



Section VIII
Flag Football Handbook
Spring 2026



@sec8_flagfb

Nassau County Flag Football Coaches Association

Executive Board

Section VIII Coordinator – Gary Gregory, East Rockaway
President – Matt Mooney, Bellmore-Merrick District
Vice President – Steven Fazzolari, MacArthur
Treasurer – Fred Cange, East Rockaway
Secretary – Victoria Piscatelli, Division
Athletic Directors – Joe Braico, Plainview-Old Bethpage, Middle School Coordinator
Brett Kornblum, Jericho

Conference 1 Coordinator – Ray Delucca, Syosset
Conference 2 Coordinator – Steven Fazzolari, MacArthur
Conference 3 Coordinator – Micahel Gilbert, Locust Valley

3-Classification sport: Class A (1018 & Up), Class B (601-1017), and Class C (600 & Below)

Playoffs: Based on the Section VIII Playoff Policy (A-8, B-6, C-4)

Maximum number of contests: 16 for Varsity

15 for JV

Practices before Scrim/Contest: 6

Official Ball: Spalding Advance Pro - Youth Size (Item # 72-6858)

Leather Option: Spalding Alpha Football - Youth

Rules: [NFHS/NYSPHSAA](#)

Field Layout: [Girls Flag Football](#)

Alignment: Flag Football has moved to a three-classification sport.

Conference 1 will be Class A schools, Conference 2 will be Class B schools, and Conference 3 will consist of Class C schools and schools from Class A and B in need of Relief. All schools will play at least one year in the Conference in which their Class is designated. At the conclusion of the season, schools will seed themselves and, if needed, apply for Relief for the next season. The Flag Football Committee will review all seeding and Relief requests and place schools accordingly.

2026 - Section VIII Flag Football Coaches

<u>BELLMORE-MERRICK DISTRICT</u>	MATTHEW MOODY		<u>LYNBROOK</u>	DAVE YAKER
<u>BETHPAGE</u>	KYLE SHANAHAN		<u>MACARTHUR</u>	STEVEN FAZZOLARI
<u>COLD SPRING HARBOR</u>	JON MENDRESKI		<u>MASSAPEQUA</u>	BRUCE STEGNER
<u>DIVISION</u>	VICTORIA PISCITELLI		<u>OCEANSIDE</u>	BRIAN GILBERT
<u>EAST MEADOW DISTRICT</u>	KEVIN O'HAGAN		<u>PLAINEDGE</u>	ADAM HOVORKA
<u>EAST ROCKAWAY</u>	FRED CANGE		<u>PLAINVIEW-OLD BETHPAGE</u>	ALEC ABRAMOWITZ
<u>FARMINGDALE</u>	JEFF DIMOULAS		<u>PORT WASHINGTON</u>	RYAN PROPER
<u>FREERPORT</u>	ALEX MILLER		<u>ROOSEVELT</u>	MATTHEW GABAUD
<u>GLEN COVE</u>	BRETT RUBIN		<u>ROSLYN</u>	STEVE FORMICHELLI
<u>HEMPSTEAD</u>	NICOLE DRAKE		<u>SYOSSET</u>	RAY DELUCCA
<u>HERRICKS</u>	TOM GRAEF		<u>VALLEY STREAM DISTRICT</u>	BRIAN KELLY
<u>JERICO</u>	PETER O'MALLEY		<u>WANTAGH</u>	JIM MORROW
<u>LOCUST VALLEY</u>	MICHAEL GILBERT		<u>WEST HEMPSTEAD</u>	JOE MAGARACI
<u>LONG BEACH</u>	IAN BUTLER		<u>WESTBURY</u>	TODD TEETER

