



To: NJSIAA Advisory Committee  
From: Colleen Maguire, Executive Director  
Date: December 10, 2025  
RE: Girls Flag Football – Specific Sport Regulations

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In 2022, girls flag football was introduced to NJSIAA member schools through partnerships with the NY Jets, NY Giants and Philadelphia Eagles. During the 2022-2023 school year, 83 teams hosted a girls flag football team with over 2,000 student-athletes participating. Participation has continued to grow each year across the state. During the 2024-2025 season, over 140 NJSIAA member schools hosted girls flag football with approximately 4,200 girls participating. Nationally, girls flag football is the fastest growing emerging sport as reported by the National Federation of High Schools (NFHS) and we anticipate continued growth among NJSIAA member schools.

NJSIAA staff, in conjunction with the football leagues and conferences, now proposes to officially add Girls Flag Football to the list of NJSIAA sanctioned sports and to add the below Specific Sport Regulations section to the NJSIAA Constitution and Bylaws. By approving the addition of Girls Flag Football as its own sport under the Specific Sports Regulations, the framework is in place to officially recognize Girls Flag Football as a sanctioned sport starting with the 2026-2027 school year.

The proposal below will add girls flag football to the Specific Sport Regulations.

### **RULES AND REGULATIONS AMENDMENT**

(The following section is proposed to be added to the NJSIAA Rules and Regulations, Specific Sport Regulations.)

#### **Girls Flag Football**

Section 1 Rules National Federation Flag Football Rules, unless modified herein, shall govern all NJSIAA games.

Section 2 Start of Practice Provided for in Program Regulations, Section 6.

Section 3 Start of Regular Schedule Provided for in Program Regulations, Section 8.

Section 4 End of Season Provided for in Program Regulations, Section 10.

Section 5 Transfers A student who transfers after the NJSIAA Competition Start Date for each sport, regardless of whether the transfer was the student's first transfer, shall be ineligible to participate in any post-season championship competition at the new school.

Section 6 Scrimmages There is no maximum limit to interschool scrimmages per week. However, a player may not scrimmage on three (3) consecutive days. From the start of the regular season until the end of the State Tournament, regular season interschool scrimmages count toward the maximum number of games allowed.

Section 7 Games Per Week Games may not be played on three (3) consecutive days.

Section 8 Maximum Games Provided for in Program Regulations, Section 15.

Section 9 Quarters Per Day A player shall not play in more than five quarters during the same calendar day. This would include freshman, sophomore, junior varsity and varsity competition. NOTE: Overtime periods are a continuation of the 4th quarter.

*CL: Violations of this section result in ineligible participation and forfeiture of the game.*