

Rules and Editorial Changes for 2025-26 and 2026-27

The numbers and letters in the left column refer to rule, section and article, respectively. Changed or altered items are identified in the rules by a gray shaded background, unless the change results in the deletion of the entire segment containing the change.

The College Flag Football Rules Committee made the following major changes for the 2025-26 and 2026-27 seasons.

Updates made for the 2026-27 season are noted below in red.

MAJOR RULES CHANGES FOR 2025-26 AND 2026-27

Rule	Change
1.4.10	Removed tinting requirement pertaining to eyewear.
2.1.4.a-b 2.25.2 3.3.2.f 3.4.4.d 3.5.2.a 4.1.5 8.5.2	Play clock changed to a single 30 second game clock throughout the game.
3.3.1	Total playing time changed to 60 minutes with 15 minute quarters.
3.6.1.f	Establishment of a two-minute timeout.
3.6.5.a	The 10-second runoff rule starts with two minutes remaining in either half.
9.2.1	Added additional unsportsmanlike conduct actions.
9.4	Added rule for illegal use of hands, arms, or illegal contact by the defense.

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SIGNIFICANT EDITORIAL CHANGES FOR 2025

Rule	Change
1.3.1.a-h	Updated ball specifications and requirement for each team to provide at least one legal ball.
1.3.2	Clarified the down and line-to-gain indicators.
1.4.1.b.1.h	Included eyewear as a component of the uniform.
1.4.1.b.1 Note	Added note clarifying the color of undershirts and undergarments.
1.4.7.d	Added rule clarifying the color and design (i.e., school name, logo) must be the same for all players on the team.
2.2.1	Redefined the term blocking to be called screen blocking.
2.5.1	Removed definition of flag belt and apparatus as it is already defined in rule 1.4.4.
2.5.1.d	Added rule for clarification related to player eligibility throughout the down when their flag(s) become detached.
2.15.1.a & c	Clarified the definition of the neutral zone and added the requirement that any neutral zone markers are required to be off the field.
3.5.2.b	Clarified deliberately not punting the ball within four seconds is a dead ball delay of game foul.
5.1.3.b	Clarified that forward progress is when the ball has reached any line and not crossed.
6.2.3	Added penalty enforcement that has been common to the game.
6.2.4.a	Clarified deliberately not punting the ball within four seconds is a dead ball delay of game foul.
6.5.2	Clarified the rule and penalty enforcement that has been common to the game.
7.4.8.c	Added note clarifying illegal contact prior to pass (see 9.4.2).
8.2.1.a	Clarified a touchdown is scored when it breaks the “vertical” plane of the goal line.
8.3.2.b	Clarified ball placement during a try.
9.1.8	Clarified hurdling rule.
9.2.4	Clarified penalty enforcement.
9.3	Removed screening actions from rules 9.1.8-12 and created new section. Also changed the penalty from 10-yards to 5-yards.
10.2.2.b	Clarified enforcement of fouls behind the previous spot.