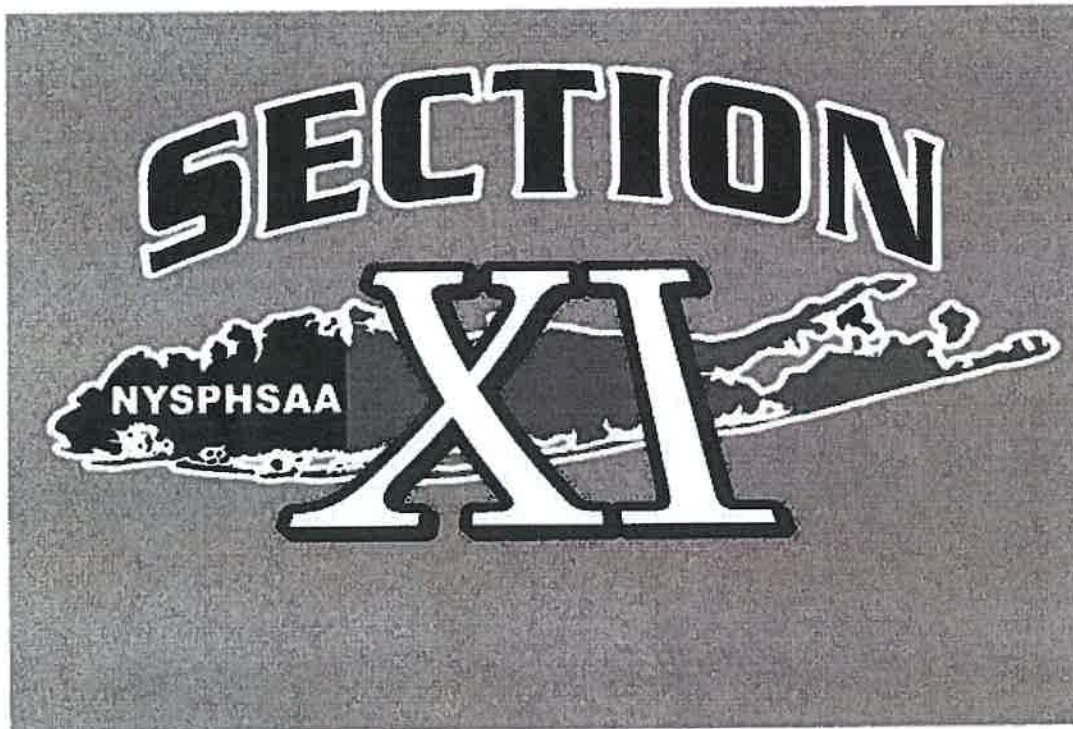


NYSPHSAA - SECTION XI



**Girls Flag Football
Handbook Spring 2026**

Section XI Girls Flag Football Overview

We would like to welcome 4 new teams for the 2026 season bringing the total to 38 Varsity and 14 JV teams. Teams will compete in 2 leagues competing in 3 classifications. This season Girls Flag Football will crown the New York State Championship teams on June 6th and 7th in Cortland, NY.

Table of Contents

1. Important Dates	pg. 1
2. Playoff Dates	pg. 1
3. Playoff Bracket	pg. 2
4. Placement	pg. 4-5
5. JV Teams	pg. 5
6. Gameday Setup	pg. 5
7. Football Size and Requirements	pg. 5
8. Official Field Template	pg. 6
9. Flag Requirements	pg. 7
10. Simplified Rules Sheet	pg. 7-9
11. Summary of Fouls	pg. 10
12. Officials Hand Signals	pg. 11
13. Score Reporting	pg. 12
14. Section XI AED Reminder	pg. 14
15. Section XI Rating Officials	pg. 15
16. Section XI Sportsmanship Memo	pg. 16

Important Dates

Monday June 15

- National Football Foundation Scholar Athlete-Coaches All County Dinner

Coaches & Officials Meeting & Rules Interpretation:

