



Hawaii Dental Service
GIRLS FLAG FOOTBALL STATE CHAMPIONSHIPS
April 30 – May 3, 2025
Mililani and Pearl City HS

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HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION

Executive DirectorChris Chun
Associate Director Russell Aoki
General Manager Luther Beck
Girls Flag Football Coordinator.....Dana Takara-Diaz, Kalei Namohala
Officials & RulesMatt Sumstine

TOURNAMENT COMMITTEE

Host School
Tournament Directors.....
Big Island Interscholastic FederationLyle Crozier, Executive Director
.....Kalei Namohala, Coordinator
Interscholastic League of Honolulu Blane Gaison, Executive Director
.....Shawna Lau-Kong, Coordinator
Kauai Interscholastic FederationJason Yoshida, Executive Director
....., Coordinator
Maui Interscholastic League.....Joseph Balangitao, Executive Director
.....Jon Viela, Coordinators
Oahu Interscholastic Association..... Bryce Kaneshiro, Executive Directors
....., Coordinator
Medical Personnel OIA and ILH athletic trainers

SPECIAL THANKS

Hawaii Dental Service

**HAWAII DENTAL SERVICE
GIRLS FLAG FOOTBALL STATE CHAMPIONSHIPS
April 30 – May 3, 2025
Mililani and Pearl City High School**

TOURNAMENT INFORMATION

I. HHSAA SOCCER REGULATIONS

See HHSAA Girls Flag Football Rules attached.

II. TEAM ROSTERS AND PICTURES

Schools with teams that have secured or are in contention for a tournament berth are required to submit team rosters via e-mail to roster@hhsaa.org.

DEADLINE: WEDNESDAY, APRIL. 23, 2025, NOON

III. TOURNAMENT REPRESENTATION

Representation as of 4/7/2025. Visit hhsaa.org under the girls flag football page for current representation.

	Girls Flag Football
OIA	7
ILH	2
BIIF	4
MIL	2
KIF	1
TOTAL	16

IV. PRE-TOURNAMENT MEETING

Sunday, April 27, 6:00pm via zoom. Invites will go out to coaches.

V. TOURNAMENT SCHEDULE

DAY 1: WEDNESDAY, APRIL 30, 2025			
Game No.	TIME	SITE	MATCH NOTE
	3:30 PM	Mililani HS	First Round Game
	4:45 PM		
	6:00 PM		
	7:30 PM		
	3:30 PM	Pearl City HS	
	4:45 PM		
	6:00 PM		
	7:30 PM		
DAY 2: THURSDAY, MAY 1, 2025			
	3:30 PM	Mililani HS	Consolation Games
	4:45 PM		Quarterfinal Games
	6:00 PM		
	7:30 PM		
	3:30 PM	Pearl City HS	Consolation Games
	4:45 PM		Quarterfinal Games
	6:00 PM		
	7:30 PM		
DAY 3: FRIDAY, MAY 2, 2025			
20	4:30 PM	Pearl City HS	Consolation Games
	6:00 PM		
	7:30 PM		
19	4:30 PM	Mililani HS	Consolation Game
	6:00 PM		Semifinal Games
	7:30 PM		
DAY 4: SATURDAY, MAY 3, 2025			
23	3:00 PM	Mililani HS	9 th Place
24	4:30 PM		5 th Place
25	6:00 PM		3 rd Place
26	7:30 PM		Championship

VI. TOURNAMENT BALL

The tournament ball is the Baden QB1 Composite F7C football.

VII. CODE OF CONDUCT

The coach shall have direct responsibility for conduct of team members prior to, during and after tournament competition (in the hotel, in public, at the tournament, transporting to and from sites).

The HHSAA Executive Director may establish a common curfew hour as necessary.

The drinking of alcoholic beverages, smoking, drug use, loud, unruly or destructive behavior will not be tolerated.

Coaches are requested to inform their athletes of hotel rules and regulations. Please emphasize the importance of appropriate conduct and behavior and consideration for other hotel guests. Schools and students will be charged for any damages incurred by them at the hotel.

It is recommended that schools inform parents regarding the code-of-conduct in writing.

VIII. STATE TOURNAMENT DISQUALIFICATION RULE

Any student-athlete or coach disqualified before, during, or after a state tournament game/match/event for unsportsmanlike conduct, flagrant verbal misconduct, or flagrant physical misconduct shall be disqualified from his/her next scheduled state tournament game/match/event for that sport. The student-athlete or coach has the right to appeal any such disqualification to an appeals committee for the particular sport. Should a student-athlete or coach be disqualified from the final state tournament game/match/event for that sport, said disqualification shall NOT carry over to the following school year's state tournament for that sport. Instead, the student-athlete's or coach's league shall determine any appropriate penalty or sanction.

