

## BALLOT NO. 1

### **Proposal to Amend the Specific Sport Regulations to Add the Sport of Girls Flag Football**

NJSIAA staff, together with the football leagues and conferences, propose to add Girls Flag Football to the list of NJSIAA officially sanctioned sports, starting with the 2026-27 school year.

Girls Flag Football has been a provisional sport since the 2022-23 school year. Since then, the sport has grown. During the 2024-25 season, over 140 NJSIAA member schools sponsored girls flag football, with approximately 4,200 girls participating. Nationally, girls flag football is the fastest growing emerging sport as reported by the NFHS.

This proposal would add a new sport, Girls Flag Football, to the Specific Sport Regulations, and provide the rules and requirements for that sport.

The Advisory Committee and the Executive Committee have endorsed this proposal.

This proposal requires a majority vote of the membership at the Annual Meeting, based on the total number of ballots cast at the Annual Meeting.

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### **SPECIFIC SPORT REGULATIONS CHANGE**

**NJSIAA Rules and Regulations, Specific Sport Regulations**, shall be supplemented to add a new sport, "Girls Flag Football," as follows:

#### **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.*