

ARTICLE L - GIRLS FLAG FOOTBALL

Section A - Season

1. Start date will be determined yearly by CCS.

Section B - Teams, Start of Games, and Length of Periods

1. Varsity only (JV can be added later)
2. Start of games - TBD
3. There will be two 20-minute halves, a 25 second play clock, and a halftime of 5 minutes.

Section C - Contests, Scrimmages, and Tournaments

1. Contest limits, scrimmages, and tournament requirements will follow CCS guidelines and regulations.
2. We will use the League Scheduling Matrix for SCCAL contests and will have a 2-year cycle.
3. All postponed games should be played on the next available date unless a different date is mutually agreed upon by the coaches, see SCCAL Bylaw Article XXII.
4. Scrimmages shall not count in the team's maximum number of contests. Scrimmages are governed by CCS, see CCS Bylaw Article V.

Section D - Eligibility and Movement of Players

1. We will adhere to Article XIII of the SCCAL Constitution.
2. Article XIII, Section C & D:
 - a. Athletes can move up and down between JV and varsity the entire year, including playing against the same opponent on the same day at both levels, but with the following guidelines:
 - i. No individual athlete may exceed the CCS maximum contests allowed, understanding that playing in a JV and varsity match on the same day counts as two contacts.
 - ii. Coaches must track their student-athletes who move between JV and varsity to ensure that they do not exceed the CCS max contest limit.
 - iii. Seniors may play on sub-varsity teams.

Sec. E - Championships and Individual Champions

1. The league champion is the varsity team with the best won/loss record in SCCAL games.
 - a. If there is a tie, the teams will be declared co-champions.
 - b. If there is a tie for CCS playoff seeding, refer to the SCCAL Automatic Qualifiers in the SCCAL Policy Section.

Section F - Officials

1. An officiating crew of 2-3 officials is required.
2. Officials from an accredited association are recommended, but not required.

Section G - Equipment and Facilities

1. Equipment and facilities must comply with CIF and NIRSA (National Intramural-Recreational Sports Assoc.) Flag Football Rules.
2. Mouthpieces are mandatory and will be worn in all games.
3. Players may not wear jewelry. Religious and medical alert medals are not considered jewelry.

Section H - Order of Events and Scoring

1. Scoring is regulated by the CIF and NIRSA Flag Football Rules.
 - a. A touchdown is worth 6 points, and an extra-point is worth either 1 point (5 yards) or 2 points (10 yards). A safety is worth 2 points.
 - b. Mercy Rule - if a team is ahead by 21 or more points in the 2nd half, a running clock will be utilized.
2. The home team is the Official Scorekeeper for the game.

Section I - Medical Attention

1. The coach of each team must have in his/her possession, or in the possession of the school's Athletic Trainer if in attendance, school-district approved medical care permits for every member of his/her team which allows for emergency medical care. This permit must be signed by the appropriate parent or guardian.

Section J - Miscellaneous

1. SCCAL Girls Flag Football playing rules and regulations are governed by the CIF and the NIRSA Flag Football Rules.