



Official Rules Book

Gridiron Girls Flag Football

Revised 3/28/24

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Section I: Membership

1. Membership.
 - a. Membership is an agreement by an organization or city to participate in the league.
 - i. City or organization is referenced as a League Member.
 - ii. League Members will appoint a point of contact known as League Member Representative or Board Member.
2. Roles and Responsibilities.
 - a. Attends meetings and takes an active role in league management.
 - b. Governs on behalf of their respective city or organization.
 - c. Serves as the Point of Contact for their respective city or organization.
 - d. Manages operations, including equipment, personnel, facilities for their respective city or organization.
 - e. Hires, assigns, pays, and manages referees for their respective city or organization.
 - f. Provides Host Site.
 - i. A Host Site is a facility where games are played.
 1. The League Member is required to provide a field and enough time slots for each team to play a game on a designated Sunday (or Game Day).
 2. Each League Member will be required to be the Host Site for 1 Game Day.
 - a. If a League Member is unable to provide a Host Site, it can work with another League Member and will be responsible for all referee fees.

Section II: Season

1. Spring.
 - a. Registration begins in January.
 - b. Registration ends in late March.
 - c. Coaches meeting in mid March.
 - d. Coaches are assigned teams by late March / Early April.
 - e. Practices begin early April.
 - f. Games begin mid April.
 - g. Games end early June.
2. Holidays.
 - a. No game, practice, or activity can be scheduled on (or during) the following in season holidays:
 - i. Easter Sunday.
 - ii. Memorial Day Weekend.

Section II: Coaches

1. Eligibility.
 - a. The following meets the basic eligibility requirements to coach in our league:
 - i. Any person who has good standing in their respective community.
 - ii. Any person who has a general knowledge of the sport.
 - iii. Any person who has coached sports especially at the youth level.
 - b. Illegibility.
 - i. Any person who falsified eligibility requirements.
 - ii. Any person who is currently under suspension or expulsion by the Board of Directors.
 - iii. Any person who has committed a crime that prevents them from participating in youth-based organized activities.
2. Coaching Assignments.
 - a. Each League Member is responsible for selecting / assigning coaching staffs.
 - b. Each team will be allotted 1 Head Coach and up to 3 Assistant Coaches.
 - c. Head Coaches and assistant coaches are vetted and selected by League Member Representative.
3. All communication with the referees and board members must be funneled through the Head Coach.
4. All coaches must pass a certified concussion awareness course and be certified.
 - a. Courses should be similar to the [NFHS program](#)
5. Coaches On field.
 - a. Each team can have coaches on the field during the course of a game. Below are the maximum coaches on the field during plays:
 - i. 1-2 Division: two (2) coaches.

1. Offensive coaches must be a minimum of 10 yards behind the quarterback at all times.
 2. Defensive coaches must be a minimum of 10 yards behind the Safety at all times.
- ii. 3-4 Division (and older): one (1) coach.
1. One coach per team is permitted on the field pre-snap to help their players, but must be off the field prior to the snap of the ball

Section III: Players

1. Eligibility.

a. The following meets the eligibility requirements of our league:

- i. Residents of League Member's community or students enrolled in the League Member's School District.
- ii. Grades.
 1. 1st through 6th grade.
 2. Exemption: Kindergarteners who will be attending 1st grade the following school year.
- iii. Non-residents and/or children who do not attend school in the League Member's school district can register, however first opportunities should be promoted to residents and children attending school.
- iv. Free Agents.
 1. Free Agents are players who's community or school district does not offer a flag football program.
 2. Free Agents will be directed to register with the closest flag football program according to geographical location.
 - a. The board will determine where Free Agents can register.
 3. League Members are not permitted to recruit Free Agents to their program.

b. Illegibility.

- i. Any person who falsified eligibility requirements.
- ii. Any person who is currently under suspension or expulsion by the Board of Directors.

