

# MPSSAA GIRLS FLAG FOOTBALL RULES GAMEDAY MANUAL

Official Game Clock, Timing & Scoring Operations Guide

## 1. GENERAL GAME STRUCTURE & TIMING

### CLOCK FORMAT SUMMARY

- **Game Length:** Four 12-minute periods (48 minutes total).
- **Intermissions:** 1 minute between 1st/2nd and 3rd/4th periods. Teams switch goal ends after each intermission.
- **Halftime:** 10 minutes (may be shortened by mutual agreement of head coaches).

### TIMEOUTS & PLAY CLOCK

- **Team Timeouts:** 3 charged timeouts per half (1 minute each). Unused timeouts do **NOT** roll over.
- **Play Clock:** 25 seconds (when press box operated). Starts on referee's ready-for-play signal/whistle.

## 2. CLOCK STOPPAGE RULES

### 2.1 Standard Timing (Periods 1 & 3; First 10 Minutes of Periods 2 & 4)

During standard play, the game clock stops **ONLY** for the following events and restarts as designated:

| STOPPAGE EVENT                    | CLOCK RESTART TRIGGER                                                                |
|-----------------------------------|--------------------------------------------------------------------------------------|
| Charged Team Timeout              | On the snap                                                                          |
| Change of Possession              | On the snap                                                                          |
| Following a Safety                | On the snap                                                                          |
| Touchdown Scored                  | Does NOT run during extra point; restarts on the snap following change of possession |
| Penalties Enforcement             | On the ready-for-play signal                                                         |
| Official's Timeout (e.g., injury) | On the ready-for-play signal                                                         |

### 2.2 Two-Minute Timeout Notification

#### TWO-MINUTE WARNING PROCEDURE

During the first dead ball with **2 minutes or less** remaining in either half (2nd and 4th periods):

- The referee stops the clock and notifies both field captains and coaches of the time remaining.
- The referee announces that the final two-minute timing rules are in effect.
- *Note:* This is an official notification, **NOT** a team timeout for coaches to confer with players.
- **Clock Restart:** Starts on the snap following the notification.

2.3 Final 2 Minutes Timing Rules (Periods 2 & 4)

During the final 2 minutes of the 2nd and 4th periods, the clock stops for all standard events plus additional dead-ball situations:

| STOPPAGE REASON                   | CLOCK RESTART TRIGGER                                                            |
|-----------------------------------|----------------------------------------------------------------------------------|
| Charged Team Timeout              | On the snap                                                                      |
| Change of Possession              | On the snap                                                                      |
| Following a Safety                | On the snap                                                                      |
| Touchdown                         | Does NOT run during extra point; restarts on snap following change of possession |
| Out of Bounds                     | On the snap                                                                      |
| Dead Ball                         | On the snap                                                                      |
| Incomplete Pass                   | On the snap                                                                      |
| First Down Awarded                | On the ready-for-play signal                                                     |
| Penalties Enforcement             | On the ready-for-play signal                                                     |
| Official's Timeout (e.g., injury) | On the ready-for-play signal                                                     |

3. FIELD OPERATIONS, LINE TO GAIN & SCORING

Putting the Ball in Play

- **Start of Halves & Post-Score:** Series starts at **Team A's 14-yard line**.
- **Following a Safety:** Ball put in play by snap from scrimmage at team's own **20-yard line**.

First Down Zones (Line to Gain)

First downs are achieved by crossing designated 20-yard interval line-to-gain spots:

- Team A's 20-yard line
- Team A's 40-yard line
- Team B's 40-yard line
- Team B's 20-yard line

Scoring Values

| SCORING EVENT                     | POINTS |
|-----------------------------------|--------|
| Touchdown (TD)                    | 6 pts  |
| Extra Point Try (from 3-yd line)  | 1 pt   |
| Extra Point Try (from 10-yd line) | 2 pts  |
| Safety                            | 2 pts  |

## 4. MERCY RULE REGULATIONS

1. **28-Point Differential:** Once a 28-point lead exists in the second half, a running clock is enforced. The clock will ONLY stop for:
  - An official's timeout for an injured player.
  - A charged team timeout.
  - A score that reduces the differential to less than 28 points (regular timing resumes).
  - End of a period.
2. **Early Termination:** Head coaches can mutually agree to terminate the game early at any point.

