

## 2025-26 NFHS Flag Football Rules Book

Table 1-7

Table of State Association Adoptions



Options	TSSAA Adoption
1. Designate the field dimensions as official.	Diagram #1, Page 5: 80 yards by 40 yards
2. Determine the number of game officials. (1-1-4 NOTE)	3 for regular season, 4 for postseason
3. Determine the time for game officials to assume authority if greater than 30 minutes. (1-1-7)	n/a
4. Approve alterations of the team box if the same for both teams. (1-2-3e NOTE 3)	n/a
5. Authorize the use of goals. (1-2-5)	n/a
6. Mandate the use of a specific ball for postseason or playoff competition. (1-3-2 NOTE)	n/a
7. Authorize the use of a kicking tee. (1-3-4)	n/a
8. Authorize the use of supplementary equipment to aid in game administration. (1-3-7)	School must submit request to state office
9. Authorize the wearing of a commemorative/memorial patch (1-5-1a(2) NOTE, 1-5-1a(3) NOTE)	School must submit request to state office
10. Determine the style of flag used and flag measurements (may not be below minimum). (1-5-1f NOTE)	Regular season: opposing teams must have same style of belt AND number of flags Postseason: 3 flags attached to belt (triple threat) required
11. Authorize the use of a drum for rhythmic cadence for deaf or partially deaf teams. (1-6-1 NOTE)	School must submit request to state office
12. Authorize the use of hash marks. (2-35-3 NOTE)	n/a (will snap from center of field)
13. Establish a procedure to resolve games tied following the fourth period. (3-1-1 NOTE)	See reverse for OT regulations
14. Establish a point differential to terminate games or to use a running game clock when the point differential is reached. (3-1-2)	See reverse for mercy rule regulations
15. Establish rules regarding continuation of interrupted games. (3-1-4)	n/a (continued from point of interruption unless mutual agreement)
16. Determine the length of halftime intermission. (3-1-6)	10 minutes, unless coaches agree to shorten. To be extended, must request special permission from the state office.
17. Determine when the coin toss is to be held. (3-2-1)	n/a (3 minutes prior to scheduled start time)
18. Authorize the use of TV/radio time-out. (3-5-7j)	n/a (may be altered for state championship)
19. Establish rules regarding place kicking for field goals and tries. (2-19-5, 8-3-3 NOTE, 8-4-1)	n/a

#### **TSSAA Girls Flag Football Mercy Rule Regulations:**

1. If a team is ahead by 19 points or more at the two-minute timeout of the 4th quarter, the game clock will continue to run.
2. Team coaches can mutually agree to end a game early.

#### **TSSAA Girls Flag Football Overtime Regulations:**

1. The overtime will begin with a coin toss. The designated home team will make the call. The winner of the toss will have the option of taking offense, defense, or playing towards a certain goal. The loser of the toss will have the second option. If additional overtime periods are needed, the teams will play the alternate possession from which they started.
2. All overtime periods will be played toward the same goal. Both teams will have one opportunity on offense. The offense may choose to attempt a 1-point try from the 3-yard line or a 2-point try from the 10-yard line. After the try, the opposing team will have the same option. If the game is still tied, the process will be repeated until there is a winner declared.
3. There will be no time outs during overtime. There will be a 1 minute timeout between additional overtime periods.