- iii. Any person who has committed a crime that prevents them from participating in youth organized activities.
2. Roster Limits.
 - a. A minimum of 5 players and should be around a maximum of 10.
3. Rosters should be balanced between talent and grades.
 - a. Players are assigned to teams within predetermined Grade Groups to maximize development.
 - b. Grade Groups:
 - i. 1-2 Division (1st and 2nd Grade)
 - ii. 3-4 Division (3rd and 4th Grade)
 - iii. 5-6 Division (5th and 6th Grade)
4. Roster Selection.
 - a. Goal is to have balanced rosters to ensure fair play.
 - b. Each roster will be assigned by League Members.
 - c. Each team will have an equal amount of grades per team (ex. Same amount of 3rd graders and 4th graders).
5. Player Attendance.
 - a. Every player should make an effort to attend practices and games.
 - i. Parents are expected to make sure their children are on time and in attendance.
 - ii. If a player has repeated absences or displays unsportsmanlike behavior, the Head Coach may choose to reduce playing time or touches.
 - iii. If a Head Coach reduces playing time - he/she is required to contact the parents and explain why playing time has been reduced.
6. Replacement Players (Cross Rostering).

- a. Replacement players are allowed if a team cannot meet the minimum to start a game.
 - i. Any replacements must be communicated to the Board of Directors and the opposing Head Coach prior to the start of the game.
 - ii. Replacement player(s) must be approved by the Board of Directors.
 - iii. Replacement player(s) must be registered.
 - iv. Replacement player(s) must be from a younger age group.
 - v. Replacement player(s) must have permission from their Head Coach and parent.

7. Player Safety.

- a. Player safety receives the highest priority.
- b. If any participant feels a player's safety is at risk - any coach, referee, or league official, must remove the player from the activity.
- c. Concussions.
 - i. If any player is suspected of a concussion or receives a head injury - the player must be removed from the activity and checked for concussion symptoms immediately.
 - 1. If the player does not clear - the player is removed from the activity and parents must be contacted by the Head Coach.
 - 2. If the player is clear - he/she can return to activity however coaches must maintain a watchful eye for lingering concussion symptoms.
 - ii. Concussions Protocols.
 - 1. After receiving an initial diagnosis by a coach, parents will need to watch for concussion symptoms.

- a. Note: a diagnosis by a coach is NOT a medical exam and should only be considered a recommendation by the coach.
2. If symptoms continue, parents are instructed to take their child to a medical professional.
3. If the medical professional verifies a concussion has taken place:
 - a. Parents should collect all information and return to play directions by the medical professional.
 - b. Parents contact the Head Coach and make him/her aware of the concussion and return to play directions.
 - c. The Head Coach reports the concussion to the Board of Directors.
 - d. The Board of Directors confirms receipt and makes a note.
 - e. Player is excused from all league activities and follows return to play instructions.
4. Returning to play.
 - a. After clearing all symptoms and receiving clearance from a medical professional:
 - i. Parents send notification to the Head Coach.
 - ii. The Head Coach reports to the Board of Directors.
 - iii. The Board of Directors confirms receipt and makes a note.
 - iv. Player is considered cleared to resume all league activities.

5. Notes.

- a. If a coach, league official, or parent is aware of a concussion and allows for the player to resume activities before the recommended return to play instructions or does not report the concussion, or seek medical advice - is liable and considered violation of our Official Rules and Code of Conduct.

d. Injuries.

- i. If a player is injured, they are to be removed from the game or practice.
- ii. A coach must verify the player is not injured and can return.
- iii. Coaches can ask a parent for their input. If a parent objects, the player should be removed and not return.
- iv. Severe injury.
 1. If the injury is severe, the parent must be involved with next steps, however the proper medical attention should be followed.
 - a. If an ambulance is required the player is removed from the activity and the Head Coach or parent should call 911.
 - b. Severe injuries must be reported by the Head Coach and parent to the Board of Directors.

Section IV: Pregame

1. Referees will check every player's equipment (flags and mouthpiece) before each game.
2. Pregame meeting will take place 5 minutes prior to game time.
 - a. Each team will supply a minimum of 1 captain.
 - i. There is no limit on the number of captains from each team.
3. Every game will start with a coin toss, with the away team calling the flip.
 - a. The winner of the coin toss will have the choice to start offense or defense.
 - b. The team that starts on defense in the first half will start on offense in the second half.
 - c. The away team is listed first in the scheduled match.

