



UTAH HIGH SCHOOL GIRLS FOOTBALL ASSOCIATION

FLAG FOOTBALL RULES

The National Intramural-Recreational Sports Association (NIRSA) Flag Football Rules & National Federation of State High School Associations (NFHS) as modified by the Utah High School Girls Football Association (UHSFGA) are the official rules for all UHSFGA regular season games and post-season games.

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UHSGFA FLAG FOOTBALL RULES

I. GENERAL RULES:

A. Game Length:

1. Varsity will play (4) 15 minute quarters.
2. JV will play (4) 10 minute quarters.
3. Halftime will consist of five (5) minutes.
4. Running clock until last 2 minutes of each half. The game clock will start on the snap following the stoppage for notification of 2-minute warning.
5. Each team will have (3) timeouts per half with no carry over from the first half to the second half or the second half to overtime.

B. Field:

1. The field shall be a rectangular area with dimensions, lines, zones, goals and markers as shown on the accompanying NHSF Flag Football Diagram (#3).
2. Yard-line markers, constructed of soft, pliable materials, if placed on the ground, should be no closer than 5 yards to the sideline.
3. Team Area: 2 yards from each side line and between the 20 yard markers.
4. Hash marks: If the play is called dead outside of the hash marks (toward the sideline) then the ball will be placed ready for play on the nearest hash mark. If the play is called dead within the hash marks then the ball will be placed ready for play at that spot. The first play of a new series after a punt or scoring play, as well as point after touchdown plays can be placed at any spot from hashmark to hashmark at the request of the offensive team.

C. Players:

1. Team consists of at least 7 players.
2. Must have at least 7 players to start a game.
3. Minimum of 5 players to play a game.

D. Equipment:

1. Shoes:
 - Must be soft pliable upper material (i.e. canvas/synthetic) that completely covers the foot and is attached to a one-piece molded composite bottom (i.e. tennis shoes).
 - Turf shoe or molded rubber cleats only. NO metal cleats, screw in cleats, or baseball cleats allowed.
2. Shirts/Jerseys:
 - All jerseys must have numbers on front and back. (6 inches in height on the front and 8 inches in height on the back)
 - No identical numbers on the field at the same time.
 - Must cover the player's shoulders, chest and back.
 - Must be long enough to be tucked into pants.
 - Must have both a light colored (away) and a dark colored (home) shirt.
 - Shirt must be tucked in at all times.
 - Sweats (including hoods) must be worn under the uniform, if worn.

3. Pants/Shorts:

- Must be part of a uniform.
- Uniform may be a flag football, soccer or lacrosse uniform.
- No Open Pockets.
- Spandex and compression shorts may be worn under the uniform.
- No torn shorts or sweat pants.
- The pants or shorts must be a contrast color than the flags.

4. Flags:

- An unaltered one-piece flag belt (Pop Socket) without any knots.
- One flag on each hip of the body. (2 total)
- The flag belt must not be covered by any part of the uniform.
- Pop socket flag size is to be a minimum of 2 ¼ wide by 14 ½ length.
- Flags may not be altered in width or length and may have no tape on them.
- The flags must be a contrast color to the pants or shorts.
- All players must be wearing a flag before the ball becomes live.
Failure to properly wear required player equipment when the ball is about to become live results in a dead ball penalty for Delay of Game.
 - **NOTE:** Games will not be played unless both teams have the appropriate flags.

5. Football:

- Pebble grained or rubber covered football.
- Must be an Intermediate Size 7 football.
- No requirements regarding ball pressure.
- The Dime Lab, The Game Ball, will be the official game ball for all post-season games (provided by UHSGFA).
- The referee shall be the judge of any ball offered for play.

