



FOOTBALL GIRLS FLAG

Sport Information & Rules

Dates: June 15-16, 2026

Sport Coordinator: Ryan Hunt

Phone: (435) 691-2304

Email: hunt@suu.edu

Registration Fee: \$450.00

Registration Begins: December 1, 2025

Registration Ends: June 5, 2026

Team Roster Limit: 20 Players

Team Roster Deadline: June 1, 2026

DIVISIONS:

High School Girls Varsity

High School Girls JV

Middle School Girls

High School: Based on team level for 2026-2027 school year.

Note: If we do not get enough teams registered in each division we may combine divisions.

USG Athlete Packet Pick Up:

SUU Sorenson PE Building - 560 W University Blvd

[Click for Date & Times](#)

The coach or a representative of each team should pick up the packets for the entire team.

Venues:

Field # 1 Southern Utah University North Eccles Coliseum

Field # 2 Southern Utah University South Eccles Coliseum

99 S 1100 W

Cedar City, Utah

Field # 3 Southern Utah University West Thunderbird Park

Field # 4 Southern Utah University East Thunderbird Park

105 S. 800 W.

Cedar City, Utah

Field # 5 Cedar High School North West Football Practice Field

Field # 6 Cedar High School South West Football Practice Field

Field # 7 Cedar High School North East Football Practice Field

Field # 8 Cedar High School South East Football Practice Field

703 W. 600 S.

Cedar City, Utah

Field # 9 Southern Utah University Practice Field

99 S 1100 W - Across the street west of Eccles Coliseum

Cedar City, Utah

Block Party Information:

For All Athletes/Parents/Spectators & General Public

June 5, 2026

5:00-8:00PM

SUU Practice Field (East of Freeway)

99 S 1100 W

Cedar City, Utah

Includes - Food Trucks, Music, Games, Bounce Houses, and Community Vendors

Utah Summer Games Opening Ceremony - June 5, 2026 8:30pm, SUU Eccles Coliseum

Weather Policy**EVENT INFORMATION:****Format:**

1. This tournament is a 5 game guarantee, 4 pool play, plus a single elimination tournament.
2. The Sport Coordinator will place teams into pools according to their discretion.
3. NFHS Rules

Schedules:

1. It is anticipated that game schedules will be posted on the [Utah Summer Games Web Page](#) one week prior to the event.

Rules: NFHS Rules

Field Dimensions: 80 X 40 Yards w/ 10 Yard endzones

Equipment / Uniform:

1. Although NFHS rules allow for individual states to choose various types of belts, this tournament all players must wear **pop & socket belts and flags, with 3 flags** on the belt.
2. It is required that participants must bring their own pop & socket flag belts.
3. Mouth guards are highly recommended.
4. Flag belts and flags cannot be the same color as the shorts or pants.
5. Metal Cleats are not allowed.
6. Team jerseys need to be of the same color.
7. Dark and light jersey options are recommended.
8. Players may tape their forearms, hands and fingers. Players may wear gloves, elbow pads and knee pads.
9. Plaster casts and braces with exposed metals are not allowed.
10. Players must remove all jewelry and hard billed hats. Winter beanies are allowed.
11. Players may wear soft shell helmets, halos and sunglasses but they must be secured at all times while on the field. Prescription glasses are permitted without a strap.
12. Players' jerseys must be tucked into shorts or pants if they hang below the belt line.
13. We recommend players wear shorts or pants that do not have pockets.
14. Each team's offense will provide their own game ball.

The Game:

1. At the start of each game, captains from both teams meet at midfield for the coin toss, the winner of coin toss can choose either ball or side, the opposing team then gets to choose whichever component was not chosen by the winning team.
2. A game will consist of two 20 minute halves with a continuous running clock.
3. Half time will be 5 minutes.
4. Two 1 minute time outs per half - Time outs do not carry over to the second half..
5. In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.

Overtime:

1. If the game is tied after both halves, the officials shall conduct another coin toss as done prior to the start of the game. There will only be one coin toss prior to the start of overtime. If additional overtime periods are played, the captains shall alternate choices. The choices for the winner of the toss may not defer the choice and must choose one of the following: 1. Whether to start on offense or defense. 2. Which goal to advance towards for the entirety of overtime. The loser of the toss shall exercise the remaining option for the first extra period and shall have the first choice of the two options for the subsequent even-numbered extra periods.
2. An extra period shall consist of two possession series with each team putting the ball in play at the 10-yard line closest to the selected goal. This becomes the opponent's

10-yard line. Each team retains the ball during a possession series until it scores or fails to do so in the four allotted downs (unless changed by penalty). The ball remains alive after a change of team possession until it is declared dead. However, Team A may not retain possession if they regain possession after a loss of team possession and do not score during that down. Beginning with the third extra period, a team's possession series will be one play for a one point try from the three-yard line, unless moved by penalty.

Unsportsmanlike Behavior & Code of Conduct:

1. All players are expected to follow the USG Code Of Conduct
2. Let it be known that spectators and visitors who also elect to involve themselves in a fight during a game, will be suspended from the facility for a length of time to be determined by the Tournament Director and associates.
3. Should any team, player(s) or coach be disqualified from tournament play, there will be no refunds.