



Girls Flag Football Tournament Playing Rules

G7 Passing League Girls Flag Football Tournament Playing Rules

1. The Official GHSA Rulebook will govern play with the exceptions listed.
2. The game shall be played between (2) teams of (7) players each.
 - a. Teams may start, or finish, the game with (5) players.
3. The games shall be regulated under the supervision of G7 officials.
 - a. Before the start of each game both head coaches, team captains, and the officiating crew shall conduct a pregame conference. It is the responsibility of each head coach to ensure their players are legally equipped and meet uniform standards.
 - b. Each team shall designate a "speaking captain" to appropriately address the officials and request timeouts.

PLAYING FIELD/ ECO

1. The field dimensions shall be min.-max. of 40 yards wide and 50 yards long (Including End Zone (Field size will be determined by facility used during the tournament. An adjustment possibly will be made to ensure the integrity and safety of the games played). The field will be like a 7v7 field dimension).
 - a. (NOTE- The tournament may use lacrosse or soccer lines on the synthetic turf fields)
 - b. Officials will keep the time/score on the field for all games.
 - c. At the discretion of the facility used and G7 representative, the Girls Flag Football Championship Game (HS division only!!) will be played on an 80-yard field with normal GHSA rules. No points for defense. All normal HS rules will apply (Punting, XP, Penalties etc..), except for the game clock. G7 Girls Flag Football will use a 30-minute running clock and 1 timeout per game. Clock will only stop for injuries and timeouts. There will be no under a minute special clock rule. Clock will continue to run. Timeouts do not roll over in O.T.
 - d. NO COACHES ON THE FIELD (OFFENSE or DEFENSE).

START THE GAME

In Zorts, the home team is the team on the bottom, and the visiting team will be the team on the top.

POOL PLAY

The home team will have the option to start on offense, defense or defer. The visiting team will have the remaining options.

BRACKET PLAY

The higher seeded team shall have the options to start on offense, defense, or defer. The lower seeded team will have the choice of the remaining options.

TIMING REGULATIONS

1. The length of the game shall be 30 minutes.
 - a. The game will be played using a “running clock”.
2. The clock starts when the ball is legally snapped and will run continuously for the first 30 minutes unless it is stopped for a team timeout, injuries or a referee stoppage of play.
3. Each team is entitled to (1) charged timeouts per game and must be requested by the designated team captain or Head Coach. Any unused timeouts will not carry over into overtime.
4. In the event of a tie game during the elimination rounds (not to be used during pool play) the “OVERTIME” procedure shall be:
 - a. After a 1-minute intermission, the higher seeded team shall have the options to start on offense, defense, or direction. The lower seeded team will have the choice of the remaining options.
5. OT rule (ONLY IN BRACKET PLAY):
 - The higher seed team will have the first option of offense or defense. The lower seeded team will have the remaining option.
 - Unless moved by penalty, each team shall start 1st and goal from B’s (see 2-26-1) 10-yard line. The object will be to score a touchdown. An overtime period consists of a possession by each team consisting of a series of 4 downs (unless a new series is awarded by rule). If the score is still tied after 1 period, play will proceed to a 2nd period with 1st and goal from B’s 5-yard line. If the 1st team awarded the ball scores, the opponent shall still have a chance to win the game. A Try shall be attempted and scored as indicated in Rule 8. If the score is still tied after a 2nd period, each team shall have one play from their try line of their choice. This process will continue until a winner is decided. In any overtime period, when B secures possession, the ball is dead and the series is over. Each team is entitled to only 1 time-out during the entire overtime.

PLAYER UNIFORMS AND EQUIPMENT

1. Jerseys/Shirts – The home team shall wear matching “dark” jerseys or shirts with contrasting numbers. The visiting team shall wear “white” jerseys/shirts with contrasting numbers. All jerseys must be tucked in. All shorts must not have pockets. NOTE: Referee may send off players who do not conform.
2. Headwear – Players may wear a knit stocking cap, elastic headband, or a cap without a bill. Players are not permitted to wear bandanas. A soft pliable and non-abrasive protective headgear is recommended.
3. Mouthpieces are Mandatory for all players and must cover all teeth.
4. Game Ball – The official game ball shall be the intermediate/junior size ball and shall meet all the other specifications for the regulation G7/GHSA football game ball.
5. All Flag Belts – Triple Threat Flags

SCORING

1. All touchdowns shall be (6) points, and extra points shall be either (1), (2) or (3) points.
2. Defense – 2 points on an INT
 - a. Teams have the options to attempt the extra point from the 5-yard line for one point, from the 10-yard line for two points, or from the 15-yard line for three points. NOTE: The field 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 the remaining timeout.
 - b. The Defense cannot score on an extra point try. The ball is dead on the change of possession.

3. Sportsmanship Rule – If a team is leading by 19 or more points at the 2-minute point or less in the second half, the game shall be officially finished.

PLAYER AND COACH CONDUCT

G7 Passing League Girls Flag Football Tournament will follow the GHSA player and coach conduct rules.

G7 Passing League Girls Flag Football Tournament will follow all GHSA penalty enforcements:

For example: Holding, Flag Guarding, Illegal contact, DPI, OPI, UNS, UNR and any other penalties.

G7 Passing League Girls Flag Football Tournament will use GHSA rules to administer penalties.