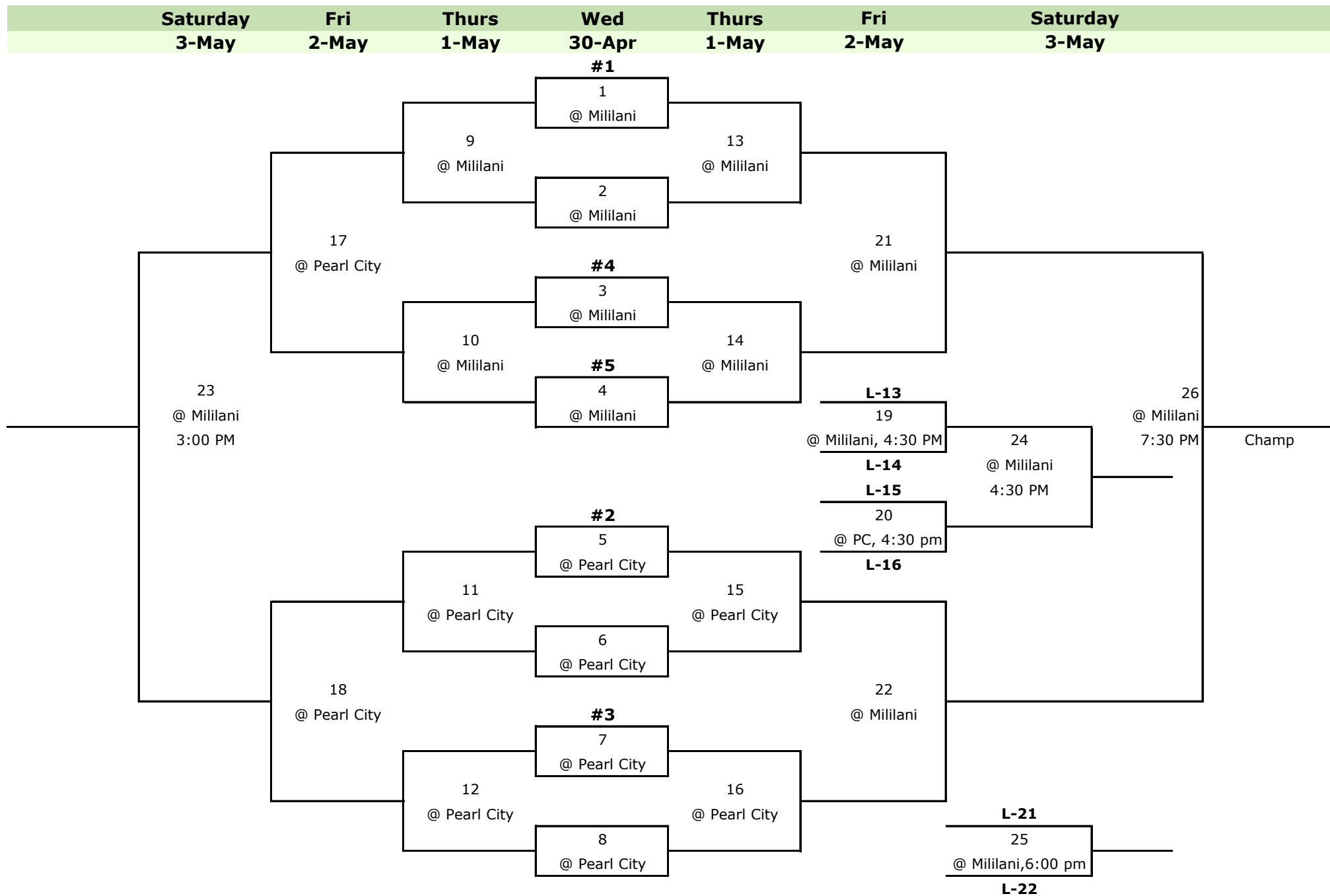


Hawaii Dental Service

Girls Flag Football State Championship Bracket

Hawaii High School Athletic Association

Wednesday, April 30 - Saturday, May 3, 2025





FLAG FOOTBALL RULES

Revised on April 15, 2025



The Game, Field, Players and Equipment

1. **Field:**

- 1) The field size will be 40 yards wide by 80 yards long with two 10-yard end zones.
- 2) When space is limited--
 - a. Width: 30 yards minimum (Fields may be up to 45 yards in width if there is a permanent marking on the field such as a Lacrosse boundary that provides a permanent visible line to be used as the sideline).
 - b. Length: 60 yards minimum to 80 yards maximum + 2 end zones (10 yards each)
- 3) 60-yard fields; play will begin at the 5-yard line and the line to gain will be marked at the 20-yard lines.
- 4) 80-yard fields; play will begin at the 20-yard line and the line to gains will be marked at midfield and the 20-yard lines.
- 5) When possible, the line to gain will be marked at the sideline with a disc or cone.
- 6) The Goal Line and the End Line will be marked with Pylons.

2. **Restricted Area:**

- 1) The restricted area is the area extending two yards outside the perimeter of the entire field (i.e., outside both sidelines and end lines). This restricted area is designated by the restraining line.
 - a. The restraining line is a coned or lined mark on the field, at least 2 yards from the sideline.
- 2) The team box is the area immediately outside the restricted area between the 20-yard lines (or the lines to gain nearest the end zones on fields that are shorter than 80 yards) on each side of the field. With limited exceptions, nonplayers are not permitted in the restricted area at any time during the game. Non-Players include coaches, team personnel, spectators, game administrators, and members of the media.
- 3) During a dead-ball interval, no more than two coaches are permitted in the restricted area directly in front of the team box. No one may be in the restricted area from the time the center is over the ball until all live and continuing action has finished.
- 4) The restricted area is designated to make the sidelines safer for everyone and to allow game officials ample room to work. If the restricted area is not delineated or not enforced by game administration, coaches, or game officials, individuals in the restricted area are at risk for injury during or after a play.
- 5) Coaches are required to instruct team personnel on the parameters and boundaries of the team box and to effectively communicate the requirements to always stay in the team box.
- 6) Coaches may not enter the field to call plays.

3. **Players:**

Each team shall begin the game with 7 players, but if it has no substitutes to replace injured or disqualified players, it may continue with a minimum of 5.

4. **Officials:**

- 1) The game will be played under the supervision of 3-4 officials.

