

NYSPHSAA

SECTION IV



GIRLS FLAG FOOTBALL

2026

HANDBOOK

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FOREWORD

This handbook is intended for the use by all Athletic Directors & Coaches. We have tried to include all of the necessary forms and information for the Sectional and State Tournaments.

Section IV Lacrosse will comply with the regulations set forth by National Federation of High School Sports, the New York State Public High School Athletic Association and Section IV of the NYSPHSAA.

The current rulebook issued by the NCAA will be the standard unless noted otherwise within this handbook.

CONGRATULATIONS TO THE 2025 SECTIONAL CHAMPIONS

Class A- Elmira

Class B- Union-Endicott

Class C- Owego

SECTION IV OFFICERS

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IMPORTANT DATES

Section IV 2025-2026 Rules Interpretation Meeting:

Tuesday February 17th 6pm @ The Pour House, 4402 Watson Blvd, JC, NY.

FIRST DAY OF PRACTICE MONDAY MARCH 9TH

LAST GAME PLAYED FOR SEEDING POINTS SUNDAY MAY 11TH

(This is the last day for coaches to have their seeding information verified with the Section IV office. (Instructions for verifying seeding points will be mailed at a later date.)

If a coach does not verify seeding points, it will be assumed that the school is NOT entering the tournament, and brackets will be set up accordingly.

SEEDING MEETING TUESDAY MAY 12TH @ SECTION IV OFFICE

BRACKETS RELEASED WEDNESDAY MAY 13TH

(Brackets will be released to all schools and media by e-mail & then posted to the Section IV Website.)

QUARTER FINALS SATURDAY MAY 16th @ HIGHER SEED

SEMI FINALS WEDNESDAY MAY 20TH @ HIGHER SEED

FINALS SATURDAY MAY 23RD

2:00PM, 4:00PM & 6:00PM @ SUS VALLEY

SUB REGIONALS WEDNESDAY MAY 27TH

4:00PM, 5:30PM & 7:00PM @ SUS VALLEY

REGIONALS FINALS SATURDAY MAY 30TH @ WINNER OF SECTION 5/6

@ WINNER OF SECTION V VS. SECTION VI

STATE SEMI SATURDAY JUNE 6TH @ CORTLAND

STATE FINALS SUNDAY JUNE 7TH @ CORTLAND

CLASSIFICATION NUMBERS

Class A 1018 +

Class B 1017-601

Class C 600 – 0

Class	School	Numbers
A	Elmira	1244
A	Ithaca	1197
A	Corning	1113
A	Union Endicott	843(moved up)
B	Binghamton	944
B	Horseheads	876
B	Vestal	782
B	Maine Endwell	609
C	Johnson City	510
C	Owego	461
C	Norwich	417
C	Waverly	404
C	Chenango Valley	384
C	Susque. Valley	345
C	Windsor	339
C	Chenango Forks	317
C	Greene	203

Play-off: Only Division Games count toward playoffs unless tiebreakers needed

Tiebreakers:

1. Head-to-head
2. Division Record
3. Overall Record.
4. 1st half common opponent point differential quotient
5. 1st half division games point differential quotient
6. Coin flip (tie-breaker game if days allow)

Playoffs Class A – Top 4 (division)

Class B – Top 4 (division)

Class C – Top 3 in each division. Division winners get 1st round bye. E2 vs. W3, and W2 vs. E3

