



GIRL'S FLAG **RULES OF PLAY**
2026 SEASON



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PREFACE

The Tualatin Valley Youth Football League (TVYFL) follows the National Federation of High School Association's (NFHS) Girls Flag Football Rules unless specified in this document. Rules set forth in this document take precedence in cases when NFHS and TVYFL rules differ.

The members of the Tualatin Valley Youth Football League resolve that the following rules and regulations have been adopted by a majority vote of the Board of Directors and ratified by a majority vote of the TVYFL Membership.

All Titles of the TVYFL may only be amended by a majority vote of the Board of Directors and a majority vote of all members at a duly noticed meeting of the league. These Titles are binding on all members of the TVYFL and by committing to membership in the TVYFL, all members accept all bylaws, rules, regulations, and Titles as adopted without recourse.



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2026 RULES CHANGES



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TITLE 1: PLAY & PARTICIPATION RULES & REGULATIONS

REQUIRED EQUIPMENT, PERSONAL ITEM RESTRICTIONS

1. All players are required to have the following equipment:
 - a. Team jersey or shirt of matching color
 - b. All players must wear mouth guards while on the playing field
 - c. Flag belt with pop-style flag system.
 - i 3/4: two (2) flags
 - ii 5/6: three (3) flags
 - iii 7/8: three (3) flags
 - d. Flags must be always worn on the OUTSIDE of the jersey and on each side of the body and the rear. Players should leave the field to correct flag issues, so play is not slowed down.
 - e. Cleats are optional but must adhere to the normal TVYFL rules on footwear (no metal cleats).
 - f. Guardian Headgear encouraged
 - g. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads. Braces with exposed metal are not allowed.
 - h. Players must remove all jewelry, sunglasses, hats and do-rags. Winter beanies are allowed.
 - i. Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
 - j. We recommend players wear shorts or pants that do not have pockets. Shorts or pants with belt loops or pockets must be taped. Games will not be delayed for a player to tape up pockets.
 - i Flag belts cannot be the same color as shorts or pants.
 - k. In the event of a game between teams with uniforms of the same color, the visiting team must wear pinnies for ease of team identification by officials.
 - l. No goals or kicking tees

MINIMUM NUMBER OF PLAYERS

2. A team must have a minimum of the below active players (suited up and not injured) to start or continue a game. If at any point there are fewer than the below active players, the team that cannot field the required players must forfeit the game. However, teams can scrimmage.
 - a. 3/4: four (4)
 - b. 5/6: six (6)
 - c. 7/8: six (6)
3. No player borrowing between teams is allowed for official games. For scrimmages, this can be flexible if both coaches agree.

PARENTS ON THE FIELD

4. No parents are permitted on the field



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TITLE 2: 3RD/4TH GRADE RULE VARIATIONS

BALL SIZE	TD	PAT (5-YD)	PAT (10-YD)	SAFETY	FG
PEE WEE	N/A	N/A	N/A	N/A	N/A

HALFS	HALFTIME	BETWEEN GAMES	SPECIAL TEAMS	MAX SCORE DIFF	BALL CARRIER
20 MINS	10 MINS	10 MINS	N/A	N/A	N/A

1. Except as provided here, the League will adhere to all rules and regulations as outlined in the current, official National Federation of State High School Associations (NFHS) rule book. In the event one of the listed rules in the adopted Titles of the League is in direct conflict with the current published NFHS rules, the Titles and Rules of Play of the TVYFL will have precedence.
2. The playing field is forty (40) yards long x twenty (20) yards wide, allowing for four (4) fields to be created on a traditional 100-yard field at the same time.
3. Fields will be marked by cones and/or pylons. Place pylons or large cones at the endzone line, small cones every five (5) yards, and pylons or large cones at the halfway point (twenty (20) yard line).
4. Officials – One (1) Youth Official is required. An Association can choose to field two (2) Officials, but they will only be reimbursed for one (1).
5. Remaining players and coaches are to stand on the right side of the field, opposite of the officials during the game.
6. Format: At the 3rd/4th level, the number of players will be 5 vs 5 with a maximum of 15 player per team allowed.
7. There is no punting at the 3/4 level.

COACHES ON THE FIELD

8. This level may have one (1) coach on the field. Coaches must be three (3) yards behind the deepest player (Running Back & Safety).