- 2) 5 officials may be used for playoffs or tournament finals.
 - 3) Team representatives, including players, substitutes, replaced players, coaches, trainers, and other people affiliated with the team are subject to the rules of the game and shall be governed by decisions of the officials assigned to the game.
5. **Shoes:**
- 1) Must be soft, pliable upper material (i.e., canvas/synthetic) that completely covers the foot and is attached to a one-piece molded composite bottom (i.e., tennis shoes).
 - 2) Turf Shoe or molded rubber cleats of no greater than $\frac{3}{4}$ " in length. NO metal cleats, screw-in cleats, or baseball cleats allowed.
6. **Shirts/Jerseys:**
- 1) All jerseys must have solid color and solid contrasting color numbers on the front and back. (6 inches in height on the front and 8 inches in height on the back)
 - 2) No identical numbers on the field at the same time.
 - 3) Must have both a light-colored (away) and a dark-colored (home) shirt.
 - 4) The shirt must be always tightly tucked in and in no way obstruct access to the flags
 - 5) Sweats, if worn, must be worn under the uniform and will not include hoods
7. **Shorts/Pants:**
- 1) Must be part of a uniform.
 - 2) The uniform may be a flag football, soccer, or lacrosse uniform.
 - 3) No Open Pockets, belt loops, or exposed drawstrings.
 - 4) Spandex and compression shorts may be worn under the uniform.
 - 5) No torn shorts or sweatpants.
8. **Flags:**
- 1) A one-piece flag belt without any knots.
 - 2) One flag on each hip (2 flags total) *By state adoption, 3-flag belts are permitted.*
 - 3) Flag size is 2" wide by 15" length. (A flag with no more than 5% variability will be legal)
 - 4) Flags MUST be removable from the belt and a contrasting color from the shorts/pants.
 - 5) All "pop" flags must be designated by the manufacturer to be for YOUTH. Any flag designated by the manufacturer to be an "adult" pop flag will be illegal.
 - 6) Flags may not be altered in width or length (from their original manufactured size) and may have no tape on them.
 - 7) All flag attachments must be unaltered from the original manufacturer's design.
 - 8) The officials of each contest will have the final rule for that contest as to the legality of all flags, belts, and attachments.
 - 9) Play cards or other foreign attachments may not be worn on the flag belt.
 - 10) All players must be wearing 2 flags before the ball becomes live. Failure to properly wear required player equipment when the ball is about to become live results in a dead ball penalty for Delay of Game.
 - 11) Flags must be a contrasting color to the pants or shorts.
9. **Football:**
- 1) Pebble-grained or rubber-covered football.
 - 2) Must be a properly inflated size 7, youth, or intermediate-size football.

Measurements between 10" -11.25" in length, 4.5"-6" in height, and circumference of 18"- 20.75".

- 3) The referee shall be the judge of any ball offered for play.

10. **Recommended Field Equipment:**

- 1) Scoreboard
- 2) Goal post pads
- 3) Visible sidelines
- 4) Disks, cones, and pylons to indicate goal lines, line to gain and blitz line.
- 5) Down marker is required.

11. **Additional Equipment:**

- 1) Mouth and Tooth Protector: It is MANDATORY that all players wear a mouthpiece.
- 2) Sunglasses: Players are not permitted to wear sunglasses
- 3) Cloth wristbands aka sweatbands are permitted up to 3" in length.
- 4) Headwear shall meet the following guidelines: Soft-sided, Rubber, cloth, or elastic bands may be used to control hair. Hard items, including, but not limited to, beads, barrettes, and bobby pins, are prohibited.
- 5) Play cards may be worn on the player's wrist or arm.
- 6) Softshell helmets are recommended and may be worn to protect the head. All headgear must be secured to the head and worn as intended by the manufacturer and must contain no hard objects.
- 7) Knee & ankle braces are permitted but all exposed hinges must be covered. Most oversleeves recommended by the manufacturer are acceptable. These braces may be padded or unpadded. All padding must be shown to and cleared by the Referee prior to the coin toss.
- 8) The officials shall not permit any team member to participate while wearing apparel or equipment if in his/her judgment any item is dangerous or confusing to other players, is not appropriate, or constitutes a safety concern.
- 9) A player may not wear jewelry. Religious and medical alert medals are not considered jewelry. A religious medal must be taped and worn under the uniform. A medical alert medal must be taped and may be visible.
- 10) No eye shade other than all black and no greater in size than 2" long and 1' high
- 11) Body paint or temporary markings on the body are not allowed.
- 12) "Adornments" are not allowed.

12. **Coaches field Equipment:**

- 1) Electronic communication is not permitted to be used to communicate with active players.
- 2) Electronic communication is allowed during timeouts.
- 3) Unless approved for HHSAA playoffs, officials will not use video replay.

13. **Prior to the Game:**

- 1) At the beginning of each contest, immediately following the coin toss, each team will present themselves along their sideline for a Pre-Game Equipment Check. Players that are not legally equipped at this check will not be allowed to participate until they become legally equipped.
- 2) Teams that do not present themselves for this equipment check in a timely manner are subject to a forfeiture of a Timeout.

14. **Improper or Illegal Equipment:**

- 1) Any player not properly equipped to begin each down will be removed from the field of play for at least one down unless a time-out is called, the half is over or there is a transition to overtime.
- 2) If proper and legal equipment has become improperly worn through use, but prompt repair is possible and does not delay the ready-for-play, such repair may be made without replacing the player
- 3) Each player shall properly wear the mandatory equipment while the ball is live.

Definitions

Blocking:

- 1) The blockers shall have their arms and hands at their side, across their chest, in front of the body, or behind their back. Any use of hands, arms, elbows, legs, or body to initiate **forceful** contact during an offensive block is illegal.
- 2) The defense is responsible for avoiding contact with a stationary blocker or blocker screening in the same line of approach.
- 3) To be deemed stationary, the blocker must be stationary for a distance of at least 2 yards in advance of the defender.

Defensive Rushing:

- 1) Prior to the snap, all defensive players shall be lined up on or behind the neutral zone that is set 1-yard from the ball.
- 2) All defensive players are eligible to rush.

Diving:

- 1) No runner shall leave the ground and dive so that their body becomes horizontal to the ground. A runner who dives will result in the end of the play and the ball spotted where the runner left the ground.
- 2) A non-runner is permitted to dive to make a catch or pull a flag.