6. Field Equipment:

- Scoreboard
- Goalpost pads
- Sideline markers and pylons
- Down marker (if possible)

7. Additional Equipment:

- Mouth and Tooth Protector: It is **MANDATORY** that all players wear a mouth piece.
- Sunglasses: Players are not permitted to wear sunglasses unless they are prescription sunglasses.
- Hand Warmers: Players may not wear hand warmers that buckle around the waist.
- Knit or stocking cap (beanie) is permissible.
- Cloth wristbands are allowed but must be worn on the wrist if used.
- Headwear shall meet the following guidelines: Hair adornments must be securely fastened close to the head and not increase risk to the athletes, teammates or opponents. It remains the responsibility of the head coach to ensure players are legally equipped before the competition begins.

- Knee & ankle braces are permitted but all exposed hinges must be covered. Most oversleeves recommended by the manufacturer are acceptable. These braces may be padded or unpadded.
- The officials shall not permit any team member to participate while wearing apparel or equipment if in his/her judgment any item is dangerous or confusing to other players, is not appropriate, or constitutes a safety concern.
- A player may not wear jewelry. Religious and medical alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical alert medal must be taped and may be visible. Additionally, no hanging play cards and no eye shade other than all black.
- Players may wear a face shield molded to the face with no protrusions to protect against a facial injury.
- Towels: A solid white towel may be placed under the ball if field conditions deem it helpful to keeping the ball clean/dry. The towel must be no smaller than 4" by 12" and no larger than 6" by 12" with no words, symbols, letters, or numbers (other than team logo and/or a single manufacturer's or distributor's normal label or trademark not to exceed 2-1/4 square inches in area).

II. GAME PLAY RULES:

A. Offense:

1. Blocking:

- All blocks must be made with the blocker in an upright position with both hands in front or directly at their sides. The players may not have their hands near their body and then extend their arms in a pushing motion to conduct a block. Players may not fire the arms out to create contact; the arms must be extended prior to making contact. No body blocks, roll blocks, or dropping of the shoulder to block is allowed at any time. NO EXCESSIVE CONTACT will be allowed.
- Blocking by the offense beyond the line of scrimmage is allowed (other than blocking that would meet the definition of offensive pass interference).

2. Passing:

- The offensive team may NOT throw more than one forward pass per play.
- The offensive team may throw an unlimited number of backward passes during any play.
- No player may throw the ball forward if that player is beyond the line of scrimmage.
- The QB MAY intentionally ground the ball by throwing the ball into the ground or out of bounds to avoid a sack. If the ball is thrown laterally or backwards it is considered a fumble and the ball will be placed at the spot where the ball crossed the out of bounds demarcation or hits the ground. If the pass is thrown forward it is considered an incomplete pass and will be placed at the previous spot.
- No forward passes are allowed after an interception.

3. Snapping:

- The ball must be snapped from the ground, but does not have to be snapped between the legs.
- The ball may be snapped to any person whose feet are at least 2 yards behind the line of scrimmage.
- The person who receives the snap is considered the quarterback for that play.

4. Rushing:

- ALL players are eligible receivers.
- Quarterback can run the ball ONCE per SERIES OF DOWNS.
- There is no limit on the number of times players other than the quarterback can run.
- The PAT shall be treated as a new series (**QB is open**).
- No stiff arming.
- If a defense “blitzes” or rushes the quarterback, the quarterback may run without it counting as their one run per series of downs.

5. No Run Zone:

- No-Run Zones are located 5 yards from each end zone. No run zones are designed to avoid short-yardage, power-running situations to help avoid illegal blocks & excessive contact. If a penalty or loss of yardage takes a team out of the no run zone (more than 5 yards from end zone), that team is then considered to be out of the no run zone again.
- QB runs are not allowed in these No Run Zones.
- Any number of direct handoffs, backward passes, and pitches are allowed only if the player last receiving the handoff, backward pass or pitch then passes the ball beyond the line of scrimmage.
- All passes in the No Run Zone must be forward and must be touched or caught beyond the line-of-scrimmage to be legal. (Exceptions: 1) Passes touched by the defense, prior to being touched by an offensive receiver, may be legally touched or caught behind the line-of-scrimmage. 2) Incomplete passes landing behind the line of scrimmage are not illegal. 3) Passes caught behind the line of scrimmage are legal once a defensive player crosses the line of scrimmage.)
- The QB or the player last receiving the handoff, backward pass, or pitch is allowed to run if the defense crosses the line of scrimmage.

