



### **2025 Maryland Girls Flag High School Football Rules (Abbreviated)**

Please note – the Ravens & Commanders agree that anything not covered in the rules that occur during gameplay will fall under the discretion of NFHS Football Rulebook. If a scenario occurs that is not covered in this document or under NFHS Rules, the Referee will rule in the most fair and practical way possible.

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.

The Field should be 40 yards wide and 80 yards long with two 10-yard end zones.

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

Possession starts on the offensive team's own 14-yard line.

Following a safety, the team in possession of the ball will begin the series at their own 30-yard line.

Offense has 4 downs to make the next line to gain.

There is no actual punting; if a team "punts" on 4<sup>th</sup> down, the other team takes possession on their own 14-yard line. If the offense goes for it on 4<sup>th</sup> down and does not get a first down, then the other team takes possession at that spot.

There is a defensive line of scrimmage one yard from the offensive line of scrimmage. No players shall enter this one-yard-wide neutral zone until the ball is snapped.

Varsity games are 48 minutes long with two 24-minute halves with a 5-minute intermission.

Running clock for the first 22 minutes of each half except during timeouts.

JV Games are 32 minutes long with two 16-minute halves with a 5-minute intermission.

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

This two-minute warning is a notification only. At the conclusion of the notification the clock will resume on the Referee's Ready for Play Signal.

Each team is entitled to two charged 60 second timeouts per half. Unused Timeouts do not carry over to the 2<sup>nd</sup> half or overtime.

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

Backward passes (pitches) are allowed.

When a fumble, snap or backwards pass hits the ground the ball is dead, and the play is over. Possession belongs to the team who lost the fumble, snap, or backwards pass unless it is a turnover on downs.

Intentional grounding is not allowed but a QB can immediately spike the ball to stop the clock in the final two-minutes of each half.



**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 take turns getting one play from the 3-yard line (1 pt) OR 10-yard line (2 pts). If the game is still tied, the team that started on defense will now start on offense and either go for 1 or 2. If the game is still tied, there is a third opportunity and possession flips, whoever was on defense goes on offense and both go for 1 or 2. If tied after each team has 3 attempts, then each team will get one play from the 5-yard line and whichever team gains the most yards wins the game. There are no team timeouts in overtime. \*No JV or "B" team overtime.

### **PENALTIES and YARDAGE**

#### **Defensive Penalties:**

- Encroachment: +5 yards previous spot.
- Illegal Flag Pull/Illegal use of hands (before receiver has ball): +10 yards basic spot enforcement.
- Defensive Holding: +10 yards basic spot enforcement
- Roughing The Passer: +10 yards from dead ball spot or previous spot, follow NFHS Rule 9-4-4
- USC: +10 yards succeeding spot.
- Defensive Pass Interference: 10 yards previous spot.
- Defensive Unnecessary Roughness or any violation of NFHS 9-4-3: +10 yards basic spot enforcement and automatic first down.

#### **Offensive Penalties:**

- Encroachment / False Start: -5 yards previous spot
- Illegal Forward Pass: -5 yards from line of scrimmage and loss of down.
- Illegal Motion: -5 yards from previous spot
- Flag Guarding: -10 yards basic spot enforcement
- Delay of Game: -5 yards previous spot
- Charging: -10 yards basic spot enforcement.
- Offensive Pass Interference: -10 yards previous spot
- Offensive Unnecessary Roughness: -10 yards succeeding spot
- Illegal Blocking: -10 yards basic spot enforcement