Section V: Game Play

1. Each team must have a minimum of 5 players or they will be required to forfeit the game.
2. Starting Lineups are 5v5.
 - a. 5 players on offense, 5 players on defense.
3. Fair Play.
 - a. Every player should receive an equal amount of playing time.
 - b. Every player should have a starting position (offense or defense).
 - c. Every player should be provided touches.
 - i. A “touch” is considered as:
 1. Snapping the ball.
 2. Carrying the ball.
 3. Throwing the ball.
 4. Receiving the ball (or involved in a passing route in which the player is the primary receiver).
 - ii. 1-2 Division: every player in attendance must receive 1 touch per game.
 - iii. 3-4 Division (and older): touches are determined by coaches.
 - d. Issues.
 - i. If a parent, coach, or any participant has an issue with fair play the Board of Directors expects the two parties (Head Coach and parent) to have a conversation leading to a mutual solution/agreement.
 - ii. If a solution does not present itself or issues continue you may contact the Board of Directors, who will act as a 3rd party to help rectify the issue.

iii. Coach, parent, official, or participant “bashing” or undermining will not be tolerated.

1. Please note this type of negative behavior is covered under the Code of Conduct.

4. Each team will supply one (1) football for offense.

5. Time.

a. Length of Game.

i. Game time is two 20-minute halves with 5-minute half time (45 minutes total).

b. A 25 second play clock will be in effect once the Referee marks the ball ready to play.

i. Referees are encouraged to move the game along if teams are taking too long in a huddle.

c. Continuous Clock.

i. The clock will start when the ball is snapped and will not stop until 2-minute warning of each half or dead ball that occurs after 2-minute warning.

d. 2-Minute Warning.

i. There is a 2-minute warning at the end of each half.

1. Referees are required to stop the clock and announce to both teams and make them aware of their respective time outs.

ii. Under 2 minutes of each half the clock will stop on dead ball.

1. Referees are required to announce time remaining after completion of every play within 2 minutes.

e. Dead balls.

- i. The following are considered dead ball scenarios.
 1. The ball hits the ground.
 2. The ball carrier's flag is pulled.
 3. The ball carrier's steps out of bounds.
 4. The ball carrier's knee hits the ground.
 5. The ball carrier's flag falls off.
 6. The receiver catches the ball while in possession of one or no flags.
 7. Penalties.
 8. Injuries.
 9. Inadvertent whistle.
 10. Flag Guarding.
 11. Stiff Arming.
 - ii. During a dead ball (that is not a charged time-out) ONE player may come to the sideline to confer with the coaches.
- f. Timeouts.
- i. Each team is entitled to two (2) charged timeouts per half.
 - ii. Each time-out will be one (1) minute in length.
 - iii. A time-out may be called by any player and/or coach.
 - iv. If a team exceeds their time-out limits, a delay of game penalty will be assessed.
6. Ties.
- a. Games can end in a tie.
 - b. There is no overtime with the exception of postseason.
7. Postseason Overtime (OT).

- a. Only applies to postseason games.
- b. 1st Overtime.
 - i. Each team gets 4 plays from the 10 yard line.
 - ii. After scoring a touchdown, each team has an option of going for 2 points (from 5 yard line).
 - iii. After each team has one possession and if the score is tied, teams play another OT.
- c. 2nd Overtime (and beyond).
 - i. Each team gets 4 plays from the 10 yard line.
 - ii. After scoring a TD, the team HAS to go for 2 pts (from 5 yard line).
 - iii. After each team has one possession and if the score is tied, teams play another OT and repeat the 2nd OT rules until a winner is decided.
- d. Notes.
 - i. There is NO sudden death.
 - ii. Referees will keep a play clock and count down out loud the last 10 seconds of the play clock.
 - 1. If the play clock expires before the ball is snapped, a delay of game penalty is enforced (5 yards).
 - 2. Consecutive delay of game penalties is loss of down and yardage.
 - iii. Order will be determined by coin flip at the end of regulation (away team calls flip).
 - iv. 1 time out per team for each overtime.

8. Referees

- a. Two (2) referees per game.

