



GIRLS FLAG FOOTBALL RULES 2026

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ARTICLE I: LEAGUE REGULATIONS

Section 1. Field Dimensions

The K/2nd, 3rd/4th, and 5th/6th Grade levels will play on half of a football field. Game play will start at the 40-yard line.

The 7th-8th Grade level will play on a Regulation Size Football Field. Game play will start at the 20-yard line.

Section 2. Equipment

A. Flags

Pop belts must be worn during all games. Teams are responsible for supplying their own flag belts. Each player must have two (2) flags attached at the side of the legs.

Any player with illegal flags will be disqualified.

B. Flag Dimensions

All flags must be at least 15.5 inches long and 1.5 inches wide.

C. Flag Color

Flags CANNOT match the color of the players' shorts. If the shorts have a stripe down the side, the flags cannot be the same color as the stripe.

D. Mouth Guards

Mouthguards are required to be worn at all times during game play!! It must be a full lip/tooth protector. Mouthguards may be clear or a color.

Mouth guards must be simple and standard. Mouthguards with adornments are not allowed.

E. Shoes/Cleats

Players are permitted to wear standard football cleats with plastic or rubber spikes. No metal spike allowed. Gym shoes may be worn.

F. Hair

Hair should be controlled so it does not interfere with the waist and/or the flag belt.

G. Optional Player Equipment

1. Gloves

Players may wear gloves. Gloves must consist of a soft, pliable and nonabrasive material.

2. Caps

Players may wear a knit or stocking cap. The cap cannot have a bill.

3. Wrist Coaches (Strongly Encouraged)

Players may wear a soft, pliable wrist/forearm band that contains plays.

4. Sunglasses

Players may wear pliable and non-rigid sunglasses.

H. NO JEWELRY IS ALLOWED!

Section 3. Home Team/Host Site Responsibilities

A. Down Box

The host site will provide a Down Box. The Home Team is responsible to operate the down box during games.

B. Field Markers

The host site must provide Field Markers: 40's, 20's and Goal Line Pylons.

C. Clock Operator

A clock operator must be provided. If the host site does not have a clock operator for all games played, the officials will keep the game clock and the play clock on the field.

D. First Aid Kit

A first aid kit must be available, including sting relief, along with ice or ice packs.

E. Concessions

At minimum, there must be water, Gatorade, etc. available for officials.

F: Crown Control

Rope, tape, or blockade must be in place 10 yards from each sideline from goal line to goal line.

No one is allowed on the sidelines INSIDE of the Coaches Box except the Head Coach and up to Three (3) Assistant Coaches, team parent, water boys/girls.

All Head Coaches and Assistants must be credentialed with proper Coach badges for that specific team.

Section 4. Official Game Football Size

A. K/2ND, 3rd/4th Grade Level

PeeWee, (Size 5) / K2

B. 5th/6th Grade Level

Junior, (Size 6) / TDJ

C. 7th-8th Grade Level

Junior (Size 6) / TDJ or Youth (Size 7) / TDY

Section 5. Uniforms

All Team members are required to wear matching jerseys/ same color attire.

Jerseys may have names and numbers on the back. If teams have jerseys that are similar colors, a pinnie may be worn by the home team.

Jerseys must remain tucked in at all times. Players cannot have a towel tucked into shorts. There should be no pockets in the shorts or hoods attached to the jerseys for safety reasons.

Section 6. Roster

A. Roster Size for Game Play

There must be a minimum of five (5) players present from each team to start the game. Players that arrive to games late will be allowed to participate. Teams are allowed to "lend" players to the opposing team if there are not enough rostered players present to avoid forfeit of a game.

B. Team Configuration

1. Game play can start with a minimum of five (5) players on offense and a minimum of five (5) players on defense. The maximum number of players on the field may be seven (7), consisting of one (1) Quarterback and six (6) eligible receivers. The Center is an eligible receiver after the snap.
2. There is no requirement on the number of players on the line (offensive or defensive).

Section 7. Score Reporting

All Saturday game scores must be reported to designated League Official by 12:00 noon on each Sunday immediately following those games.

