



To: NJSIAA Program Review Committee
From: Colleen Maguire, NJSIAA Executive Director
Date: June 8, 2026
RE: Girls Flag Football Proposal – Tournament Regulations

On Monday, May 4, 2026, NJSIAA members voted to sanction girls flag football as an NJSIAA sport. This proposal summarizes the information to be included in the tournament regulations and serves to supplement the state adoptions that were previously approved by the Executive Committee at its October 15, 2025 meeting. This information has been reviewed and endorsed by representatives of each league and conference at its meeting on September 30, 2025 and by the Sports Medical Advisory Committee at its meeting on January 14, 2026.

Important Dates

First practice date/competition start date/competition end date:

- Coincide with all other spring sports
 - First practice – March 8, 2027
 - Competition may begin – March 15, 2027
 - Competition end – June 13, 2027
- Strenuous sport rule applies - 6 days of practice/1 day of rest required

Maximum Games

The maximum number of games to be played is 14, exclusive of participation in one county or league/conference-based tournament, and the NJSIAA state tournament.

Consecutive Days Rule

Competition is not allowed on three (3) consecutive days.

Quarters Per Day Rule

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.

Uniforms/Flags

Compliance with NFHS rules around uniforms and flags is mandatory for 2026-2027 season. Away team shall wear white jerseys; home team shall wear dark jerseys. Participants must wear a one-piece quick release belt with 3 flags – 1 on each side and 1 in the center of the back. Flags must be 1 ½” wide by 14” long and must be solid color that is contrasting to the player’s shorts.

Tournament Eligibility

1. Teams must be competing on a varsity interscholastic basis.
2. Sixty percent (60%) of the games played on or before the cutoff date must be against New Jersey schools.
3. Any player with two (2) or more disqualifications in the current season, prior to the start of the tournament, will be unable to compete in the state tournament.
4. Any varsity team accumulating three (3) or more player or coach disqualifications prior to the start of the tournament will not be permitted to participate in the state tournament.

Classifications

1. Two groups – Group A and Group B – sorted by enrollment
 - a. Group A – largest enrollment schools
 - b. Group B – smallest enrollment schools
2. Two sections – North and South – sorted by northing number

To Qualify for the Tournament

1. The top 16 teams from each section and each group will qualify for this tournament using the PowerPoint system.
2. Games played after the cutoff date will not count toward the PowerPoint calculation even if they were started before the cutoff date.
3. If there is a tie in power points, the current NJSIAA tie-breaking procedure will break all ties.
4. The minimum number of games to be played by the cutoff date is 10.

PowerPoint Procedure

The NJSIAA power point system will be used for all qualifying and seeding purposes.

1. The PowerPoint procedure will be using the 10 best power-pointed games from opening day to the cutoff date regardless of how many games were played.
2. The residual points earned from opponents will be calculated using your opponent's first 10 games played.
3. Teams that play less than 10 games will still be eligible for the tournament based on their total power points achieved at the cutoff divided by the minimum number of games (10).

Entry Procedure

1. The entry form must be completed online by the date listed.
2. All varsity schedules & rosters must be entered in njschoolsports.com by the start of the season. Rosters must be checked and updated, if necessary, by the start of the tournament. We cannot guarantee any roster changes made after the start of the tournament will make it into the tournament program.
3. All varsity scores must be reported to www.njschoolsports.com as soon as possible after each contest. If you encounter problems, please contact hssupport@njadvancemedia.com.
4. PowerPoints will be downloaded from the NJ SchoolSports website on the day after the cut-off at 12:00pm. Coaches are reminded that all team information must be totally up to date and checked for accuracy before the data is downloaded.

Entry Fee

\$90.00 per team, Payable to the NJSIAA (Please note Girls Flag Football Tournament)

Tournament Seeding

1. The qualifying schools in each group and each section will be seeded based on PowerPoint totals.
2. If there is a tie in power points for seeding, we will use the current NJSIAA tie-breaking procedure – see below.

PowerPoint Tie Breaking Procedure

1. Head-to-Head Competition. Any ties involving 3 or more teams, move to step #2
2. Average quality points per game.
3. Average residual points per game.
4. Average OOWP for all opponents.
5. Common opponent winning percentage
 - a. Example: Team A is 3-0 (100%) vs. team C and team B is 2-0 (100%) vs. team C, go to #6
 - b. Example: Team A is 2-1 (.667%) vs. team C and team B is 1-1 (.500%) vs. team C, Team A wins Tiebreaker
6. Team total winning percentage
7. Coin Toss

The tie breaking procedure above includes all contests from the competition start date to the cutoff date.

Tournament Rules & Information

1. The NFHS Flag Football Rules along with any NJSIAA rule modifications will govern this tournament.
2. All tournament rounds are **PLAY ON** dates. Schools can mutually agree to move tournament dates except for the state finals. If schools do not agree, then it must be played on the date listed. If any date is moved by mutual agreement, the potential next round opponents must be notified ASAP.
3. Game times for all rounds up to and including the sectional finals will be designated by the higher-seeded team.
4. The NJSIAA may need to establish the start times if there is any disagreement between schools.
5. All game times are pending the official's availability. Athletic Directors must communicate consistently throughout all rounds up to and including the sectional finals regarding start times and field locations.
6. Game times for the state finals will be established by the NJSIAA.
7. If any circumstance causes postponement, the game must be played on the next day. If the next day is a Sunday, the game may be played if both schools agree; otherwise, the game must be played on Monday. Teams must adhere to the deadline of the succeeding round, even though games may be played on consecutive days. Non-NJSIAA tournament games must be moved.
8. When conditions prevent a game from being played at the site of the higher seeded team in a reasonable amount of time, the tournament director may choose an alternate site, which may include the lower seeded teams' field.
9. Higher-seeded schools hosting tournament games must provide an athletic trainer for both teams. Each school will be asked to provide its own athletic trainer when tournament games are not held at a higher-seeded school.
10. The winning school must notify njschoolsports.com immediately after each game.
11. Participating schools must assign adequate supervision for all games, home and away.
12. The higher seeded team (Home Team) will wear dark jerseys for all games up to and including the sectional finals.
13. State tournament games suspended because of conditions which make it impossible to continue play, should be played to completion from the point of interruption. If the losing team at the point of interruption does not want to return to complete the game, the game will be considered complete.
14. Each school must provide three (3) NFHS approved flag footballs for all games, and the officials will decide which are to be used.
15. The Wilson GST SpeedSkin Heir is the official football of the NJSIAA tournament. The NJSIAA will provide 3 Wilson GST SpeedSkin Heir footballs to be used in all state finals games.

Officials Assignments

NJSIAA will assign all officials for all rounds of the tournament. The higher seed school will be responsible for paying officials during the first three rounds. NJSIAA will pay officials starting with the sectional final round.

Awards

Sectional Champions:

A team trophy and twenty-five (25) certificates to each Sectional Champion in each Group.

State Champions:

A team trophy and twenty-five (25) certificates to each State Champion in each Group

State Tournament Schedule

Event	Dates	Location
First Practice	March 8, 2027	
Competition May Begin	March 15, 2027	
Cutoff	May 15, 2027	
PowerPoints Close (12:00pm)	May 16, 2027	
Tournament Seeding	May 18, 2027	
Regular Season Competition Ends	June 13, 2027	
Round 1	May 24, 2027	Higher Seed
Round 2	May 26, 2027	Higher Seed
Round 3	May 28, 2027	Higher Seed
Sectional Final	June 2, 2027	Higher Seed
State Finals	TBD	TBD