

Fold at line to put in your pocket front and back

Cut along dotted line to fit in your shirt pocket

Girls Flag General Information Cheat Sheet

General:

- Offense: At least 4 players within 1 yard of LOS at the snap.
- Pre-Snap: All players must stop for 1 second, except 1 in motion.
- Snap Receiver: Must be 2+ yards behind LOS.
- Blocking: Allowed behind LOS (no contact with rushers). Not allowed beyond LOS.
- Ball spot at the flag pull, not forward point of ball. Forward point of ball only if run out of bounds.
- Defense: Can line up and rush from anywhere but must stay 1 yard off LOS.

Legal Moves:

- Spinning, jump cuts, and jukes allowed (no flag guarding).
- Screen blocking: stand still, no contact, arms at sides.
- Diving to catch a pass allowed, not for yards.

Illegal Moves:

- No stiff arms or pushing away defenders.
- No diving forward to gain extra yards.

Kicking and Punting

- Teams must declare punts on 4th down; no fakes or quick kicks.
- Punts dead where they land; muffs live until they hit the ground.
- Offense (except punter) on LOS; defense needs 5 within 1 yard. No movement until kick. No Hands Raised.

Overtime Rules:

- Each team gets 1 possession from the 20-yard line.
- If still tied, repeat until a winner is decided.
- Defense can return a pick-6 (live play) = automatic win.

Extra Points:

- 1 point = 3-yard line
- 2 points = 10-yard line
- 3 points = 20-yard line
- Safety = 2 points

Girls Flag Penalty Cheat Sheet

5-Yard Penalties	10-Yard Penalties
Delay of Game (25 seconds)	Illegal Equipment (second warning results in forfeit)
Illegal Substitution	Defensive Holding
False Start	Flag Guarding
Encroachment	Offensive Pass Interference (Loss of down)
Illegal Formation	Defensive Pass Interference (includes automatic first down)
Illegal Motion	Roughing the Passer (includes automatic first down)
Illegal Shift	Personal Fouls (e.g., tripping, hurdling, tackling, contact)
Early Flag Pull (ABO enforcement)	Unsportsmanlike Conduct
Helping the Runner	Offensive Blocking Violation
	Defensive Rush Violation
	Illegal Participation

Girls Flag Game Clock Cheat Sheet

Two (2) – 25 Minute Halves. The clock will run for the first 23 minutes of each half.

- The clock will be stopped for the following scenarios:
 - A score – Touchdown, or Safety (start on next snap)
 - Extra Point (untimed down)(Start on next snap)
 - Change of Possession (Start on the next snap)
 - Penalty Administration (Clock will start on RFP or next snap depending on previous play)
 - Team Time-Out (Clock will start on next snap following a Team TO)
 - Referees Time-Out (Clock will start at Referees Discretion)

Last two (2) minutes of each half is normal football time

- Clock will also stop temporarily for 1st downs
- Play clock for each play is 25 seconds when ball is spotted
- Teams receive two (2) timeouts per half (no carryover)

Two-Minute Warning – The clock starts or stops based on the previous play. A 25-second play clock begins. No warning is needed if a game clock is displayed on the field.