All Sunday game scores must be reported by 8:00p.m. on that same Sunday (game day). Failure to meet these deadlines will result in a **\$50.00** fine.

ARTICLE II: GAME RULES

Section 1. Contest Officials

Two (2) officials will be at each scheduled contest.

A. Referee

This official makes the call from near the quarterback, announces the throw clock, and keeps track of the downs. They will position themselves on the opposite side of the field as the Side Judge

B. Side Judge

This official is responsible for spotting the ball and ensuring the rusher is at least 7 yards beyond the line of scrimmage. They will position themselves at that 7-yard rush mark on the opposite side of the field as the Referee.

Section 2. Coin Toss

The visiting team will call the coin toss. The coin toss will determine who starts with the ball. The opposite team will start with the ball in the 2nd half.

Before the coin toss the coaches can agree to either keep the ball in the center of the playing field or keep it on the side where the player was downed.

Section 3. Game Times

A. K/2nd, 3rd/4th, and 5th/6th Grade Levels

Game length will be Two (2) 20-minute halves with a running clock. The clock stops in the final one (1) minute of each half. All clock stoppages are limited to out of bounds, change of possession, timeouts, dead balls, or incomplete passes. Halftime will be 3 minutes.

B. 7th/8th Grade Level

Game length will be Four (4) Quarters with each having a 10-minute running clock. The clock stops in the final one (1) minute of the 2nd and 4th quarters. All stoppages are limited to out of bounds, change of possession, timeouts, dead balls, or incomplete passes. Halftime will be 3 minutes.

Section 4. Timeouts

Each team is allowed two (2) 1-minute timeouts per half. Timeouts do not rollover from half to half or from regulation time to overtime.

Section 5. Play Clock

A. K/2nd, 3rd/4th Grade levels

There is a :35-second play clock to snap the ball once it has been spotted and marked ready for play. Officials will let the offense know when the play clock is at 10 and will count down from 5.

B. 5th/6th and 7th/8th Grade levels

There is a :25-second play clock. (Same as above for official countdown)

Section 6. Scoring

One touchdown equals Six (6) points. One (1) point for an extra point at the 3-yard line, which must be a PASS. Two (2) points for an extra point at the 10-yard line. This may be a RUN or PASS. Six (6) points for an interception that is returned for a touchdown only at the 7th/8th grade level.

The Head Coach must declare within 25 seconds which attempt will be used following a touchdown score. The default will be a one (1) point extra point attempt if not declared.

INT- worth One (1) point during regular game play and worth Two (2) points if during a Xtra Point try at the K/2nd, 3rd/4th, and 5th/6th grade levels as INT cannot be returned at these levels.

Section 7. Start of Each Play

A. Ball Placement

1. The ball is placed in the center of the field at the beginning of each half and for extra points. The placement of the ball after the first snap will depend on what side of the field the player is down. If the player is down on the left hash the ball is placed on the left hash, etc. **(unless determined and agreed upon during coin toss by both teams)**

2. The offensive team is responsible for retrieving and returning the ball to the previous spot or the new scrimmage spot. The clock does not stop, and any delay by the offense in retrieving and returning the ball to the center will result in a delay of game and loss of downs.

B. SNAP

The ball must be snapped from the ground. The Center may snap from between their legs or from a kneeling position. The exchange of the snap must be from one offensive player to another offensive player. The QB may not snap the ball to themselves.

The first player that touches the ball after the snap is designated as the Quarterback.

Under center snaps are allowed, it is strongly encouraged to be at least 2 yards behind the Center.

A fumbled/muffed snap is considered a dead ball and loss of down. The ball will be spotted where it hit the ground.

Exception- For the K/2nd-5th/6th grade levels on the 40-yard field. If the spot of the dead ball is behind the 40-yard line it will be returned to the 40-yard line.

Section 8. Moving The Ball

A. K/2nd, 3rd/4th, and 5th/6th Grade Levels

The ball will be placed at the 40-yard line to start. Teams will have 4 downs to get to the 20-yard line, and an additional 4 downs to score.

