

2025-2026 WPIAL GIRLS' FLAG FOOTBALL SCHEDULE

January 29, 2026

First Practice Date – March 2, 2026
First Scrimmage Date – March 7, 2026
First Play Date – March 13, 2026

Maximum Competitions – 18
Maximum Scrimmages – 2

A copy of this schedule must be given to your coach. WPIAL Girls' Flag Football section play will begin on **Monday, March 16, 2026** and must be completed according to the schedule. Please check your section carefully and notify the League Office at (412) 921-7181 of any errors.

Coaches are advised that the PIAA By-Laws Article XIV, Section 3 requires that the head coach attend a minimum of one PIAA mandatory rules interpretation prior to each season. Mandatory rules meeting dates and times are available on the PIAA website. www.piaa.org

Section Champion: A "Section Plaque" will be awarded to the team with the best section record. In the event of a tie for section champion, section records between only the tied teams will be compiled. The team with the best won/loss record in head-to-head competition among the tied teams will be declared the champion. If the tie cannot clearly be broken, tied teams will be considered "Co-Champions" and all tied schools will receive a Section Plaque. In multi-team ties, the process will always revert to head-to-head if one or more team is eliminated during the process.

Playoff Qualification: Playoff Qualification: The top (4) four teams in section will enter the WPIAL tournament. All playoff entries will be determined by section record only and will be determined by the best section won/loss record. In the event of a multiple tie (two or more teams) for a playoff position, head-to-head will be the first determinant. If head-to-head does not break the tie, the following Tie-Breaking System will be used.

TIE-BREAKING SYSTEM:

- A. Section records between the tied teams will be compiled.
- B. The team(s) with the best (numerical head-to-head) section record among the tied teams will enter post-season play.
- C) If the tie cannot clearly be broken, all tied teams will enter post-season play.

EXAMPLES:

- a) Team A is clearly first; Team B is second; and Teams C, D, and E have identical section records and are tied for third. In this situation, Team C is 3-1 against Team D and E. Team D is 2-2; and Team E is 1-3. Team C is the third-place team. Head to head between D & E will decide the fourth-place team. If they split, they both enter the tournament.
- b) Team A is first. Teams B, C, and D are tied for second with identical section records. All three teams will be entered in the tournament

2025-2026 WPIAL GIRLS' FLAG FOOTBALL SCHEDULE – PAGE 2

1. All WPIAL games will be played according to the National Federation Rules.
2. The game will be played with seven players on each team.
3. The field dimensions are 80 yards long by 40 yards wide. This dimension can be found in the NFHS rule book at the very beginning. It will be listed as flag football diagram #1
4. Game ball: The NFHS lists specific dimensions for a girls football that weighs between 12-14 ounces, has a long circumference of 26-27 inches and a short circumference of 19-20 inches.
5. The uniform rule will not be enforced until the 2027 season. It is recommended that each school has home and away uniform. The NFHS has said that there will be leniency until 2027.
6. NFHS rules require flag football players to wear a properly fitted, colored (non-clear/non-white) mouthguard that covers the upper teeth at all times during play to protect against orofacial injuries. Effective 2026, mouthguards cannot have attachments.
7. Two socket flag systems are allowed to be used but starting in 2027 the three socket flag system will be mandatory. For this year if a team has a three-socket flag system they will be asked to remove one flag and play with the two-socket system.
8. Quarterbacks cannot run unless the ball is first handed off or pitched
9. Punting is allowed (protected), but no scoring kicks (PAT/FG).
10. Screen-blocking is permitted but must be non-contact (essentially a basketball-style screen).
11. Defensively, rushers must be 7 yards back and identify themselves before the snap.
12. Overtime: Teams start 20 yards from the end zone and have four plays to score.

REPORTING SCORES:

The home team is obliged to phone all scores to:

WPIAL Office – wpialscores@gmail.com

Pittsburgh Post Gazette (412-263-1621 ~ 1-877-672-6224)

highschool@post-gazette.com

Tribune Review - PGH (1-888-748-8742) ptrsports@tribweb.com

Other appropriate local papers should be notified as well.

SECTION 1

DEER LAKES
ELLIS SCHOOL
FOX CHAPEL
HAMPTON
KISKI
MARS
NAZARETH PREP
NEIGH ACAD
NEW CASTLE
NORTH ALLEGHENY
NORTH CATHOLIC
NORTH HILLS
PINE-RICHLAND
SENECA VALLEY
SHALER

SECTION 2

BALDWIN
BELLE VERNON
BETHEL PARK
BRENTWOOD
CALIFORNIA
CLAIRTON
MONESSEN
MT. LEBANON
PETERS TWP
RINGGOLD
SOUTH ALLEGHENY
SOUTH FAYETTE
THOMAS JEFFERSON
UNIONTOWN
UPPER ST CLAIR

SECTION 3

GATEWAY
GCC
GREENSBURG SALEM
JEANNETTE
LATROBE
MCKEESPORT
OAKLAND CATHOLIC
PENN HILLS
PLUM
PROPEL BRADDOCK
WEST MIFFLIN
WOODLAND HILLS

SECTION 4

ALIQUIPPA
AMBRIDGE
BISHOP CANEVIN
KEYSTONE OAKS
MONTOUR
MOON
OLSH
PROPEL ANDREW
PROPEL MONTOUR
QUALER VALLEY
SETON LA SALLE
STEEL VALLEY
STO ROX
WEST ALLEGHENY