



Next Level Sports High School Girls Flag Football Rules



The Girls HS division follows the same rules as the Youth Divisions with the following exceptions:

1. There will be 6 players on the field for each team.
2. **Four (4) second count after the snap. The defense cannot rush until after the (4) count unless the ball is handed off.**
3. **The QB is only allowed to run once on each side of midfield and does not have to wait for the end of the (4) count to run.**
4. Punts – No longer an actual punt. The referee will walk off 30 yards from the previous spot. No punt may place the ball inside the defense's 10-yard line.
5. 2 flags on the belt, 1 on each hip.
6. Girls should be wearing something tight fitting under their regular playing shorts so that the jerseys can be properly tucked in.
7. Possessions to start the game/half or after a score start at the 10-yard line.
8. 1st down every 10 yards. Deep referee marks 10 yards from LOS with their bean bag.
9. Frozen Zone (entire offense) is established when the offense gets to or inside the defense's 5-yard line. The first play MUST be a forward pass at or beyond the line of scrimmage.
10. A conversion attempt **CAN** be returned after an interception for 3 points.
11. Does not have to snap like real football.
12. Extra points:
 - a. 1-pt try - RUN or PASS from the 5yd line (QB is not frozen and may run on the 1 pt try)
 - b. 2-pt try - RUN or PASS from the 10yd line.
13. The offense must have at minimum 3 players on the LOS, including the snapper, and can have up to 3 in the backfield, including the QB. **IT DOES NOT have to be a balanced line and they do not have to have a receiver on either side of the snapper.**
14. Offense can pick the defense rushing the QB behind the line of scrimmage.
15. Once the ball has passed the LOS, no picks are allowed downfield. However, if a girl is running a pattern downfield and does not see the ball, do not flag for a pick.
16. If the receiver does not turn around on short passes causing an illegal pick situation, such as a 5yard button hook the receiver must turn around toward the QB, there MUST be a flag for an illegal pick. **Rule #15 does not apply!**
17. **MERCY RULE - If a team is winning by 17 or more at the 1 minute warning of the 2nd half, the game will be over no matter who has the ball.**