



Hawaii Dental Service
HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION
GIRLS FLAG FOOTBALL STATE CHAMPIONSHIPS
May 11-16, 2026
Mililani and Pearl City HS, TBD regional Sites

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HAWAII HIGH SCHOOL ATHLETIC ASSOCIATION

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

TOURNAMENT COMMITTEE

Host School
Tournament Directors.....
Big Island Interscholastic Federation Iris McGuire, Executive Director
..... Kalei Namohala, Coordinator
Interscholastic League of Honolulu..... Blane Gaison, Executive Director
.....Anthony Tuitele, Coordinator
Kauai Interscholastic Federation Jason Yoshida, Executive Director
..... Greg Gonsalves, Coordinator
Maui Interscholastic League.....Joseph Balangitao, Executive Director
..... Jon Viela, Coordinators
Oahu Interscholastic Association Bryce Kaneshiro, Executive Directors
..... Harold Tanaka, Coordinator
Medical Personnel OIA and ILH athletic trainers

SPECIAL THANKS

Hawaii Dental Service

**HAWAII DENTAL SERVICE
GIRLS FLAG FOOTBALL STATE CHAMPIONSHIPS
May 11 – 16, 2026
Mililani and Pearl City High School, TBD Regional Sites**

TOURNAMENT INFORMATION

I. HHSAA GIRLS FLAG FOOTBALL REGULATIONS

See HHSAA Girls Flag Football Rules attached.

II. TEAM ROSTERS

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, MAY. 6, 2026, NOON

III. TOURNAMENT REPRESENTATION

Representation as of 04/20/2026. Visit hhsaa.org under the girls flag football page for current representation.

	Division I	Division II
OIA	6	4
ILH	2	2
BIIF	2	3
MIL	2	1*
KIF	0	1*
TOTAL	12	12

*MIL/KIF tied for final berth

IV. PRE-TOURNAMENT MEETING

TBD

V. TOURNAMENT SCHEDULE

Division I:

Monday, May 11, 2026 (School Sites TBD)

Game #	TBD	First round game (ILH)
Game #	TBD	First round game (OIA)
Game #	TBD	First round game (MIL)
Game #	TBD	First round game (BIIF)

Thursday, May 14, 2026 (Mililani HS)

Game #5	3:30 pm	Quarterfinal game
Game #6	4:45 pm	Quarterfinal game
Game #7	6:00 pm	Quarterfinal game
Game #8	7:30 pm	Quarterfinal game

Friday, May 15, 2026 (Mililani HS)

Game #9	3:30 pm	Consolation game
Game #10	4:45 pm	Consolation game
Game #11	6:00 pm	Semifinal game
Game #12	7:30 pm	Semifinal game

Saturday, May 16, 2026 (Mililani HS)

Game #13	12:30 pm	5 th Place Game
Game #14	3:15 pm	3 rd Place Game
Game #15	7:30 pm	Championship Game

Division II:

Wednesday, May 13, 2026 (Pearl City HS)

Game #	3:30 pm	First round game
Game #	4:45 pm	First round game
Game #	6:00 pm	First round game
Game #	7:30 pm	First round game

Thursday, May 14, 2026 (Pearl City HS)

Game #5	1:00 pm	Consolation game
Game #10	2:15 pm	Consolation game
Game #	3:30 pm	Quarterfinal game
Game #	4:45 pm	Quarterfinal game
Game #	6:00 pm	Quarterfinal game
Game #	7:30 pm	Quarterfinal game

Friday, May 15, 2026 (Pearl City HS)

Game #15	2:15 pm	9 th Place Game
Game #	3:30 pm	Consolation game
Game #	4:45 pm	Consolation game
Game #	6:00 pm	Semifinal game
Game #	7:30 pm	Semifinal game

Saturday, May 16, 2026 (Mililani HS)

Game #16	2:00 pm	5 th Place Game
Game #17	4:30 pm	3 rd Place Game
Game #18	6:00 pm	Championship Game

VI. TOURNAMENT BALL

The tournament ball is the Baden Apex F7C football.

VII. TOURNAMENT FIELD

The tournament field shall have clearly marked sidelines. Cones will not be accepted as clearly marked sidelines.

