

**<>ARTICLE 210  
FLAG FOOTBALL**

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**<>2100. SEASON OF SPORT**

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Girls Flag Football will be conducted in the Fall.

**NOTE: All Girls Flag Football in the CIF Southern Section will be played under the National Intramural and Recreational Sports Association (NIRSA) rule book unless otherwise adapted via CIF (See the Flag Football Rules Handbook available on the cifss.org website).**

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**<>2101. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK**

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**Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, football, lacrosse, soccer, softball, volleyball, and water polo.**

<>2101.1 CIF Flag Football will be played with and “youth” or “intermediate” sized football” Note: Manufacturers may have varying numbers used in their sizing. The key is in the description of the ball being “youth” or “intermediate” size.

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**<>2102. RULES**

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All flag football games in the CIF Southern Section will be played under CIF defined rules.

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**<>2103. SCRIMMAGES**

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An interscholastic scrimmage is a training session between a minimum of two and a maximum of three schools where no score is kept, free substitution and time-outs are permitted, and spectators are not urged to attend. (See Q & A following Bylaw 220.8 for definition.) All allowable scrimmages must be conducted prior to a team’s first interscholastic contest (non-league, league or tournament).

<>2103.1 Schools are permitted two interscholastic scrimmages which may not be held prior to August 18 and must be held prior to team’s first interscholastic contest (non-league, tournament or league).

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**<>2104. TOURNAMENTS**

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**QUESTION:** Can a school enter two teams in the same tournament at the same level (i.e. varsity “A” and varsity “B”)?

**ANSWER:** If a school chooses to split a single team into two teams in the same tournament at the same level they will be charged single games for each team toward their allowable 28.

<>2104.1 Tournament managers are responsible for notifying participating schools of the number of games and/or team participating in the tournament. NOTE: Two contests could be played on the same day in the SAME TOURNAMENT only, but not two games in two different tournaments.

EXCEPTION: Maximum of three flag football contests can be played in the same tournament as long as the total minutes played does not exceed 120 minutes for that day.

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**<>2105. STARTING DATES FOR INTERSCHOLASTIC CONTESTS**

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No interscholastic contests (non-league, tournament, or league) may be scheduled prior to August 18.

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**<>2106. MAXIMUM TEAM CONTESTS**

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A flag football team will be permitted to play no more than 28 games during the season, including tournaments, but excluding CIF Southern Section playoffs.

<>2106.1 FACULTY: Each team will be permitted to play one game with the faculty which will not count toward the allowable number of contests.

<>2106.2 ALUMNI: Each team will be permitted to play one Alumni contest, which will not count toward the allowable number of contests.

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**<>2107. END OF COMPETITION**

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All league competition for entries must end on or before Saturday, October 28.

QUESTION: Will contest(s) played after the completion of league play and/or submission of league entries impact seeding or

ANSWER: No, once the league entries have been submitted a school will be seeded and ranked based on a team's results.

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**<>2108. OUTSIDE COMPETITION BY AN INDIVIDUAL**

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*During Individual's Season of Sport* - A member of a high school soccer team may not, during his or her season of sport, compete for an outside team in the sport of flag football. A season of sport (see Bylaw 504) is defined as that period which begins with a student's first interscholastic competition (non-league, tournament, or league game) and ends with that student's last interscholastic contest (tournament, non-league or CIF Southern Section playoff).

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**<>2109. PLAYOFFS**

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Refer to Article 35 (Playoffs) for details regarding playoff information.

<>2109.1 GIRL'S TEAM FLAG FOOTBALL CHAMPIONSHIPS (No playoffs - See Bylaw 3500.2)