6. Receiving:

- A reception is deemed made if:
 - The receiver possesses the ball before the ball makes contact with the ground and
 - The receiver has a body part down in the field of play after possessing the ball.
- The receiver may NOT use their hands or arms to move a defender in order to make a reception.
- No stiff arming.

7. Jumping:

- Jump cuts are allowed by ball carriers.
- A player may not leave their feet to avoid a flag from being pulled. Official will blow the whistle and the player will be down at the spot where she left their feet.

8. Spinning:

- Spinning by a ball carrier is legal.

9. Fumbles:

- Fumbles are dead as soon as they hit the ground.
- Forward or backward fumbles will be placed at the spot where the ball crossed the out of bounds demarcation or hit the ground.
- A fumble caught in the air by either team is a live ball and may be advanced.

B. Defense:

1. Blocking:

- All blocks must be made with the blocker in an upright position with both hands in front or directly at their sides. The players may not have their hands near their body and then extend their arms in a pushing motion to conduct a block. Players may not fire the arms out to create contact; the arms must be extended prior to making contact. No body blocks, roll blocks, or dropping of the shoulder to block is allowed at any time. Additionally, a swim move is a foul if the defense creates any contact with the swim that is not in line with the defined legal blocking style. NO EXCESSIVE CONTACT will be allowed.

2. Rushing/Blitzing:

- Any defensive players can rush from any position on the field as long as they are 5 yards behind the line of scrimmage.
- Teams may only rush up to two (2) players at a time.
- Rushers must attempt to avoid any blockers/players. NO EXCESSIVE CONTACT is allowed.
- Rusher must avoid hitting the QB's arm, even on the follow through motion.
- NO limit on the number of rushing attempts (BLITZS) by a team.

3. Pass Defense:

- The defense is allowed to legally ward off an offensive player until she is no longer a potential blocker (i.e., reaches the yard line that the defensive player is on or cuts away from her). When an eligible receiver goes downfield on a play where a forward pass crosses the neutral zone, she may not block an opponent until the pass has been touched. A defensive player may, however, treat the receiver as a potential blocker and may use legal blocking techniques to ward her off before the pass is thrown. If the receiver is not attempting to block the defender by going past her (indicated by being on the same yard line or beyond) or running away from her (the defender is chasing the receiver), the defender may not make contact. Contact is allowed until the receiver occupies the same yard line as the defender. Continuous contact by the defender is illegal.
- For a defender to legally contact an eligible receiver anywhere on the field, the following must be true:
 - A legal forward pass that crosses the neutral zone must not yet have been thrown.
 - The receiver must be in front of the defender (not yet on the same yard line).
 - The receiver must not have turned away from the defender (defender is chasing) indicating she is running a pass route.
 - There must be some doubt as to whether the receiver is going to block the defender or run a route.

- If any of those four statements are false, the resultant contact is illegal.
 - This is an illegal contact foul - 10 yard penalty. This would be enforced from the end of the related run (running play) or previous spot (pass play).
 - Defenders are not allowed to play through the receiver to make a play on the ball.
 - Interceptions occur if:
 - The receiver possesses the ball before the ball makes contact with the ground, and
 - The receiver has a body part down in the field of play after possessing the ball.
 - If the defense intercepts a pass, they can return the ball for a touchdown. Wherever the flag is pulled is where the new offense will start their first series of downs.
4. De-Flagging/Tackling:
- The defender must make a play at the flags. A player may not make an attempt to strip, grab or knock free a ball in player possession, including a quarterback prior to passing the ball. If this occurs it is penalized as an illegal contact foul.
 - When de-flagging the ball carrier:
 - The ball carrier is down at the point when the flag belt comes unclipped, NOT when it falls off.
 - The ball will be spotted using forward progress where the ball is at when the flag comes unclipped, not where the flag may fall.
 - Forward progress is the forward-most point of the ball when de-flagged, if a player is holding the ball out in front of her body, then that's the dead-ball spot where the ball will next be put into play.

