

GFF 2024

Meeting 1

2/29/24

High School Girls Flag Football is Growing!



Welcome – Things to do

- Pay - \$35 assignment fee – can use electronic payment or send a check to Mike Sampone.
- Update your availability in Refview

Mike Sampone

Address :

11 Pine Needles Drive

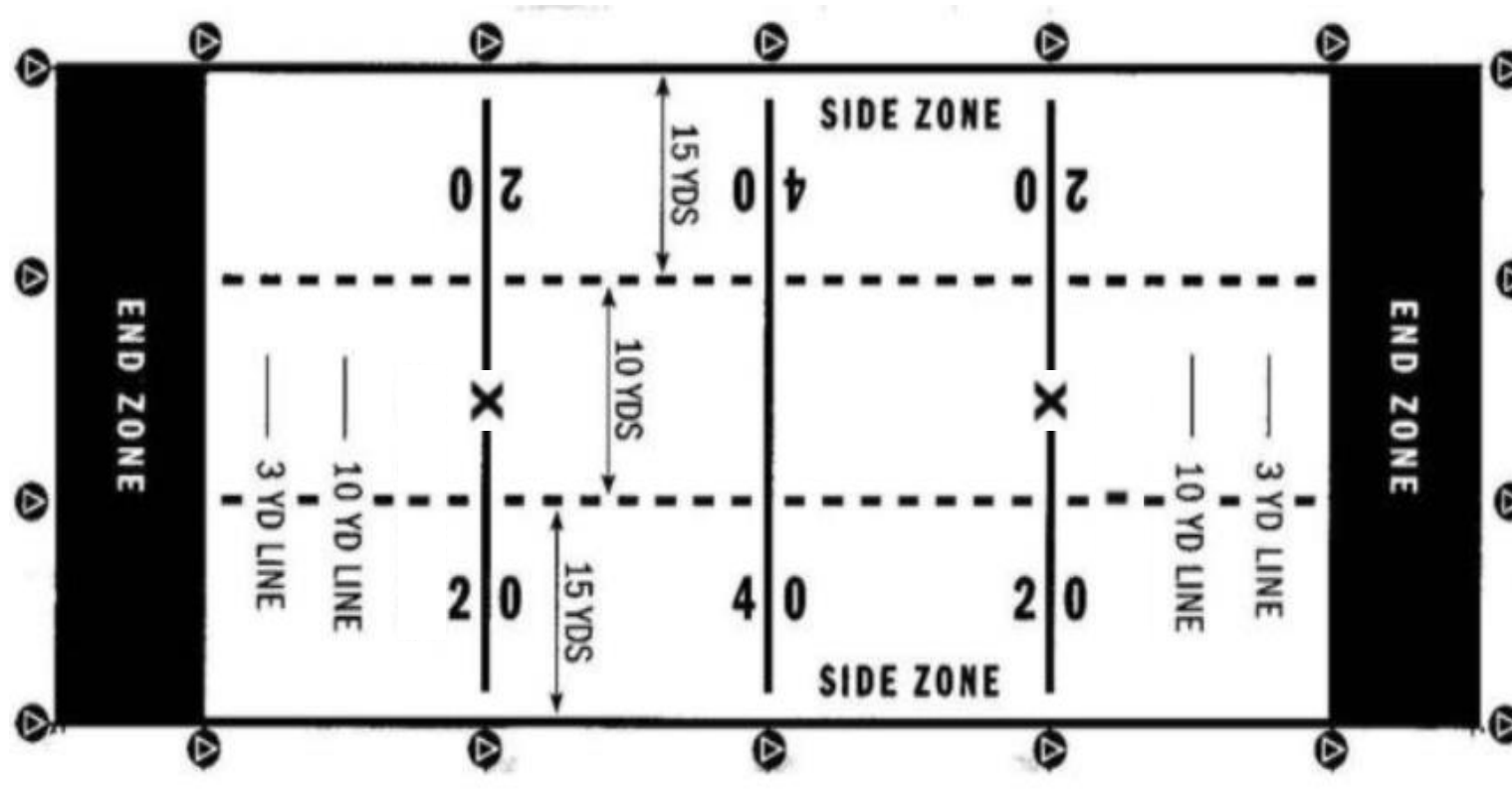
Pittsford, NY 14534

Basics

- When you get your game assignments, accept them
- R's contact the crew
- Decide on uniform
- Get to the games at least 30 mins prior to start time
- Talk to coaches
- Inspect the field – be flexible
- Ensure proper equipment/uniforms are worn by players.

