

**ARTICLE SEVENTEEN  
GIRLS FLAG FOOTBALL**

**17.1 STARTING DATE**

17.1-1 Practice for boys and girls, with no limitations, may begin on the day determined by the Section by-laws

17.1-2 If the first day of practice falls on a Saturday or Sunday, practice may begin on Monday of the following week

**17.2 OFFICIAL RULES:**

17.2-1 The official rulebook shall be the National Federation of High School Association rule book

**17.3 GAMEBALL:**

17.3-1 The game ball shall be a pebbled grained or rubber covered football. Must be a size 7, youth or intermediate size football

17.3-2 During Section play, the game ball used will be the ball approved according to the Section by-laws

**17.4 CONTACTS:**

17.4-1 The number of contacts allowed is twenty-eight (28)

17.4-2 Contacts will follow the Sac-Joaquin Section rule 1206-D

17.4-3 Definition of a tournament and game count can be found in rule 1206 in the section by-laws

17.4-4 League contacts will be ten (10). Each school will play each school two (2) times

**17.5 GAME TIMES:**

17.5-1 JV games will begin at 4:30 with the Varsity game to follow at 5:30

17.5-2 Game time changes can be made by mutual agreement of both schools

**17.6 GAME RESULTS:**

17.6-1 Coaches will report accurate win /loss results for both league and non-league matches on maxpreps.com

## **17.7 CHANGE IN CLASSIFICATION:**

17.7-1 In league play, a player may move to a higher or lower classification throughout the season

## **17.8 SCHEDULE AND ROSTER CHANGE:**

17.8-1 The league's preseason meeting will occur the Monday before the first day of practice, as determined by the Section

17.8-1a All rosters and schedules will be posted on MaxPreps by the coach on or before the date specified by the league

## **17.9 CHAMPIONSHIP:**

17.9-1 The league championship will be awarded to the team who finishes the year with the most points. No champion will be recognized below the varsity level

17.9-2 TIE-BREAKERS: For ties regarding seeding in playoffs see General Rule 1.24

- Head-to-head competition
- Descending head-to-head competition within the tie
- Coin toss

## **17.10 PLAYOFFS:**

17.10-1 The number of teams qualifying for participation in the playoff shall be determined by the section

## **17.11 ALL League Awards**

All-League players, for MEL Sports, will be selected by a process approved by the Board of Managers (BOM) and conducted by the Athletic Director in charge of each sport.

**Last Revision:** August 28th, 2025