Down - Loss of Down:

- 1) A down is an action that starts with a legal snap by passing or handing backwards from the ground and must be quick and continuous and immediately leave the hands of the snapper.
- 2) The ball becomes dead when the ball carrier's flag is pulled, the ball touches the ground or any body part, other than the hand or feet of the ball carrier touches the ground, or any body part of the ball carrier touches out of bounds.
- 3) The loss of a down is the loss of the right to replay the down.

Flag Guarding:

- 1) The runner shall not make any movement of the hand or arm, even if unintentional, that restricts access to the runner's flag.
- 2) Flag guarding can and does occur with the normal motion of a runner's arms and hands,
- 3) The runner shall not "stiff arm" a defender.
- 4) The runner shall not lower their shoulder to ward off a defender.

Forward progress:

- 1) Forward progress is the end of advancement of the ball, toward the opponent's goal, in a runner's possession when the runner's flag is removed.
- 2) Forward progress of a fumble that contacts the ground, and becomes dead, in advance of the runner who had possession will be marked at the spot where possession was lost.
- 3) Forward progress of a fumble that contacts the ground, and becomes dead, behind the runner who had possession will be marked at the spot that the ball crosses the sideline prior to touching out of bounds.

Fouls and Penalties:

- 1) A foul is a rule infraction for which a penalty is prescribed.
- 2) Types of fouls:
 - a. Dead Ball – a foul that occurs in the time interval after a down has ended and before the ball is next snapped.
 - b. Double – one or more live-ball fouls (other than nonplayer) are committed by each team at such a time that the penalties offset.
 - c. Flagrant – a foul so severe or extreme that it places an opponent in danger of injury, and/or involves violations that are extremely or persistently vulgar or abusive.
 - d. Live ball – a foul that occurs during a down.
 - e. Multiple – two or more live ball fouls (other than nonplayer) are committed during the same down by the same team at such a time that the offended team is permitted a choice of penalties.
 - f. Nonplayer – a foul while the ball is dead or during the down which is not illegal participation and does not influence the play in progress.
 - g. Unsportsmanlike – a non-contact foul, typically taunting or use of improper language. Any player or coach who receives two unsportsmanlike fouls will be disqualified from the contest. Coaches who are disqualified must leave the field and stands area. Players who are disqualified may stay on the sideline.
 - h. Simultaneous with the snap – an act which becomes a foul when the ball is snapped.

Fumble:

- 1) A fumble is any loss of player possession except handing or passing.
- 2) A fumble that contacts the ground becomes a dead ball.
- 3) A fumble that does not contact the ground will remain live.

Handing & Passing

- 1) Handing the ball is transferring player possession from one player to a teammate in such a way that the ball is still in contact with the first player when it is touched by the teammate.
- 2) Any player may hand the ball backward at any time. No player may hand the ball forward except during a down before a change of possession provided both players are in or behind the neutral zone.
- 3) Passing occurs when the player in possession of the ball completely releases the ball while the ball travels in the air either forward or backward before another player possesses the ball. If the ball contacts the ground, it is a dead ball.

Leaping:

- 1) The runner shall not jump and leave both feet causing the runner's waist to elevate above normal waist level.
- 2) A player may leap to catch or block a pass.

Line of Scrimmage (LOS) and Neutral Zone:

- 1) The offensive LOS shall be behind the ball as it is placed on the field. The defensive LOS shall be one yard beyond the foremost point of the ball as it is placed on the field.

Pass Interference:

- 1) Pass interference restrictions only apply beyond the neutral zone and only if the legal forward pass, untouched by B in or behind the neutral zone, crosses the neutral zone. Pass interference restrictions for both A and B players are in effect until the ball is touched or the pass is incomplete.
- 2) It is forward pass interference if any player of A or B interferes by making restrictive contact with an opponent's opportunity to move toward, catch, or bat the pass.
- 3) Pass interference restrictions for A begin at the snap, and for B they begin when the forward pass is in flight.
- 4) Pass interference includes restrictive acts including but not limited to, holding, grabbing, redirecting, or otherwise hindering the movement of a player trying to secure a forward pass.

Passing:

- 1) A pass is defined as a ball in player possession that is then thrown.
- 2) A forward pass is a pass thrown with its initial direction toward the opponent's end line.
- 3) A forward pass ends when it is caught, touches the ground, or is out of bounds.
- 4) A backward pass is a pass thrown with its initial direction parallel with or toward the runner's end line.
- 5) A backward pass ends when it is caught, contacts the ground or is out of bounds.
- 6) The offensive team may NOT throw more than one forward pass per down.
- 7) A team may throw an unlimited number of backward passes during any down.
- 8) No player may throw the ball forward if the **entire body** of that player is beyond the line of scrimmage.
- 9) The quarterback may intentionally ground the ball by throwing the ball into the ground or out of bounds to avoid a sack. If the ball is thrown laterally or backwards out of bounds it is considered a backward pass, and the ball will be placed at the spot where the ball crossed the out-of-bounds. If the pass is thrown forward it is considered an incomplete pass and will be placed at the previous spot.
- 10) No forward passes are allowed after a change of possession.
- 11) Passing Clock - The Quarterback has 7 seconds to release the ball. At the expiration of the passing clock, the officials will signal the play dead.
 - a. Once any other A-player possesses the ball, the Passing Clock dissolves.

Quarterback:

- 1) The Quarterback (QB) is the A player who receives the legal snap to start the scrimmage play. The QB must receive the ball with a shotgun snap and be at least 4 yards behind the LOS.

Safety:

- 1) It is a safety when a runner carries the ball from the field of play to or across their own goal line, and it becomes dead there in their team's possession.
 - a. Exception: When a defensive player intercepts an opponent's fumble, forward or backward pass and their original momentum carries them across their own goal line where the ball then becomes dead. The ball will be spotted where the ball was caught but no closer than the team five-yard line.
- 2) It is a safety when the team in possession fumbles and the ball first contacts the ground in their own endzone.
- 3) It is a safety if the offense commits a penalty in their own endzone. The opponent will retain the option decline the penalty or have the penalty enforced from the previous spot and decline the safety points.