VIII. 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.

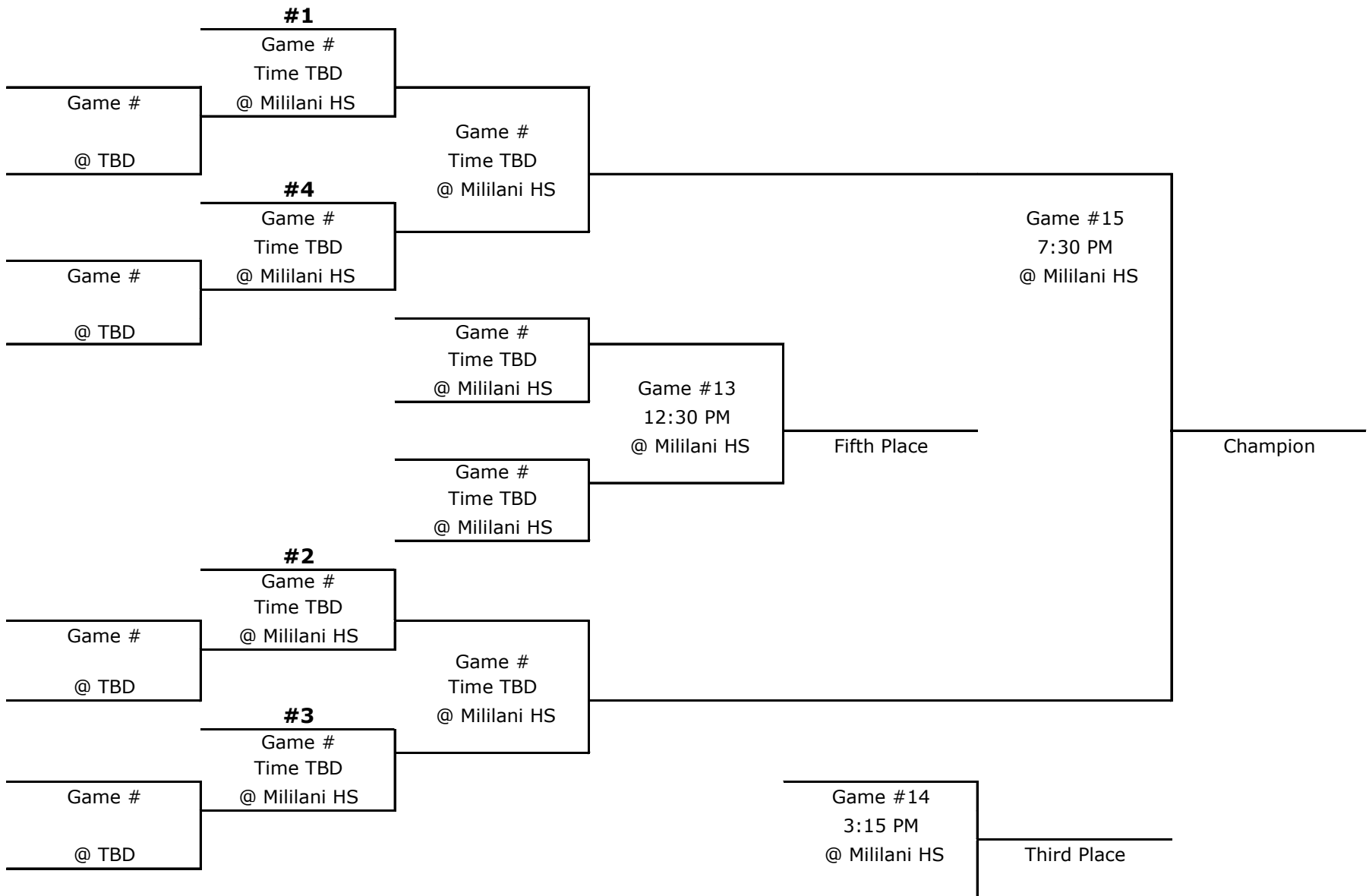
VIX. STATE TOURNAMENT DISQUALIFICATION RULE

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.



