ARTICLE 25

FLAG FOOTBALL
(GIRLS)

25.1 RULES

25.1.1 Official rules for Flag Football shall be those published in the current edition of the National Federation Flag Football Rules Book.

25.1.2 School athletic programs at all levels are subject to disciplinary action when a school team is removed from the field prior to completion of the contest.

25.1.3 Schools shall utilize a field that is either 360 feet (length) by 120 feet (width) or 300 feet (length) by 120 feet (width). The team boxes shall be positioned between the 25-yard lines. Goal posts are required.

25.1.4 Schools shall utilize one-piece quick release flag belts (Triple Threat). The flags shall be a minimum of 2" wide and 14" long when measured from the edge of the belt. The flag must have a spring-loaded clip.

25.1.5 Standard halftime length shall be ten minutes and may be extended to no greater than twenty minutes for a special ceremony (homecoming, senior night, etc).

25.1.6 Varsity games ending in a tie at the end of regulation play shall utilize the following overtime procedures:

- A coin toss will begin the first overtime. The team winning the coin toss shall be given the choice of offense or defense first, or designate the end of the field at which the ball will be put into play. The team losing the coin toss may choose the remaining option.
- Possession begins on the opposing 10-yard line., 1st & Goal. Each team has one set of downs to score (unless a live ball foul is accepted that includes an automatic first down).
- The same end of the field shall be used by both teams during the two sets of downs to ensure equal game conditions.
- The team scoring the greater number of points in the overtime shall be declared the winner.
- If the score remains tied after each team has been given one series of downs in an overtime period, then the procedure shall be repeated with other overtime periods until a game winner is determined. In this case, there shall be an intermission of two minutes. At the subsequent meeting of team captains, the loser of the first overtime coin toss will be given first choice of the options. If additional overtime periods are required, then first option will be alternated with no additional coin toss.
- When the defensive team gains possession of the ball, the down and series immediately end for the offensive team.
- Each team is allotted one time-out per overtime period. Unused timeouts do not carry over.
- The line to gain is always the goal line, regardless of whether or not a penalty enforcement places the ball more than 10 yards from the goal line to start a new series.

25.1.7 Mercy Rule – The clock will continue to run once a team is ahead by at least 28 points, except during time-outs (official's, team, or injury). Mercy rules remail in effect for the remainder of the contest.

25.1.8 The kicking of place kicks (field goals and kick trys) is approved.

25.2 SEASON OF SPORT

25.2.1 The AIA Standardized Calendar shall be used to identify the starting week for practice, competition, and the conclusion of post-season competition.

25.2.2 The season of competition for a school shall conclude with that school's last AIA sanctioned competition.

25.2.3	Fall Season (Girls)	Practice	no sooner than the	6th week
		Season of Competition	begins Monday of the	11th week
		Championship	to be concluded by the	25th week

25.2.4 **Pre-Competition Practice** – Practice shall be conducted in a manner consistent with the guidelines set forth in Bylaw 43.6 – Heat Acclimatization Protocol, where applicable.

25.3 PRESEASON INTERSCHOOL VARSITY SCRIMMAGE

25.3.1 One preseason interschool varsity scrimmage may be held; this scrimmage is considered a practice and shall not count toward the allowable number of games.

25.3.1.1 The varsity scrimmage shall be scheduled the week prior to the AIA date of competition; individual players must have participated in at least eight practice sessions and completed the requirements of AIA Bylaw 43.6 – Heat Acclimatization.

25.3.1.2 The following guidelines shall be used:

- Scrimmage is open to the public, charging admission is at the discretion of the host school.
- Scoreboards shall not be used.
- No official score may be kept (recorded) or reported.
- Game uniforms may be worn; numbered jerseys may be used.
- AIA officials may be used.
- Unlimited substitution and re-entry of players.
- Coaching is permitted during play.
- Timeouts are unlimited.
- Other adjustments mutually agreed upon by coaches and officials before the scrimmage begins; adjustments cannot be less restrictive than the guidelines or sport policy.

