

FLAG FOOTBALL

GIRLS - ALL CLASSIFICATIONS

Participation on girls' teams shall be limited to females who were assigned female at birth.

A. SEASON

2023 SEASON

July 26, 2023 - First Practice

August 11, 2023 - First Contest

*Participants must be entered in the School Activities Reporting System (SARS) prior to First Contest (Article 12 Section 10).

October 14, 2023 - Last Contest (Regular Season or Conference Championship)

B. MINIMUM DAYS PRACTICE

Each participant must have a minimum of 10 different days of physical practice before the first day of competition. (Article 7, Section 7)

C. 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.

D. RULES

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

E. CONFERENCES

Flag football teams are not categorized into conferences.

F. MAXIMUM GAMES

A maximum of 20 games exclusive of a playoff system.

G. JAMBOREE

All players must have five (5) separate days of practice prior to the first day of the Jamboree. One quarter or 12 minutes maximum against each team in the jamboree. A team may play in only one jamboree each season. A jamboree does not count as a game against the 20 game limit.

H. INDIVIDUAL PARTICIPATION LIMITATION

When playing at two different levels (i.e. varsity and jv) players are limited to 6 periods of play per day exclusive of invitational, conference and state tournaments. When playing at the same level, there must be a two-hour time lapse between the end of one game and the beginning of the next game. The maximum amount of games a player may participate in a given day is three.

I. STATE CHAMPIONSHIP

Currently there is no state tournament for Flag Football as it does not meet the criteria.