Division I Bracket | Girls Flag Football
 Hawaii High School Athletic Association
 Monday, May 11 - Saturday, May 16, 2026

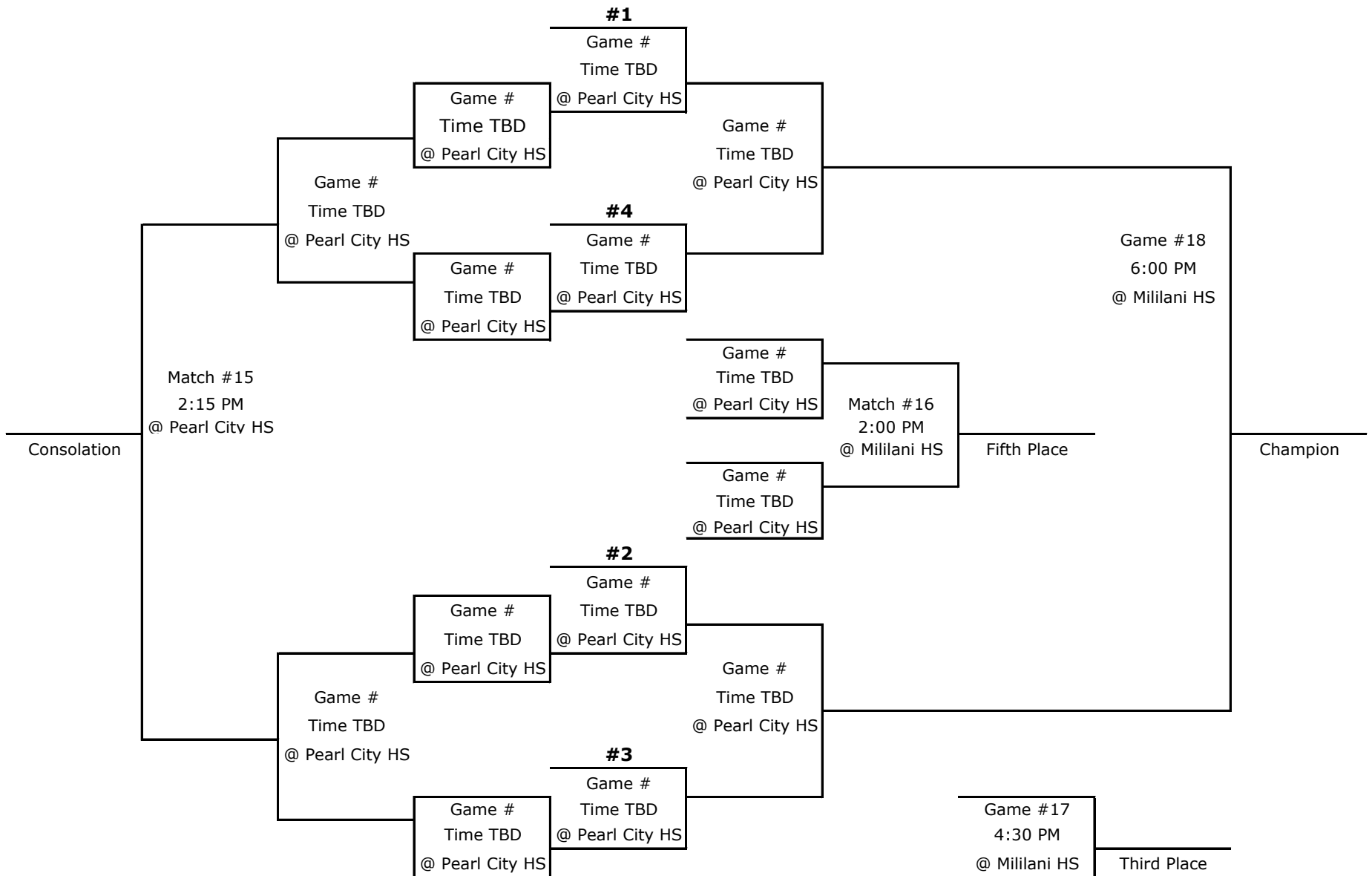
Monday May 11	Thursday May 14	Friday May 15	Saturday May 16
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Division II Bracket | Girls Flag Football
 Hawaii High School Athletic Association
 Wednesday, May 13 - Saturday May 16, 2026