C. Kicking:

1. Kickoffs:
- There will be NO kickoffs.
 - Teams will take possession of the football on their 20 yard line.
2. Punting:
- On 4th down the offensive team must declare whether they are punting or going for the first down prior to expiration of the play clock.
 - If the offensive team declares a punt after committing a delay of game foul, the penalty will be enforced at the subsequent dead ball spot.
 - If the offense declares a punt, they may punt from at least 2 yards behind the neutral zone. If a punt is declared, the offense must punt the ball and the defense must be given adequate time to substitute.
 - When a punt, that has crossed the neutral zone touches a player from either team and then hits the ground, it is dead and belongs to the receiving team at that spot.
 - When a punt, that has crossed the neutral zone and not yet touched the ground touches a player from the receiving team and is then caught by the kicking team, it is dead and belongs to the kicking team at that spot.
 - Any receiver may catch a punt either out of the air or off the first bounce and advance. If the punt is muffed by the receiving team it is considered a dead ball at the point of touching and the receiving team takes over possession from that point.

- If the offense goes for the first down and does not obtain it, the defense will take possession of the football at that point on the field.

3. Field Goals:

- The field goal attempt shall be a place kick from scrimmage.
- The ball must be snapped to a placeholder, and the placeholder must receive the snap anywhere at least 2 yards behind the line of scrimmage.
- The kicked ball shall pass between the vertical uprights or the inside of the uprights extended and above the crossbar of the opponent's goal.
- If a foul by the defense occurs during a successful field goal, the offense is given the choice of:
 - a. Accepting the penalty and replaying the down following enforcement, or
 - b. Accepting the result of the play and enforcement of the penalty from the succeeding spot.

D. Penalties:

1. Offense:

- **Illegal Contact:**
 - When an offensive player makes excessive contact with a defensive player.
 - Any contact other than a legal block.
 - 10 yard penalty
- **False Start:**
 - When an offensive player moves in a way that simulates the start of a play.
 - 5 yard penalty
- **Offensive Pass Interference:**
 - Pass interference restrictions start at the snap for the offense.
 - When an offensive player hinders a defensive player's ability to catch a pass by making physical contact with the defensive player.
 - It is forward-pass interference if any player of A, who is beyond the neutral zone, interferes with an opponent's opportunity to move toward, catch or bat a pass.
 - It is not forward-pass interference if:
 - Unavoidable contact occurs when two or more players are making a simultaneous, bona fide attempt to move toward, catch or bat the pass.
 - Contact by A is immediately made on a B lineman and the contact does not continue beyond the neutral zone.
 - 10 yard penalty

- **Illegal Forward Pass:**
 - When a player is or has been past the line of scrimmage throws the ball forward or when more than one forward pass is thrown during a play.
 - When a forward pass is thrown after a change of team possession.
 - 5 yard penalty from the spot of the infraction (loss of down, if by offense).
- **Illegal Quarterback Run:**
 - When the quarterback runs the ball more than once per series of downs.
 - 5 yard penalty, loss of down
- **Illegal Shift/Illegal Motion:**
 - When an offensive player in motion moves towards the line of scrimmage before the ball is snapped.
 - A maximum of one (1) player off of the line of scrimmage is allowed to be moving laterally/backward at the snap of the ball.
 - 5-yard penalty
- **Flag Guarding:**
 - When a player, either intentionally or accidentally, inhibits a player from de-flagging them by the use of their hands, arms, etc. (including stiff arming).
 - Player's that have hair outside of their uniform that extends to or below the flag belt area will commit a foul for flag guarding if they are a ball carrier and their hair inhibits a player from de-flagging them.
 - 10-yard penalty from the spot of the infraction, loss of down.
- **Illegal Formation:**
 - When the offensive team has more than 3 players lined up behind the line of scrimmage at the snap.
 - 5-yard penalty
- **Hurdling/Diving:**
 - A player may not attempt to jump over (hurdle) an opponent.
 - A player may not leave their feet and dive in any direction to advance the football.
 - 10-yard penalty.

