

GIRLS FLAG FOOTBALL 2026

UNIFORM/EQUIPMENT

- No jewelry/sunglasses/visors
- Jerseys tucked in
- Flag belt must be worn at waist line with a flag on each hip unobstructed by clothing
- Soft plastic or rubber bottom cleats
- All players must wear mouth guards during play
- Glove and soft helmets are optional

GAME PLAY

- Offense must have 4 players on the line of scrimmage before the snap
- All offensive players must be within 15 yards of the ball
- One player may be in motion
- All players are eligible to catch a pass
- A fumble is a dead ball
- Designated rusher must set up in the middle, 7 yards off the ball (does not apply to 10U)
- QB must get the play off in 7 seconds whether running or passing. Unlimited running permitted.

BLOCKING/DEFENSE

- Offensive blocking: A blocker cannot use hands/arms to block. Arms should be at side or hands behind back. A blocker cannot initiate contact with a defender. A standing screen is allowed.
- Defensive players must go around blockers. They may not initiate contact at all with a blocker.
- There is no grabbing or holding allowed on either side of the ball

GENERAL RULES

- 7 on 7 (min. 10 players, max. 15 players)
- Two 25 minute halves with a 5 minute halftime (running clock with a 2 minute warning at the end of each half)
- 25 second play clock
- Two timeouts per game
- 40 yard field (40 yards wide)
- Play starts at 40 yard line
- 4 downs to pass the line to gain
- 1st down at 25 yard, 10 yards, and goal
- Out of bounds – 8 yards beyond 40 yd line.
- One coach on the field, offense & defense

RUNNING/FLAG REMOVAL

- No diving with the ball
- If a ball carrier loses belt, then ball carrier must be tagged to stop the play
- No contact to the head area
- A runner cannot guard or block their flags while running with the ball (they may spin, juke, dip)
- Flag guarding: 10 yard penalty
- No stiff arms

SCORING

- Touchdown: 6 points
- Interception: 3 points
- Extra points: 1 point from the 3yd line
2 points from the 10 yd line
3 points from the 20 yd line