

Girls Flag Football – Interest Meeting Packet

Interest Meeting: December 17, 2025

Conditioning Begins: January 12, 2026

Season Start: January 26, 2026

Tryouts: January 28, 2026 at 1:00 PM – AAI Athletic Complex

1. Program Overview

Girls Flag Football is a fast-paced, competitive, and skill-based sport emphasizing speed, teamwork, leadership, and discipline. No previous football experience is required. Athletes will be taught fundamentals from the ground up.

Core Values: Effort & Coachability • Accountability • Team-First Mentality • Discipline On and Off the Field • Respect for Teammates, Coaches, Officials, and Opponents

2. Game Basics (Simplified Rules)

- 7-on-7 format
- 4 downs to advance to the next zone
- No tackling – flags only
- Continuous clock except final 2 minutes of each half
- Emphasis on speed, space, and strategy

Safety Rules: No tackling, jersey grabbing, stiff-arming, flag guarding, or charging into defenders

3. Offense Rules

- Quarterback must be behind the line of scrimmage to throw
- One forward pass per play
- Any player may run or receive
- Backward pass hitting ground = dead ball
- Flag guarding = 10-yard penalty

4. Defense Rules

- Defense may rush at the snap

- Major contact is prohibited
- Tackling or grabbing results in personal fouls
- Pass interference requires contact

5. Scoring & Extra Points

- Touchdown = 6 points
- Extra Points: 1 point (3-yard line), 2 points (10-yard line), 3 points (20-yard line)

6. Onside Conversion Option

Teams may attempt an onside conversion instead of a kickoff.

- Ball starts at own 20-yard line
- Must reach the 40-yard line in one play
- Success = offense keeps ball | Failure = defense takes over at 30-yard line

7. Player Positions

Offense: Quarterback, Center, Wide Receiver, Runner/Utility

Defense: Rusher,

Cornerback,

Safety/Middle Defender

All athletes will rotate and

learn multiple positions.

8. Player Expectations

Academic: Maintain school eligibility and

avoid major discipline referrals **Practice:**

Be on time, proper attire and mouthguard

required, no phones **Behavior:** Respect

teammates and coaches; effort is non-

negotiable

9. Equipment Requirements

- Mouthguard (required)
- Cleats recommended
- Athletic clothing

- Shorts with NO pockets (no belt loops or exposed drawstrings)
- Flag belts and footballs provided

10. Tryouts & Roster Selection

Tryouts will evaluate effort, attitude, coachability, speed, agility, hand-eye coordination, and teamwork. No positions are guaranteed – effort determines opportunity.

Preseason & Season Calendar

Practice Schedule: Monday–Thursday, 3:00–4:30 PM

(starting January 29, 2026) Location: On-campus PE Field |

Pickup at 4:30 PM

No Fridays unless announced | No practices during Spring Break

Key Program Dates

- Jan 12, 2026: Preseason Conditioning (3:00–4:30 PM, PE Field)
- Jan 28, 2026: Official Tryouts – 1:00 PM, Athletic Complex (Bus from school; pickup at 3:00 PM)
- Jan 29, 2026: First Official Practice (3:00–4:30 PM)
- Jan 29, 2026: Parent Meeting – 4:30 PM, On Campus
- Mid-April 2026: Playoffs conclude

Transportation Policy

- No buses to away games or athletic complex
- Carpooling is required
- Parents/guardians must arrange transportation for away games

11. Parent Communication

Parents will receive team updates, schedules, and transportation details.

Families are expected to support attendance, academics, and character development.

12. How to Sign Up

All interested athletes must complete the sign-up form distributed at the interest meeting.

Coach's Commitment: This program will be run with structure, consistency, and high expectations while creating a positive and empowering experience.

Official Game Schedule – Spring 2026

Date	Day	Time	Opponent	Home/Away	Location / Notes
Feb 17, 2026	Tuesday	5:00 PM	Gulf	HOME	AAI vs GHS @ 5:00 PM
Feb 17, 2026	Tuesday	7:00 PM	Mitchell	HOME	GHS vs HHS @ 6:00 PM / AAI vs MHS @ 7:00 PM
Feb 19, 2026	Thursday	5:00 PM	Bishop McLaughlin	AWAY	Away Game
Feb 24, 2026	Tuesday	6:00 PM	Fivay	AWAY	@ Mitchell HS
Feb 26, 2026	Thursday	6:00 PM	NTCA	AWAY	Away Game
Mar 3, 2026	Tuesday	7:00 PM	Cypress Creek	AWAY	@ Cypress Creek HS
Mar 10, 2026	Tuesday	6:00 PM	River Ridge	AWAY	@ Gulf HS
Mar 17, 2026	Tuesday	7:00 PM	Gulf	HOME	AHS vs LOLHS @ 6:00 PM
Mar 24, 2026	Tuesday	6:00 PM	Anclote	AWAY	@ Gulf HS
Mar 26, 2026	Thursday	6:00 PM	Wesley Chapel	AWAY	Away Game
Mar 26, 2026	Thursday	6:00 PM	NTCA	HOME	Home Game
Apr 7, 2026	Tuesday	7:00 PM	Hudson	HOME	AAI vs BMCHS @ 5:00 PM
Apr 7, 2026	Tuesday	5:00 PM	Bishop McLaughlin	HOME	WRHS vs MHS @ 6:00 PM / AAI vs HHS @ 7:00 PM

Postseason Schedule (Dates TBD):

- District Play-In – Monday @ Higher Seed (if necessary)
- District Quarterfinals – Monday (7:00 PM or 8:00 PM)
- District Semifinals – Tuesday – Higher Seed
- District Finals – Thursday – Higher Seed
- Regional Quarterfinals – Wednesday – 7:00 PM
- Regional Semifinals – Monday – 7:00 PM
- Regional Finals – Thursday – 7:00 PM