



14U Girls Flag Football

PLAYING LEVEL RULES

14U GIRLS FLAG RULES & GUIDELINES

PURPOSE

The purpose of the 14U division is to serve as a Junior High School-level program designed for older, more experienced players, while maintaining a strong focus on teaching solid offensive and defensive fundamentals. This division provides both an educational and competitive environment that helps prepare athletes for the next level of flag football at the high school level.

Coaches are reminded that the JFLOCI program was founded to ensure every player, regardless of ability, has the opportunity to participate and receive quality instruction in the sport of flag football.

RULES

The 14U Girls flag division uses the IHSA Varsity Girls Flag Football Rules found at the following link.

https://www.jfloci.com/_files/ugd/ad425c_98443636a52b4caeb44b2657190881d8.pdf

IHSA RULE EXCEPTIONS

1. The clock WILL NOT stop in the final 1 minute of each half.
2. The Mercy Rule does not apply.
3. Authorized game ball: Wilson Composite TDY (Youth) Football.

GAME START TIMES

1. The first scheduled game of the day shall not begin earlier than the published start time.
2. All subsequent games may begin up to fifteen (15) minutes prior to the scheduled start time.
3. The Site Director has discretion to authorize an early start to help maintain the game schedule.
4. Teams, coaches, players, and parents must be prepared for games to begin up to fifteen (15) minutes before the scheduled start time.

APPENDIX A – REVISIONS

Changes adopted 5-14-2026

- Added 15-minute early game start allowance.

Changes adopted 9-16-2026

- Added “composite” to clarify the officially sanctioned football requirement.