

Flag Football

Sport Leaders: [RCX Sports Foundation](#) and [USA Football](#).

Season of competition: Spring.

SPORT SPONSORSHIP BY DIVISION

| | 2025-26 PROJECTED SPORT SPONSORSHIP |
|---------------------|--|
| DIVISION I | 4 |
| DIVISION II | 18 |
| DIVISION III | 40 |
| TOTAL | 62 |

Note: This data is derived from sport sponsorship numbers projected by NCAA member schools and internal tracking by the NCAA office of inclusion.



AVERAGE ROSTER SIZE

As reported by the RCX Sports Foundation, the average roster size varies by division:

- Division I: 20.
Note: The Division I roster cap for flag football is being determined. A Division I institution that is a member of a defendant conference or opts in to the House settlement must comply with the roster limits set forth with the provisions of Bylaw 17.2.
- Division II: 18.
- Division III: 18.

COMPETITION FORMAT

- Each game is played in a 7-on-7 format and includes four 15-minute quarters. The team with the most points at the end wins.
- The offense has four downs to advance at least 20 yards for a first down. If unsuccessful, teams surrender possession to their opponent, with the option of punting on the fourth down.
- RCX Sports Foundation and USA Football partnered with other entities to establish collegiate playing rules.
- The minimum contest standard in all three divisions is 12. Up to three competitions can be played against club programs.

CHAMPIONSHIP STRUCTURE

- At the 2026 Women's College Flag Finals, there will be games in two pools, moving into a single-elimination format. The event will be at the IMG Academy in Bradenton, Florida, from May 6-9.
- In 2025-26, the Atlantic East Conference, Central Intercollegiate Athletic Association, Conference Carolinas, Empire 8 and United East Conference will sponsor flag football championships at a conference level. The Eastern College Athletic Conference will also provide an additional opportunity for league-level competition.
 - Additional conferences are projected to announce flag football as a conference sport and championship in the future.



Photo credit to Central Intercollegiate Athletic Association

FACILITIES AND EQUIPMENT NEEDED

- The standard field is 80x40 yards plus two 10-yard endzones, and setup includes a down box, yard markers, pylons and a visible clock.
- Standard equipment includes footballs, uniforms, flag belts, cleats, mouth guards and football gloves (optional).
- Games are played with a minimum of three officials.

PROSPECTIVE STUDENT-ATHLETES

- According to the National Federation of State High School Associations, developmental flag football is expanding at the youth and high school level.
 - Girls high school flag football is currently offered in 39 states, including 17 where it is sanctioned and 22 where it is being piloted.

- In states where it is sanctioned, there were approximately 69,000 reported high school participants in 2024-25.
- There has been 60% year-over-year growth in girls high school flag football participation.

Flag football is an NCAA Emerging Sport for Women. For more information about the program, visit ncaa.org/emerging-sports-for-women.

To learn more about flag football, visit [RCX Sports Foundation](#) and [USA Football](#).



Photo credit to Alabama State University Athletics