Snapping:

- 1) The snap begins when the snapper first moves the ball legally other than in adjustment. In a snap, the movement must be a quick and continuous backward motion of the ball during which the ball immediately leaves the hand(s) of the snapper.
- 2) Shotgun snaps are required at a distance of at least 4-yards.
- 3) If the snap touches the ground the ball is dead where it touches the ground.

Spinning:

- 1) Spinning is rotation (twisting) of the body, greater than 360*, while moving along a straight line, to avoid a flag being pulled. Spinning is permitted if it does not include flag guarding.
- 2) A turn or cut that includes an obvious change of direction is legal if it does not violate another rule.

Tagging:

- 1) Tagging is the act of touching a player with one hand, anywhere between the shoulder and knees.
- 2) A tag will be used to down a player who has lost their flag either legally or illegally before possessing the ball.

Team Designations:

The offense is the team in possession of the ball. The opponent is the defense.

- 1) A is the team that puts the ball into play. The opponent is B.

Tripping:

- 1) Tripping is the use of the lower leg or foot to obstruct an opponent, including the runner, below the knee.

Zones and Lines to gain

- 1) The line to gain is a designated line on the field as outlined in paragraph 1.
- 2) The Zone is the area between the two lines to gain or the line to gain and the goal line.
- 3) First Down will be awarded to A when they advance the ball beyond the line to gain and can only be awarded once per line per series of downs.

Periods, Time Factors, Substitutions

Starting the Game:

1. 5 minutes before the scheduled game starting time, the referee shall meet at midfield with no more than 4 captains representing each team for a coin toss.
 - i. There will be one designated “speaking captain” for each team.
 - j. The referee will instruct the visiting team to call “heads” or “tails” for the coin toss.
 - k. The winner of the toss shall have the choice of starting on offense, defense, or selecting a side. The opponent will have the remaining options.
 - l. The team not having the ball to start the first half will have the ball to start the second half with the opponent will have the choice of direction.

2. Game Length:

- 1 Four 12-minute running quarters.
- 2 Halftime will consist of five (5) minutes.
- 3 Running clock until the last 2 minutes of each half. The game clock will start on the snap following the stoppage for notification of a 2-minute warning.
- 4 Junior Varsity Contests will be four 10-minute quarters.

3. Timing Errors:

- 1 The referee shall have the authority to correct obvious timing errors unless the period has officially ended.

4. Starting and Stopping the Game Clock:

- 1 The clock will start on the snap to begin each period.
- 2 The game clock will run continuously until the final two minutes of each half.
- 3 The clock will stop at the discretion of the Referee to administer fouls, for injured players, or for prolonged events.
- 4 The clock will stop for charged team timeouts.
- 5 The clock will stop in the final two minutes of each half when:
 - a. The ball/runner goes out of bounds.
 - b. A new series of downs is awarded – this is a momentary stop of 5 seconds.
 - c. The ball becomes dead behind the goal line.
 - d. A legal or illegal forward pass is incomplete.
 - e. A team attempts to consume time illegally.
 - f. A penalty for delay of game foul is accepted.
 - g. The down ends following a foul.
 - h. A score occurs. (will remain stopped during the try)
 - i. Penalty and administration of the penalty
 - j. An inadvertent whistle is sounded.
- 6 The clock will start on the Referee signal:
 - a. After the Referee stops the clock during the running clock period.
 - b. When at the discretion of the officials, the officials determine that the foul committed was to conserve time.
 - c. After the line to gain is reached for a first down.
 - d. Exception: The try will be an untimed down and the clock will start on the snap in the next series of downs.

- 7 The clock will stop at 2:00 remaining in each half, or immediately after the play if the ball is live at 2:00, to give a 2:00 minute warning to each team. This is not a timeout. The play clock will start immediately after the warning is given. The game clock will start on the snap.

5. **Timeouts:**

- 1 Officials' timeouts occur at the discretion of the officiating crew.
- 2 Each team will have two timeouts per half.
- 3 Each team-charged timeout will last one minute. The warning will be sounded after 45 seconds, and the ready-for-play will be signaled after one minute.
- 4 A charged team timeout occurs when the ball is dead, and the timeout is granted by the officiating crew
- 5 When a team requesting a timeout has no remaining timeouts the request shall be ignored.
- 6 When a timeout is called following a score, the game clock will remain stopped for the try and will start on the first scrimmage play of the next series of downs.
- 7 Officials' timeout will be granted for an injured player.
 - a. That player must leave the playing field for at least one down. Unless halftime occurs or a team time out is called.

6. **Play Clock, Ball Ready for Play, and Delay of Game:**

- 1 Ready-for-play clock starts at the end of the down and will be 40 seconds in length. If the Referee stops the game clock for administration, the play clock will be 25 seconds on the signal.

Exception: if the foul is on the defense after the 2:00 minute warning, the play clock will be set at 40 seconds.
- 2 The ball may be snapped when an official has placed the ball and vacated the area.
- 3 Action or inaction which prevents the promptness in putting the ball in play is a delay of game. This includes:
 - a. Failure to snap prior to the expiration of the play clock
 - b. Unnecessarily carrying the ball after it has become dead
 - c. Failure to clear the field of play or the endzone in a timely manner after a score or change of period

7. **Extending a Half:**

- 1 A half may be extended for an untimed down when, during the last timed down, one of the following occurred:
 - a. There was a foul by the defense and the penalty was accepted.
 - b. If there was a double foul without a change of possession or a double foul prior to a change of possession.
 - c. If there was an inadvertent whistle and the down is replayed or the team in last possession accepts the result of the play.
 - d. If a touchdown is scored and the try is attempted; unless the touchdown is scored during the last down of the second half and the point(s) would not affect the outcome of the game or playoff qualifying.
 - e. If there is a foul by the offense and they score a touchdown, the touchdown will be nullified and the half is over.

f.

