



Girls' Flag Football BY-LAWS

ARTICLE I

GOVERNING RULES

SECTION 1 The National Intramural-Recreational Sports Association (NIRSA) Flag Football rules, as modified by the STATE CIF (March 18, 2024) are the official Rules for all CIF regular season games and post-season games. League by-laws may not be less restrictive to CIF established rules. The SCVAL will divide into (1) one division-DeAnza.

ARTICLE II

GAME LIMITATIONS

SECTION 1 A maximum of 26 games plus 2 scrimmages and 1 non-CIF contest may be played. One for one if involved in a tournament. The league may sponsor a Jamboree. Practice start dates, first scrimmage, first contest and end of season are determined by CCS Article V. Practice is allowed on all days but Sunday. The SCVAL season will end the third Friday of October.

SECTION 2 Varsity shall play 2-24minute halves. Each half will have a running clock, a 2 minute warning with no running clock will occur. Clock will start on the snap. Halftime will consist of (5) minutes. JV 2-20 minute halves. At least a (15) minute warm-up needs to be established and must occur before each game. Coach directed stretching properly after half-time is encouraged for both teams.

SECTION 3 Teams must field a Varsity before having a JV. No senior may play on JV at any time.

SECTION 4 Coin toss will determine first choice of options- to defer or chose (Offense, defense, direction). (2) timeouts per half, 1 minute in length. Half time will be 5 minutes in length.

SECTION 5 Jamborees Definition also located in *CCS By-Laws, Article V*:

A Jamboree is considered a contest per all CIF and CCS bylaws and is defined as:

- 4.1 *An activity involving teams or individual student-athletes from four (4) or more different schools in a CIF-approved sport; AND*
- 4.2 *Winners may be determined by the league and in a different manner than a regulation contest AND officials may be paid AND*
- 4.3 *Must be completed in one day AND*
- 4.4 *Where admission may be charged.*

(A) Only league sanctioned and/or sponsored Jamborees are allowed. Such Jamborees may only be contested between the CCS established date for the

*scrimmage and that team's last regular-season contest for any team participating in the Jamboree. Jamborees shall not count in the team's maximum number of contests. Teams are limited to participation in one jamboree per season and **must be approved by League Commissioner** along with allowing any league school to participate if they wish.*

ARTICLE III

Field and Players

- SECTION 1** The SCVAL field will be 40 yards in width and 80 yards in length with (2) ten yard end zones. Modification can be developed to accommodate multiple games. Players and coaches must keep themselves from the restricted areas (2yds outside sideline/20 yard line to endzone 20 yard line to endzone) at all times while ball is in play. Warm-ups are to be to the right of your bench. The SCVAL will utilize (3) officials for Varsity games. All spectators will sit in the bleachers at ALL times. Only district employees, coaches, players and officials should be on the field (no students on sidelines). Fields should have a scoreboard. Goal posts MUST be padded before teams arrive. Proper sideline cones and pylons should be in place. A down marker would be helpful. A pebble -grained or rubber football youth size 7 will be put in play. Referee shall approve any ball put in play.
- SECTION 2** Each team has four downs to reach the next line to gain (20 yards) to reset to first down. If a play passes the line to gain the ball remains at spot of "tackle". If a team chooses to not "punt" returning ball back to opponents 20 and does team does not make line to gain on 4th down ball turns over to opponent at that point.
- SECTION 3** Each team shall/must begin with (7) players. If no substitutes for injured players are available you can continue with at least (5) players.
- SECTION 4** Players must have soft pliable upper material shoes that cover the foot and attached to a one-piece molded composite bottom. Turf shoes or molded rubber cleats only. NO metal cleats or stud cleats allowed.
- SECTION 5** All players should have the same colored jerseys in their school colors and must cover the torso. Jersey should always be tucked in. It would be nice if both teams brought light colored-white w/dark numbers and dark colored w/light numbered jerseys to each game. If two jerseys are similar in color, the visiting team shall pull pennies over jerseys. All jerseys must have numbers on front and back. Six inches in height on front and eight inches in height on back.
- SECTION 6** Shorts/pants are part of the uniform. Think soccer uniform with no open pockets, belt loops or exposed drawstrings. Spandex and compression shorts must be under worn under uniform. Shorts/pants colors must NOT match flags and must be of contrasting color.

SECTION 7 Flags must be a one-piece flag belt without KNOTS. One flag must always be on each hip at all times. A one-piece flag belt without any knots. Flag size is 2" wide by 15" length. (A flag with no more than 5% variability will be legal). Flags MUST be removable from the belt. All "pop" flags must be designated by the manufacturer to be for **YOUTH**. Any flag designated by the manufacturer to be an "adult" pop flag will be illegal. Flags may not be altered in width or length (from their original manufactured size) and may have no tape on them. All flag attachments must be unaltered from the original manufacturer's design. Play cards or other foreign attachments may not be worn on the flag belt.