## 5. MPSSAA OVERTIME PROCEDURES

### 10-Yard Overtime Procedure

This document details the standard 10-yard overtime procedures, pre-game review requirements, coin toss options, and execution rules for officiating crews, coaches, and team captains.

#### 5.1 Pre-Game Preparation and Coin Toss Protocol

- **Pre-Game Review:** Officials will review the 10-yard overtime procedure during their pre-game conference.
- **End-of-Game Meeting:** At the conclusion of the 4th Quarter, each team will receive one possession from the 10-yard line. The referee and the umpire meet with both head coaches and team captain(s) in the center of the field.
- **Procedure Explanation:** The referee explains the 10-yard overtime procedure with emphasis on options following the toss.
- **Coin Toss Call:** Instruct the visiting team captain to give a "heads" or "tails" choice before the coin toss. The referee repeats the choice so that the umpire clearly hears the selection.
- **Toss Winner Options:** The toss winner shall choose whether to be on offense or defense, or choose the end of the field at which the ball will be put in play.
- **Referee Signal:** The referee will indicate the winner of the toss by placing a hand on their shoulder. Position the offensive captain facing the goal toward which the ball will be advanced and the defensive captain facing their opponent and the opposite goal line. Give the first-down signal toward the goal being used.

#### 5.2 Gameplay & Execution of Rules

| Category                    | Rule Guideline                                                                                                                                                                                                                                                                                      |
|-----------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Timeouts                    | Each team shall be permitted one timeout during each overtime period. Previously unused timeouts from regulation time cannot be carried over or used in overtime.                                                                                                                                   |
| Downs Allowed               | Teams will have 4 downs to score from the 10-yard line.                                                                                                                                                                                                                                             |
| Turnovers & Fumbles         | If the defense intercepts a pass or recovers a fumble, the ball may be advanced and returned for a touchdown.<br><i>Note: If a fumble or backward pass hits the ground, the play is dead. If a fumble or backward pass is caught by any player prior to hitting the ground, it may be advanced.</i> |
| Conversions                 | Following a touchdown, teams may elect to attempt a 1-point conversion from the 3-yard line or a 2-point conversion from the 10-yard line.                                                                                                                                                          |
| Subsequent Overtime Periods | If the game remains tied after the first overtime, repeat the same procedure. However, there is no additional coin toss; first choice of options is alternated in all additional overtime periods.                                                                                                  |



# NFHS OFFICIAL FLAG FOOTBALL SIGNALS

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



# NFHS OFFICIAL FLAG FOOTBALL SIGNALS

|                                                        |                                                                                   |                                                                  |                             |
|--------------------------------------------------------|-----------------------------------------------------------------------------------|------------------------------------------------------------------|-----------------------------|
| 22 Substitution<br>infraction                          | 23 Disconcerting act                                                              | 24 Unsportsmanlike conduct<br>Noncontact foul                    | 25 Illegal<br>participation |
| 26 Sideline<br>interference<br>(Face press box)        | 27 Illegal<br>batting/kicking<br>(Followed by pointing<br>toward toe for kicking) | 28 Forward pass<br>interference<br>Kick catching<br>interference | 29 Roughing<br>passer       |
| 30 Illegal<br>pass/forward handing<br>(Face press box) | 31 Intentional<br>grounding                                                       | 32 Personal foul                                                 | 33 Holding                  |
| 34 Illegal block<br>Illegal use of<br>hands/arms       | 35 Helping runner<br>Interlocked<br>blocking                                      | 36 Tripping                                                      | 37 Disqualification         |
| 38 Flag guarding                                       |                                                                                   |                                                                  |                             |

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