8. **Substitutions:**

- 1 Between downs, any number of eligible substitutes may replace players. Replaced players shall begin to leave the field within three seconds.
- 2 A replaced player or substitute is required to leave the field at the side where their team box is located and go directly to the team box.
- 3 During the same dead ball interval, no substitute shall become a player and then withdraw, and no player shall withdraw and re-enter as a substitute unless a penalty is accepted, there is a charged team time out, or the half ends.
- 4 During a down, a replaced player or substitute who is in the field of play, but does not participate, constitutes an illegal substitution.
- 5 Any player who enters the field of play during a down and participates does so illegally.

9. Each team receives four (4) consecutive downs to reach the line to gain or end zone.

10. The line to gain in any series shall be the line marking the zone in advance of the ball unless distance has been lost due to penalty or failure to gain. In such a case, the original zone in advance of the ball at the beginning of the series of downs is the zone line to gain.

11. A new series of downs shall be awarded when:

- 1 A team moves the ball into the next zone on a play free from penalty.
- 2 A penalty against the opponent moves the ball into the next zone.
- 3 An accepted penalty against the opponents involves an automatic first down.
- 4 Either team has obtained legal possession of a ball because of a penalty, pass interception, or failure to gain the zone in advance of the ball.

12. Officials will be responsible for determining the spot of the ball between the hash marks unless a team option is available at the beginning of a half, after a score, or touchback.

13. If there is no visible play clock, The referee will provide an visible 10 second warning and a countdown starting when the play clock reaches 5 seconds remaining. The Referee has the authority to pump the play clock up if there is an unexpected delay that is not the fault of the team in possession.

14. Touchdown:

- 1 A touchdown is the act of moving a live ball across the opponent's goal line while in player possession.
- 2 6 points

15. Safety:

- 1 2 points

16. Try:

- 1 After a touchdown, the scoring team shall attempt a try of their choice during which the ball is snapped from on either the team 3 or 10 yard line.
 - 2 There are no kick attempts unless permitted by state adoption.
 - 3 A successful try from the 3-yard line results in 1 point.
 - 4 A successful try from the 10-yard line results in 2 points.
 - 5 During a try, the ball remains live after a change of possession, allowing the opponent to return the try for 2 points.
 - 6 Once a team declares their choice for a 1- or 2-point try and the ball is declared, the team may change their decision only after calling a timeout or penalty is accepted either before the try or during the try.
 - 7 The try will be an untimed down at 2:00 or less in each half.
17. Flag Check:
- 1 After all scores, the player who scored must go to the nearest official for a flag check if requested by the officiating team.
 - 2 Removing a Flag:
 - a. A player removing their flag prior to a flag check will result in no score, loss of down, and the ball spotted at the previous spot,
 - b. The next infraction results in an Unsportsmanlike Conduct Foul. Tampering with a Flag:
 - c. If a player is determined to tamper with their flag it will result in an unsportsmanlike foul and a second infraction results in disqualification.
18. Fouls During a Touchdown or Try
1. A live ball foul by a scoring team after a change of possession results in the score being cancelled. Exception: Non-player fouls.
 2. If both teams foul during the down before the change of possession, the fouls offset, and if it is a Try, the down is not repeated.
 3. Dead ball fouls after a touchdown may be enforced on the Try or succeeding spot after the try.
 4. Penalties that carry over after a try include non-player fouls, personal fouls, unsportsmanlike conduct fouls, and dead-ball fouls.
 5. Fouls by Team B during a try – Team A has an option to replay the try with the penalty enforced.
 6. Fouls by Team A during a try in which the penalty includes a loss of down results in an unsuccessful try.
19. Overtime:
- 1) The visiting team shall call the coin toss.
 - 2) The winner of the coin toss can choose to be on offense first, defense or choose the end of the field that overtime will be played on. The loser of the toss shall exercise the remaining option for the first extra period and shall have the first choice of options for subsequent even-numbered extra periods.
 - 3) Each team will receive one (1) timeout per extra period (offensive and defensive possession). Unused extra-period timeouts may not be carried over to other extra periods. Timeouts between periods shall be charged to the succeeding period.
 - 4) Each extra period shall consist of a two-possession series with each

team putting the ball in play by a snap on the designated 20-yard line (unless relocated by penalty), which becomes the opponent's 20-yard line. There are no LTG first down opportunities.

- 5) Possession series: Each team retains the ball during a possession series until it scores or fails to reach the endzone. The ball remains alive after a change of team possession until it is declared dead. If there is no score after one or more change of possessions during a down, the series is over.
- 6) There shall be an equal number of possession series unless Team B scores.
- 7) Teams may attempt either a 1- or 2-point try after a touchdown is scored, in accordance with regulation plays procedures.
- 8) After the first overtime possession and the score tied, teams will need to go for a 2pt conversion attempt. Overtime will continue until the winner is determined.
- 9) The game clock is not needed during extra periods. The play clock will remain in effect in accordance with regulation play procedures.
- 10) The ball is live after a turnover in overtime. Team B may return the ball for a touchdown.

20. Point Advantage Rule:

If the point deficit is 21 points or more in the second half, the game clock will continue to run starting with the ready for play after the 2-minute warning and only stop for officials and team timeouts.

21. Protest:

There are no protests.

All referee decisions are final.

A winner must be determined (No ties).

Gameplay for the Offense

Formations

1. For all plays, the ball will be spotted at the hash or between the hashes as determined by the previous play. In the event there are no marked hashes, cones will be placed two yards off of the end lines to provide a reference for spotting the ball.
2. All players are eligible receivers.
3. Before the snap, all players of Team A must be set, without motion in their feet, body, or head, for at least one second before the snap.
4. Team A is allowed to have one player in motion moving parallel to or away from the LOS at the snap. The player in motion must be at least 2 yards off the LOS to begin their motion.

