



## FLAG FOOTBALL RULE CHANGES

### 1 Flag Football Rules Changes - 2026

February 24, 2026

**1-1-2, TABLE 1-7 (1), Field Diagrams #4 (NEW)** – Added a new fourth field option to be used for flag football. This option would be through state association adoption.

**1-1-3** – Standardized that all teams must start the game with 7 players.

**1-1-9, 1-3-7 NOTE (NEW), TABLE 1-7 (9) (NEW)** – Added the use of instant replay during state postseason games only through state association adoption.

**2-18 (NEW)** – Added a new definition for hurdling as it was not previously defined but yet it was listed as an illegal personal contact foul in 2025-26.

**2-35-10, 3-4-3i (NEW), 4-1-1, 8-3-9 EXCEPTION (NEW), 8-4-3 EXCEPTION (NEW)** – The committee approved a procedure to allow for the team trailing in score to attempt a high risk play in order to maintain possession following a score.

**3-5-1** – Increased the total number of charged time-outs per half from two to three so as to give each team an extra opportunity to stop play each half with an additional time-out.

**4-1-1, 8-5-5** – Following a safety, the team whose goal line was involved shall put the ball in play by a scrimmage kick from its own 20-yard line.

**9-7-4** – Further clarified what cannot be done to the ball that is in player possession.

#### Rules Reminders:

**1-5-1d(5)a - 4, 5 (NEW)** — Committee clarifies and restricts attachments on tooth and mouth protectors, effective with the 2026 season.

**1-5-2d (NEW), 1-5-3c(6)** — Arm sleeve specifications developed to guide manufacturers, players and coaches effective with the 2027 season.

#### 2026-27 Flag Football Editorial Changes

1-1-8; 1-5-1c(1)a - 4, 5; 1-5-1d; 1-5-1f; 1-5-3a(1)a; 1-5-3a(2); 1-5-3c(4); 2-13; 2-19-3; 2-27-5; 3-3-1; 3-4-3k; 3-4-4e; 3-5-7f; 3-5-7g; 4-1-2; 4-2-3f(3) (NEW); 4-2-2h; 5-3-1; 6-1-1; 6-1-8; 6-2-1; 6-3-1a; 7-1-2; 7-1-3a; 7-5-6; 8-3-3; 9-2-1; 9-2-2a; 9-2-3c; 9-2 PENALTY; 9-8-1g(3); 9-8-1g(4); 9-8-1h; 9-8 PENALTY; 9-9 PENALTY; 10-4-2; 10-4-2b; 10-4-2h (NEW); 10-4-4a; 10-4-5a; 10-5-3; NFHS OFFICIAL FOOTBALL SIGNALS.

#### 2026-27 Flag Football Points of Emphasis

1. Screen Blocking
2. Flag Belts and Flag Pulls
3. Kicking