25.3.1.3 Limits:

25.3.1.3.1 Scrimmage length shall not exceed two (2) hours on the field.

25.3.1.4 Schools may hold multi-school scrimmages while adhering to Article 25.3.

25.4 SCHEDULES

25.4.1 If scheduling difficulties occur, schedules may be increased by one match. The additional match shall be approved by the AIA Executive Board.

25.5 NUMBER OF GAMES IN SEASON

25.5.1 No school shall schedule more than 13 varsity games, including one invitational which shall count as one game each.

25.5.2 No school shall schedule more than 12 junior varsity or 12 FR/SO games per team.

25.5.3 No player shall participate in more than six (6) quarters/night, excluding qualifying and post-season tournaments.

25.6 CONTEST PARTICIPATION

25.6.1 When a student enters an interscholastic contest, regardless of the length of time, it shall be considered participation in the interscholastic contest.

25.7 INTERSCHOOL COMPETITION

25.7.1 Any school, regardless of Division, may compete with any other school in good standing.

25.7.2 The football to be used shall meet the requirements found in the National Federation Flag Football Rules Book.

25.8 COACHES / COACHING

25.8.1 The AIA shall not have regulations concerning coaches coaching their own school teams outside of the AIA defined season of sport.

25.8.2 Coaches / Players - Game participation outside the season of sport between coaches and players of a single school for fund raising or entertainment purposes will not jeopardize the eligibility of any high school player.

25.8.3 Attendance shall be voluntary, and no student athlete shall be prohibited from participating on the team for failing to attend the out-of-season activity.

25.9 SCHOOL EQUIPMENT

25.9.1 School Transportation - School provided transportation for activities is a local option.

25.9.2 School equipment outside of the season of sport is a local option.

25.10 POST-SEASON TOURNAMENTS

25.10.1 Post-Season Tournaments

NOTE: See Article 12 for additional post-season tournament rules.

25.10.1.1 Dates and Sites

25.10.1.1.1 The AIA Executive Board shall determine the dates and sites of post-season tournaments.

25.10.1.2 There shall be team post-season tournament(s) as approved by the Executive Board.

25.10.1.2.1 School must play a minimum of eight (8) games in order to qualify for post season play.

25.10.1.3 The type of tournament shall be determined by the AIA Executive Board.

25.10.1.4 The football to be used shall meet the requirements found in the National Federation Flag Football Rules Book.

25.10.1.5 Seeding for the post-season tournament shall be based on AIA power ranking system if available and/or the AIA section qualifying process.

25.10.1.6 Single elimination tournament(s) shall be used.

25.10.2 Awards - The AIA shall be responsible for the purchase and standardization of all post-season tournament awards. *(See Article 13, Section 1)*.

25.10.3 Practice on Site - A practice or competition on the site of the Post-Season Championship Tournament, except for a regularly scheduled contest, is not permitted for seven calendar days prior to the Post-Season Championship, except in the case of the host school**.**

DETERMINATION: The host school may participate at the site only if that is their regular practice site.

25.10.4 Unmanned aerial systems at AIA post season events.

25.10.4.1 The use of unmanned aerial systems, often referred to as drones, is prohibited for any purpose by any persons at all AIA post season events. This policy includes not only the restricted playing area of the venue(s), but also the physical confines of the entire stadium/field/arena structure. For the purpose of this policy, an unmanned aerial system is any aircraft without a human pilot on board.

25.11 UNIFIED FLAG FOOTBALL – A joint effort between the Arizona Interscholastic Association (AIA) and Special Olympics of Arizona (SOAZ) to incorporate Unified programs in AIA member schools recognizing and offering opportunities for SOAZ athletes and partners to compete in an AIA sanctioned activity. Unified Flag Football programs shall be administered by each participating member school and follow the requirements per AIA Bylaws for eligibility, rules and program administration, unless otherwise stated below.

25.11.1 Official rules for Unified Flag Football shall be those published by the SOAZ and AIA prior to each season, as approved by the AIA Executive Board. See Article 35.