Friday May 15	Thursday May 14	Wednesday May 13	Thursday May 14	Friday May 15	Saturday May 16
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GIRLS FLAG FOOTBALL

I. SPECIFIC OBJECTIVES

- A. To select the girls state champions for flag football through tournament competition.
- B. To recognize the combined efforts of all the participating teams in the tournament.
- C. To encourage the highest principles and standards of general behavior.
- D. To promote the highest principles of citizenship in tournament games.

II. OFFICIALS

Qualifications

- A. Qualified officials shall be selected by the HHSAA Executive Director, Sport Coordinator and Tournament Director. Selection may be made from all leagues.
- B. All officials must have taken the current National Federation Girls Flag Football Examination prior to the season (Starting the 2027 season).

C. Game Officials

- 1. 5 officials may be used in tournament games
- 2. Officials shall be assigned to each game by the Sport Coordinator and Officials Coordinator or their designated representative(s).
- 3. Officials shall be paid in accordance with HHSAA rates.

D. Uniform

- 1. All state tournament officials/umpires shall wear uniforms in accordance with their sport's NFHS rules/guidelines/recommendations. In the absence of any NFHS rules/guidelines/recommendations, the sport's HHSAA Sport Coordinator shall have the final say as to the appropriateness of a state tournament official's/umpire's uniform.

III. ELIGIBILITY

See Part II, Administrative Regulations, HHSAA Handbook.

IV. RULES GOVERNING THE TOURNAMENT

The National Federation of State High School Soccer Rules shall prevail except with the following HHSAA modifications or State Adoptions:

A. The field size shall be 80 yards x 40 yards.

B. Overtime Procedure

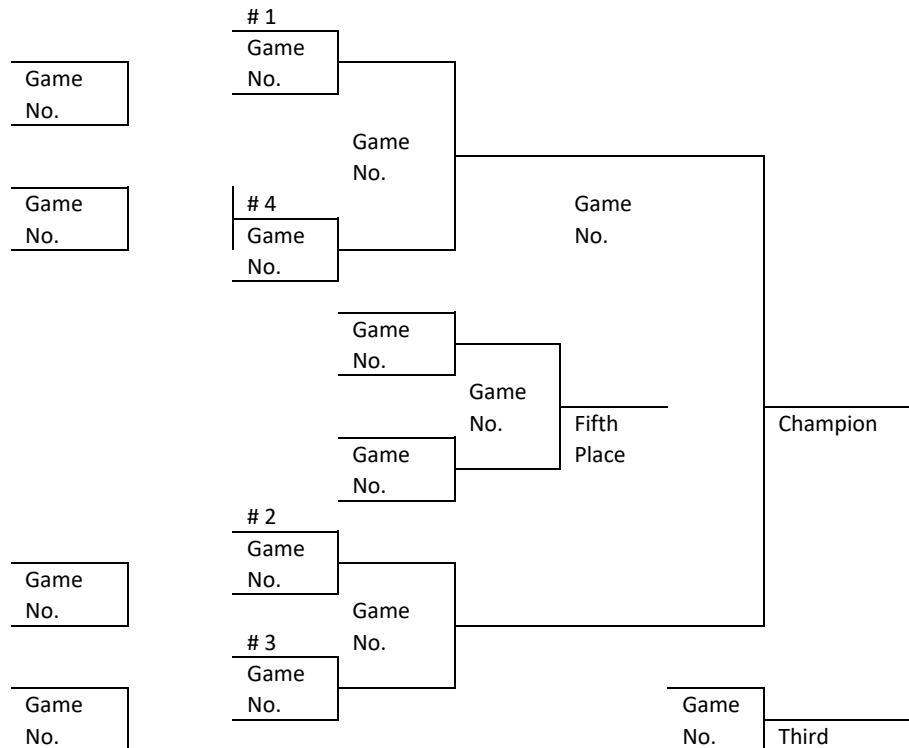
- 1) The visiting team shall call the coin toss.
- 2) The winner of the coin toss can choose to be on offense first, defense or choose the end of the field that overtime will be played on. The loser of the toss shall exercise the remaining option for the first extra period and shall have the first choice of options for subsequent even-numbered extra periods.
- 3) Each team will receive one (1) timeout per extra period. 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) Each team retains the ball until it scores, fails to reach the endzone, or B gains possession. The series and down are over when B gains possession.
- 6) There shall be an equal number of possession series.
- 7) Teams may attempt either a 1 or 2-point try after a touchdown is scored.
- 8) After the first overtime possession and the score tied, teams will need to go for a 2-point conversion attempt. Overtime will continue until the winner is determined.
- 9) The game clock is not used during extra periods. The play clock will remain in effect in accordance with regulation play procedures.