- ALL Coaches Tuesday February 24 @ Sachem North HS 6-8pm

Season Starts: Monday March 9th

Eligible to Play Scrimmage or Non-League Games: Monday March 16th

Minimum number of practices before a scrimmage or contest: 6

Maximum # of Contests: 16

Last Play Date: Wednesday May 13th

Playoff Dates

Outbracket (8/9 seeds): Class A: May 15

Quarterfinals: Class A May 18; Class B May 15

Semifinals: Class A: May 21; Class B: May 20; Class C: May 19

Section XI Finals: Wednesday May 27 @ TBD- Class A/B/C; Time: TBD

Long Island Championship: Saturday May 30 @ Section VIII- LIU Post

Class A: 10am; Class B 12pm; Class C 2pm

NYS Championship: Saturday June 6 & Sunday June 7 @ Cortland HS

2026 Championships	
Cortland High School & Homer High School	
Saturday, June 6	
Cortland High School	
9:30 AM	Class C Semifinal
11:30 AM	Class C Semifinal
Homer High School	
9:30 AM	Class A Semifinal
11:30 AM	Class A Semifinal
1:30 PM	Class B Semifinal
3:30 PM	Class B Semifinal
Sunday, June 7	
Homer High School	
11:00 AM	Class A Final
1:15 PM	Class C Final
3:30 PM	Class B Final

Playoff Brackets

A Bracket	May 15	May 18	May 21	May 27	
		1			
	8				
	9	8/9			
		4			
		5			
		3			Section XI Champ
		6			
		2			
		7			
B Bracket		May 15	May 20	May 27	
			1		
		4			
		5			
		3			Section XI Champ
		6			
		2			
		7			
C Bracket			May 19	May 27	
			1		
			4		
			2		Section XI Champ
			3		

Long Island Championship @ Section VIII: LIU Post

Class A- 10am

Class B- 12pm

Class C- 2pm

2026 Season Placement

Class A- 18 teams

- Power Ranked w/ 12 game schedule
- 9 teams make the playoffs

League 1

William Floyd	2250	Sachem North	1413
Longwood	2184	Lindenhurst	1373
Middle Country	2170	Ward Melville	1338
Smithtown	1902	Commack	1328
Patchogue-Medford	1730	Connetquot	1266
Half Hollow Hills	1682	Copiague	1187
Walt Whitman	1476	North Babylon	1178
Sachem East	1475	Huntington	1094
Bay Shore	1448	Northport	1067

Class B/C- 20 Teams

- Power Ranked w/ 12 game schedule
- B & C classification will separate for the playoffs. B=7; C=4

League 2

Deer Park	956	Rocky Point	639
East Islip	911	Wyandanch	630
West Babylon	884	Sayville	609
West Islip	839	Kings Park	593 - C
Comsewogue	828	Elwood-John Glenn	483 - C
Hauppauge	783	Shoreham Wading River	467- C
Eastport South Manor	756	Center Moriches	377 - C
East Hampton	720	Southampton	359 - C
Harborfields	696	Riverhead Charter	119 - C
Amityville	656	Smithtown Christian	81 - C

Classifications

A- 1018 & Up

B- 601-1017

C- 600 & Below

All by School Size

new teams

<u>Class A-18 Teams</u>		<u>Class B-13 Teams</u>		<u>Class C-7 Teams</u>	
William Floyd	2250	Deer Park	956	Kings Park	593
Longwood	2184	East Islip	911	Elwood-John Glenn	483
Middle Country	2170	West Babylon	884	Shoreham Wading River	467
Smithtown	1902	West Islip	839	Center Moriches	377
Pat-Med	1730	Comsewogue	828	Southampton	359
Half Hollow Hills	1682	Hauppauge	783	Riverhead Charter	119
Walt Whitman	1476	Eastport South Manor	756	Smithtown Christian	81
Sachem East	1475	East Hampton	720		
Bay Shore	1448	Harborfields	696		
Ward Melville	1445	Amityville	656		7
Sachem North	1413	Rocky Point	639		
Lindenhurst	1373	Wyandanch	630		
Commack	1328	Sayville	609		
Connetquot	1266				
Copiague	1187				
North Babylon	1178				
Huntington	1094				
Northport	1067				