- b. Game responsibilities.
 - i. Two referees.
 - 1. Line Judge - position on line of scrimmage.
 - a. Primary responsibility is to ensure offense and defense is positioned within rules along LOS.
 - 2. Side Judge - position 7 yards from LOS on the defensive side.
 - a. Primary responsibility is the blitzers are wearing wristbands and rush from the proper spot.
 - ii. One referee.
 - 1. Line Judge - position on line of scrimmage.
 - iii. Time and downs - responsibilities decided by referees.
 - iv. Referees may call additional time-outs at their discretion.
 - v. Assigned referees must keep score and time on the field.
- c. Are encouraged to enforce rules, however allow some flexibility as we are a developmental league.
 - i. After week 4 - rules should be more strictly enforced.
- d. Maintain order and take appropriate disciplinary and punitive actions.
 - i. All disciplinary and punitive actions must be reported to the Board of Directors (see Code of Conduct).
- e. Referees maintain clock management ensuring games move along and are on time.
- f. Referees are expected to confirm fields are properly marked.
- g. Referees must report to the Board of Directors Code of Conduct violations or any unsportsmanlike activity.

Section VI: Playing Field

1. Field Specifications.

- a. Field dimensions are 25 yards wide x 70 yards in total length with two 10-yard end zones and a 50 yard field of play. (as shown as Figure 1 in Appendix).
 - i. Exemption - if a game is played indoors and the playing field's specifications are smaller, the League will make coaches aware of limitations.
- b. No-run Zone.
 - i. The No-run Zone is a 5-yard zone between the 5 yard line and endzone.
 - ii. Teams cannot run the ball in any fashion in the No-run Zone.
- c. Midfield First Down.
 - i. A first down is located at midfield (25 yard line).
- d. Yard Markers.
 - i. No-run Zones, Midfield First Down, and endzones should be properly marked with cones and pylons.
 - ii. The Site Manager is responsible for setting up.
 - iii. Referees are expected to inspect and verify the field is game ready.

2. Team Area.

- a. Teams shall occupy the side of the field designated for players and coaches, and the parents shall occupy the opposite side.
- b. Only coaches and players are allowed within the team area.
 - i. Referees, Site Managers, and board members can enter the team area.
- c. Coaches and referees will work together to maintain the team area.
 - i. Head Coaches are expected to ask non-team members to leave the team area (if present).

- d. Site Managers are expected to provide designated team areas to League Managers.
3. Unplayable Fields.
- a. If a coach, referee, or league official feels a field is considered unplayable and/or unsafe, they can opt to not participate in the league activity.
 - i. In case of a disagreement between coaches - the referee or league official will determine if the field is unplayable and/or unsafe.
 - ii. If a league activity is canceled due to an unplayable and/or unsafe field, the coach and referee must contact the Board of Directors.

Section VII: Equipment

1. Equipment Issue.
 - a. Equipment acquisition, logistics, and distribution is managed by each League Member for its respective teams.
2. Footballs.
 - a. Each team will be issued two (2) footballs.
 - b. Footballs should be the appropriate size for the age group and in good condition.
 - i. 1-2 Division: Pee Wee Size Football
 - ii. 3-4 Division: Junior Size Football
 - iii. 5-6 (and older) Divisions: Youth Size Football
 - c. Footballs should be inflated to a point a player can grip and throw the ball.
 - i. Footballs do not have to be fully inflated.
3. Cones.
 - a. Each team will be issued cones for training purposes.
4. Mouthpiece.
 - a. All players are required to wear a protective mouthpiece at all times when on the field.
 - i. If a player shows up without a mouthpiece they are not permitted to play.
5. Acceptable bottoms.
 - a. Shorts, football pants, sweatpants, athletic pants, or leggings.
 - b. No skirts or dresses allowed.
6. Flags.

- a. Only NFL FLAG branded flags and belts are authorized for game play.
- b. Each team will receive practice flags and game flags.
 - i. Practice flags are for practice only.
 - ii. Game flags are for games and should be used for practice upon issue.
 - 1. After the season is over each player keeps his/her game flags.
- c. All players in the game must be wearing a flag belt, with at least two (2) flags per belt.
 - i. The belt must be worn on the hips, with one flag on each hip.
 - 1. If the ball carrier's flags are not properly positioned, the referee may declare the player down where infraction occurred.
 - ii. Flag cannot match the color of the player's bottoms.

7. Jerseys.

- a. Each team will be issued jerseys.
 - i. All players must tuck their jerseys inside their shorts while playing.
 - 1. If a player's jersey is untucked and causes an issue with flag pulling - an improper equipment penalty may be called by the referee.
 - a. Penalty is 5 yards from the spot where the penalty occurred.
 - 2. If an untucked jersey is pulled in an effort to pull a flag, the ball carrier is considered down.
- b. The home team has first choice as far as jersey color.
- c. If a player is missing a jersey, they must wear a shirt that matches the color of his/her team's jersey.

