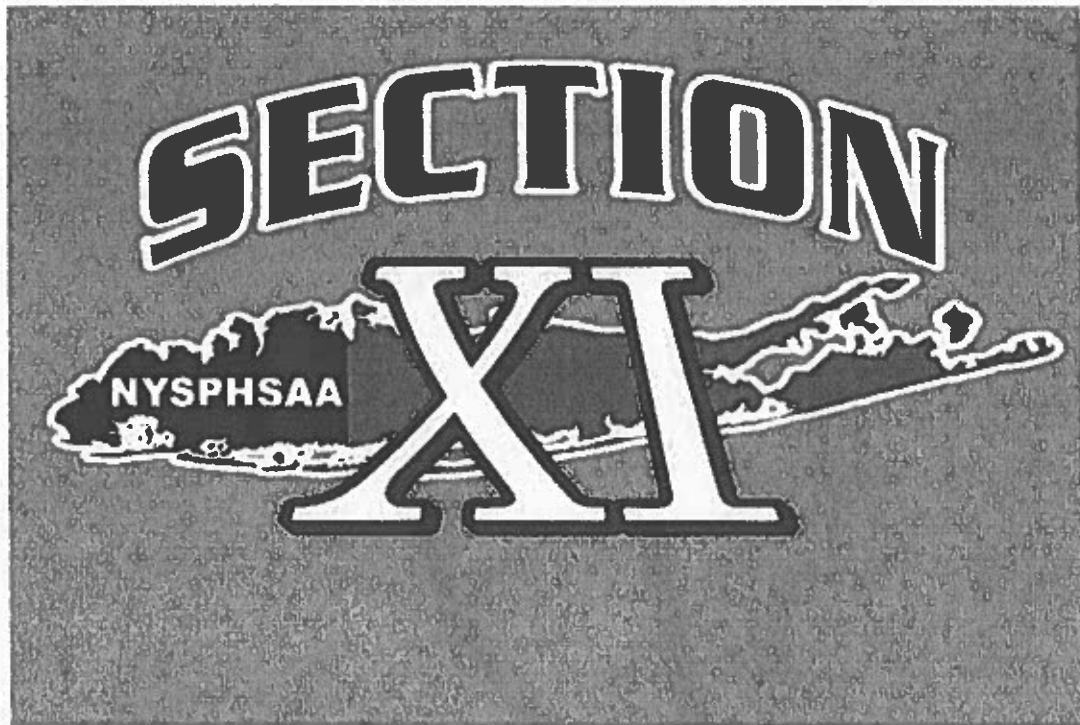


NYSPHSAA - SECTION XI



Girls Flag Football Handbook
Spring 2023

Section XI Girls Flag Football Overview

Section XI is extremely proud to partner with the New York Jets and our NYSPHSAA leadership in providing this new and exciting opportunity for our female student-athletes. We look forward with anticipation as we begin our first season as an official sport this spring sports season.

Anytime we can offer new and innovative opportunities for our member schools and their athletes is exciting and having the backing from the New York Jets and NYSPHSAA makes this venture that much more promising.

Making History

2023 marks the first season as an official sport recognized by the NYSPHSAA in Section XI. The New York Jets sponsored and additional 13 teams as well as providing some funding to the original 8 teams giving us a total of 21 teams. Section VIII/Nassau has increased from the 9 original teams to now 19 teams. The New York Jets will host a regional game at their facility or MetLife stadium with Section 9 on June 19th.

New Teams

Connetquot
Eastport-South Manor
East Hampton
Harborfields
Hauppauge
Half Hollow Hills
Huntington

Lindenhurst
Northport
Patchogue-Medford
Riverhead Charter School
Sayville
William Floyd

Old Teams

Amityville
Center Moriches
Longwood
North Babylon
Sachem East
Sachem North
Walt Whitman
Ward Melville