JV Teams: 14 Teams: new teams

League I		League II	
Smithtown	1902	East Islip	911
Patchogue-Medford	1730	West Babylon	884
Half Hollow Hills	1682	West Islip	839
Walt Whitman	1476	Hauppauge	783
Connetquot	1266	East Hampton	720
North Babylon	1178	Harborfields	696
Huntington	1094	Sayville	609

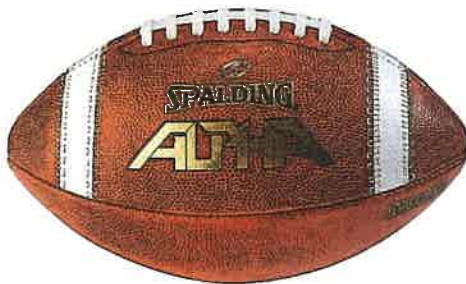
Needed for All Games:

- Timer/Scorer
- Down Marker *2 optional for location of the ball and first down line
- Yardage Markers 2 G's; 2-20's 1-40;
- 2 Disk Cones
- Minimum 8 Pylons *recommended 2 for each back of the endzone

Official Football: YOUTH

- Spalding Advance Pro- composite
- Spalding ALPHA- leather

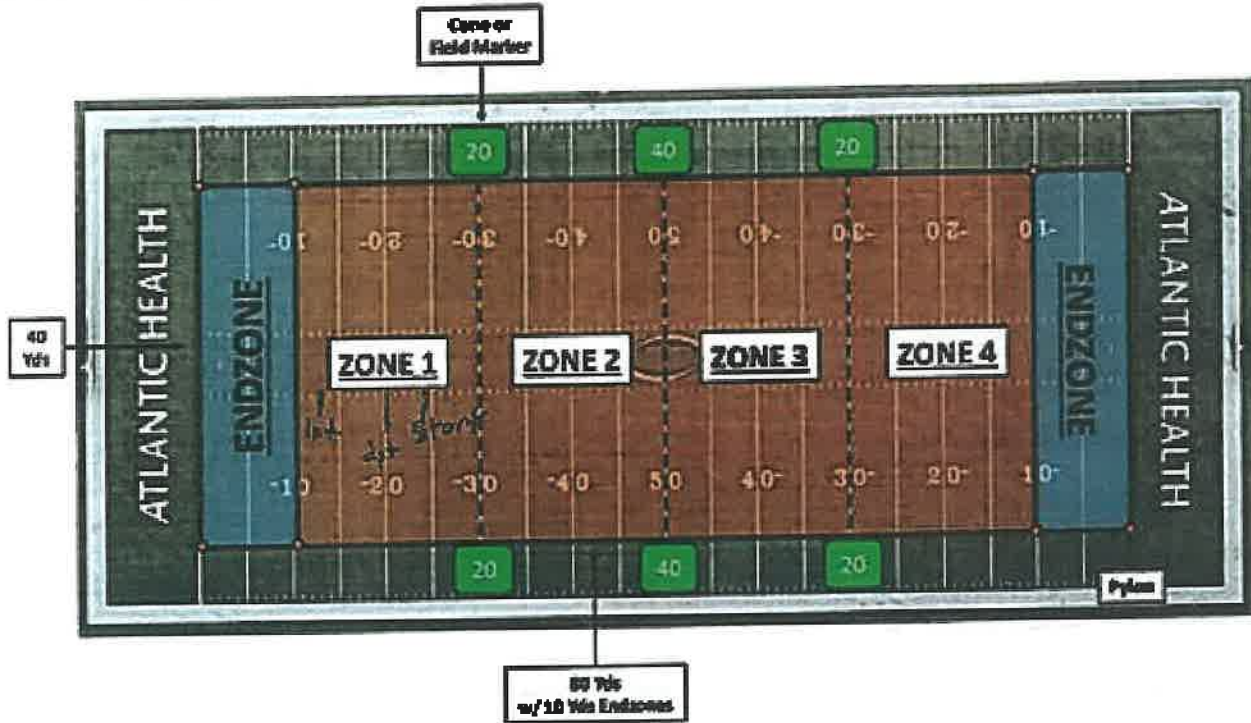
Leather



Composite



Field Dimensions



****Field Markings if no played on a lined FB field-** markings must be on both sides of the Field
 14 yard line= start of a new drive
 3 yard line= 1 point attempt
 10 yard line= 2 point attempt

Flag Requirements

Flag-

- 2 pop belt with clip
- length is 14 inch minimum from the bottom of the belt (including the clip) to the bottom of the flag as a measuring point
- width is 1 ½ inch

2026 NFHS FF Rules Summary

Format

- 7 vs 7
- Ball starts at the 14yd line
- Spot of the ball – foremost point of the ball
- Player in position to receive snap 2 yards behind snapper
- 1 player in motion at the snap
- After the RFP and before the ball is snapped, all A players must be a minimum of 5 yards inbounds
- 1 yd neutral zone
- Fumble OOB back to the spot of possession lost
- Fumble spot – where ball initially touches ground
- Pre game equipment check
- Flag checks – first and third quarter
- Each team gets 2 timeouts each half

Scoring

- Touchdown – 6 points- scoring team flag check
- Safety – 2 points
 - Defense gets ball on the 30 yd line
- Try
 - 1 point from the 3 yard line
 - 2 points from the 10 yard line

Kicks

- Scrimmage kicks only/punt
- No kick off
- No field goals
- K has 5 seconds to punt ball
- K cannot leave LOS until ball is kicked
- All 7 R players can return
- R can't rush kick
- Punt untouched can be advanced by R
- If punt touched by K/R, Then hits ground, play dead, R ball
- If punt touches ground first, Then K, it can be advanced by R

Game Clock