for quarterfinals. E1 plays the winner of W2/E3, W1 plays the winner of E2/W3

C-East- SV, Greene, CF, Norwich, Windsor C-West- Waverly, Owego, JC, CV

2026 Flag Football Schedule

Class	School	Week 0- 3/18	Week 1 3/20-21	Week 2 3/27-28	Week 3 4/3-4	Week 4 4/10-11	Week 5 4/17-18	Week 6 4/24-25	Week 7 5/1-2	Week 8 5/8-9	
A	Corning	Waverly	M-E	Vestal	BYE	@Binghamton	Horseheads	@Ithaca	@U-E	Elmira	
A	Elmira	Owego	@Vestal	@M-E	BYE	Horseheads	Binghamton	@U-E	Ithaca	@Corning	
A	Ithaca	@Windsor	@Binghamton	@Horseheads	BYE	Vestal	M-E	Corning	@Elmira	U-E	
A	U-E	SV	@Horseheads	Binghamton	BYE	@M-E	@Vestal	Elmira	Corning	@Ithaca	
Class	School	Week 0- 3/18	Week 1 3/20-21	Week 2 3/27-28	Week 3 4/3-4	Week 4 4/10-11	Week 5 4/17-18	Week 6 4/24-25	Week 7 5/1-2	Week 8 5/8-9	
B	Binghamton	CF	Ithaca	@UE	BYE	Corning	@Elmira	@Horseheads	@Vestal	M-E	
B	Horseheads	JC	U-E	Ithaca	BYE	@Elmira	@Corning	Binghamton	M-E	@Vestal	
B	M-E	Norwich	@Corning	Elmira	BYE	U-E	@Ithaca	Vestal	@Horseheads	@Binghamton	
B	Vestal	@CV	Elmira	@Corning	BYE	@Ithaca	U-E	@M-E	Binghamton	Horseheads	
Class	School	Week 0- 3/18	Week 1- 3/20-21	Week 2- 3/27-28	Week 3- 4/3-4	Week 4- 4/8	Week 5- 4/10-11	Week 6- 4/17-18	Week 7- 4/24-25	Week 8- 5/1-2	Week 9- 5/8-9
C	CF	@Binghamton	@Windsor	Norwich	@Waverly	SV	@Owego	Greene	@CV	BYE	JC
C	CV	Vestal/Greene	@Norwich	Waverly	@SV	Owego	@Greene	BYE	CF	@JC	Windsor
C	Greene	@CV	@Waverly	SV	@Owego	BYE	CV	@CF	JC	@Windsor	Norwich
C	Johnson City	@Horseheads	BYE	Windsor	Norwich	@Waverly	@SV	Owego	@Greene	CV	@CF
C	Norwich	@M-E	CV	@CF	@JC	Windsor	BYE	Waverly	@SV	Owego	@Greene
C	Owego	@Elmira	@SV	BYE	Greene	@CV	CF	@JC	Windsor	@Norwich	Waverly
C	SV	@U-E	Owego	@Greene	CV	@CF	JC	@Windsor	Norwich	@Waverly	BYE
C	Waverly	@Corning	Greene	@CV	CF	JC	@Windsor	@Norwich	BYE	SV	@Owego
C	Windsor	Ithaca	CF	@JC	BYE	@Norwich	Waverly	SV	@Owego	Greene	@CV

JV/Modified – ADs will schedule amongst themselves:

JV teams- Ithaca, U-E, Waverly, CV, Elmira, M-E, Horseheads, Owego, Binghamton, Corning, and Vestal

Modified teams- Johnson City, U-E, Waverly, CV, and Binghamton



10. FLAG FOOTBALL

10.01 Rules: NFHS & NYSPHSAA

10.02 Maximum Number of games: 16

10.03 Practice Requirements:

Number of practices to represent school: 6 (individual)

10.04 Nights rest between contests: 1 night

10.05 Individual contests limitation per day: 1 contest

10.06 Scrimmage limitations per day: 1 scrimmage

10.07 Waivers of NFHS FLAG Football Rules: None.

10.08 NYSPHSAA FLAG Football Rules: Flag Football Rules

10.09 FLAG Football Scrimmage Rules:

1. No official score is kept.
2. No definite time is set or kept.
3. Coaches are permitted on the field to provide instruction and make corrections.
4. Different configurations governing possession time and down and distance situations (than those normally used in a game) may be used to govern play.
5. Unlimited time-outs and stoppages of play are permitted and encouraged for the purpose of both providing instruction and adequate rest periods.
6. The use of officials would be permitted and encouraged whenever possible for the purpose of instruction regarding the rules and proper application of rules.
7. No admission may be charged.

10.10 FLAG Football Championship Week #: Week #48
(Starting Spring 2024)



OFFICIAL NYSPHSAA GIRLS FLAG FOOTBALL RULES

https://nysphsaa.org/documents/2023/2/3//NYSPHSAA_Flag_Football_Rules_Regulations_0325.pdf

*NEW THIS YEAR, YOU CAN USE ANY YOUTH SIZE SPALDING BALL COMPOSITE OR LEATHER DURING THE REGULAR SEASON AND PLAYOFFS

Physical Properties	
ATTRIBUTE	SPECIFICATION
Inflating	Inflate ball to 8 PSI
Weight	340 – 370 gm
Length	267 – 279 mm
Short Circumference (Girth)	486 – 495 mm
Long Circumference (45° from laces)	660 – 673 mm
Long Circumference (90° from laces)	660 – 673 mm
Long Circumference (over laces)	665 – 678 mm