LENGTH OF QUARTERS AND HALFTIME

9. At the 3rd/4th level, the length of halves shall be twenty (20), time between games, and halftime shall be ten (10) minutes.
10. No Association President, Official, Coach, or other entity will have the ability to modify the length of a quarter, halftime, or the time between games for any reason.
11. Referees may cancel or delay a game for safety reasons as provided by the NFHS rules but may not modify the time for a quarter of play, halftime, or game.
12. Free substitution of players is always in effect.
13. Timeouts: there will be two (2) timeouts allowed per half.

SCOREKEEPING

14. Scorekeeping
 - a. No scores will be kept on the field or scoreboard. The scoreboard will be used for time keeping purposes only.
 - b. Scores will not be required to be submitted to the league. Only what teams played as standings also will not be kept by the league.
 - c. There are no PAT plays. This means when a team scores a touchdown, the ball is brought back to mid-field and possession changes to the other team. The scoring team will not run an additional play after the touchdown is made.



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TITLE 3: 5TH/6TH GRADE RULE VARIATIONS

BALL SIZE	TD	PAT (5-YD)	PAT (10-YD)	SAFETY	FG
JUNIOR	6 PTS	1 PT	2 PTS	N/A	N/A

QUARTERS	HALFTIME	BETWEEN GAMES	SPECIAL TEAMS	MAX SCORE DIFF	BALL CARRIER
10 MINS	10 MINS	10 MINS	N/A	N/A	N/A

1. Except as provided here, the League will adhere to all rules and regulations as outlined in the current, official National Federation of State High School Associations (NFHS) rule book. In the event one of the listed rules in the adopted Titles of the League is in direct conflict with the current published NFHS rules, the Titles and Rules of Play of the TVVFL will have precedence.



2. The playing field will be 40-yards wide but only 53-yards long with the sidelines becoming the end zones, allowing for two (2) fields to be created on a traditional 100-yard field at the same time.
3. This leaves a twenty (20) yard buffer zone between the two (2) game fields for game administration and safety purposes. Game officials, league personnel, athletic trainers and designated coaches are allowed in this space.
4. Players not in the game stand on the traditional sidelines with one or more coaches to supervise.
5. First downs, down markers and the chain gang are administered in accordance with National Federation (NFHS) or local rules – starting from the forty (40) yard line.
6. Home Field member will be responsible for all field set up and ensuring a Site Official is on-site to direct opposing teams to the appropriate locations.
7. Officials – Two (2) Youth Official is required.
8. Format: At the 5th/6th level, the number of players will be 7 vs 7 with a maximum of 21 player per team allowed.

COACHES ON THE FIELD

9. There are no coaches on the field

5TH/6TH SPECIAL TEAMS

10. 5th/6th Special Teams
 - a. There will be no special teams, except for PAT.
 - b. Virtual punts only for all levels (no actual kicking); referees will mark off yardage.
 - c. PAT



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- i) **1-Point Attempt:** Attempted from the 5-yard line; passing only.
- ii) **2-Point Attempt:** Attempted from the 10-yard line; allowed to be run or pass.

BLITZING

- 11. Any player who blitzes the quarterback must be a minimum of seven yards behind the line of scrimmage at the snap. For fields that do not include yard lines, officials will mark this seven-yard zone before every play.

RUNNING CLOCK

- 12. At the 5th/6th level, there is a running clock until the two (2) minute warning in 2nd and 4th quarters, at which point standard stop timing applies unless the mercy rule is triggered (nineteen (19)+ point differential).

LENGTH OF QUARTERS AND HALFTIME

- 13. At the 5th/6th level, the length of quarters shall be ten (10) minutes, time between games, and halftime shall be ten (10) minutes.
- 14. No Association President, Official, Coach, or other entity will have the ability to modify the length of a quarter, halftime, or the time between games for any reason.
- 15. Referees may cancel or delay a game for safety reasons as provided by the NFHS rules but may not modify the time for a quarter of play, halftime, or game.
- 16. Free substitution of players is always in effect.
- 17. Timeouts: there will be three (3) timeouts allowed per half.



