



GIRLS FLAG FOOTBALL

All beginning and ending season dates listed are tentative.

39.0.0 SENIOR HIGH GIRLS FLAG FOOTBALL

NEW ARTICLE

39.1.0 SENIOR HIGH GIRLS FLAG FOOTBALL

Year	First Practice	Minimum Practice Days	50% Rule Date	Regular Season Contest Limit	End Season
2025-26	March 2	7	April 6	16 + Jamboree	May 30
Alternate	August 25	7	Oct 13	16 + Jamboree	Nov 22
Alternate	Nov 17	7	Jan 5	16 + Jamboree	Feb 14
2026-27	March 1	7	April 5	16 + Jamboree	May 29
Alternate	August 24	7	Oct 12	16 + Jamboree	Nov 21
Alternate	Nov 16	7	Jan 4	16 + Jamboree	Feb 13

39.2.0 PLAYING RULES - Washington Interscholastic Girls Flag Football rules will be developed and will apply during contests until such time that the NFHS develops Girls Flag Football Rules.

39.3.0 JAMBOREE

39.3.1 A jamboree could be held after five practices have been completed.

39.3.2 An individual is limited to participation in a maximum of 40 snaps.

39.3.3 For the purposes of the player limitation, participating in one quarter of a regular game; 21 to 40 snaps shall be the same as participating in two quarters of a regular game.

NOTE: This situation would occur only when a jamboree is held within three days of a regular game.

39.3.4 Competition shall be limited to seven-on-seven for member schools.

39.3.5 The following jamboree concepts apply:

A. All regular contest rules shall apply with the following expectations:

1. No score will be kept.

2. A coach shall be on the field with the team.

B. Registered officials will officiate the event and shall be given the opportunity to present information about the contest rules to coaches, participants and spectators.

39.4.6 All eligible squad members shall have an opportunity to play in the jamboree. Teams shall be scheduled by ability, e.g., first team vs. first team, second team vs. second team.

39.4.0 PLAYER LIMITATION

39.4.1 A flag football participant shall be eligible to compete in up to four halves of play during any one day. Any appearance in a half, regardless of the length of time played, is to be considered as one half. This is interpreted as meaning when a player is beckoned onto the field and the ball becomes alive.

39.4.2 A player may play in up to 32 halves of play during a season exclusive of a jamboree.