V. TOURNAMENT REPRESENTATION

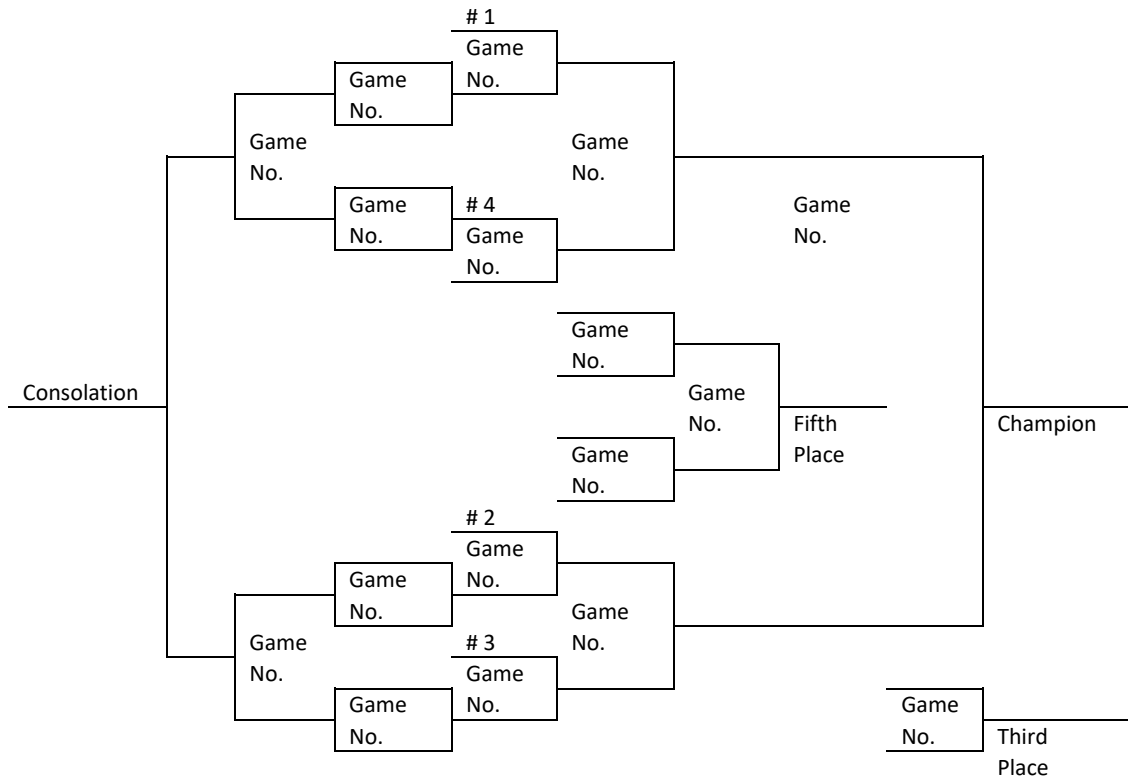
- A.
$$\frac{\text{Number of Participating Teams in League}}{\text{Number of Participating Teams in State}} \times \text{Number of Teams in State Tournament}$$
- B. Pac-Five teams are eligible to participate in the following HHSAA state tournaments: baseball, canoe paddling, cheerleading, football, soccer, softball, and girls water polo.
- C. For team-only state tournaments, a combination team shall be counted in the league representation formula as long as one of the schools in the combination team has a minimum number of players, as follows:
 Volleyball – 6, Football – 11, Softball – 9, Soccer – 11, Basketball – 5, Baseball – 9, Canoe Paddling – 6, Water Polo – 7
- D. For team-only state tournaments, if a combination team qualifies for a state tournament, only players from one of the schools with the above-listed minimum number shall be allowed to participate in the state tournament.

