

6. GIRLS FLAG FOOTBALL

A. GENERAL REGULATIONS

1) Interscholastic Participation

1.1) Practice And Coaching

- 1.11) In accordance with General Sport Regulation 7.5.1, girls flag football coaches are permitted 13 contact days beginning May 11, 2027 – July 31, 2027. **These contact days may not be mandatory.**
- 1.12) Mandatory Practice may begin February 15, 2027, for all schools.
- 1.13) Any practice or workout including two or more school teams or partial teams is a scrimmage.
- 1.14) Conduct of Practice Sessions. **Know both the temperature and humidity.**
 - 1.14.1) **Please reference Sports Medicine Regulation 3**, Heat Acclimatization and Exertional Heat Illness Prevention for more, including the full wet bulb temperature chart.

WBGT	Recommendation
<79.7°F	Normal activities Three separate 3 minute breaks per hour
79.8-84.6°F	Three separate 4 minute breaks per hour Helmets and other equipment should be removed when the athlete is not directly involved with the competition, drill or practice and it is not otherwise required
84.7-87.6°F	Maximum practice time of 2 hours Four separate 4 minute breaks per hour FB: Limit to helmet, shoulder pads, and shorts during practice Considering postponing practice to later in the day Allow athletes to change to dry shirts and shorts at defined intervals
87.8-89.7°F	Maximum of 1 hour of training with four separate 5 minute breaks in that hour No additional conditioning allowed FB/LAX: No helmets, shoulder pads, or other equipment is permitted Consider postponing practice to later in the day Allow athletes to change to dry shirts and shorts at defined intervals
>89.8°F	No outdoor workouts No indoor workouts unless air conditioned

This is a wet bulb chart, not Fahrenheit chart.

Reference Sports Medicine Regulation 3 for the full wet bulb temperature chart, heat acclimatization and exertional heat illness prevention guidelines

1.2) Scrimmages

- 1.21) Any practice or workout including two or more teams or partial teams is a scrimmage.
- 1.22) Grades 9-12 – Scrimmages may be held after one day of full **mandatory** practice.
- 1.23) Grades 9-12 may participate in a maximum of four scrimmages not to exceed three hours in length. The three-hour time limit begins when the scrimmage begins. High school teams may use a game format in one or both of their scrimmages and they **may charge admission**.
- 1.24) Grades 7 and 8 may participate in two scrimmages after one day of full **mandatory** practice. A scrimmage is limited to a maximum of two hours with the time being counted continuously once the scrimmage begins.

1.3) Halves And Game Limitations

- 1.31) 9th-12th grade student is limited to playing:
 - a) A maximum of 30 halves per season (excluding OHSAA tournaments).
- 1.32) 7th & 8th grade student is limited to playing:
 - a) A maximum of 20 halves per season.

1.4) Length Of Periods

- 1.41) Grades 7 & 8 — Maximum length of each half is twenty minutes.

1.42) Grades 9-12 – Maximum length for each half is twenty minutes.

1.5) Playing Rules

1.51) Playing rules will be based on the NFHS Flag Football rule book with modifications. A completed document for playing rules will be available late 2026.

1.52) Game Ball: The Wilson Youth Ball is recommended.

2) Out-of-State Travel

A football team may travel out of state to compete in contests (scrimmages, previews and games) in states that are contiguous to Ohio regardless of distance to travel. The states include Indiana, Kentucky, Michigan, Pennsylvania and West Virginia. The Canadian province includes Ontario. Additionally, a football team may travel to a non-contiguous state or province one time per interscholastic season. (Bylaw 9-2-1). Schools must complete the form from the following link when they are participating in a non-contiguous state: <https://ohsaaweb.blob.core.windows.net/files/Eligibility/forms/NonBorderingStateApproval.pdf>.

A football team may not travel out of state to practice (See Bylaw 9-2-2 for exceptions).

3) Ejection for Unsporting Conduct

Any student or coach ejected or disqualified for unsporting conduct or a flagrant foul shall be ineligible for all football contests for the remainder of that day. In addition, he/she shall be ineligible for all football games at all levels until one regular season/tournament contest is played at the same level as the ejection or disqualification. (General Sports Regulations Sections 14).

Exception 1: A player disqualified for fighting shall be ineligible for all football contests for the remainder of that day. In addition, he/she shall be ineligible for all football games at all levels until TWO regular season/tournament contest is played at the same level as the ejection or disqualification. The disqualification for these fouls may be reduced by the OHSAA Football Administrator or his/her designee. Video of these fouls shall be emailed to the OHSAA Football Administrator or his/her designee within 48 hours of the contest.

4) Transfer Bylaw

Due to the many questions regarding this bylaw and its application to students desiring to play football, please go to the OHSAA website ([OHSAA.org](https://ohsaa.org)), click on the “Eligibility” link, then click on the “Transfer Bylaw Resource Center” to assist in the understanding of this bylaw.