Measurement Diagram

OVERTIME PROCEDURES

Tie Game - In case of a playoff game ending in a tie score, the officials must bring all players and coaches of both teams to the center of the field. They will discuss the tiebreaker procedures and answer all questions prior to the coin toss. After this meeting the field captains will stay while the remaining players and coaches return to their respective sidelines. A coin will be flipped or odd/even choice by the visiting team captain will determine the options as in the start of the game. The winner of the toss shall be given the options of offense, defense, or direction. The loser of the toss shall make a choice of the remaining options. Each overtime period begins with a coin toss or odd/even choice. ALL OVERTIME PERIODS ARE PLAYED TOWARD THE SAME GOAL LINE. Unless moved by penalty, each team will start 1st and goal from the 20-yard line. The object will be to score a touchdown. An overtime period consists of one possession by each team. If the score is still tied after one period, they go to a second period or as many as needed to determine a winner. If the first team which is awarded the ball scores, the opponent still has a chance to win the game. If the defense intercepts the pass or fumble and returns it for a touchdown, they win the game. If they do not return the interception for a touchdown, the ball will belong to the defense, as the offense did not convert their chance. They must convert to win, or another period starts. Each team is entitled to one time-out per overtime period.

Thunder and Lightning Policy

The NYSPHSAA Thunder and Lightning Policy requires suspending contests immediately upon hearing thunder or seeing lightning, emphasizing that these are not subjective; players and spectators must go to a safe shelter (building or metal-top vehicle), avoiding trees, poles, and water, and wait at least 30 minutes after the last thunder/lightning before resuming, resetting the clock with any new occurrence, prioritizing visible/audible signs over apps, and following specific rules for pre-game observation.

Key Procedures & Rules:

- Immediate Suspension: Stop play/activity as soon as thunder is heard or lightning is seen; no interpretation is allowed.
- Seek Shelter: Move to a substantial building or a metal-top vehicle (bus, car).
- Avoid Hazards: Stay away from trees, poles, antennas, towers, and underground watering systems.
- The 30-Minute Rule: Wait at least 30 minutes after the last thunder/lightning before restarting.
- Reset the Clock: Any subsequent thunder or lightning resets the 30-minute wait period.
- Pre-Game: If lightning is seen near the site 15 minutes before a contest, officials and school authorities should not permit play.
- Technology Use: Lightning detection apps can assist but hearing thunder or seeing lightning always takes precedence.
- Nighttime Exception: Distant lightning flashes without thunder might be safe, but confirmed detection helps.

ADMISSION TO GAMES

All teams participating in the tournament shall submit a pass list to the site chairperson on the night of the game. This pass list shall include a maximum of 20 people (coaches, players, managers, statisticians, etc.). The Varsity Cheerleaders and their Advisor only may be added to this list. Bus drivers and spectator bus chaperones will also be admitted free.

At the Arena - All players, coaches, scorekeepers, managers, etc. must enter by the back door only. Officials must also enter by the back door.

NO LEAGUE or SCHOOL PASSES will be accepted for free admission. Only those on the pass list will be admitted free. (Section IV courtesy passes and Section IV Lifetime passes will also admit two people for free.)

No bands or noisemakers including (cowbells, horns, drums, etc.) will be allowed.

GoFan Digital Ticketing will be used at Final sectional contests. (Any member school who refuses to use the GoFan Digital Ticketing platform for a Sectional Semi-Finals & Final Basketball Contest, will play that contest at the opposing school Gymnasium)

- Sectional Finals games tickets are \$6.25 **(NO CASH ACCEPTED)**
 - *Card Readers available at ticket locations for credit card purchases
 - *General Admission – Student, Adults & Senior Citizens **(NO CASH ACCEPTED)**
 - *Children 10 and under are free
- Section IV Athletic Courtesy Passes, Section IV LifeTime Passes and all NYSPHSAA Passes Accepted.

AWARDS

Immediately after each championship contest, individual medals and team trophies will be presented by a member of the Board of Education and/or a school administrator from the teams involved. The Section IV basketball coordinators shall assist in these brief ceremonies.

1. The winning team and runner up team in each classification shall receive a team trophy.
2. Each member of the winning team shall receive a gold medal and a certificate.
3. Each member of the runner-up team shall receive a silver medal and a certificate.
4. According to Section IV policy, a maximum of fifteen (15) medals will be awarded to players and coaches only on each team. A team desiring to purchase additional medals may contact the Section IV Interscholastic Sports Coordinator.

Note: If a certain class has less than 8 teams entering sectional play, the section does not provide runner-up medals and plaques.

Only those players on the regular season roster (submitted on the google form) will receive medals and certificates. Medals and certificates will NOT be given to JV's brought up for the Sectionals only