



Girls Flag Penalty Cheat Sheet

5-Yard Penalties	10-Yard Penalties
Delay of Game	Illegal Equipment (second warning results in forfeit)
Illegal Substitution	Defensive Holding
False Start	Flag Guarding
Illegal Formation/Procedure	Offensive Interference (loss of down)
Illegal Motion	Defensive Pass Interference (automatic 1 st down)
Illegal Shift	Roughing the Passer (automatic first down)
Helping the Runner	Personal Fouls (e.g., tripping, hurdling, tackling, unnecessary contact)
Encroachment	Unsportsmanlike Conduct
Early Flag Pull (ABO enforcement)	Offensive Blocking Violation
	Defensive Rush Violation
	Illegal Participation



General Girls Flag Information Cheat Sheet

Offense:

- Offense must have at least 4 players on the line of scrimmage at the snap. (within 1 yard from LOS)
- All offensive players must come to a complete stop for 1 second before the snap, except 1 person in motion.
- A snap receiver must be at least 2 yards behind LOS.
- Move blocking by offense is legal only behind the line of scrimmage as long as they don't touch the rusher.
- Move blocking by the offense beyond the line is not legal (no running side by side with offensive player).
- Screen blocking allows non-contact obstruction. No moving screens beyond the LOS. Blockers must allow avoidance and cannot blindside opponents.
- Ball spot at the flag pull, not forward point of ball. Forward point of ball only if run out of bounds.

Defense:

- Defense may line up in any formation and can rush from any location. Must be 1 yard off the LOS.

Points of Emphasis:

- Check flags each play on all players/Tuck in Shirts
- Hair covering flags should be tucked into back of shirt
- Positioning on Snaps with Center - No body part can be beyond the ball

Illegal Moves:

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

Legal Moves:

- Spinning, jump cuts, and jukes (without flag guarding).
- Screen blocking (NO contact, arms must stay at sides).
- Diving to catch a pass is OK; diving forward for yards is NOT.

Kicking and Punting

- Teams must declare if they're punting on 4th down.
- No fake punts or quick kicks.
- If a punt hits the ground, it's dead where it lands. Muff remains live until it hits the ground. Receiving team ball.
- The offense must have all players except the punter (5+ yards) on the LOS, while the defense must have at least five within 1 yard of their scrimmage line. 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 Point Try Options:

- 1 point = 3-yard line
- 2 points = 10-yard line
- 3 points = 20-yard line
- Safety = 2 points
- Turnovers Extra Points – Not allowed to be advanced.
- If foul occurs by defense, offense can change decision on points yard line, but must take a timeout. Penalty still assessed on the foul.

Two Minute Warning:

- 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.