



# 2026 FLAG FOOTBALL LEAGUE RULES (Girls)

League Age Groups                      6U                      8U                      10U                      12U                      14U

Athletes may play up **one (1)** age group but **never** play down

**Season Duration**                      6-games in the regular season and playoffs for eligible/qualifying teams.

**Player Eligibility**                      Players are assigned to a team (6U-14U) based on the player's age on **January 1<sup>st</sup>** of the current calendar year.

**PGCBGC Approved Age Verification methods:**

**Any STATE or FEDERAL issued ID**

**PGCBGC Yellow Card (2024, 2025, 2026)**

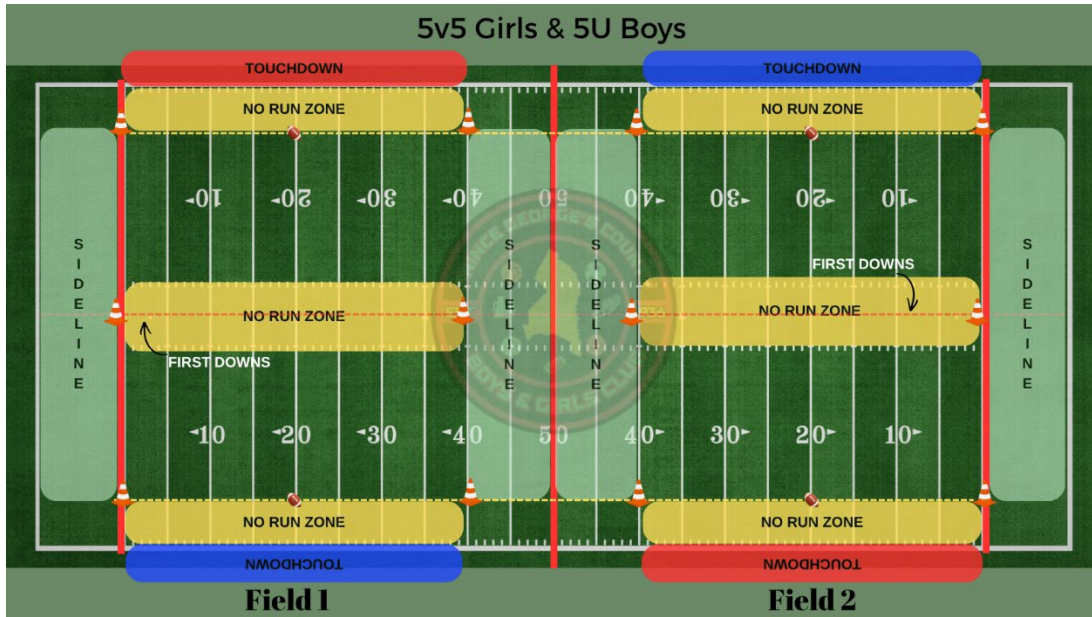
**Team Rosters**    Team rosters must be submitted to PGCBGC League Administrators prior to the first game.  
**Rosters close 2 weeks after the start of the season.**

**Minimum Roster: 8 / Maximum Roster: 16**

**On Field Players**                      6U -14U (5 vs. 5)

**Must have a minimum of four (4) players to start the game.**

**Field Layout / Markings**                      6U – 14U                      53 yards x 40 yards



Fields should be visibly lined accordingly:

**First Down**

**Mid field Cone**

- Teams have four (4) downs to reach the mid field cone
- Once the mid field cone is reached, teams have four (4) downs to score
- Failure to achieve a first down or score results in a turnover of downs
- New possession begins at the 40-yard line



# 2026 FLAG FOOTBALL LEAGUE RULES (Girls)

## No Run Zones (Does NOT apply to 6U and 8U girls' divisions)

- 5 yards before the mid field cones
- 5-yard line to Goal Line
- Within No Run Zones: Passing plays only, no designed running plays permitted

**Flags** All players must use "**Sonic Boom**" flag belts or a "**pop socket**" type flag belts. **No Velcro Flag Belts are allowed.**

- No alterations of flags (i.e., cutting, shortening, gluing) are permitted.
- Flags of **contrasting color** from player's shorts must be always worn on player's hips/side

**Coin Toss** Referee will conduct a coin toss to start game

**Game Clock** **Two (2) 20** minutes halves with a running clock

- **5-minute halftime**
- Clock **STOPS** on all timeouts and injuries
- Clock **STOPS** on all penalties during the last two **(2) minutes** of the **game**.
- Teams will get a **2-minute** warning towards the end of each half.

**Time Outs** Each coach will get three **(2)** timeouts per half.

## Game Start / Possession

- Game begins with offense at the **5-yard line**
- Game field will be played from sideline to sideline

## Coaches (6U Divisions Only)

One (1) coach per team is permitted on the field during game play for the **6U division only**.

- The on-field coach must remain at a minimum of five (5) yards behind the deepest offensive or defensive player and must maintain that distance throughout the duration of the play.
- Once the quarterback begins the cadence, the on-field coaches must cease all communication and remain silent until the play is blown dead.
- Coaches are strictly prohibited from providing instruction, direction, or interaction with players once the play has started.
- The presence of the on-field coach is strictly for alignment and player positioning prior to the snap, not for in-play assistance.