VI. TOURNAMENT FORMAT

- A. All playing sites shall be recommended by the Tournament Committee and approved by the HHSAA Executive Director.
- B. GIRLS DIVISION I



C. GIRLS DIVISION II



VII. SIZE OF TEAMS

Schools may bring an unlimited number of players accompanied by authorized coaches. Names of coaches and players must be listed on the official tournament roster.

VIII. SEEDING/PAIRING (Rev. 6/2012)

- A. League champions shall be determined no later than 4 days prior to the start of the Tournament. (E.G. if the Tournament begins on a Monday, league champions must be completed by the Wednesday prior). This only applies to the following tournaments: Division I boys and girls basketball, Division I boys and girls soccer, Division I boys and girls volleyball, and girls water polo. (Rev 6/2023)
- B. If a league champion is not determined by this date, that league will lose their ability to host the first round of the Tournament AND shall be responsible for all non-refundable expenses for the traveling team’s first round match.
 - 1. A league may apply to the HHSAA Board for an exemption to this deadline due to extenuating circumstances. (Rev 6/2023)
- C. Seeding/Pairings shall be done by the Tournament Seeding/Pairing Committee.

- 1 HHSAA Executive Director, Chairperson
- 2 Sport Coordinators
- 3 Tournament Director
- 4 Others as selected by the Sport Coordinator

D. Seed the league champions.

E. Place the league's 2nd representative in the opposite half bracket based on league champion's seed. EXAMPLE: The state's top seeded league will place their 2nd representative in the same quarter bracket as the state's 3rd seed.)

F. Place the league's 3rd representative in the opposite quarter bracket of the league's 2nd representative.

G. Place the league's 4th representative in the same half bracket opposite quarter bracket from league champion.

H. Place the league's 5th representative in the same quarter bracket as the league champion. If the bracket is full, place the 5th representative in the last remaining open slot.

I. Place the league's 6th representative in the only remaining slot.

IX. UNIFORMS

A. The **home team shall wear solids dark jerseys** (dark is defined as any color which contrasts with white), and the **visiting team shall wear solid light colored jerseys**. The visiting team shall wear white colored jerseys starting the 2027 season.

B. Pants, Shorts or skirts shall be a single color that clear contrast with the flags and belts.

C. Two flags are approved for the 2026 season. Starting the 2027 season, three flags will be required.

D. Arm sleeves designed to enhance contact with the football starting in 2027 need to include the SFIA logo.

X. STATE TOURNAMENT BALL

Tournament Ball

The official tournament ball shall be the Baden Apex youth ball

XI. 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-athletes or coaches league shall determine any appropriate penalty or sanction. (Rev. 06/2013)

XII. AWARDS

- A. Team trophy for the championship team.
- B. Team trophy for the runner-up team.
- C. 18 gold medals for the championship team.
- D. 18 silver medals for the runner-up team.
- E. Schools may order additional medals at their own expense.

XIII. TOURNAMENT EVALUATION

An evaluation report and results of the tournament are to be submitted to the HHSAA Executive Director within two weeks after the tournament.

XIV. ADMISSION

General Admission \$9.00*
*plus applicable service fees



Hawaii High School Athletic Association

- P.O. Box 11419 • HONOLULU, HAWAII 96828 •
- PHONE: (808) 800-4092
- www.hhsaa.org - info@hhsaa.org •

**2026 HAWAII DENTAL SERVICE / 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

**Preorders are due:
Sunday, May 10, 1pm**

Contact person: _____

Daytime phone: _____

Email Address: _____

HHSAA Girls Flag Football Tournament Records

View HHSAA Girls Flag Football Tournament Record book at:

https://hhsaa.org/sports/flag-football/tournament/record_book