- 4 quarters; 12 minutes each
- 2 minute warning end of each half
 - Game stopped, referee announces clock status and number of timeouts
 - Next play the clock starts on the snap
- Halftime ten minutes or less
- No three minute warm up

Play Clock

- 25 seconds

Clock Stoppages Before 2 minutes

- Change of possession
- After score
 - Try untimed
- Charged timeout
- Officials timeout
 - Example: foul or injury

Clock Stoppages Under 2 minutes

- Change of possession
- Incomplete legal/illegal forward pass
- Runner out of bounds
- Charged timeout
- Officials timeout
 - Example: foul, first down, injury
- Foul
 - Offended team choice for clock to start on snap
- Score
 - Try untimed

Overtime

- Before each overtime period there is a coin flip
- Winner of the toss can choose offense, defense or direction
 - Loser makes remaining decision
- All overtime periods are in the same direction
- First OT – first and goal from the 20
- Second OT – first and goal from the 20
- Always first and goal even if moved by penalty
- Third OT and on – one play each for 1 point from the 3 yard line
Until we have a winner


Onside Play Attempt

- Under 5 mins after trailing team scores a touchdown and attempts an extra point they must notify the referee they are attempting an onside play
- One play attempt to start a new possession
- Ball is placed on the A 20 yard line going out – treated like a 4th down play
- The offense must advance to the 40 yard line after all live ball penalties have been assessed
- Penalties on A that include a loss of down – onside down is not replayed, its no good
- Roughing the QB is NOT an auto 1st down on onside play attempt, 10 yd replay down or tack on
- If the offenses crosses the 40 yard line, the play is blown dead, clock stopped
- The ball goes back to the A 20 and its 1st and 20 for A
- If the clock is more than 2 minutes, A's new series, the game clock will start on the RFP
- Under 2 minutes, the new series will start on the snap
- Offense cannot score on onside play
- If offense doesn't retain ball, defense takes over at the dead ball spot or previous spot
- If B intercepts ball and returns for a touchdown, the score is successful, they will attempt an extra point






