Note that students who transfer and do not meet an exception to this bylaw are ineligible for all contests after game 5 of the regular season including postseason contests.

5) Noise

- A. Bands shall not play music at football games while the ball is in play, or while signals are being called by the quarterback. This means that it is not permissible to use either:
 - 1. Drum roll or beat
 - 2. Cymbals clashing
 - 3. Horn sounds, or
 - 4. Any other kind of musical instrument while the play is underway in football.
 - 5. Roving bands shall be allowed to participate at the discretion of the host Athletic Director. However, such bands shall not perform while the ball is in play or while signals are being called by the quarterback.
- B. Amplified noise shall not be played while the ball is in play, or while signals are being called by the quarterback. This includes, but is not limited to:
 - 1. Any noise over the public-address system.
 - 2. Any “powered” noise such as a cannon or whistle.

Note: Game Administration shall be notified if these violations occur and they shall correct the situation. Game officials are not authorized to give a penalty for these violations.

6) Non-Interscholastic Participation

6.1) Team Sports - A member of a school program or team in the team sports of baseball, basketball, field hockey, girls flag football, football, ice hockey, lacrosse, soccer, softball and volleyball may participate with a non-inter-scholastic program or team in contests, tryouts, training and/or practices prior to and after the interscholastic team's season under the following condition:

The number of team members on the non-inter-scholastic team who are enrolled at the same school and/or participated in that sport at that same school in the preceding season, or team members on the non-inter-scholastic team who participated in that sport at another school in the preceding season and transferred or matriculated to the same school, is limited to the number of team members outlined below. Rotating players from the same team is not permitted within the player limitation.

Note: Students who did NOT play for an interscholastic team the previous year do not count in the team limitation of that sport.

The team limit for girls flag football is 4. OTHER PLAYERS FROM THE SAME SCHOOL MAY NOT BE ROTATED ONTO A TEAM.

6.2) Individual Non-Interscholastic Competition Dates:

- 6.21) A girls flag football athlete who has not participated for the school team in girls flag football that season must cease non-interscholastic football prior to the season start date of **March 5** in order to be eligible for OHSAA Tournament competition provided applicable Bylaws and Regulations have been followed.
- 6.22) Girls flag football players may be used for out-of-season demonstrations only if approved in advance by the Football Administrator.

6.3) Coaching And Coaches

- 6.31 All interscholastic girls flag football coaches, whether paid or volunteer, must be approved by the Board of Education.
- 6.32 See General Sports Regulation 7.9 for regulations permitting school coaches to provide individual skill instruction from August 1 through May 31.
- 6.33 See General Sports Regulation 7.6 for regulations permitting school coaches to coach their own student-athletes on non-school teams outside the school team's season.

7) **Coaches — No Contact Period**

See *Regulations for No Contact Period – Coaches* under Section 11 of the General Sports Regulations.

8) **Penalties**

- 8.1) The maximum penalty for violation of Sports Regulation 7.4 (participation with a non-interscholastic football squad) or any OHSAA regulations for any member of the school squad, EXCEPT a senior, is ineligibility for the remainder of the interscholastic football season and/or the ensuing football season. For a senior, the maximum penalty shall be ineligibility for the remainder of the school year.

B. SPECIFIC REGULATIONS — GRADES 9-12

- 1) **Coaching and tryouts may begin — February 15 for all schools**
- 2) **First game — March 5, 2027**
- 3) **Tournament entry/withdrawal deadline - W/O penalty – 4/15; With penalty – 4/22**
- 4) **Coaching and Season end – Conclusion of last regular season or tournament game.**
- 5) **Scrimmages – Two scrimmages are permitted. Schools may use a game format in scrimmages and charge admission**
- 6) **Regular season games — 12**
Note: Schools may play a regular season game after the tournament has started if they have not reached 12 regular season contests.
- 7) **Rules — National Federation Flag Football**
- 8) **Officials:**
 - 8.1) **Varsity — OHSAA girls flag football only. Minimum crew of at least three (3).**
Note: The maximum number is four (4) officials.
 - 8.2) **Reserve/Junior Varsity/Freshman/Middle School — Minimum of 2, recommended 3 girls flag football only**

C. SPECIFIC REGULATIONS — GRADES 7 & 8

- 1) **Coaching and tryouts may begin — February 15 for all schools**
- 2) **First game — March 5, 2027**
- 3) **Coaching and Season end – May 1, 2027 or at the conclusion of last contest, whichever occurs earliest**
- 4) **Scrimmages – Two after 1 day of practice**
- 5) **Regular season games — Maximum of 10.**
- 6) **Rules — National Federation Flag Football with modifications**