2023 NYS GIRLS HS VARSITY FLAG FOOTBALL

Rules Summary Sheet- UPDATED MARCH 4, 2023

1. GENERAL RULES

- 7 V 7, Must have 5 to play
- 4 downs to achieve line to gain
- Each player wears belt, flags positioned over hips. Shorts no pockets. Jerseys tucked in.
- Belt of ball carrier comes OFF BY DEFENDER while pulling flag, ball dead at that spot.
- Belt falls off runner inadvertently, defender must tag runner shoulders / knees
- **1 BELT FALLS OFF – PLAY SPOTTED AT LOSS OF 1 FLAG**
- Defender holds flag OVERHEAD for all to see
- MOUTHPIECES REQUIRED / Offense is responsible for having their ball
- **BALL SPOT BASED ON BALL POSITION NOT WHERE FLAG IS PULLED**
- 2 Discs set neutral zone, 1 on LOS, 1 – 1 yard into defense
- 3 Officials
- **COACHES BOX BETWEEN FLAG 20-20/ ALL PLAYERS BEHIND FULL FIELD SIDELINE**

2. THE FIELD

- 80 Yards long / 40 Yards wide
- Start new game on 20, following scores, 2nd half
- **SIDELINE IS BOTTOM OF HASHES (RESTRAINING LINES)**
- **WAITING ON FINAL STATE DECISION FOR BALL SPOT – HASH OR MIDDLE**
- 4 (20) yard zones with 10 yard end zones at each end (schools may use regulation field -5 20)
- 4 downs to line to gain (20 yards)
- New LTG may be less than 20 yards

3. GAME AND PLAYER EQUIPMENT (LEGAL)- REFER TO OFFICIAL RULES

4. TIMING

- Games are 50 minutes, 2-25 minute halves WITH RUNNING TIME. Clock stops on a change of possession and the last 2 minutes of each half. 5 minute halftime
- 2- time outs per game.
- 25 second play clock on the ready.
- 2-minute warning at half and game / real clock with stoppages last 2 minutes half / game
- No overtime except playoffs

5. SCORING

- TD- 6, CONVERSIONS 1PT/3YDL, 2 PTS/10 YDL, 3 PTS/20 YDL. SAFETIES -2
- **RETURNED CONVERSIONS 2 PTS.- STILL WAITING ON STATE**
- **ON TRY PENALTY MAY CHANGE SPOT BUT NOT VALUE OF POINTS**
- If there is a 19-point differential at or inside then 5-minute mark remaining in the game, the game is OVER. Teams may elect to continue playing.

6. ALIGNMENT

- Snapper only player required on LOS
- **Snapper can have 1 knee on ground, side saddle, shotgun**
- 4 players must be within 1 yard of the LOS /all players within 15 yards of the ball
- 2-yard neutral zone / Referee placing discs at the ball and @ 1 yard for the defense
- QB must be 2 yards from snapper to receive snap
- Defense no required alignment

7. RUNNING

- Hand offs permitted anywhere on the field
- Fumbles backwards - dead at the spot where it **contacts the field or goes out of bounds**.
- Fumbles forwards – dead at the spot **possession is lost** including the end zone from field of play.
- Runners are not permitted to dive with the ball – dead ball at spot where dive initiated.
- Offensive Blocking is allowed – NO CONTACT – **like a pick in basketball** – framework of body

8. PASSING

- Passes allowed from BEHIND LOS – anyone is eligible
- 1 pass per play
- Ball can be advanced BEYOND LOS, thrown backwards BEHIND LOS, and thrown forward.
- illegal if entire foot is BEYOND LOS.
- illegal if intentionally thrown to ground or out of bounds to avoid sack
- Pulling flag PRIOR to catch is PASS INTERFERENCE

9. RECEIVING

- Catch with possession with one foot or body part other than hand contact ground 1st in bounds
- Catch if defender pushes player out of bounds before touching the ground.
- Ball may be tipped / batted forward by receiver in the air as long as the ground is not contacted 1st

10. KICKING

- Prior to ready for play on 4th DOWN Offensive team must declare punt / ref announces PUNT
- Can punt on any down
- 6 kicking players on LOS
- Kicker 5 yards deeper than LOS
- 5 return players on LOS
- 2 returners deep
- Any kick caught by kicking team BEHIND LOS CAN NOT BE ADVANCED
- After receiving the snap, the punter immediately punts in a continuous motion.
- **NO RETURNS EVER- KICKS ARE DEAD**
- **ALL KICKS ANY DOWN MUST BE DECLARED NO QUICK KICKS**

11. FAIR CATCH

- Any receiver can signal fair catch
- Once signal is given by any player it is now a fair catch
- Must give a valid fair catch signal
- Fair Catch becomes dead whether caught or hits the ground.