## Uniforms

- All players must wear matching team jerseys. Shorts may vary but must comply with the following requirements:
- Flag belts must be always worn during play and must not be worn under jerseys or tucked into shorts.
- Only **Sonic Boom** or **pop-socket style flag belts** are permitted. **Velcro flag belts are prohibited.**
- Flag color must **clearly contrast** with the player's shorts.
- Flags must be worn properly, with **sockets facing outward**, and may not be positioned toward the player's hips.
- Jerseys must be **fully tucked into shorts**, with flag belts worn on the outside of the jersey.
- **Shorts with pockets are strictly prohibited.**
  - Alterations such as taping pockets or turning shorts inside-out are not permitted.



# 2026 FLAG FOOTBALL LEAGUE RULES (Girls)

- **No hanging belt material** is allowed. All excess belt length must be secured and tucked in.
- **Protective padding restrictions:**
  - No forearm pads
  - No padded football pants
- **Compression garments** are permitted but must be worn **underneath the jersey**.

## Mandatory Equipment

- Mouthpiece All players must have and wear a mouthpiece during game play  
**The mouthpiece cannot be clear or white in color.**
- Cleats No metal cleats allowed

## Ball Sizes

<u>6U</u>	<u>8U</u>	<u>10U</u>	<u>12U</u>	<u>14U</u>
Pee Wee	K2	K2	TDJ	TDY

\*Standard Size or Equivalent

(Teams can use a bigger ball size than league recommended for age groups, but not smaller)

## Special Teams Kick-offs

- No kickoffs. Game play will start at the approximate **5-yard** line

### Punts

- There will be no punts, failure to score and achieve a 1<sup>st</sup> down will constitute a turnover of downs and change of possession

### Field Goals

- No field goals

## Blocking This is a **NO BLOCKING** league

- Players may not:
  - Screen
  - Pick
  - Initiate contact

### **Penalty Enforced**

- Illegal block = 10-yard penalty + replay down
- Repeated violations = unsportsmanlike conduct

## Line of Scrimmage

- A minimum of three (3) offensive players must be on the line of scrimmage
- A maximum of two (2) players may be in the backfield
- One (1) center is required to snap the ball
- Only one (1) player may be in motion at the snap

## Quarterback Rule

- The quarterback must release the ball within five (7) seconds
  - Failure to do so results in a dead ball at the spot



# 2026 FLAG FOOTBALL LEAGUE RULES (Girls)

## Center Eligibility

- The center is an eligible receiver after the snap

## Scoring

Touchdowns = **6 points**

## Extra Points

**1 point** from the 5-yard line **PASS ONLY**

(Except in the 6U/8U division they have an option to run or pass)

**2 points** from 10-yard line (**RUN or PASS**)

**The Head Coach must declare the extra point attempt immediately following a touchdown. If no declaration is made, the attempt will default to a 1-point conversion from the 5-yard line.**

**Interceptions-** Interceptions can be advanced

(Any intercepted extra point conversion will be considered failed attempt by the offense)

## Dead Balls

- All fumbles are dead at the spot of the fumble. **Offense maintains possession.**
- Bad snaps are dead at the spot where the ball hits the ground.
- When a flag falls off the ball carrier.
- Player's knee touches ground

## Ball Carrier

Ball carriers **may not** do the following:

- Flag Guard
- Stiff Arm
- Charge or lower shoulder on an opposing defender
- Jump or hurdle a defender (except to avoid stepping on another player)
- Dive to gain more yards or touchdown

**Ball carriers may Juke or sidestep to avoid a defender**

## Penalty Enforced

- Flag guarding = 10-yard penalty from spot
- Repeat = unsportsmanlike

## Snapping

The ball can be snapped between players legs or handed off from the center to the QB

- Once the ball is spotted it may not be moved unless it is being snapped.

## Personal Fouls

**Two (2)** personal fouls will result in an immediate game ejection.

The following are prohibited:

- Cursing
- Verbal challenge
- Taunting
- Intentional Tackling / Continued Tackling
- Delay of game
- Failure to control sidelines
- Fighting (both players will be immediately ejected)



# 2026 FLAG FOOTBALL LEAGUE RULES (Girls)

## Penalty Enforced

- Unsportsmanlike Conduct = 15-yard penalty
- 2nd offense = automatic ejection

**Mercy Rule** The clock will continue to run when the following is achieved

- Three (3) touchdown lead in 2<sup>nd</sup> half

Game will end when the following is achieved

- Three (3) touchdown lead at the 2-minute warning

## Overtime (OT)

- There will be **no overtime periods** during regular season games.
- During the playoffs, overtime will be conducted using an untimed format until a winner is determined.
- Each team is awarded **one (1) timeout per overtime period.**
- Timeouts do not carry over from regulation or between overtime periods.

## Overtime Format

- **1st Overtime Period – Standard Possession Format**
  - A coin toss will determine which team receives first possession.
  - Each team will be given one offensive possession.
  - The ball will be placed approximately **10-yards from goal line**
- **2nd Overtime Period – Sudden Death**
  - First possession alternates from the 1st overtime period.
  - The ball will be placed approximately **5-yards from goal line**
  - The **first team to score wins.**
- **3rd Overtime Period – Sudden Death**
  - First possession alternates from the 2nd overtime period.
  - The ball will be placed on the **5-yard line.**
  - The **first team to score wins.**

## Penalties (Standard Enforcement)

Offensive Penalties:	Defensive Penalties:	Unsportsmanlike Conduct:
- False Start – 5 yards	- Offside – 5 yards	- 15 yards
- Illegal Formation – 5 yards	- Illegal Contact – 10 yards	- 2nd offense = ejection
- Flag Guarding – 10 yards		

**League Scoring**

**Win= 2 points**

**Tie= 1 points**

**Loss = 0 points**

**Playoffs**

Playoff seeding will be determined by League Scoring Point totals

