

2026-2027 NFHS Flag Football Rules Book

State Association Adoptions



Options	Adoption
Designate the field dimensions as official	Diagram #1, Page 5: 80 yards by 40 yards
Determine the number of game officials	3 for regular season, 4 for postseason
Determine the style of flag used and flag measurements	3 flags attached to belt (triple threat) required
Establish a procedure to resolve games tied following the fourth period	See Overtime Regulations, below
Establish a point differential to terminate games or to use a running game clock when the point differential is reached	See Mercy Rule Regulations, below
Determine the length of halftime intermission	10 minutes, unless coaches agree to shorten. To be extended, must request special permission from the state office.

Overtime Regulations

1. The overtime will begin with a coin toss. The designated visiting team will make the call. The winner of the toss will have the option of taking offense, defense, or playing towards a certain goal. The loser of the toss will have the second option. If additional overtime periods are needed, the teams will play the alternate possession from which they started.
2. All overtime periods will be played toward the same goal. Both teams will have one opportunity on offense. The offense may choose to attempt a 1-point try from the 3-yard line or a 2-point try from the 10-yard line. After the try, the opposing team will have the same option. If the game is still tied, the process will be repeated until there is a winner declared.
3. There will be no time-outs during overtime. There will be a 1-minute timeout between additional overtime periods.

Mercy Rule Regulations

1. If a team is ahead by 19 points or more at the two-minute timeout of the 4th quarter, the game clock will continue to run.
2. Team coaches can mutually agree to end a game early.