2. Defense:

- **Illegal Rush:**
 - When a defensive player rushes the QB after being less than 5 yards behind the line of scrimmage at the snap.
 - When more than two (2) players rush at a time.
 - 5 yard penalty
 - Enforced from previous spot

- Illegal Contact:
 - When a defensive player makes excessive contact with an offensive player.
 - A player may not run through the ball carrier when pulling a flag.
 - 10 yard penalty
- Illegal Flag Pulling:
 - A defensive player may not intentionally pull the flags off a player who has not touched the ball.
 - 5 yard penalty, automatic first down.
 - Run Play - enforced from end of run
 - Pass Play (Complete) - enforced from end of related run
 - Pass Play (Incomplete) - enforced from previous spot
- Roughing the Passer:
 - When a defensive player makes contact with the QB while the QB is in the throwing motion or has just completed the throwing motion. This includes hitting the QB's arm after they have released the ball.
 - 10 yard penalty, automatic first down.
- Defensive Pass Interference:
 - Pass interference restrictions start when the ball is in the air for the defense.
 - When a defensive player hinders an offensive player's ability to catch a pass by making physical contact with the offensive player.
 - It is forward-pass interference if any defensive player, who is beyond the neutral zone, interferes with an opponent's opportunity to move toward, catch or bat a pass.
 - It is not forward-pass interference if:
 - Unavoidable contact occurs when two or more players are making a simultaneous, bona fide attempt to move toward, catch or bat the pass.
 - Contact by the defense is obviously away from the direction of the pass.
 - 10 yard penalty
- Defensive Holding:
 - When a defensive player holds up the offensive player while attempting to de-flag that player.
 - 10 yard penalty
- Encroachment:
 - When a defensive player crosses the line of scrimmage before the ball is snapped.
 - 5 yard penalty
- Tackling:
 - A player cannot tackle the ball carrier.
 - 10 yard penalty

- Sliding:
 - A player may not slide in an attempt to get the flag.
 - 10 yard penalty

III. Coach and Player Conduct:

- A. Coaches and/or players who disrespectfully object to a game official's call may be assessed an Unsportsmanlike Conduct penalty.
- B. No coach, player or substitute shall act in an unsportsmanlike manner once the game officials assume authority of the contest.

Examples are, but not limited to:

1. Using Profanity, insulting or vulgar language or gestures.
2. Attempting to influence a decision by a game official.
3. Disrespectfully addressing a game official.
4. Failure of a head coach, following verification, to have his/her player(s) wear legal and/or required equipment.
5. Being on the field except as a substitute or replaced player.
6. Being outside the team box, but not on the field.

These actions result in an unsportsmanlike conduct penalty enforcement, with a second unsportsmanlike conduct foul resulting in disqualification.

- Unsportsmanlike Conduct penalty enforcement will be treated the same as a dead ball foul with the penalty being enforced from the spot of the ball at the end of the play. A second Unsportsmanlike Conduct foul will result in the coach or player being disqualified for the remainder of the game.
- C. Team captains should be the players that address the officials.
 - D. Fighting is any attempt by a player or non-player to strike or engage a player or non-player in a combative manner unrelated to football. Such acts include, but are not limited to, attempts to strike an opponent with the arm, hand, leg or foot, whether there is contact or not. Any such act will result in immediate disqualification and a suspension from the next contest.

