

2026 Girls Flag Football - Major Rule Changes

Topic	Previous	NEW RULE
Mouthguards	Optional	Mandatory
Ball size + color	Size = junior and youth Color = various	Size = youth or women's (must be stamped) Color = tan pebbled
Play clock	None	25-seconds after Ready For Play
Halftime	5 minutes	Minimum 10 minutes, Maximum 20
Running Clock	Constant running in 1 st and 3 rd , Stoppage in last 2 minutes of 2 nd + 4 th for: <ol style="list-style-type: none"> 1. two-minute warning announcement 2. legal or illegal forward pass is incomplete. 3. runner goes out of bounds. 	Stoppage in 1 st and 3 rd for: <ol style="list-style-type: none"> a. When down ends following a foul. b. An official's time-out is taken. c. A charged time-out is granted. d. A score or touchback occurs. e. A new series is awarded to B. f. An inadvertent whistle is sounded. Stoppage in 2 nd and 4 th above plus: <ol style="list-style-type: none"> 1. two-minute warning announcement 2. legal or illegal forward pass is incomplete. 3. runner goes out of bounds.
Time Outs	2 per half	2 per half
Punts	Virtual	Varsity: must punt JV: can elect for virtual
Snapper	Feet were allowed to be inline with ball	Feet must be fully behind the ball
Rush Zone	5 yards	1 yard
Forward hand-off	OK anywhere on the field	OK <u>ONLY</u> behind the LOS