PCAL SPORTS RULES
GIRLS FLAG FOOTBALL
With Amendments as Approved by BOM thru December 2025

1.1 Season of Sport

This sport shall be conducted in the Fall season as defined by the Central Coast Section and State CIF by-laws. See Article V of the By-Laws of the Central Coast Section. The inaugural season for this as a league sport shall be Fall 2024.

1.2 Start Dates for Practices, Scrimmages and Contests

Dates for the start of practices, of scrimmages, and of contests shall be as set forth in Article V of the By-Laws of the Central Coast Section.

1.3 Contest Limits per Season

Limitations on the number of contests in which a team or athlete may compete shall be as set forth in Article V of the By-Laws of the Central Coast Section.

1.4 Divisions

Beginning Fall 2026, league play in Girls Flag Football shall be conducted in three (3) divisions as follows: PCAL-Gabilan; PCAL-Mission; and PCAL-Cypress.

1.5 League Schedules

1.5.1 Round Robin

The league schedule for each Division shall initially be a double round robin schedule, and shall be set in the future by the League Board of Managers from year to year.

1.5.2 Preparation and Approval of Schedules

League schedules shall be prepared by the League Commissioner and sent to the League Athletic Directors Council for review, modification as needed. The Athletic Directors Council shall then send a recommended schedule to the League Board of Managers who consider, change as they deem necessary and vote approval of a final schedule.

1.5.3 Obligation of Schools to Compete According to Schedule

See Article 19 in the League By-laws regarding the obligation of all league schools to compete according to the approved league schedule.

1.6 Contests

The following provisions shall govern all regular season Girls Flag Football contests hosted by a League School.

1.6.1 Rules of Competition

In the absence of NFHS rules for this sport, PCAL hosted contests in Girls Flag Football shall be governed and conducted by the rules of the California State CIF as found at CIF_FLAG_FOOTBALL_RULES.pdf (d2o2figo6ddd0g.cloudfront.net). Tournaments or Invitational events may be conducted under differing rules not in conflict with the State CIF rules for this sport. **[Note: there will be new NFHS Rules for Flag Football released Summer 2025. They will supersede current CIF rules, and the CIF Flag Football rules will be amended accordingly.]**

1.6.2 League Contest Start Times and Warmups

Unless otherwise agreed by the teams involved with the officials' association,

League weekday contest start times shall be as follows: **if only one contest, it shall begin at 4:00 PM, and if two contests, the JV shall begin at 4:00 PM with the Varsity to follow at 5:45 PM;** and League Saturday contest start times shall be as agreed in advance by the schools involved with the officials' association.

1.6.3 Overtime Rules

Varsity league contests that end regulation time with a tie score, including the League Tournament contests referenced hereinbelow, shall be subject to the overtime rules set forth in the Rules of Competition referenced in Rule 1.6.1 hereinabove. There shall be no overtime played in league Junior Varsity contests that end regulation time with a tie score.

1.6.4 Priority of Teams and Team Classifications

There are two possible levels of competition: Varsity and JV. Movement up and down by individual players is allowed up and down at any time during the season with careful attention being paid to the maximum contest limit for each individual player. There shall be no restrictions on Seniors' playing at the JV level.

1.7 League Championship Determination

Each of the Divisions shall have a champion, determined by the league round robin results. In the case of a first place tie between two teams, those teams shall be Co-Champions of the Division. In the case of a first place tie between three teams, those teams shall be Tri-Champions of the Division.

1.8 League Tournament

Effective Fall 2025, there shall be no League Tournament at end of season.

1.9 League Qualifiers to the CCS Playoffs

Effective Fall 2025, PCAL has been allotted Seven (7) automatic qualifiers to the CCS playoffs for Girls Flag Fooball. Those qualifier spots shall be allocated as follows: Five (5) spots shall go to the top five finishers in the PCAL-Gabilan division round robin schedule; One (1) spot shall go to the top finisher in PCAL-Mission division round robin schedule; and the remaining One(1) spot shall go to the winner of a play-in game between Gabilan 6 and the top finisher in the PCAL-Cypress division round robin schedule. In determining the order of final league standings, ties shall be broken in accordance with the PCAL Tie-Breaker rules set forth in the PCAL By-laws, Article 23.

1.10 All League Selections

Each Division shall have its own All-League selections, with those selections made by the coaches of that Division after the end of the League season. Each division shall have 18 all-league awards, 9 for offense and 9 for defense. Those selections shall be made and announced in accordance with the provisions of both the PCAL By-Laws, Article 24 and the PCAL All-League Selection Policy.

END OF GIRLS FLAG FOOTBALL SPORTS RULES

March 2025: Amendments to Sections 1.8 (eliminating league tournament) and 1.9 (establishing allocation of league qualifiers to CCS.)
May 2025: Amended Contest Start times in Section 1.6.2
December 2025: Moved to three divisions (1.4) and amended CCS qualifiers (1.9)