IV. Scoring:

- A. Touchdown:
 - 6 points
1. Flag Check:
 - After all scores the player must go to the nearest official for flag check.
 - **Removing a Flag:**
 - Player removing their own flag prior to a flag check will result in no score, loss of down at previous spot or, if by an intercepting team, first down at the spot of the interception and a warning.
 - Next infraction results in Unsportsmanlike Conduct foul.
 - **Tampering with a Flag:**
 - If a player is determined to have tampered with their flag it will result in a loss of down at previous spot or, if by an intercepting team, first down at the spot of the interception and a warning.
 - Next infraction results in disqualification.

B. Point After Touchdown:

- 10 yards = 2 points
- 5 yards = 1 point
- 3 yards (Field Goal) = 1 point
- During a PAT attempt, the ball remains live, allowing the intercepting team to return the try for 2 points to the other end of the field with the exception of a blocked field goal attempt where the ball is dead at the spot.
- Once a team declares their choice for a 1 or 2 point conversion and the ball is declared ready for play by the officials, the team may change their decision only after calling a timeout.
- Point After Touchdown plays will be an untimed down at 2:00 or less in each half. Additionally, when a touchdown is scored and the PAT down has not been played when any quarter reaches 0:00, the period shall be extended for the PAT down on the same end of the field that the touchdown was scored.

C. Safety:

- 2 points

D. Field Goal:

- 3 points

V. Miscellaneous Rules:

A. Headgear:

- A soft padded headgear that meets the American Society for Testing & Materials International's standards is permitted.
- No headgear can stop student-athletes from suffering concussions, and all sports should be played, coached, and officiated in recognition of that fact.
- The ability to wear headgear in flag football has been expanded beyond headbands. The wearing of any headgear is not required. Schools, parents, and students are encouraged to make their own assessment on the type of equipment worn via ASTM standards.

B. Mouth and Tooth Protector:

- If a player does not have a Mouth and Tooth Protector, the player must be removed for one (1) play.
- First offense: Warning. Player must be substituted for one (1) play.
- Second offense: Player is disqualified.

C. Series of Downs:

- A team in possession of the ball shall have four consecutive downs to advance the ball to the first down line.
- Officials will be responsible for determining the spot of the ball and the down markings.
- A new series of downs will be awarded when a team moves the ball to the next 20 yard line.
- On fourth down the offensive team must declare whether they are punting or going for the first down prior to the expiration of the play clock.
- If the offense declares a punt the defense will be given adequate time to substitute.
- If the offense goes for the first down and does not obtain it, the defense will take possession of the football at that point on the field.

D. Ability to retain possession after scoring a touchdown in the 4th Quarter:

When a team is trailing in the 4th quarter, after the conclusion of a Point After Touchdown attempt, the scoring team, has the following two options:

1. The scoring team may elect the normal option of giving the non-scoring team the ball at the 20- yard line, beginning a new series of downs. If this option is elected, all normal penalty enforcement principles will apply; or
2. The scoring team may elect to take the ball at its own 25-yard line, fourth-and-15. If the scoring team is successful in making a first down, they will maintain possession, and a new series of downs will continue, as normal. If they are unsuccessful in making a first down, the result will be a turnover on downs, and the non-scoring team will take possession at the dead ball spot (after enforcement of any applicable fouls).

Notes:

- In either case, normal timing rules apply, as dictated by the time remaining in the half.
- If the scoring team chooses option (1), bridged fouls against either team can be enforced, as normal from the 20-yard line.
- If the scoring team chooses option (2), fouls against either team that could otherwise be bridged, can only be enforced on the Point After Touchdown.
- All fouls by either team that occur after the ready for play on either option (1) or (2) above, are enforced as normal.
- Once the scoring team head coach has made his selection, that choice cannot be changed, regardless of subsequent fouls or timeouts.

E. Play Clock:

- The 25 second play clock begins once the ball is placed on the ground and the whistle is blown by the referee.
- Delay of game: If a team exceeds the 25 seconds.

F. Touchback:

- It is a touchback and the ball will change team possession and be placed at the 20 yard line when the ball becomes dead out of bounds behind the goal line or becomes dead by hitting the ground behind the goal line of the defensive team and the offensive team is responsible for the ball being there (i.e., forward fumble), except from an incomplete forward pass.

