

GIRLS FLAG FOOTBALL

Training #1 – Summer 2026
Game Basics

RULES OF THE GAME

- 7 players per team on the field at one time. Must start with 7. Cannot go below 5 players
- 80-yard field with 10-yard end zones
- Each player has a “Triple Threat” Flag Set
 - Flags are attached to the belt in 3 places
 - Belt/Flag must be tested (by a teammate) after every score
- 4 Downs to Reach Line to Gain
 - 20-yard lines
 - 40-yard line
 - Goal Line

LINES OF IMPORTANCE

- 14 Yard Line
 - Starting Point for any New Series to start a Half or following a Touchdown
- 20 Yard Line
 - Point where a Scrimmage Kick will take place following a Safety
 - Also the point at which an Onside Play will take place
- Line of Scrimmage
 - Offensive LOS
- Neutral Zone (Def Line of Scrimmage)
 - Located 1 full yard from the Offensive LOS

FIELD EQUIPMENT

- Field Marked Before Arrival
 - Restricted Area
 - 2 yards off the sideline. Not likely to be marked
 - Team Box
 - Behind the Restricted Area and running between the 20 yard lines
 - Down Marker
 - Used to Mark Line of Scrimmage
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- **note: we are not using pucks/cones to mark line of scrimmage

OFFICIATING ROLES & RESPONSIBILITIES

- Referee
 - Always works to the Press Box side of the QB
 - Responsible for everything behind the LOS
 - Spotting the Ball
 - Play Clock (Chop in every play)
- Head Line Judge
 - Lines up on the LOS, opposite the Press Box
 - Responsible for the Down Marker and LOS. Also passes downfield on their side of the field
- Back Judge
 - Aligned on the Press Box side, but in the field of play. Responsible for Goal Line. Moves to End Line inside the 10 yard line
- Field Judge
 - Added for Playoffs Only

SCORING

- 6 Points for Touchdowns
- Try for Point After Touchdowns
 - Option to Try for 1 point 3 yard line
 - Option to Try for 2 points 10 yard line
- Safety (2 points)
 - After a safety, the team who did not score the points will perform a scrimmage kick from their own 20 yard line

TIMING

- Four 12 Minute Quarters
- Play Clock: 25 seconds
- Timeouts: 3 per team, per half. No timeouts in Overtime
- Halftime is 10 mins (but may be reduced by mutual team choice)
- Clock Stoppages
 - Clock Only stops for Timeouts (Official, Administrative or Team Timeouts)
 - This includes stoppages after the try following a score & Change of Poss.
 - Final 2 minutes of each half includes Standard NFHS Tackle Football Clock Operation

OVERTIME

- If score is tied after the end of regulation we will play overtime
- Coin Toss is held
- Each overtime period consists of a single play for each team (offensive and defensive)
- Teams will have their own selections of attempts. Either a try from the 3 yard line (for 1 point) or from the 10 yard line (for 2 points)
- Teams will have the option to change their selection after any penalties. Penalties will be applied to the new spot.

4TH DOWN (INCL SCRIMMAGE KICKS)

- Following 3rd Down, if the line to gain has not been reached, the Referee will ask the offensive team if they would like to go for it or if they choose to punt
- Regardless of selection, the Referee should stand at the spot of the ball and announce the selection, followed by a brief opportunity for the defense to substitute
- The only way to change your decision is due to timeout or penalty
- If a scrimmage kick is elected, the offense must complete a snap and a kick (from 2 yards behind the LOS). After the snap but prior to the kick crossing the LOS, both teams are permitted to move but not cross the LOS. Once the ball has crossed the LOS, teams may move freely
- Any kick that touches the ground AFTER touching a player is dead at that spot. (consider muffed kicks)

EXAMPLES OF PRE SNAP PENALTIES

- False Start
 - Illegal Snap
 - Encroachment
 - Illegal Substitution
 - Delay of Game
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- **all of these fouls are 5 yard penalties

OFFENSIVE FOULS

- Holding
- Flag Guarding
- OPI
- Hurdling
- UNS
- Illegal Formation(5 yards)
- Illegal Forward Pass (5 yards and loss of down)
- Intentional Grounding (5 yards and loss of down)

DEFENSIVE FOULS

- DPI
- Tripping (auto 1st down)
- Roughing the Passer (auto 1st down)
- Illegal Personal Contact (auto 1st down)
- UNS (auto 1st down)
- Kick Catching Interference

ONSIDE OPTION (NEW)

2026-2027 NFHS RULES CHANGES

RULE CHANGE

ONSIDE PLAY



EXCEPTION: The scoring team may (if trailing in score) elect to keep possession of the ball.

The scoring team would take possession, **fourth down**, on its own **20-yard line**.

All rules, including **timing**, for a scrimmage down shall apply.



RULE REFERENCE: 8-4-3 EXCEPTION

