

Summary of Rule Changes for 2025 Girls' Flag Football

2024 Rule	2025 Rules in Compliance with NFHS
40 Minute Game with two halves	48- Minute game with two 24-minute halves. (JV 32-Minute game)
2-Minute Warning	The 2-minute warning is not a timeout. Following the notification that there are 2 minutes remaining in the half, the referee will start the clock on the ready for play.
Inside 2 minutes of each half clock stops on incomplete passes, penalties, scores, tries for point, runner or ball out of bounds, changes of possession.	Inside 2 minutes of each half, clock stops on incomplete passes, penalties, scores, tries for point, runner or ball out of bounds, changes of possession. THE CLOCK DOES NOT STOP FOR A 1ST DOWN.
3 Timeouts for game	2-timeouts for each team for each half. Timeouts do not carry over.
No downfield blocking	Downfield blocking by offense is allowed. Contact is still not allowed
Backward passes beyond neutral zone are illegal	Backwards passes are allowed by any player at anytime
No diving with the ball	There are no restrictions on diving *Hurdling is illegal as defined in the MD rulebook
If offense fumbles ball from field of play into opponents endzone the ball is returned to spot of fumble	If offense fumbles ball from field of play into opponents endzone it is a touchback
Several fouls by offense cause loss of down	Only 3 fouls by offense cause loss of down, they are: Illegal forward pass, illegal handing off, and intentional grounding
Several fouls by Team B give Team A an automatic 1 st down.	Typically, only fouls by Team B that are safety fouls will give Team A a 1 st down. Such as: Charging, Hurdling, Tripping, Roughing the passer, Illegal contact, Unsportsmanlike conduct, Sideline interference
Following a safety, rules did not dictate ball placement	Following a safety ball will be placed on scoring teams own 30-yardline
Neutral zone 2 yards	Neutral zone is 1 yard