G. Restricted Area:

- The restricted area is the area extending two yards outside the perimeter of the entire field (i.e., outside both sidelines and end lines). This restricted area is designated by the restraining line. The team box is the area immediately outside the restricted area between the 20-yard lines on each side of the field. With limited exceptions, non-players are not permitted in the restricted area at any time during the game. Non-players include coaches, team personnel, spectators, game administrators and members of the media.
- During a dead-ball interval, no more than three coaches are permitted in the restricted area directly in front of the team box. No one may be in the restricted area when the ball is live.

- The restricted area is designated to make the sidelines safer for everyone and to allow game officials ample room to work. If the restricted area is not clearly delineated or not enforced by game administration, coaches or game officials, individuals in the restricted area are at risk for injury during or after a play.
- Coaches are encouraged to instruct team personnel of the parameters and boundaries of the team box, and to effectively communicate the requirements to stay in the team box at all times. Coaches are also required to remain outside the restricted area when the ball is live, and no more than three coaches are in the coaches' area when the ball is dead.
- Coaches are not allowed on the field to call plays.

H. Overtime:

- In the event the 2nd half ends in a tie, **overtime** will commence.
- A coin toss shall decide who receives the ball first.
- Winner of the coin toss can choose to be on offense first, defense first or choose the end of the field that overtime will be played on. The loser of the toss shall exercise the remaining option for the first extra period and shall have the first choice of options for subsequent even-numbered extra periods.
- Each team will receive one (1) time out per overtime period.
- Interceptions during overtime remain live and can be returned for a touchdown or 2 point conversion by the intercepting team.
- Each team will have at least one possession during each overtime period.
- A winner must be determined (No ties).
 - **Varsity games:**
 - For the first 2 overtime periods, teams will alternate possessions, starting at the 20 yard line. The line to gain is always the goal line regardless of whether or not a penalty enforcement places the ball more than 20 yards from the goal line to start a new series of downs. Teams may go for 1 or 2 points after a touchdown is scored.
 - Beginning with the 3rd overtime period, teams will have alternating one-play possessions to score point after touchdowns until one team is ahead at the end of an overtime period. For the 3rd and 4th overtime periods, teams will snap from the 10 yard line (going for 2 points). From the 5th overtime on, teams will snap from the 5 yard line (going for 1 point).
 - **JV games:**
 - Teams will have alternating one-play possessions to score point after touchdowns until one team is ahead at the end of an overtime period. For the first 2 overtime periods, teams will snap from the 10 yard line (going for 2 points). From the 3rd overtime on, teams will snap from the 5 yard line (going for 1 point).

E. Fouls During a Point After Touchdown or in Overtime After a Change of Team Possession:

- A score by a team committing a foul during the down is canceled. Exception: Live-ball fouls treated as dead-ball fouls.
- If both teams foul during the down and the defensive team had not fouled before the change of possession, the fouls cancel and the down is not repeated.

- Penalties against either team are declined by rule.
 - Exception: Penalties for flagrant personal fouls, unsportsmanlike conduct fouls, dead- ball personal fouls and live-ball fouls treated as dead-ball fouls are enforced from the succeeding spot (20 yard line).

F. Unfair Acts:

- The Referee has much latitude in handling obviously unfair acts during a game. This would include situations that arise when a team commits a blatant and obvious intentional foul or fouls to gain a clock advantage late in a game. We should treat these intentional fouls as Unsportsmanlike Conduct fouls. Each player committing these unsportsmanlike acts will have a counted unsportsmanlike conduct foul, with 2 unsportsmanlike conduct fouls by a single player or coach resulting in disqualification. The following is a lists some other potential intentional fouls that could be committed during the game:
 - A player or non-player or person(s) not subject to the rules shall not hinder play by an unfair act which has no specific rule coverage.
 - No team shall repeatedly commit fouls which halve the distance to the goal line.
 - No player shall hide the ball under the jersey.
 - Neither team shall commit any act which, in the opinion of the Referee, tends to make a travesty of the game.

