

**ARTICLE 210
FLAG FOOTBALL**

<>2100. SEASON OF SPORT

Girls Flag Football will be conducted in the Fall.

<>NOTE: Girls Flag Football will use the 2026 NFHS rule book.
(Editorial June 2024/Editorial April 2025))

2101. OFFICIAL NATIONAL FEDERATION AUTHENTICATION MARK

Only balls with the National Federation authentication mark shall be used in the sports of baseball, basketball, field hockey, flag football, flag football (2027), football, lacrosse, soccer, softball, volleyball, and water polo.
(Editorial May 2023/Editorial April 2025)

2102. RULES

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

<>2103. SCRIMMAGES

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 8 and must be held prior to team's first interscholastic contest (non-league, tournament or league).

<>2104. TOURNAMENTS

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 at the level of the tournament.

<>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: On a non school day, maximum of three flag football contests can be played in the same tournament as long as the total minutes played does not exceed 144 minutes for that day.

<>2105. STARTING DATES FOR INTERSCHOLASTIC CONTESTS

No interscholastic contests (non-league, tournament, or league) may be scheduled prior to August 8.

<>2106. MAXIMUM TEAM CONTESTS

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. All games count as one (1) contest regardless of altered game times (i.e. shortened contests).

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.

<>2107. END OF COMPETITION

All competition must end on or before Wednesday, October 14.

QESITON: Are contest(s) at any level allowed after the submission of league entries?

ANSWER: No, once the league entries have been submitted no other contest(s) are allowed to be played. See last allowable contest date on the sports calendar.

2108. OUTSIDE COMPETITION BY AN INDIVIDUAL

During Individual's Season of Sport - A member of a high school flag football 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).

2109. PLAYOFFS

Refer to Article 35 (Playoffs) for details regarding playoff information. (Specific information will be contained in playoff information bulletins.).