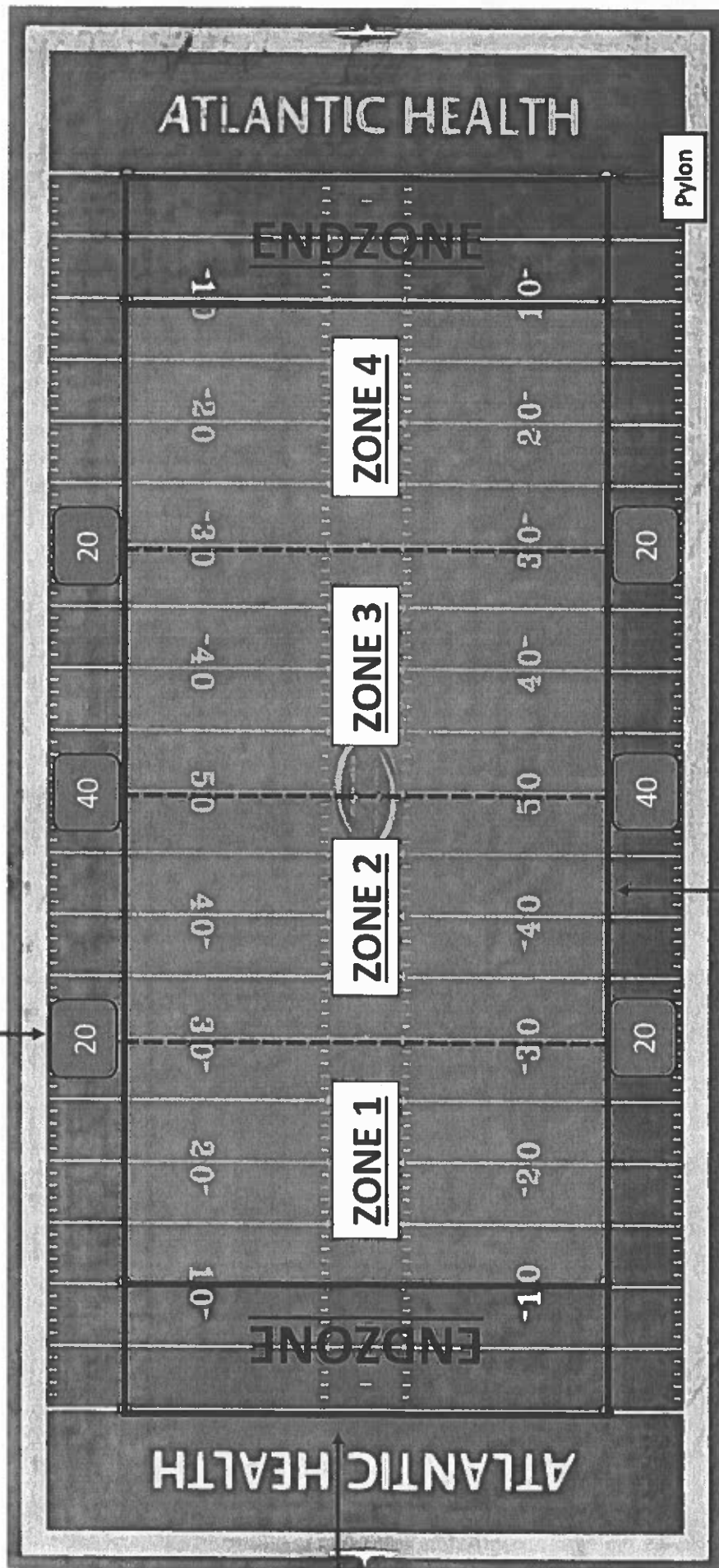
12. DEAD BALL SPOT

- Ball hits the ground
- Flag is pulled or player is tagged
- Player on the ground
- Dual possession
- Muffed punt