- i. Parents are responsible for reporting any jersey issues to the Board of Directors.
 - ii. If a replacement shirt is required, the parent should contact the league representative.
8. No jewelry, cleats, or headgear containing hard, unyielding material, including billed hats.
9. No casts (soft or hard) are allowed.
10. Towel attached at a player's waist is considered a flag and if pulled off the player is considered down at that spot.

Section VIII: Offense

1. Offensive Series.

- a. The offensive team takes possession of the ball at its 50 yard line and has four downs to cross midfield.
- b. Once a team crosses midfield, the offense has four downs to score a touchdown.
 - i. Crossing midfield is the only opportunity for an offense to gain a first down within a single possession.
- c. If the offense fails to score, the ball changes possession and the new offensive team starts its drive on its own 50 yard line.
- d. If the offensive team fails to cross midfield, possession of the ball changes and the opposition starts its drive from its own 50 yard line.

2. Offensive Line Alignment.

- a. A center must be on the line of scrimmage at the start of each play.
 - i. Illegal formation will be called if there is no center.
- b. A minimum of 1 offensive player (other than the center) must be lined up along the line of scrimmage.

3. Snapping.

- a. The center must snap the ball with a rapid and continuous motion between her legs (or from the side).
 - i. The center can directly snap to any player in the backfield, however it has to travel through the air.
 - ii. The center cannot hand off the football to a player other than the quarterback.
- b. Botch snaps.

- i. On a botched snap, the ball is blown dead. Play will resume at the same line of scrimmage, without loss of yardage (only loss of down).
 - ii. 1-2 Division exemption for botched snap:
 1. Replay the down.
 2. If a second botch snapped occurs after the replay, a loss of down is assessed.
 3. The half or game cannot end on a botched snap even if the time clock has expired.
4. Fumbles.
 - a. There are no fumbles, whether caused by an offensive drop, the ground, or by a defender.
 - b. If the ball is dropped (forward or backward), the ball is dead once it hits the ground and the next play will resume from that point.
5. Blocking.
 - a. No blocking or “screening” is allowed at any time.
 - i. A 10 yd Illegal Block penalty will be enforced if a block occurs.
6. Forceful and/or Malicious Contact.
 - a. If deemed forceful and/or malicious an 10 yd Unnecessary Roughness penalty will be enforced. Penalized player will receive a warning.
 - i. Second violation will result in automatic ejection and the player will be required to sit the first half of their next scheduled game.
7. Only one (1) offensive player can be in motion at a time, prior to the snap of the ball.
 - a. The motion player may NOT advance to the line of scrimmage prior to the snap of the ball (must move parallel to the line of scrimmage).
8. Passing.

- a. All passes must be from behind the line of scrimmage.
 - b. There can only be one forward pass per play. Once the ball is beyond the line of scrimmage, no forward pass can be made.
 - c. Lateral passes are allowed, both behind and beyond the line of scrimmage.
 - d. Shovel passes are allowed.
 - e. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line)
9. The Ball Carrier.
- a. Defined as any player who is in possession of the football.
 - b. Guarding the flag belt or otherwise hindering the deflagger is illegal and considered “flag guarding”.
 - i. There is no penalty, except the ball is considered dead at the spot of the foul and the next play resumes at that spot.
 - c. A ball carrier should not have a belt end hanging loose so that it can be gripped as a flag.
 - i. If the belt end is pulled the ball carrier is considered down.
 - d. A ball carrier can not hurdle or jump over another player.
 - i. Violation will result in a 5 yard penalty and loss of down.
 - e. The ball carrier is down when the body or knee hits the ground, even if the flag belt is still on.
 - i. A hand on the ground - the player is NOT considered down.
 - f. A stiff arm is not allowed. A stiff arm is defined as an arm extended out.
 - i. Spot foul and declared down.
 - 1. Note: if the ball carrier using his natural instincts in self-defense will not be considered a stiff arm, at the discretion of the referee.