Summary of Fouls

<p>Dead Ball Fouls – 5 yds</p> <ul style="list-style-type: none"> ● Delay of Game ● Encroachment A/B ● Illegal substitution ● Snap infraction ● False start 	<p>Live Ball Fouls – 5 yds</p> <ul style="list-style-type: none"> ● Illegal formation ● Illegal motion ● Illegal shift ● Illegal forward pass LOD, spot foul ● Intentional grounding LOD, spot foul ● Illegally handing the ball forward, LOD, spot foul ● Helping the runner ● Sideline interference
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<p><u>10 yard fouls</u></p> <ul style="list-style-type: none"> ● Pass interference – previous spot ● Illegal block ● Holding ● Illegal use of hands ● Flag guard ● Charging ● Hurdle ● Illegal participation ● Illegal kick or bat ● Early flag pulled ● Sideline interference if 3rd and subsequent. Also 1st down if by defense 	<p><u>10 yard fouls- automatic 1st</u></p> <ul style="list-style-type: none"> ● Roughing the passer ● Unsportsmanlike conduct if by defense ● Illegal personal contact 9-4 ● Charging if by defense ● Hurdle if by defense ● Tripping if by defense
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NFHS OFFICIAL FLAG FOOTBALL SIGNALS

<p>1 Ball ready for play *Untimed down</p> 	<p>2 Start clock</p> 	<p>3 Time-out Discretionary or injury time-out (followed by tapping hands on chest)</p> 		
<p>4 TV/radio time-out</p> 	<p>5 Touchdown, Field goal, Point(s) after touchdown</p> 	<p>6 Safety</p> 	<p>7 Dead ball foul, Touchback (move side to side)</p> 	
<p>8 First down</p> 	<p>9 Loss of down</p> 	<p>10 Incomplete forward pass Penalty declined No play, no score Toss option deferred</p> 	<p>11 Legal touching of forward pass or scrimmage kick</p> 	<p>12 Inadvertent whistle</p> 
<p>13 Disregard flag</p> 	<p>14 End of period</p> 	<p>15 Sideline warning</p> 	<p>16 First touching Illegal touching</p> 	
<p>17 Reset play clock to 25 seconds</p> 	<p>18 Encroachment</p> 	<p>19 False start Illegal formation</p> 	<p>20 Illegal shift (2 hands) Illegal motion (1 hand)</p> 	<p>21 Delay of game</p> 

Score Reporting

- **Section XI:** ALL VARSITY scores to be reported by the winning team at the conclusion of the game.
- **Newsday:** (stats important for All-Long Island selections)

SECTION XI
NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION
 1 INDEPENDENCE HILL SUITE 201 FARMINGVILLE, NY 11738
 631-366-0700

THOMAS COMBS
 EXECUTIVE DIRECTOR

PETER BLIEBERG
 ASSISTANT DIRECTOR

To: All Coaches
 From: Thomas J. Combs
 RE: **Automatic External Defibrillators**

**THE FOLLOWING POLICIES ARE IN PLACE AND MUST BE FOLLOWED RELATED TO
 AEDS AND EMERGENCY PROTOCOLS**

Coaches are reminded that Section 136.4 of the Regulations of the Commissioner of Education (9/2002) requires that schools provide and maintain sufficient automated external defibrillator equipment be available to ensure ready and appropriate access for use during emergencies as well as trained personnel to administer.

In order to provide an efficient and consistent handling of emergency situations the following steps **MUST** be followed:

1. The **Home School** is to be responsible for providing AED-trained personnel and a sufficient number of AED's at all interscholastic contests such that an AED can be effectively administered within 2-3 minutes to a stricken student-athlete, coach or spectator.
2. Prior to each contest, the home school coaching staff is to advise the visiting coaching staff and officials of the location of the AED and the personnel designated to utilize it.
3. All medical or AED-trained personnel that are present at the contest are to be identified prior to the contest.
4. All athletic emergencies are to be reported to the Athletic Directors of the respective districts immediately following the contest.
5. No contest will take place without an AED available and able to be administered as per #1 above.