Running with the ball:

1. Running is permitted on every down by any player.
2. Leaping: A player may not leave their feet in a way that elevates their waist (greater than one foot into the air, while advancing the ball) to attempt to prevent a flag from being pulled. Athletic moves, cuts, changes of direction are not leaping.

Receiving - A reception is deemed made if:

1. The receiver controls the ball before the ball contacts the ground and
2. The receiver has a foot or body part down in the field of play and maintaining control of the

ball.

3. The receiver has made a football act or had time to do so.

Kicking Punt Plays.

1. If a team declares a punt, they must snap the ball prior to the expiration of the play clock.
2. The offense may not move downfield prior to the kick.
3. The defense may not rush.
4. The kick must be made within 7-seconds.
5. The receiving team may advance a grounded punt as long as it was not touched prior to being grounded.
6. If the offense elects to run a play from scrimmage and does not reach the line to gain or goal line, the defense will take possession of the football at the dead ball spot and start a new series.

Game Play for the Defense

Blocking:

1. Blocking is permitted without initiating contact pursuant to the rules relating to the offense.
2. NO EXCESSIVE CONTACT will be allowed.
3. The defense is responsible for avoiding contact with a stationary blocker.

Rushing:

1. Rushers must attempt to avoid any stationary offensive players. NO contact is allowed with a stationary offensive player.
2. Rushers must avoid all contact with the passer, other than incidental contact while attempting to pull a flag.

At the Line of Scrimmage:

1. There is no requirement for or limit to the number of defensive players on the LOS.
2. The defense is allowed to move freely prior to the snap.
3. Any defensive player entering or crossing the Neutral Zone prior to the snap is illegal.

Pass Defense:

Defenders are not allowed to contact any receiver. Any use of hands, arms, elbows, legs, or body to initiate contact is illegal.

Interceptions

1. An interception occurs when a defender controls a forward pass before the ball contacts the ground and has a foot or body part down in the field of play after controlling the ball.
2. If the defense intercepts a pass, they can return the ball for a touchdown.
3. If the ball becomes dead in possession of the intercepting team, they will start a new series from the dead ball spot.

De-Flagging/Tackling:

1. The ball will be spotted at the location of the ball when the flag is removed, not where the flag may fall.

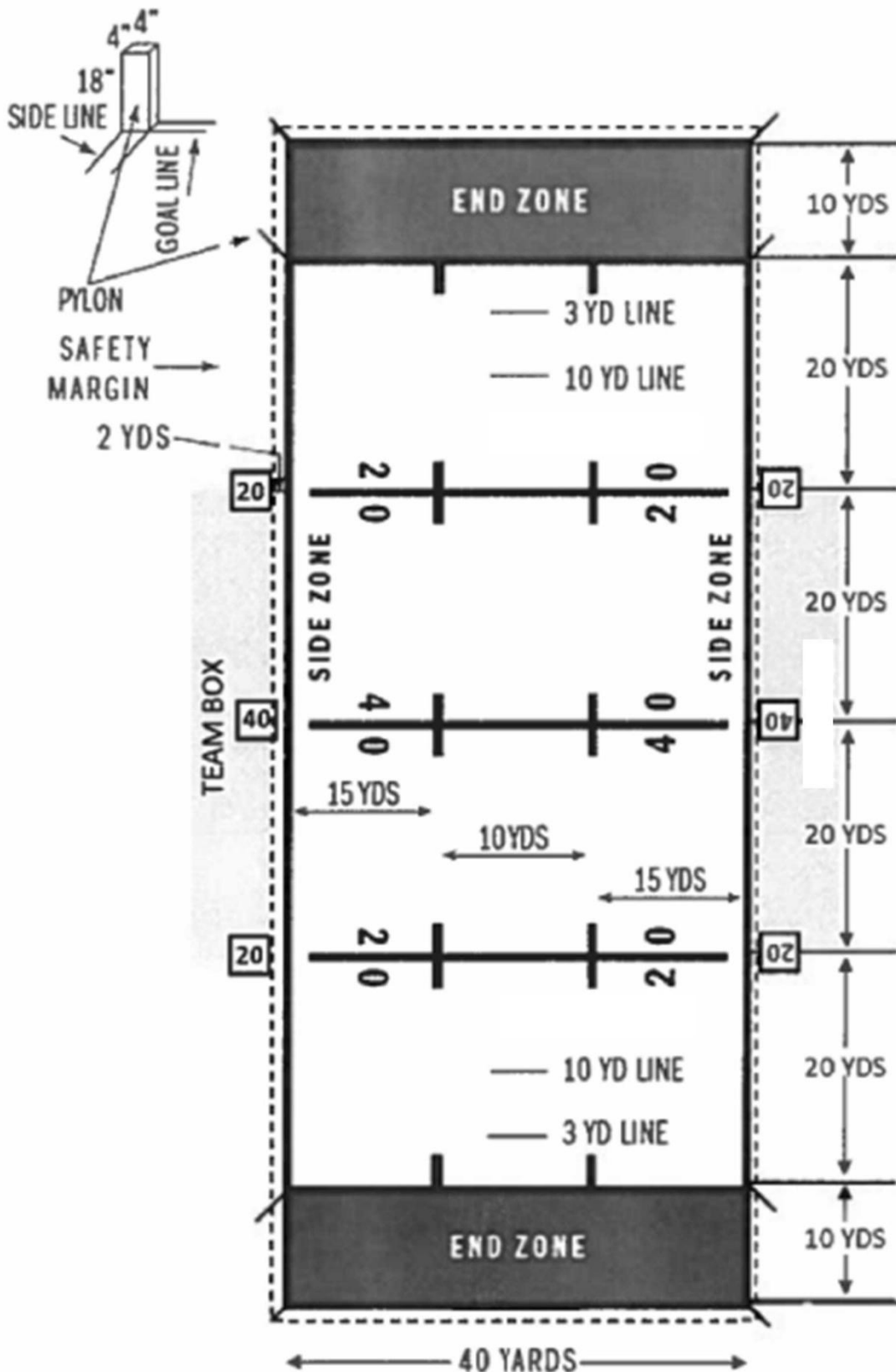
2. The defender may not make excessive or unnecessary contact with the ball carrier.
3. A player may not try to strip, grab, or knock free a ball in player possession.
4. While “incidental contact” during a de-flagging may occur, this is the exception, not the rule. The defender must make a concerted effort to grab at the hips of the ball carrier and must avoid contacting any other part of the ball carrier’s body.
5. Tackling is not allowed.
6. The defense shall not de-flag a player who does not have the ball. Reasonable allowance will be given to players who have either just possessed the ball or faked possession of the ball.
7. When a flag is pulled before the team A player possessing the ball it is a foul.
8. When a player’s flag is missing either by foul or other reason and that player then possesses the ball, that player will be downed by a one (1) hand tag between the shoulders and hips.
9. Contact – Players may not hold, push, or knock the ball carrier to remove a flag.

