

# FLAG FOOTBALL

## GIRLS - ALL CLASSIFICATIONS

### A. SEASON

2016-2017 SEASON

July 27, 2016 - First Practice

August 11, 2016 - First Contest

\*Eligibility List due prior to First Contest (Article 12 Section 9)

October 15, 2016 - Last Contest (Regular Season or Conference Championship)

### B. PRESEASON

No restrictions on students.

### C. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition.

### D. INDIVIDUAL NON-SCHOOL PARTICIPATION

ASAA has no limitations on students participating on non-school flag football teams while they are members of a school flag football team.

### E. RULES

National Intramural-Recreational Sports Association (NIRSA) rules apply.

### F. CONFERENCES

Currently there is only one conference (Cook Inlet) in the state as this is an emerging sport. All ASD High Schools make up the conference.

### G. GAME LIMITATIONS

A maximum of 20 games exclusive of a playoff system adopted by Cook Inlet Conference.

### H. JAMBOREE

All players must have five separate days of practice prior to the day of the jamboree; one quarter or 12 minutes maximum against each team in the jamboree; each team may play in no more than one jamboree each season which does not count as a game against their 22 game limit.

### I. INDIVIDUAL PARTICIPATION LIMITATION

An athlete may play in six quarters of play per day of competition.

## **J. CHAMPIONSHIP PLAYOFF FORMAT**

Currently there is no state tournament for flag football. Placement in Conference playoff games will be determined by Cook Inlet standings at the end of competition.

### Quarterfinals:

Game 1: #1 seed vs. #8 seed

Game 2: #2 seed vs. #7 seed

Game 3: #3 seed vs. #6 seed

Game 4: #4 seed vs. #5 seed

### Semi-finals:

Winners of Game 1 and Game 4

Winners of Game 2 and Game 3

### Conference Championship:

Winners of the Semi-finals