After turnover of downs, score or turnover(fumble/interception) the ball will be placed back at the 40-yard line for a new possession and play will always move in the same direction.

B. 7th/8th Grade Level

The ball will be placed at the 20-yard line to start. Teams will have 4 downs to get to the 40-yard line, 4 downs to get to the opposite 40-yard line, 4 downs to get to the 20-yard line and 4 downs to score.

At the start of the game, start of the half, or after a touchdown, the ball is placed at the 20-yard line. If a team takes over after an interception or a turnover on downs, the ball is played from that spot.

Section 9. Turnovers

Turnovers occur when the offensive team doesn't get a first down in the four (4) given downs or an interception occurs.

A fumble recovered while it is airborne will be considered an interception.

A. K/2nd, 3rd/4th, and 5th/6th Grade Levels

An interception by the defensive player cannot be returned. The play will be blown dead and the intercepting team will take over on offense. The ball will be placed back at the 40-yard line.

B. 7th/8th Grade Level

An interception by the defensive player CAN be returned. Possession of the ball is taken over from where the player is downed from the interception. If taking the ball over from a turnover on downs, the ball is placed where the turnover on downs took place. The 1st Downs remain static.

EX. 1: An Interception happens at the 5-yard line, and the player is not downed until the 15-yard line. The offense will have 4 downs to reach the 20-yard line.

EX. 2: Turnover on Downs takes place at the 35-yard line. Offense will have 4 downs to reach the 40-yard line.

Section 10. Extra Points Attempts

1. One (1) point for an extra point from the 3-yard line: Pass only.
2. Two (2) points for an extra point from the 10-yard line: Pass or run.
3. An interception ends the down for the offense, and the defense cannot return the interception for points. For the K/2nd-5th/6th Grade level ONLY an INT on an Extra Point attempt is worth Two (2) Points.

Section 11. Contact

All players, both offensively and defensively are charged with avoiding contact when possible. Rough play will not be tolerated. The officials will determine incidental contact that occurs during the normal execution of each play.

Section 12. Blocking

No Physical Blocking is Allowed. This includes any moving picks and moving screens, including down field after a pass is caught. If an offensive player sets a screen, it must be like a basketball screen. Example: get to spot, plant feet, cross arms and no movement.

An offensive player without the ball cannot impede any defender trying to down a player with the ball.

If a player does not have the ball they are allowed to continue their route however, it now becomes their responsibility to not be in the way of a defender trying to down a player with the ball.

A blocking penalty is a spot foul, 10-yard penalty, and loss of down.

Section 13. Rushing the Passer

A. K/2nd, 3rd/4th, 5th/6th Grade Levels

No rushing the passer is allowed.

B. 7th/8th Grade Level

Rushing the passer is allowed.

C. Special Rushing Rules

1. Teams can rush on any play from a 7-yard depth. The side judge will mark the 7-yard rush line on the boundary.
2. You do not have to declare your rush to the official.
3. Multiple defenders can rush.
4. It must be an immediate rush.
5. If a rusher leaves the 7-yard rush line before the snap they may NOT reset and rush legally.
6. An illegal rush will result in a 5-yard penalty from the loss. Offense will get the choice to replay the down or take the result of the play.
7. The rusher may leave their feet to attempt to block the pass however, if they contact any part of the quarterback other than the flag it will be a roughing the passer penalty which is 15 yards and an automatic first down.

Section 14. Passing, Catching, and Possession

A. Passing

1. It will be considered a legal forward pass when an offensive player, from behind the line of scrimmage, throws the ball forward. This is only allowed once per down. A team CANNOT throw multiple forward passes in a single play.
2. Unlimited backwards passes and laterals are allowed as long as you're in the playing field.

B. Catching

If players from opposing teams catch the football simultaneously, the ball will be declared a catch for the offense.

C. Possession

A player must have one foot inbounds for it to be considered a catch/possession.

