



MVYFL Girls Flag Football Pilot Program 2025 - Rules

Final rev 7-11-25

The Field shall be 40 yards wide and 40 yards long with two 10-yard end zones.

The visiting team will be given the choice of heads or tails for the coin toss. The winner of the coin toss may select offense or defense. For the start of the 2nd half the loser of the coin toss will select offense or defense. The same rule applies to overtime.

The lines to gain are every 20 yards from end zone to end zone.

Possession starts on the offensive team's own 40-yard line. Offense has 4 downs to make the next line to gain.

There is no actual punting; if a team "punts" on 4th down, the other team takes possession on their own 40-yard line. If the offense goes for it on 4th down and does not get a first down then the other team takes possession at the 40-yard line.

There is a defensive line of scrimmage **one yard** from the offensive line of scrimmage. No members of Team B may enter this one yard wide neutral zone until the ball is snapped.

Anytime the ball hits the ground the ball is dead and play is over.

The games are 40 minutes long with two 20-minute halves with a 3-minute intermission.

Running clock for the first 19 minutes of each half except during timeouts and injuries. <1 min clock stops on incomplete passes, penalties and out of bounds plays.

There is a one-minute warning for each half and the clock will stop in one minute of each half for: incomplete pass, out of bounds, score with PAT being an untimed down, time out, penalty or change of possession.

The one-minute warning is a notification only. Once the teams have been notified the game clock will restart on the referee's ready for play signal.

Each team has a total of two timeouts for the entire game.

Officials keep time on the field. The referee will keep the play clock (25 sec) and the back judge will keep the game clock.

When a Team B player intercepts the ball, they can return the ball back in the opposite direction towards "mid field". If the player of Team B crosses the 40-yard line, this will be scored as a

touchdown. Any other outcome of forward progress will result in the ball being placed at the 40-yard line and will start a new possession for the intercepting team.

Shotgun snaps are required between the center's legs and the snapped ball must travel at least 2 yards

Backward passes (pitches) are allowed anywhere on the field

Intentional grounding is illegal. Except, if the passer immediately spikes the ball to the ground after receiving the snap to conserve time.

Offense Blocking: The blocker shall have her hands and arms at her sides or behind her back. Any use of the hands, arms, elbows, legs or body to initiate contact during an offensive block is illegal.

Defenders must attempt to go around offensive blockers. Defenders cannot use any part of their hands, arms, elbows or any part of their body to contact the offensive blocker.

Extra Points: 1 from the 3-yard line & 2 from the 10-yard line

Overtime: Each team will get one play from the 40-yard line and whichever team gains the most yards wins the game. There are no team timeouts in overtime. Teams can receive negative yardage in overtime. Overtime series will continue until there is a winner.

Penalties Defense:

Pass interference (previous spot): +5

Holding (basic spot): +5

Stripping (basic spot): +5

Unnecessary Roughness/ Personal Foul (basic spot): +10 yards and automatic first down.

Encroachment: (previous spot) +5 yards

Illegal Contact (basic spot) +10 yards and automatic 1st down

Illegal flag pull before receiver has ball (previous spot): +5 yards

Roughing the passer: +10 yards from dead ball spot or previous spot, whichever is more yardage (Refer to NFHS Rule 9-4-4) and automatic first down.

Taunting/USC: +10 yards (succeeding spot) automatic first down.

Penalties Offense:

Screening and blocking downfield (Basic spot): -5 yards.

Flag guarding (basic spot): -10 yards.

Illegal contact (basic spot)- 10 yards

Charging (basic spot): -10 yards and loss of down.

Encroachment/ False start: -5 yards previous spot.

Illegal forward pass/intentional grounding: -5 yards from spot of foul and loss of down.

Illegal motion/Illegal shift: - 5 yards (previous spot).

Delay of game: -5 yards (previous spot).

Pass interference: -5 yards (previous spot).

Unnecessary roughness/Personal Foul: -10 yards (Succeeding spot).

Any scenario, case, or rule, regarding timing or penalty enforcement not covered in this document shall fall under the NFHS Rulebook. If something occurs that is not covered in this document officials will do their best to apply NFHS rules fairly and equitably. If a scenario occurs which is not covered by this document or the NFHS Rulebook, the Referee shall make a decision in his or her best judgement.

MVYFL coaches, administrators, and players along with game officials understand that flag football is a non-contact sport, and the emphasis is on avoiding contact. Incidental contact is not a foul, however if a game official judges contact to be intentional the player making the contact is guilty of a foul.