- g. If a ball carrier loses a flag; the play is stopped and the ball is placed where the flag is found.
 - h. A ball carrier cannot run through (or over) a defender or use unnecessary roughness.
 - i. Violation is a 10 yard unnecessary roughness penalty.
10. The quarterback cannot directly run with the ball.
11. A player must have one foot in bounds when making a reception.
12. All players must be at least three (3) yards from the sideline when on the field so as not to deceive the defense and eligible players can be recognized.
13. There is no punting. If the offensive team fails to achieve a first down or score after 4th down, the ball will be placed at the opposite goal line.

Section IX: Defense

1. Defensive schemes.
 - a. All divisions may play man-to-man or zone defense.
2. Neutral Zone.
 - a. The Neutral Zone is 2 yards from the LOS on the defensive side of the ball and marked by the Line Judge.
 - i. All defensive players must start outside the Neutral Zone and cannot enter the Neutral Zone until:
 1. The ball is handed off, pitched, or passed to an offensive player.
 2. Goal line defense exemption.
 - a. Defenses are permitted within the Neutral Zone if the offense is within the defense's 2 yard line.
 - i. Defenses must line up on the goal line.
3. Interceptions.
 - a. 1-2 Division: an interception is considered a dead ball and offense retains possession (unless the interception occurs on 4th down).
 - b. 3-4 Division (and older): can be returned once caught. The ball will be down where the interceptor is deflagged.
4. Striping.
 - a. It is illegal to attempt to strip or pull the ball from the ball carrier's possession or quarterback's hand at any time.
5. Blocking a pass.
 - a. Defenders may attempt to block a pass.
 - i. However, NO intentional contact can be made with the quarterback or passer in any way (will be considered roughing the passer).

6. Forcing out of bounds.

- a. A defender cannot push or force the ball carrier out of bounds.
 - i. Violation is a 10 yard unsportsmanlike conduct penalty.

7. Blitz Rule.

- a. Blitzers must wear a wristband.
 - i. Each team will have up to 1 wristband.
- b. Blitzers must start 7 yards from the line of scrimmage and can rush any gap.
 - i. A 5 yd penalty will be enforced from the LOS if the blitzer is not wearing a wristband OR does not leave from 7 yards.
- c. A sack occurs if the QB's flag belt is pulled behind the line of scrimmage.
- d. If the defensive team is ahead by 21 points or more, no blitz is allowed.
 - i. A 5 yd penalty will be enforced from the LOS if the defense blitzes.

8. Tackling.

- a. If a player intentionally tackles another player or pulls another player to the ground, a 10 yard unnecessary roughness penalty is assessed and a verbal warning is issued to the player who is penalized.
 - i. Second violation will result in automatic ejection and the player will be required to sit the first half of their next scheduled game.

9. A defender cannot run through the ball carrier or use unnecessary roughness.

- a. Violation is a 10 yard unnecessary roughness penalty.

10. No holding, wrapping up, or making an attempt to hold the ball carrier in place.

- a. These violations will result in a 5 yard holding penalty.

11. Deflagging.

- a. The deflagger must take the flag from the ball carrier by playing the flag and not the ball carrier.

- b. Deflagger must hand the flag to the ball carrier after the play is completed.
 - i. If a deflagger throws the flag or causes a delay by not handing the flag to the ball carrier, this is considered unsportsmanlike and assessed a 10 yd unsportsmanlike penalty from the spot of the foul.
- c. A defender cannot run through the ball carrier or use unnecessary roughness in removing or attempting to remove flags.
- d. A player may not deflag an opponent that's not carrying the ball.
- e. If a ball carrier's flags fall off without being pulled by the defense the referees shall announce a DEADBALL.
 - i. Ball will be spotted where the ball carrier possessed the ball when the flag dropped.
- f. If a defender grabs a ball carrier's tucked jersey in order to pull a flag, this is considered illegal deflagging and a 5 yard penalty is assessed from the end of the run.
 - i. Exception: If the ball carrier's jersey is untucked, and the defender pulls on the jersey in an attempt to pull a flag, it's considered down.