Section 15. Quarterback Rules

- A.** The QB has 7 seconds to pass/handoff/or get rid of the ball. Once there is an exchange, the official stops the 7-second clock and the defense can rush/attack the play from anywhere.
 - 1.** A fake handoff is not an exchange, it is a football move and the defense cannot cross the LOS until the ball has physically been removed from the QB's hands. The defense in anticipation can be waiting at the LOS just in case the QB decides to release it to the ball carrier.
- B.** The quarterback can run at any time.
- C.** The center may snap the ball to any player behind the line of scrimmage. Whoever that player is, will be designated as the quarterback.
- D.** The quarterback is not an eligible receiver.

Section 16. Boundary Rules During Play

- 1.** A player will be considered out of bounds when either a part of their body touches the line or crosses the boundary line and touches the ground outside of the boundary.
- 2.** If a player steps out of bounds during a play, she is not allowed to be the next person to touch the ball.
- 3.** If the player is forced out by the opposing team, the player must return to the field immediately and re-establish themselves to be eligible to touch the ball.

Section 17. Dead Ball/Play Stop

Once the ball hits the ground, it is considered a dead ball where it lands, whether the ball was dropped or fumbled.

A bad snap will be considered a dead ball and result in loss of downs.

If a player's knee, elbow or other body part, other than the hand, touches the ground the ball is dead. The hand is allowed to touch the ground.

Section 18. Punting- 7th/8th Grade Level ONLY

A. Notification

The offense must notify the officials of their choice to punt or go for it on 4th down. If the official is not informed in a timely manner, the choice will be declared as a punt. Once a choice is made, it cannot be changed unless a timeout is called by either team.

B. Guidelines

1. Both teams must have at least four (4) players on the line of scrimmage and they must not be in motion until the ball is kicked.
2. The returning team may stand anywhere on the line of scrimmage. They are allowed to jump in the air as well as wave their arms up and down.
3. The kicking team has a 5 second count to punt the ball, or it will be considered dead at the spot the kicker is standing. The result of this play will be a turnover on downs at that spot.
4. If a snap is fumbled by the kicker the play will be dead at that spot and it will be a turnover on downs.
5. The punt can be advanced by the return team. If they choose to not return the punt, they will take over wherever the ball lays at rest.
6. The return team can advance a punt that is bouncing.

Section 19. Clarification of Legal and Illegal Movements

1. Players are NOT allowed to hurdle or lift another player into the air.
2. Players may jump to catch a pass or when rushing the passer (see Section 12)
3. Players are allowed to Jump Cut, Spin, and Dive-
 - a. Dive for a catch (if caught down at spot)
 - b. Dive into the end zone for a score (not to celebrate)
 - c. Dive to capture a flag

Section 19. Inadvertent Whistle

If an official blows an inadvertent whistle in the middle of the play, the following options occur:

1. If the offensive player has possession of the ball, they may elect to take the ball where it was at when the play was blown dead and the down counts, or they can elect to replay the down from the original line of scrimmage.
2. When the ball is in the air, the ball will be returned to the previous spot and the down will be repeated.

ARTICLE III: OVERTIME

There is no overtime at the K/2nd Grade Level.

A coin toss will determine who is on offense and defense first. The visiting team will call the coin toss.

Section 1. Overtime Rules

- A.** Both teams will get One (1) overtime attempt of a single extra point. The first team that scores in overtime and the other does not will win, or the team that scores the most points off the overtime attempt will win.
- B.** Both teams are required to go for One (1) or Two (2) points for their overtime attempt. (Your choice)
- C.** A maximum of Two (2) overtime's will be played. If the score remains tied after this, each team will get one play from the 10-yard line. This may be a run or a pass. Whoever gains the most yards will win the game. If both teams get the same yardage, the game will end in a tie.

ARTICLE IV: WEATHER

Games will be played in all types of weather. Games may be delayed or cancelled when lightning occurs. Return to play guidelines will be managed by the officials.