Dimensions / Line to gain

- Field Size 40 yds by 100 yds (including each EZ)
- Start @ 20 – 4 downs – 1st down @ 40&20 **Coaches box to the 20's**



Uniforms/Equipment

- **Each player to wear issued flag belt and 2 flags with flags positioned on each hip with no excess belt exposed at the connection point**
- **Flag and short need to be different in color**
- **Players must wear shorts or pants with no pockets**
- **Hair shall be controlled so it does not interfere with the flag belt**
- **Jerseys are to be tucked in and/or not over the flags obstructing the defender**
- **All players must wear a mouthpiece. Gear check Pre-Game and dead ball during game play**
- **Soft headgear is permitted**

Timing

- Games are **50** minutes/ Two **25-minute** halves, running clock until the **last 2 minutes of half/game and change of possession** (3-minute intermission if overtime is required)
- **New this year clock stoppage during running time – penalty enforcement, team score/extra pt untimed and change of possession**
- Referee will stop the clock @ 2 minutes each half. BJ should announce time left after each play thereafter
- During final 2 minutes of each half the clock will stop and not start until the next snap for the following: Incomplete Pass, Out-of-Bounds, Score (touchdown or safety), Team time-out, Fair Catch, Penalty and administration (on snap or ready for play depending on previous ball status), Referee's Time-out - starts at his/her discretion, Touchback, Touchdown (PAT is an untimed down), Change of Possession, Team attempting to conserve time illegally, First Down (this is a temporary stop, wind the clock once ball and officials are set) **Clock will stop and restart at the 'Ready for Play' for 1st downs unless play ends OOB.**

Timing

- **Halftime is 5 minutes long**
- **Each time ball is spotted, team has 25 seconds to snap the ball**
- **Each team has (2) charged timeouts per half (1 timeout per period in Overtime)**
- **Officials may stop the clock at their discretion**
- **In the event of an injury, the clock will stop and then restart when the injured player is removed from the field**
- **Anytime during or prior to the game the playing time may be shortened by mutual agreement between the coaches and referee**

Scoring

- Touchdown: 6 points
- Extra point: 1 point from the 3/ 2 points from the 10/ 3 points from the 20
- **PATs cannot be returned by the defense**
- **Overtime winner: Final Score Overtime during playoffs only**

Game Rules

- **Center is only player required to be on the line of scrimmage**
- **4 players must be within 1 yard of the LOS and no more than 15 yards from the ball**
- **Center may have 1 or both knees on the ground at the snap**
- **Player who receives the snap must be at least 2 yards from the LOS**

Passing

- Passes allowed behind the LOS and anyone is eligible to touch or receive a pass
- **Illegal Forward Pass** if passers entire lead foot is on or beyond the LOS, if intentionally thrown to the ground or out of bounds to avoid a sack and if more than 1 forward pass per down
- **Ball can be advanced across the LOS thrown back into the backfield and pass forward**
- It is an Early Flag Pull foul (5 yards) if eligible receiver is deflagged prior to touching a legal forward pass
- Screen blocking allowed when stationary anywhere or moving behind the LOS provided player has arms/hands inside their framework (Shoulders/hips/knees)
- Defense can rush at all times from 1 yard off LOS. Defenders should NOT initiate contact with blockers
- Referee sets the pucks for the neutral zone

Receiving

- **Possession with one foot or body part other than the hand contacting the ground 1st in bounds**
- **If defenders contact takes them out of bounds, in Officials judgement, ruled complete**
- **Ball may be tipped/ batted forward by a player while in the air who has not touched the ground yet**

Running

- **Behind the Line of Scrimmage, handoffs can be made in any direction. Beyond the Line of Scrimmage, handoffs can only be backward.**
- **A runner may pass backward including after crossing the LOS into the backfield. A backward pass or fumble that hits the ground between the goal lines is dead at that spot**
- **If fumble occurs before the runner reaches the end zone the offense retains possession and the ball is spotted where possession was lost/ includes into the end zone from field of play**
- **Diving with the ball is NOT permitted. Kill the play and mark where ball @ spot when they left the ground. Penalty can be enforced for Illegal contact if warranted (Rule change)**
- **When flag belt is taken from the runner by the defender the play is dead at that spot**
- **If flag belt falls off the runner inadvertently, defenders must tag the runner from shoulders to knees**

Kicking Game

- Prior to the ‘Ready for Play” on 4th down offensive Team must declare Punt or Play
- Teams may elect to Punt on any down
- Referee will make that announcement and if Punt is declared, the ball must be punted
- Exceptions: If timeout is called by either team/ the period ends/ a foul occurs/ inadvertent whistle
- All players must keep hand down.
- After receiving the snap the punter must punt the ball immediately in a continuous motion
- Neither team may enter the neutral zone until the ball is punted/NO RUSH on punts
- **New this year – Returner can return a punt that is caught in air**
- Fair catches are permitted and if the ball contacts the ground, it is dead at that spot