G. Mercy Rule:

- The following running clock rules apply to all UHSGFA-sanctioned flag football games played in the state of Utah, including Varsity, JV & Frosh games.
- If the point deficit is 19 points or more in the second half, a running clock will be utilized.
- If the score differential becomes less than 19 points in the last 2 minutes of the second half, the officials shall revert to regular timing until the point differential again reaches 19 or more points.

H. Protest:

- There are no protests.
- All referee decisions are final.

Girls Flag Football

TABLE OF GAME CLOCK TIMES

PERIOD of TIMING	CLOCK TIME
Game Clock (Varsity)	(4) - 15 minute quarters
Halftime Intermission	5 minutes
Charged Timeouts	1 minute
Game Clock (JV & B)	(4) - 10 minute quarters
Halftime Intermission	5 minutes
Charged Timeouts	1 minute

STARTING AND STOPPING THE CLOCK

The clock shall start with the first legal snap of the game and will remain running until the last 2:00 minutes of each half. If there is an official's timeout (i.e., for injury, penalty administration discussion, etc.) that occurs prior to the last 2:00 minutes of each half, the clock shall be stopped during and will then start with the ready-for-play signal. If there is a charged team timeout, the clock shall stop and then start with the next legal snap.

2:00 MINUTE TIMING RULES

The clock shall start with the snap (except Point After Touchdown), if the clock was stopped because:

- a. Issue the 2:00 minute warning.
- b. The ball goes out of bounds.
- c. B is awarded a new series.
- d. Touchdown or Safety is scored.
- e. Legal or Illegal forward pass is incomplete.
- f. A request for timeout is granted.
- g. The penalty for delay of game foul is accepted.
- h. If the game clock is stopped for a foul inside the last two minutes of a half, it may start on the snap, at the option of the offended team.

NOTE: The clock shall start with the ready-for-play whistle after issuing the 2:00 minute warning if the point deficit is 19 points or more in the second half.

The clock shall be stopped and will start for the ready-for-play signal on a down if the clock was stopped for any reason other than specified above or untimed down:

- a. For official's timeout, other than when B is awarded a new series.
- b. Penalty administration.
- c. There has been no charged timeout.
- d. First down administration.
- e. Because of an inadvertent whistle.

Girls Flag Football PENALTY SUMMARY

LOSS of 5 YARDS

Attendant Illegally on Field	Illegal Forward Pass (by A, loss of down)
Delay of Game	Illegal Forward Pass (by B)
Encroachment	Illegal QB Run (loss of down)
False Start	Illegal Run in No-Run Zone (loss of down)
Helping the Runner	Illegal Substitution
Illegal Defensive Rush	Illegally Handing Ball Forward (loss of down)
Illegal Flag Pull (first down)	Non-Player Outside Team Box
Illegal Formation (more than 3 backs)	Sideline Interference
Illegal Shift or Illegal Motion	Snap Infraction

LOSS of 10 YARDS

Excessive Contact	Offensive/Defensive Pass Interference
Flag Guarding (by A, loss of down)	Roughing the Passer (first down)
Holding	Sliding
Hurdling/Diving	Tackling
Illegal Block in Back	Unfair Acts
Illegal Blocking Technique	Unsportsmanlike Conduct
Illegal Unintentional Contact with an Official in the Restricted Area while Ball is Live	

DISQUALIFICATION ASSOCIATED WITH CERTAIN PENALTIES

Fighting by Player or Non-Player	Striking, Kicking, Kneeing
Flagrant Excessive Contact	Player Leaving Team Box During a Fight
Intentionally Contacting Game Official	
Second Unsportsmanlike Foul by Player or Non-Player	
Second Violation of Not Wearing Mouth and Tooth Protector	
Second Violation of Tampering with a Flag	



Flag Football Field Diagram #3