Section X: Scoring

1. Touchdowns.
 - a. All touchdowns are 6 points.
 - b. A touchdown shall be scored when a player is legally in possession and the ball penetrates any part of the opponent's goal line.
2. Point after touchdowns (PAT).
 - a. After scoring a touchdown, teams have the option of going for 1 or 2 points.
 - i. 1-point conversion starts at the 2 yard line.
 - ii. 2-point conversion starts at the 7 yard line.
 - b. Once the offensive decision has been made, the team may change the decision only by taking a charged team timeout.
 - c. Penalties.
 - i. If offsetting penalties occur during the attempt, the attempt shall be replayed.
 - ii. If an offensive penalty carries a loss of down, the attempt has ended.
3. Safeties. No safeties are allowed.
4. Field Goals. No field goals are allowed.

Section XI: Scheduling & Standings

1. Games.

a. Schedule.

- i. Each team will be provided a schedule by the Board of Directors.
- ii. Games 1 through 5 will be predetermined.
- iii. Game 6 will be part of the postseason.

b. Standings.

- i. Standings are used to help gauge progress and to provide postseason matchups.
- ii. Reporting.
 1. Head Coaches are expected to keep game scores and submit final results to Gridiron Girls Google Form within 24 hours of their game's end.
 2. Referees are to keep score as well, and act as ruling party for disputes.
 3. The Board of Directors will collect scores and update standings.

c. Game Days.

- i. Games are played on Sundays.

d. Rescheduling.

- i. If a team is unable to replace a player and cannot field the minimum, the game may be rescheduled.
- ii. Game rescheduling scenarios:
 1. Team is coming up short on players.
 2. No coach can attend a game.
 3. Special event that impacts the entire league (or division).

- a. Must be an event outside of our league.
- b. The Board of Directors will decide if the special event qualifies.

- 4. Unplayable fields on game day
- 5. Dangerous weather conditions.
- 6. Emergencies.
- 7. Power outage.

iii. Requests.

- 1. The Board of Directors will need proper notice via email, 2 weeks prior to the original date is preferred, but a week will do.
- 2. Games will only be rescheduled if the league office can assign referees.
- 3. Teams will need the opposing Head Coach to agree to it.
- 4. The requestor (or the opponent) will need to play the game during one of the requestor's practice slots.
- 5. Reschedule games can be the week before or week after - pending agreements between Board of Directors, teams, and referees.

2. Practices.

- a. Practices are required by each team.
- b. Practices start around 3 weeks prior to the first games and run until the end of the season.
- c. League Members will manage practice schedules along with providing available times, dates, and locations.
- d. Each team will have up to 4 hours per week for practices.

- i. No team can exceed 2 hours in one day.
 - e. Teams cannot occupy fields reserved for other teams.
 - i. Will be considered a Code of Conduct violation and may face punitive actions by the Board of Directors.
 - f. Teams cannot practice at locations that are not designated on the practice schedule.
 - g. If teams opt to schedule outside our designated locations they do at their own risk. The Board of Directors cannot officially authorize due to liability.
 - h. Coaches are not permitted to attend another team's practice or scrimmages for scouting purposes.
- 3. Scrimmages.
 - a. Scrimmages are encouraged, however, must take place during a team's scheduled practice slot.
 - b. Teams do not need permission from the Board of Directors to schedule a scrimmage.
 - c. Teams can only scrimmage teams from our league.
 - d. Head Coaches are expected to manage the game.
 - e. No referees will be supplied by the Board of Directors.
 - f. Location.
 - i. One of the teams must host during their scheduled practice time.
- 4. Postseason.
 - a. Week 6 of the season is the postseason.
 - b. Teams play in playoff tournaments within their respective division.
 - c. Seeding and matchups are based on regular season tiebreakers and scheduled after the conclusion of week 5.

- d. Home team is the team with the highest seed.
- e. Tiebreakers.
 - i. All tiebreakers are determined by the regular season.
 - 1. Best won-lost record.
 - 2. Head-to-head matchups.
 - 3. Lowest points allowed by the defense.