Coaches and Player Conduct

1. Coaches and/or players who disrespectfully object to a game official’s call may be assessed an Unsportsmanlike Conduct penalty.
2. No coach, player or substitute shall act in an unsportsmanlike manner.
3. Examples are, but not limited to:
4. Using Profanity, insulting or vulgar language or gestures.
5. Attempting to influence a decision by a game official.
6. Disrespectfully addressing a game official.
7. Failure of a head coach, following verification, to have his/her player(s) wear legal and/or required equipment.
8. Being on the field except as a substitute or replaced player.
9. Being outside the team box, but not on the field.
10. These actions result in an unsportsmanlike conduct penalty enforcement, with a second unsportsmanlike conduct foul resulting in disqualification.
11. Team captains should be the players that address the officials.
12. Fighting is any attempt by a player or nonplayer to strike or engage a player or nonplayer in a combative manner unrelated to football. Such acts include, but are not limited to, attempts to strike an opponent with the arm, hand, leg, or foot, whether there is contact or not.

Unfair Acts:

1. The Referee has latitude in handling obviously unfair acts during a game. This would include situations that arise when a team commits a blatant and obvious intentional foul or fouls to gain a clock advantage late in a game.
2. A player or nonplayer or person(s) not subject to the rules shall not hinder play by an unfair act which has no specific rule coverage.
3. No team shall repeatedly commit fouls which halve the distance to the goal line.
4. No player shall hide the ball under the jersey.
5. Neither team shall commit any act which, in the opinion of the Referee, tends to make a travesty of the game.



Home team provides field markings and down box, including a down box person.

5 yard penalty		Enforced From
Illegal Flag Pull	Automatic 1st	Result of Play
Delay of Game	Dead Ball Foul	LOS
Encroachment	Dead Ball Foul	LOS
False Start	Dead Ball Foul	LOS
Illegal Snap	Dead Ball Foul	LOS
Illegal Forward Pass	LOD	Previous spot or spot of pass if beyond the LOS.
Illegal Formation	Replay the down	Previous spot
Illegal Motion	Replay the down	Previous spot
Illegal Substitution (at the snap)	Replay the down	Previous spot
Sideline Infraction	Replay the down	A-previous spot, B-end of the down
Illegal Participation (at the snap)	Replay the down	Previous spot (Unless against A on a put, bridge option)
Improperly or Illegally Equipped (live ball)	Replay the down	A-previous spot, B-end of the down
10 yard penalty		
Flag Guarding	Down remains the same	3 and 1 Enforcement
Illegal Blocking / Contact	Down remains the same or Automatic 1st	3 and 1 Enforcement
Leaping	Down remains the same or Automatic 1st	3 and 1 Enforcement
Tripping	Down remains the same or Automatic 1st	3 and 1 Enforcement
Roughing the Passer	Automatic 1st	Previous spot or end of the down.
Defensive Pass Interference	Automatic 1st	Previous spot
Offensive Pass Interference	Replay the down	Previous spot
Sideline Interference	Down remains the same or Automatic 1st	3 and 1 Enforcement
Unsportsmanlike (Live Ball)	Down remains the same or Automatic 1st	3 and 1 Enforcement
Unsportsmanlike (Dead Ball)	A yardage, B Automatic 1st	Foul by Team A, down is determined by the result of the last play.
Fighting (Deliberate Strike, Punch or Kick)	Same as above but includes a disqualification.	
No yardage		
Sideline Warning		Only one sideline warning will be provided.
Punt or Pass Clock Expiration	LOD	Previous Spot
Dead Ball Fouls - Down remains the same unless a defensive foul results results in reaching the LTG or includes an automatic first down.		
Fouls in the offensive backfield or on runs that end behind the previous spot shall be enforced from the previous spot.		
Personal fouls by the defense include an automatic first down for the offense.		



Hawaii High School Athletic Association

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2025 HHSAA GIRLS FLAG FOOTBALL SOUVENIR T-SHIRT PRE-ORDER FORM

_____ School requests to order the following sizes of the
souvenir Drifit T-shirts at \$20.00 per shirt.

Size	Quantity	Price	Total
Small		\$20.00	
Medium		\$20.00	
Large		\$20.00	
X-Large		\$20.00	
XX-Large		\$20.00	
		GRAND TOTAL	



E-mail preorders to HHSAA (information below). Checks payable to HHSAA may be brought to the tournament site of teams' first game. **Note: preorders must be paid in full by first day of the tournament or shirts will be released to the general public.**

DIVISION I & DIVISION 2:

Russell Aoki, HHSAA
E-mail: aoki@hhsaa.org

Contact person: _____

Daytime phone: _____

Email Address: _____