too common as well. May result in unsporting foul calls if this continues

Reporting a Foul

When Officials report a foul, it's not always an open path for discussion

Multiple fouls, Major Fouls and Fouls that are waived off should be accompanied by an explanation from Officials

Further Discussions

Call a Timeout if more discussion is needed