ARTICLE V: EXCESSIVE SCORING/SPIRIT RULES

1. Rules will go into effect once the score margin reaches **28 points**.
 2. Clock will not stop at all except for injury (even after a TD/XP)
 3. Offense Rules
 - a. QB on leading team can no longer run
 - b. No trick plays are allowed (reverse, double reverse, hook/ladder, etc.)
 4. Defense
 - a. 7th/8th Grade level leading team can no longer use blitzes
 5. Larger teams are strongly encouraged to sit better players and rotate to other positions.
 6. Slow pace down
 7. Any team with a winning point differential over forty-one (41) will be fined \$500 for the 1st offense, \$1000 for the 2nd offense, \$1500 for the 3rd offense paid to TCYFL Cares.
- **SPIRIT RULE:** If a team is trailing by the excess score point margin at the end of the first half, at the option of the trailing team, the trailing team may concede the game. The leading team is the winner based on the official score at the end of the first half. This can only be done on the condition that an entire second half will be played as a scrimmage starting the score over at zero to zero, and no more scoring will be kept. All of the Excessive Scoring Rules will still apply to keep the game moving so as not to delay the start of the next scheduled game. The winning team is strongly encouraged to give Players experience at their back-up positions on both offense and defense

ARTICLE VI: SPECIAL RULES

1. It is strongly encouraged for all grade teams to use wrist coaches. (Especially at the 7th/8th grade level.)
2. Only players playing in the series are allowed on the field. Everyone else is required to be on the team's correct sidelines.
3. The quarterback CANNOT go out for a pass once they have handed the ball off.
4. Once the quarterback hands the ball off, they are eligible for a lateral or handoff on a reverse. (Reminder, that once the quarterback exchanges the ball the defense is allowed to rush).
5. K/2nd Grade Level: Man defense only is allowed.
6. 3rd/4th, 5th/6th, and 7th-8th Grade Levels- Man or Zone Defense is allowed.
7. No flag guarding is allowed. This includes anything that would impede a defender in their ability to get the opponent's flag.
8. The use of drones is prohibited at all TCYFL sanctioned Game Days.
9. Referee's Warning of Unsportsmanlike Conduct. At their own discretion and short of throwing a flag for an official judgment of Unsportsmanlike Conduct, Referees MAY WARN a player who exhibits unsportsmanlike conduct and send that player out of the game for a reasonable period of time (cool down). A Cool Down is not considered an ejection. Only One (1) Cool Down per player per game is allowed.

ARTICLE VII: EJECTIONS

A. PLAYERS

If a player is ejected from a game for any reason, the player will be suspended, (not be allowed to participate in any way) for the following game.

A second player ejection will result in suspension of that player for the next two (2) scheduled games.

A third player ejection will result in the suspension of that player for remainder of the season

B. COACHES

If a coach is ejected from a game for any reason, the coach will be suspended (not be allowed to participate in any way) for the following game.

Any coach ejected from a game, for any reason, will serve an automatic One (1) week suspension.

A second coach ejection/suspension, for any reason, will result in suspension of that coach for the remainder of the season. An ejected coach must move to the parking lot or beyond, in any case away from the playing field and fan areas.

ARTICLE VIII: COACHES

1. One (1) Head Coach and Three (3) Assistant Coaches per team are allowed
2. All coaches will be badged this season. The Head Coach will get a Green color badge and the assistant coaches will get a red color badge.
3. All coaches must be USA Football Flag certified annually
4. PCA Workshop completion (strongly encouraged this year)
5. **Final turn in to get a badge to coach is Wednesday August 26, 2026.**
6. For all levels, One (1) coach is allowed on the field for offensive possessions.
7. For all levels, One (1) coach may be on the field for defensive play calling. It is their responsibility to make sure they are out of the way once the play starts.
8. Once the Offense is lined up and the snap-count started, the coaches on each team must be positioned behind the deepest back on their team and remain silent during the play. Coaches may not communicate verbally or by grabbing and/or physically directing a player from the time that the offensive team is set until the play is whistled over.
(Coaches on the sidelines can)
9. Strongly encouraged that for all levels (especially the 7th/8th grade level) that wrist coaches be used and coaches not be on the field at all.

ARTICLE IV: Baseline Concussion Testing

- A:** All players Nine (9) years old and older (as of September 1st) will be baseline tested every year using the SWAY app.