13. PENALTIES – THERE ARE SEVERAL, THESE ARE POINTS OF EMPHASIS

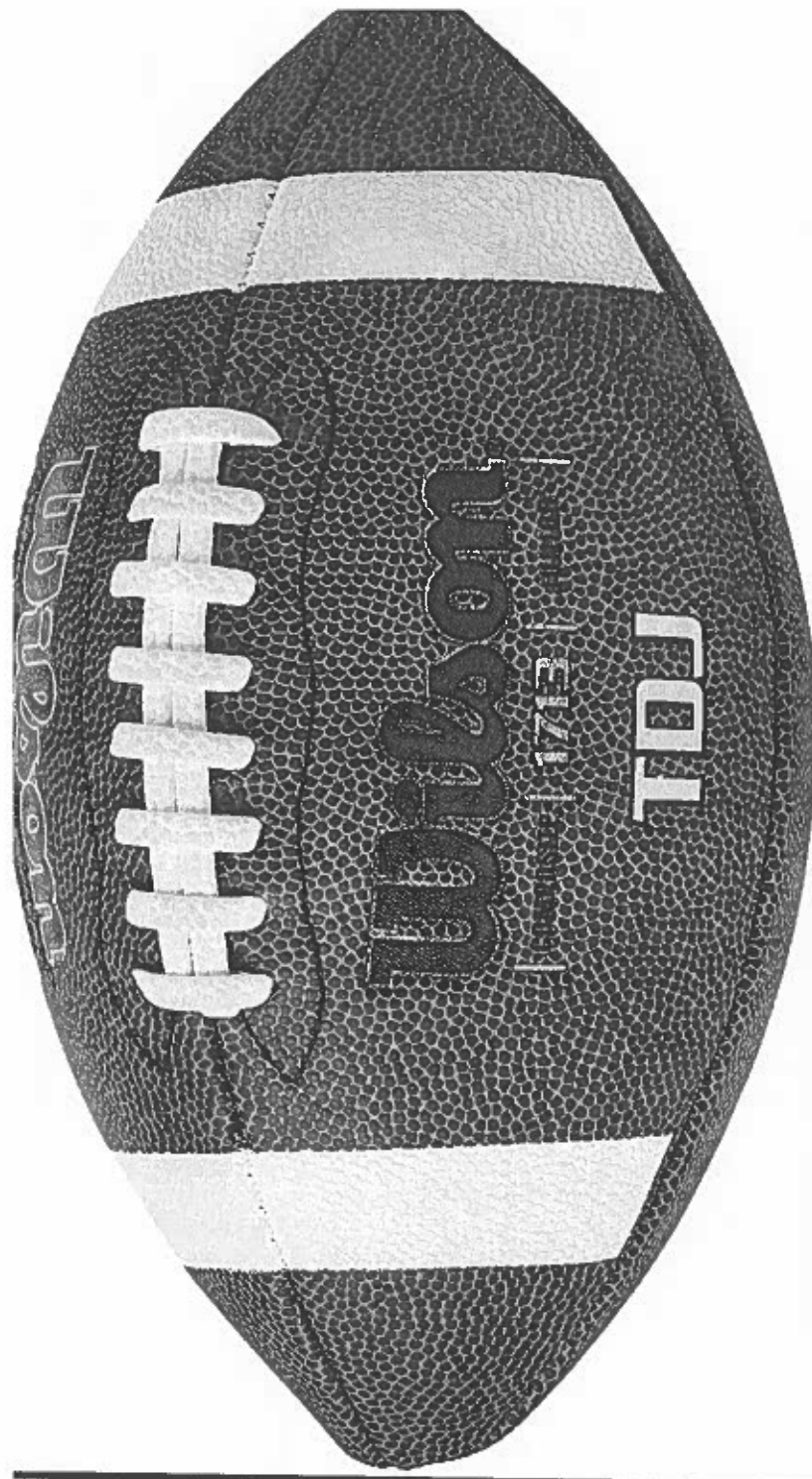
- Flag guarding attempt by ball carrier to obstruct the defender access to the flags. Players may not make contact when avoidable
- Screen blocking is legally obstructing an opponent without initiating contact with her with any part of the screen blockers body. **THERE SHALL BE NO MOVING SCREENS BEYOND THE LOS.** Offensive players BEYOND the LOS may set a pick (similar to basketball) or may follow the play in event of a backward pass (pitch play)

Cone or
Field Marker



40
Yds

80 Yds
w/ 10 Yds Endzones



OFFICIAL'S SIGNALS



From Football Rules 1900-1901. The Football Association of Great Britain