



2024 Maryland Girls Flag High School Football Rules (Abbreviated)

The Field should be 40 yards wide and 80 yards long with two 10-yard end zones.

The lines to gain are every 20 yards from end zone to end zone.

Possession starts on the offensive team's own 14-yard line.

Offense has 4 downs to make the next line to gain.

There is no actual punting; if a team "punts" on 4th down, the other team takes possession on their own 14-yard line. If the offense goes for it on 4th down and does not get a first down then the other team takes possession at that spot.

There is a defensive line of scrimmage two yards from the offensive line of scrimmage. No defenders can enter this two yards wide neutral zone until the ball is snapped.

Games are 40 minutes long with two 20-minute halves with a 3-minute intermission.

Running clock for the first 18 minutes of each half except during timeouts.

There is a two-minute warning for each half and the clock will stop in the two minutes of each half for: incomplete pass, out of bounds, score with PAT being an untimed down, time out, penalty or change of possession.

3 timeouts for entire game.

Shotgun snaps are required between the center's legs and the snapped ball must travel at least 2 yards.

There is no diving while running with the ball but a receiver may dive to catch a pass and a defender may dive to try to remove a flag.

Backward passes (pitches) are allowed but only behind the line of scrimmage.

Intentional grounding is not allowed but a QB can immediately spike the ball to stop the clock in the final minute of each half.

Offense Blocking: The offensive blocking shall take place behind the line of scrimmage. The blocker shall have her hands and arms at her sides or behind her back. Any use of the hands, arms, elbows, legs or body to initiate contact during an offensive block is illegal. The teammates of the ball carrier cannot interfere with their opponents who are trying to pull the flags of the ball carrier once the ball carrier crosses the line of scrimmage (no blocking downfield).

Defenders must attempt to go around offensive blockers. Defenders cannot use any part of their hands, arms, elbows or any part of their body to contact the offensive blocker.

Extra Points: 1 from the 3-yard line & 2 from the 10-yard line

Overtime: Each team will take turns getting one play from the 3-yard line (1 pt) OR 10-yard line (2 pts). If the game is still tied, the team that started on defense will now start on offense and either go for 1 or 2. If the game is still tied, there is a third opportunity and possession flips, whoever was on defense goes on offense and both go for 1 or 2. If tied after each team has 3 attempts, then each team will get one play from the 5-yard line and whichever team gains the most yards wins the game. There are no team timeouts in overtime. *No JV or "B" team overtime.



Penalties

Defense:

Pass interference (spot foul): automatic first down.

Holding (spot foul): +10 yards and automatic first down.

Stripping (spot foul): +10 yards and automatic first down.

Unnecessary Roughness (spot foul): +10 yards and automatic first down.

Offside: +5 yards from line of scrimmage and automatic first down.

Illegal flag pull (before receiver has ball): +5 yards from line of scrimmage and automatic first down.

Roughing the passer: +10 yards from line of scrimmage and automatic first down.

Taunting: +5 yards from line of scrimmage and automatic first down.

Face guarding: +10 yards from line of scrimmage and automatic first down.

Offense:

Screening and blocking downfield (spot foul): -10 yards and loss of down.

Flag guarding (spot foul): -10 yards and loss of down.

Charging (spot foul): -10 yards and loss of down.

Offside / False start: -5 yards from line of scrimmage and loss of down.

Illegal forward pass: -5 yards from line of scrimmage and loss of down.

Illegal motion: - 5 yards from line of scrimmage and loss of down.

Delay of game: -5 yards from line of scrimmage and loss of down.

Pass interference: -10 yards from line of scrimmage and loss of down.

Unnecessary roughness: -10 yards from line of scrimmage and loss of down.