

2023 Mountain Athletic Conference Girls Flag Football League

Anything not covered here will revert to GHSA Rulebook

Girls Flag Football League- Is a Girls Flag Football League organized and administrated by The Mountain Athletic Conference.

Girls Elementary – In Elementary age group only 1 Coach on offense and 1 coach on defense on the field , once the huddle breaks, coaches must be 10 yards behind deepest player and no touching and adjusting of players is allowed. Only verbal adjustments are allowed.

2 Divisions

Elementary 2nd-5th

Middle School 6th-8th

Playing Field-

Home sidelines to far hash will represent Out of Bounds.

After every score every possession will start on the 24 yard line.

Field Length is 35 Yards Wide and 80 Yards Long. Fixed Lines to gain 30,50,30,10. Will start out with 1st and 6 from the 24-yard line.

Equipment

1 Down Marker Per Game, 2 Cone Markers for LOS and Neutral Zone for D#.

Pee Wee Football JR Size All Age Groups

Mouth Pieces Mandatory

No Jewelry allowed

Jersey and Shirts shall always be tucked in.

Shorts may not have pockets or loops

Time

Game Clock- Will be 4, 10 Minute Quarters , Running Clock. Clock will stop with 1 minute in 2nd quarter and 1 minute in 4th Quarter for a normal Football Clock. (Out Of bounds Incomplete Pass, etc.)

Timeouts-

Each team will get 2 Timeouts Per Half.

Scoring

1. All touchdowns shall be (6) points, and extra points shall be either (1), (2) or (3) points.
 - a. Teams have the options to attempt the extra point from the 13-yard line for one point, from the 20yard line for two points, or from the 25 -yard line for three points. NOTE: The Head Coach or Team Captain will confer the choice to the referee following a touchdown. Once the spotters have been placed a team cannot change their mind unless they are able to use a remaining timeout
 - b. The Defense cannot score on an extra point try. The ball is dead on the change of possession. 2. A safety shall be (2) points. a. Following a safety or touchback, the ball is spotted of the offenses own 24yard line. 1st down and 6.

Overtime

5. In the event of a tie game (including regular season) the "OVERTIME" procedure shall be: a. After a 3minute intermission, a coin-flip with the team captains and the referee shall be conducted in order to determine possession and direction to start the overtime period. b. The winner of the coin-flip shall have the options to start on offense, defense, or direction. The loser of the coin-flip will have the choice of the remaining options. c. Each team is entitled to 1 time-out per overtime period. Any unused timeouts will not carry over to the next overtime period. d. For the first two overtime possessions the scoring team will be permitted to go to for 1 point, 2 points or three points on their PAT attempt. After the second overtime period the scoring team must go for 2 points following each touchdown. e. The offensive team (Team A) will start from the opponent 20 -yard line and have four downs to score a touchdown, followed by the opponent (Team B) having the same opportunity to score. 1. If still tied, the procedure will be repeated with teams (in the second overtime Team B will now be on offense first and Team A will not be on defense). Teams will continue to flip possession for each subsequent overtime period until a winner is determined. NOTE: The referee shall have the authority to correct all obvious timing errors but must be corrected prior to the ball becoming live after the error occurred.

Penalties

See Page 73 of NIRSA Manual

Section 9: BLOCKING, RUSHING, AND CONDUCT

1. Offensive Screen Blocking: Screen blocking is permitted and shall take place without contact. The screen blocker shall have his/her hands and arms at his/her side or behind his/her back. Any use of the hands, arms, legs, elbows, or body to initiate contact by an offensive player is illegal. A player must be on his/her feet before, during, and after screen blocking.
2. Defensive players must go around the offensive player's screen block. The arms, hands and legs may not be used as a wedge to contact the opponent.
3. Player Restrictions:
 - A. No player shall make contact with an opponent which is deemed unnecessary.
 - B. There shall be no clipping or tripping.
 - C. There shall be no bumping the receiver. The defensive player must play the ball and shall not interfere with a receiver. However, defensive and offensive players are equally entitled to a passed ball.
 - D. Pulling or removing the flag belt from an offensive player as the ball is snapped or before a pass reception with the obvious intent of confusing the offensive player as an eligible pass receiver or ball carrier is illegal.
 - E. A defensive player may not bump or push a runner out of bounds.

F. Offensive charging is not permitted. The ball carrier may not run through a defensive player but must attempt to evade the defensive player. The runner is allowed to spin in order to avoid being de-flagged as long as he/she does not charge during the spin.

G. The ball carrier shall not guard his/her flags by blocking with hands or the ball, thereby denying an opponent the opportunity to pull or remove the flag belt. Penalty: Flag guarding, 10 yards from the spot of the foul.

H. Stiff arming by the ball carrier is illegal. Holding or swinging the arm near the flag to ward off attempts to seize the flag is illegal and results in flag guarding.

I. Defensive players may not steal or strip the ball from an offensive player once he/she has control.

J. The flag belt is to be fastened around the waist by use of the end clip. Any tampering to secure the flags so as to make them more difficult to pull is illegal and will result in ejection from the game. Penalty: Unsportsmanlike conduct, 10 yards from the previous spot, loss of down, and player disqualification.

K. Players, coaches, and spectators are to position themselves between the 20-yard line markers on their team's respective sideline.

4. Pass Interference: Once a pass is in the air, the ball belongs to anyone who can get it. Any contact which occurs between two or more players making a legal attempt to catch or bat the pass is considered incidental. Screening a player's eyes or waving the hands or arms in his/her face to distract a receiver is considered interference.

5. Roughing the Passer: Defensive players must make a definite effort to avoid charging into a passer after the ball has been thrown. No defensive player shall contact the passer. Penalty: Roughing the Passer on a completed forward pass: 10 yards enforced from the dead ball spot when the run ends beyond A's scrimmage (Automatic 1st down) line and no change of possession has occurred.

6. Personal Fouls: There shall be no personal fouls committed by players, substitutes, or coaches.

Personal fouls include: Using fist, foot, knee, or leg to contact an opponent; tackling the ball player (disqualification); illegal contact; unnecessary roughness, hurdling, roughing the passer (when the defender contacts any part of the passer during his/her motion or follow through).

7. The third unsportsmanlike foul by the same team results in their forfeiture of the game.

Section 10: ENFORCEMENT OF PENALTIES

1. Penalty Enforcement at the basic spot:

A. Pass play or during the protected scrimmage kick (before possession is gained) – basic enforcement spot is the scrimmage line (where ball was snapped).

2. On all running plays - basic enforcement spot is the end of the run.

3. All fouls are marked from the basic enforcement spot (Exception: An offensive foul behind the basic enforcement spot which becomes a spot foul.)

4. The only exception to the above regulations is Roughing the Passer; this penalty will be added on to the end result of the play.

2. Dead Ball Fouls:

A. Where there are 10 yard dead ball fouls committed by each team prior to the penalty administration, each 10 yard foul will cancel a 10 yard foul on the other team. Any remaining 10 yard fouls will be enforced.

B. 5 yard dead ball fouls will be enforced and in the order of occurrence and would never cancel a 10 yard foul

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