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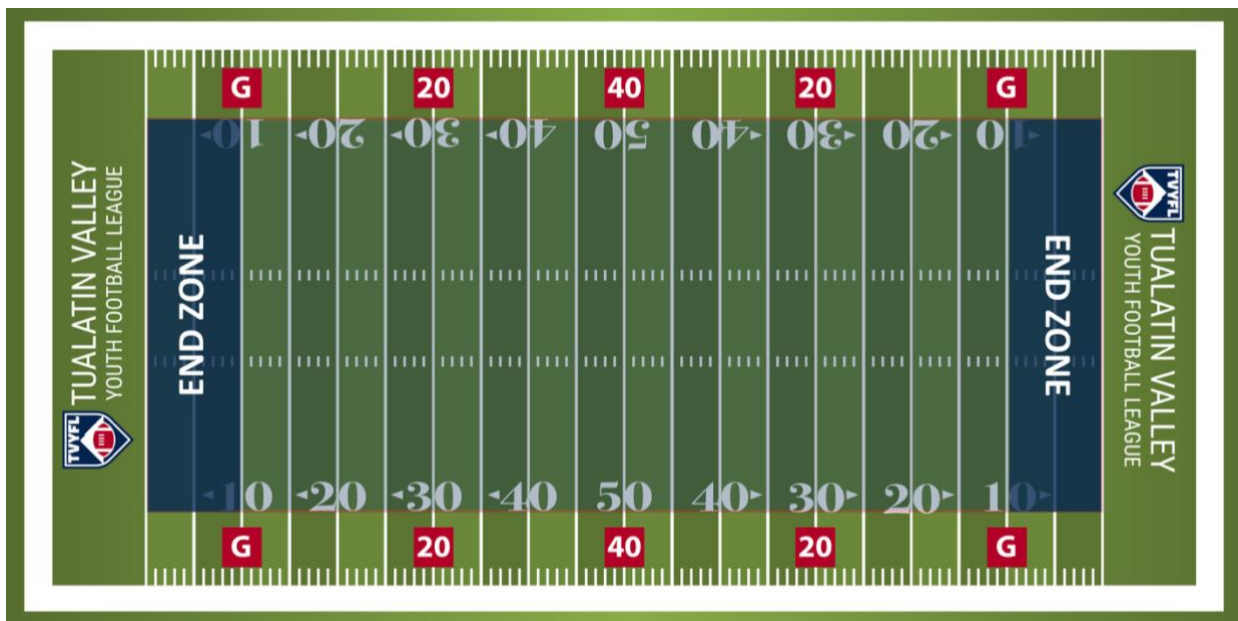
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TITLE 3: 7TH/8TH GRADE RULE VARIATIONS

BALL SIZE	TD	PAT (5-YD)	PAT (10-YD)	SAFETY	FG
YOUTH	6 PTS	1 PT	2 PTS	N/A	N/A

QUARTERS	HALFTIME	BETWEEN GAMES	SPECIAL TEAMS	MAX SCORE DIFF	BALL CARRIER
12 MINS	10 MINS	10 MINS	N/A	N/A	N/A

1. Except as provided here, the League will adhere to all rules and regulations as outlined in the current, official National Federation of State High School Associations (NFHS) rule book. In the event one of the listed rules in the adopted Titles of the League is in direct conflict with the current published NFHS rules, the Titles and Rules of Play of the TVVFL will have precedence.



2. The playing field is 80 x 40 yards sideline-to-sideline, following the NFHS high school standard size for Girls Flag football.
3. Players not in the game stand on the traditional sidelines with one or more coaches to supervise.
4. The standard players' box should be used for sideline players.
5. First downs, down markers and the chain gang are administered in accordance with National Federation (NFHS) or local rules.
6. Home Field member will be responsible for all field set up and ensuring a Site Official is on-site to direct opposing teams to the appropriate locations.
7. Officials – One (1) PFOA and two (2) Youth Officials are required.
8. Format: At the 7th/8th level, the number of players will be 7 vs 7 with a maximum of 21 player per team allowed.

COACHES ON THE FIELD

9. There are no coaches on the field

7TH/8TH SPECIAL TEAMS

10. 7th/8th Special Teams
 - a. There will be no special teams, except for PAT.
 - b. Virtual punts only for all levels (no actual kicking); referees will mark off yardage.
 - c. PAT
 - i. **1-Point Attempt:** Attempted from the 5-yard line; passing only.
 - ii. **2-Point Attempt:** Attempted from the 10-yard line; allowed to be run or pass.



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RUNNING CLOCK

11. At the 7th/8th level, there is a running clock until the two (2) minute warning in 2nd and 4th quarters, at which point standard stop timing applies unless the mercy rule is triggered (nineteen (19)+ point differential).

LENGTH OF QUARTERS AND HALFTIME

12. At the 7th/8th level, the length of quarters shall be twelve (12) minutes, time between games, and halftime shall be ten (10) minutes.
13. No Association President, Official, Coach, or other entity will have the ability to modify the length of a quarter, halftime, or the time between games for any reason.
14. Referees may cancel or delay a game for safety reasons as provided by the NFHS rules but may not modify the time for a quarter of play, halftime, or game.
15. Free substitution of players is always in effect.
16. Timeouts: there will be three (3) timeouts allowed per half.