

IFOA-Girls Flag Football

2026 Overtime Procedures

-OVERTIME is for VARSITY games only!

-If nonleague matchups...mutual agreement by coaches at pregame conference.

If score is tied in a VARSITY game at the end of regulation:

-Send teams to their respective sidelines, advise coaches they have three minutes before captains are called out for OT coin toss

-As a crew we will use these 3 min. at midfield to review, discuss, and prepare for OT

WE MUST BE ON THE SAME PAGE!!!!

-Each team gets one timeout for entire OT (they cannot carry over any timeouts)

-Coin toss choices: offense, defense or which end of field Loser of toss gets remaining option (example: winner of toss takes defense, loser chooses which end of field knowing they are automatically on offense)

-THERE IS NOT AN OPTION TO DEFER!

-THERE IS ONLY ONE COIN TOSS FOR ENTIRE OT PROCEDURES and ENTIRE OT WILL BE PLAYED AT THE SAME END OF FIELD!!

In the first OT period:

-Each team gets a series of downs from the 10-yard line. If a touchdown is scored by the offense, point after tries will be played from the 3-yard line (1 point try) or 10-yard line (2 point try) at the coaches' discretion. **PLEASE NOTE: Coach A may change their decision if a foul is committed by B during an unsuccessful try. (Section 3 TRY ART 8).**

If the score remains tied after the first OT period and/or any subsequent OT periods:

-Teams will alternate with extra point tries from the 3-yard line until a winner is determined

THINGS TO REMEMBER:

-Interceptions during the first OT procedure series can be returned for a touchdown.

NOT ON PAT TRIES!!!

-During ALL PAT tries..... where there is a change of possession..... the ball becomes dead and CANNOT BE RETURNED for a score!