

Girls Flag Football Rules

Each game will be played with two 7-person teams. It is played with many of the same rules as regular football but with a few precautionary measures taken so injuries are kept to a minimum.

- ▶ No blocking, tackling, or holding of the ball carrier.
- ▶ Ball carriers may not employ straight-arm or body contact.

LENGTH OF GAME:

- ▶ Four 12-minute periods constitute a game with a 1-minute rest between periods and a 5-minute rest between halves.

PLAYERS:

- ▶ A team consists of 7 players, and the offensive team must have at least 4 players on the line of scrimmage when the ball is put into play.

EQUIPMENT NEEDED:

- ▶ Players jerseys must be tucked in at all times during the game and arm holes may not exceed 4 inches below the arm pit. Under armour is also required under the jersey to be purchased by the player according to the color based on JV or Varsity status.
- ▶ Pants or shorts must be without any belts, belt loops, pockets, or exposed drawstrings. Pants or shorts must also be a different color than the flags.
- ▶ Shoes must be athletic in nature and may have cleats or be cleatless. Football cleats are recommended but cleats cannot exceed ½ inch in length and should be made of nonabrasive rubber or rubber type synthetic material.
- ▶ Players may wear gloves made of soft pliable and nonabrasive materials.
- ▶ Mouthpieces are required by all players.
- ▶ No jewelry or hair clips allowed.
- ▶ No pads or braces above the waist allowed. Leg or knee braces are allowed as long as all hard material is covered ½ inch closed cell material is used. (Refer to officials if in question).

TIMEOUTS:

- ▶ Each team is allowed 2 timeouts (1 minute) per half.
- ▶ Timeouts can be taken anytime there is a dead ball.
- ▶ Referees will give a 5 second warning before timeout is over and ball must be in play with 25 seconds of warning.

SCORING:

- ▶ Touchdown = 6 points
- ▶ Safety = 2 points
- ▶ TRY = 1 point for 3 yds, 2 points for 10 yds, 3 points for 20 yds

PUTTING THE BALL IN PLAY:

- ▶ At the beginning of the game, the start of the third quarter, and after a score the ball will be placed on the offensive team's 14 yard line and the play will be 1st and 6.
- ▶ Defensive players must be 10 yards away when the ball is kicked.
- ▶ Members of the kicking team must be behind the ball.
- ▶ If the ball is kicked into the end zone and the opponents choose not to run it back, play begins on their 20-yard line.

STARTING EACH PLAY:

- ▶ All plays must be started by a legal snap from a point on the inbounds line.
- ▶ The ball may be moved by approval from the referee due to poor field conditions.
- ▶ The offensive players are responsible for retrieving the ball after a down.
- ▶ The snapper will bring the ball from the huddle to the offensive scrimmage line.

PRIOR TO THE SNAP:

- ▶ Following the ready for the play and until the snap, no player on defense may encroach, touch the ball, nor may any player contact opponents or in any way interfere with them. This includes standing in the neutral zone to give defensive signals or shifting through the zone.
- ▶ After the snapper has placed her hand on the ball, it is encroachment for any player to break the scrimmage line plane, except for the snappers right to be over the ball.

POSITION DURING THE SNAP:

- ▶ Anytime on or after the ball is marked ready for play, each offensive player must momentarily be within 15 yards of the ball before the snap.
- ▶ The offensive team must have at least 4 players on the scrimmage line at the snap.
- ▶ The remaining players must be either on their scrimmage line or behind their backfield line.
- ▶ Only one offensive player may be in motion, but not in motion toward the opponent's goal line at the snap.
- ▶ All other offensive players must be stationary in their positions without movement of their feet, body, head or arms.
- ▶ All players may assume a 2, 3, or 4-point stance.

HANDING THE BALL:

- ▶ Any player may hand the ball forward or backward at anytime.

BACKWARD PASS AND FUMBLE:

- ▶ A runner may pass the ball backward or lose player possession by a fumble anytime except if intentionally thrown out-of-bounds to conserve time.
- ▶ A backward pass or fumble in flight may be caught or intercepted by any other player inbounds and advanced. A player may not throw a backward pass to herself.

FUMBLED BALL:

- ▶ A fumbled ball at anytime is considered a dead ball and belongs to the team that committed the fumble.

- ▶ The down and point to be gained remains the same.
- ▶ A fumbled forward pass is ruled as an incomplete pass.

DOWNED BALL:

- ▶ The ball is downed or the player is "tackled" when the flag belt is detached or the ball carrier loses her flag.

FIRST DOWNS:

- ▶ Each team has four chances to move the ball from one 20-yard zone to the next.
- ▶ If a team is not successful at moving the ball from one zone to the next in four downs, the ball is awarded to the opponents on the spot where the last stoppage of play occurred.

PASSING:

- ▶ All players on both teams are eligible to catch passes.
- ▶ Forward passes may be thrown from any point back of the line of scrimmage.
- ▶ Backward passes may be thrown anywhere on the field.
- ▶ Only one forward pass may be thrown per down.
- ▶ A forward pass is complete when caught by a member of the passing team inbounds.
- ▶ A forward pass is intercepted when caught by a member of the opposing team inbounds.
- ▶ It is counted as a completion or interception as long as the first part of the person to make contact with the ground after the catch, usually one-foot, touches inbounds.

INTERFERENCE:

- ▶ During a down in which a legal forward pass crosses the scrimmage line contact which interferes with an eligible receiver who is beyond the scrimmage line is pass interference unless it occurs when 2 or more eligible receivers make a simultaneous and bona fide attempt to reach, catch or bat a pass.
- ▶ It is also interference if an eligible receiver is deflagged prior to touching the pass thrown beyond the scrimmage line.

SAFETY: = 2 points

It is a safety when:

- ▶ A runner carries the ball from the field of play to or across her own goal line, and it becomes dead there in her possession.
- ▶ A player punts, passes, fumbles, snaps, muffs or bats a loose ball from the field of play to or across her goal line and the ball subsequently becomes dead there in her team's possession. However, it does not apply to a legal forward pass, which becomes incomplete.