Thank you for your cooperation and best of luck this season.

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 631-366-0700

THOMAS COMBS
 EXECUTIVE DIRECTOR

PETE BLIEBERG
 ASSISTANT DIRECTOR

DATE: August 2025
 TO: Section XI Coaches of Officiated Sports
 FROM: Thomas J. Combs
 RE: **Rating Officials**

Section XI provides a vehicle for coaches to evaluate the performance of game officials. It is our feeling that the system we use is the most comprehensive and effective method possible. We ask for your cooperation in this effort.

Some specifics we wish to reiterate:

1. At the conclusion of each contest, coaches are obligated to rate officials and opponents.
2. Officials DO NOT have access to the sources of their ratings. Confidentiality is a major priority. Even Section Sport Chairs are precluded from having this information. The Presidents of the officials' groups will verify the confidentiality of your ratings. Only the Section office staff has knowledge of rating sources.
3. The success of the rating system is totally dependent on your cooperation.
4. When evaluating each official, carefully consider the keys to each category:

Excellent	(5)	Should be reserved for a truly <u>outstanding performance</u> , a performance you would want on a championship contest. Over the course of a season, there should be very few 5's given.
Good	(4)	Means just that - a <u>good performance</u> , <u>not outstanding</u> , but <u>better than acceptable</u> - no complaints. Generally, we would expect to see more 4's than any other rating.
Acceptable	(3)	Should speak for itself. We would expect a fair number of these.
Poor	(2)	Definite flaws; contest was <u>seriously</u> affected. Hopefully, you will not need to give many during a season.
Inadequate	(1)	Absolutely unacceptable throughout the contest. Hopefully, your need to use this will be rare.

Each individual rating chosen (on each category) is a separate computer entry. The computer "computes" for each official by adding the total points and dividing by 5. This is the overall game rating for the official. This results in overall ratings such as 4.2, 3.4, 3.6, or 3.8 in addition to the whole numbers.

Best regards for an enjoyable and productive season.

Updated 2/2023

SECTION XI
NEW YORK STATE PUBLIC HIGH SCHOOL ATHLETIC ASSOCIATION
1 INDEPENDENCE HILL SUITE 201 FARMINGVILLE, NY 11738
631-366-0700

THOMAS COMBS
EXECUTIVE DIRECTOR

PETE BLIEBERG
ASSISTANT DIRECTOR

To: All Sports Chairpersons
From: Tom Combs
RE: **Sportsmanship**

The New York State Public High School Athletic Association and Section XI would like to ask your cooperation in the promoting of the importance of proper sportsmanship at all of its athletic contests.

Trash talking, inappropriate comments and general poor sportsmanship have become an increasing problem and we would ask that you communicate the following guidelines with the coaches at your Mandatory Coaches Meeting.

1. **There will be zero tolerance for harassing statements related to gender, race, ethnicity, disabilities, sexual orientation or religion by players, coaches, fans or officials.** It is our goal to reinforce our expectations of proper sportsmanship at all times. Incidents or violations will be handled through the regulations outlined in the NYS and Section XI procedures with the appropriate penalties administered.
2. **We have asked the officials to deal with this type of behavior with immediate and strict enforcement.**
3. **Officials are not to be involved directly with the spectators.** Officials will report this type of behavior with fans directly to the home school and follow proper procedures. Home school game administration will be responsible for the conduct at the game site.
4. **Serious incidents or violations shall be reported to Section XI on the next Business day.**
5. Coaches are asked to reinforce proper sportsmanship with their players on a regular basis and model good sportsmanship themselves.
6. Athletic Directors are asked to please review with their coaches the NYSPHSAA expectations and monitor their athletes and staff.

Thank you for your cooperation and assistance in creating a positive, enjoyable and healthy athletic experience for all.

cc: Anthony Desimone