Section XII: Weather and Darkness

1. Dangerous Weather Conditions.

- a. Even though these are general rules, if a referee or coach feels conditions are unsafe, they have the authority to cease all activities immediately.
- b. Coaches have full authority to cancel or postpone a practice based on Dangerous Weather Conditions. Only site managers, board members, and referees have authority for games.
- c. Lightning. Our league uses the 15 Minute Rule to determine the threat of lightning for a game and practice.
 - i. If anybody in attendance sees lightning lightning is considered a threat, all participants must leave the field and seek shelter.
 - ii. Participants are allowed to return to the field after 15 minutes as long as no additional lightning strikes occur.
 - iii. If a 2nd lightning strike occurs at any time within the 15 minute wait period, the game, practice, or activity is postponed.
- d. Tornadoes. If the area is under a Tornado Warning/Watch all activities are automatically canceled or postponed. No exceptions.
- e. Excessive Rain and/or Snow. If a coach, referee, or league official feels excessive rain and/or snow is jeopardizing the health and safety for participants; they may cease activities.
- f. Excessive Heat or Freezing Temperatures. No games will take place in temperatures above 95F or below 32F. The temperatures provided are air temperatures (does include humidity or wind chill).

2. Darkness.

- a. Practice.

- i. Sundown should be used as a way to determine to end practice due to darkness.
 - ii. Coaches are encouraged to use your best judgment when stopping practices because of darkness.
- b. Game.
 - i. Referees, site managers, or board members will make the determination to stop a game due to darkness.
 - ii. Games that are stopped due to darkness are subject to be scheduled to start from the point the game was stopped.
 - 1. If the score meets the Mercy Rule parameters, the game is considered final.

Section XIII: Special Rules

1. Mercy Rule.

- a. If either team is ahead by 21 points or more by the second half ~~first~~ 2 minute warning, or any time during the last 2 minutes of the game, the game can be ended, only if BOTH Head Coaches agree the game should be ended.
 - i. If one of the Head Coaches wants to keep playing ~~the~~ the game will continue.

Section XIV: Penalties

1. All penalties will be marked 5 or 10 yards (see chart below).
2. All live ball fouls (fouls which occur while play is in progress) are captain's or coach's choice.
3. All dead ball fouls (fouls which occur prior to snap or after the ball is blown dead) will automatically be marked off. This means if a foul occurs during a down and is a live ball foul and then a dead ball foul occurs both fouls will be enforced. They will be marked off as a 10 yard offset, even if against different teams.
4. All 10 yard penalties within the 15 yards to goal line will be marked off as "half the distance to the goal".

General Penalties

Infraction	Penalty	Marked From	Capt's Choice	Loss Of Down
Delay of Game	5 yds	Result of Play	NO	NO
Encroachment	5 yds	LOS	NO	NO
Forceful Contact with Structure (Arena Only)	10 yds	LOS	YES	NO
Illegal Substitution	5 yds	LOS	YES	NO
Improper Equipment	5 yds	LOS/Spot Foul	NO	NO
Offsides	5 yds	LOS	YES	NO
Shoving Out of Bounds	10 yds	Spot Foul	YES	NO
Tripping	5 yds	LOS	YES	NO
Unnecessary Roughness	10 yds	Spot Foul	YES	NO

Unsportsmanlike Conduct	10 yds	LOS/Result of Play	YES/NO	NO
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Offensive Penalties

Infraction	Penalty	Marked From	Capt's Choice	Loss Of Down
Flag Guarding	0 yds	Spot Foul & Declared Down	YES	YES
Holding	5 yds	Spot Foul	YES	NO
Hurdling	5 yds	Spot Foul	YES	YES
Illegal Block	10 yds	Spot Foul	YES	NO
Illegal Forward Pass	5 yds	Spot Foul	YES	YES
Pass Interference	10 yds	LOS	YES	NO
Sideline Interference	10 yds	LOS	YES	YES
Stiff Arm	0 yds	Spot Foul & Declared Down	YES	YES

Defensive Penalties

Infraction	Penalty	Marked From	Capt's Choice	Loss Of Down
Encroachment	5 yds	LOS	YES	NO
Holding	5 yds	LOS	YES	NO
Illegal Deflagging	5 yds	Spot Foul	YES	NO
Illegal Rushing	5 yds	LOS	YES	NO
Neutral Zone Infraction	5 yds	LOS	YES	NO
Pass Interference	10 yds	Spot Foul	YES	YES

Roughing Passer	10 yds	LOS	YES	YES
Sideline Interference	10 yds	Result of Play	YES	YES
Stripping	5 yds	Spot Foul	YES	YES

Appendix

Figure 1: 2-Field Set-Up on Standard 100-yard Football Field