All players must be wearing 2 flags before the ball becomes live. Failure to properly wear required player equipment when the ball is about to become live results in a dead ball penalty for Delay of Game. Flags must be a contrasting color to the pants or shorts.

SECTION 8 Mouth and tooth protectors are MANDATORY for ALL players. Mouthpiece in always while ball is in play. No Blocking at anytime. A blocker must be stationary for distance of at least (1) one yard in advance of the defender.

SECTION 9 No sunglasses, baseball hats or visors or hand warmers with buckles. Jewelry may not be worn at any time. Religious or medical alert medals are not considered jewelry. They should be tape and be below the uniform. Hard items but not limited to beads, barrettes and bobby pins should be eliminated. Soft, rubber, cloth or rubber bands maybe utilized to control hair. Eye shade must be black. October pink is allowed. No body-paint.

SECTION 10 The offense can request ball (4) four yards R/L of the center field on any given play including PAT. Offense should not have more than (3) players within (4) yards of the ball at the time of the snap on a run play. QB has (7) seven seconds to release the ball otherwise play is dead.

SECTION 11 Rusher(s) must start at least 7yds from the LOS. No more than two rushers and QB can then run.

ARTICLE IV

GAME MANAGEMENT REGULATIONS

SECTION 1 Electronic communication with players on the field is NOT allowed between players and coaches. Video re-play will not be utilized by officials during SCVAL games.

SECTION 2 The clock will start on the snap to begin the half. The clock can stop for timeouts and at the digression of the referee, fouls administered, injury or referee conferences. During a try the clock will not run. It is a untimed down.

SECTION 3 Games will begin at 4:00, 5:15 and 6:30 for tri-competition during the week; 5:15 and 6:30 for two games; 5:15 for single opponent game at night; 11am for Saturday

SECTION 4 The home team is responsible for providing a scorekeeper / timer (which can be the same person). A down marker manned by an adult will be provided by the home team. A roster of the team members will be submitted by each coach and official 15 minutes

before the start of the game. The lineup is to include the players' names and uniform numbers. A contest may not begin until the rosters are submitted as stated above.

SECTION 5 Any change of date, time or location must be mutually agreed upon by all teams, coaches, Athletic Directors and Principals and must follow SCVAL protocol for gates and supervision. A "Change of Schedule" form must be completed (two weeks earlier).

SECTION 6 A varsity game will be played with 3 officials unless both schools mutually agree on less.

SECTION 7 Overtime will be played in all games until a winner has been determined. Each team will receive at least (1) possession and equal amounts of possessions. Teams will have choice of 1 or 2 point tries (5yds or 10yds.). Game cannot end in a tie.

SECTION 8 Mercy rule; 21 points or more deficit the clock will continue to run and stop only for officials and team timeouts. If a team cuts the lead below 21 then normal clock will occur.

ARTICLE V

VIDEO AND FILM EXCHANGE

SECTION 1 At this time no film exchange will be required. Further videoing a opponents game not verses you is not allowed. Attending, videoing a opponents practice is never allowed. Attending a future opponents game and not video taping is allowed

ARTICLE VI

LEAGUE/DIVISION WINNER/STANDINGS

SECTION 1 All league/division teams will play each other at least one time. Practice games against league mates are allowed

SECTION 2 League champions will be determined and certificates will be rewarded. Co-Champions could be declared if records are the same.

SECTION 3 Standings and all league will be posted on SCVAL website after post season meeting of all coaches.

ARTICLE VII

DIVISION C.C.S. REPRESENTATIVE

SECTION 2 A league coach's representative will be established. The league coaches will nominate and confirm their representative every (2) years at the post season meeting.

ARTICLE VIII

ALL-LEAGUE SELECTION

SECTION 1 All League selections shall be based on standings position. Coaches will vote for a MVP, Outstanding Offensive player and Outstanding Defensive player. They will come from that teams All league allotment except MVP. Each team will receive a third team player.

Varsity 1st Team: 14

Varsity 2nd Team: 15

SECTION 2 1st- 2-2; 2nd-2-2; 3rd-2-2; 4th-2-1; 5th-1-2; 6th-1-2; 7th-1-1; 8th 1-1; 9th 1-1; 10th-1-1; etc 0-1

ARTICLE IX

Movement between Divisions

SECTION 1 Coaches are allowed to decide division(s) size and movement for the following year. It will need to be accompanied with a 3/4ths affirmative vote of the coaches. If, no consensus can be reached last in DeAnza down, first in El Camino up in later years.