Section VIII Flag Football - Spring 2025 Final Standings

Conference A

Team	League			Overall				Streak
	W	L	T	W	L	T	PCT	
Plainview-Old Bethpage JFK	11	0	0	14	1	0	0.933	L1
Syosset	10	1	0	11	2	0	0.846	L1
Valley Stream District	9	2	0	11	3	0	0.786	L1
Massapequa	8	3	0	9	5	0	0.643	L1
Port Washington	7	4	0	9	6	0	0.600	L1
Bellmore-Merrick	6	5	0	7	8	1	0.469	L2
Herricks	5	6	0	7	7	0	0.500	W1
Freeport	3	8	0	3	8	0	0.273	L2
East Meadow District	2	8	1	3	8	1	0.292	W1
Hempstead	2	8	1	2	10	1	0.192	L5
Westbury	2	9	0	2	9	0	0.182	L1
Oceanside	0	11	0	0	11	0	0.000	L11

Conference B/C

Team	League			Overall				Streak
	W	L	T	W	L	T	PCT	
Levittown Division (B)	12	1	0	15	2	0	0.882	L1
MacArthur (B)	11	2	0	12	3	0	0.800	L1
Bethpage (B)	11	2	0	13	3	0	0.813	L1
Roslyn (B)	10	3	0	11	4	0	0.733	L1
Glen Cove (B)	9	4	0	13	5	0	0.722	L1
Plainedge (C)	8	5	0	11	8	1	0.575	L1
Lynbrook (B)	7	6	0	7	8	0	0.467	L1
Roosevelt (B)	6	7	0	6	8	0	0.429	L3
Long Beach (B)	6	7	0	6	7	0	0.462	L4
East Rockaway (C)	5	8	0	7	9	0	0.438	L1
Cold Spring Harbor (C)	3	10	0	3	11	0	0.214	L2
Locust Valley (C)	2	11	0	2	13	0	0.133	L5
Jericho (B)	1	12	0	1	15	0	0.063	L12
West Hempstead (C)	0	13	0	0	13	0	0.000	L13

Important Dates

*****NO GAMES/SCRIMMAGES on 4/2, 4/3 & 4/5**

###Students must be home by 6:00 PM on 4/1

Coaches Meeting:	Wednesday December 3, 2025	7pm @ Division Ave HS
NY Jets Media Day: (*Selected based on availability & rotation)	Friday February 20, 2026	@ MetLife Stadium
Start Date:	Monday, March 9, 2026	
Rules Clinic:	Monday March 9, 2026	TBD
First Scrimmage/NL Date:	Monday, March 16, 2026	
Last Date for Games:	Friday, May 8, 2026	
Coaches Meeting: (Seed/Awards/Playoffs)	Monday May 11, 2026	@ Division Ave HS
Play In Games:	Tuesday, May 12, 2026	@ Higher Seed
Nassau County A & B Quarterfinal:	Friday, May 15, 2026	@ Higher Seed
Nassau County B Semifinal:	Tuesday, May 19, 2026	@ Mephram HS
Nassau County A Semifinal:	Wednesday, May 20, 2026	@ Division Ave HS
Nassau County C Semifinal:	Wednesday, May 20, 2026	@ Oceanside HS
Nassau County A, B & C Finals:	Saturday, May 23, 2026	@ LIU Post
Senior All-Star Game	Wednesday, May 27, 2026	@ Westbury HS
LIC:	Saturday, May 30 2026	@ LIU Post
NYS Class C Semifinal:	Saturday, June 6, 2026	9:30 am / 11:30 pm @ Cortland High School
NYS Class A Semifinal:	Saturday, June 6, 2026	9:30 am / 11:30 pm @ Homer High School
NYS Class B Semifinal:	Saturday, June 6, 2026	1:30 pm / 3:30 pm @ Homer High School
NYS Class A Final:	Sunday, June 7, 2026	11:00 am Homer @ High School
NYS Class C Final:	Sunday, June 7, 2026	1:15 pm Homer @ High School
NYS Class B Final:	Sunday, June 7, 2026	3:30 pm Homer @ High School

2026 VARSITY SCHEDULE

	<u>CONFERENCE 1</u>		<u>CONFERENCE 2</u>		<u>CONFERENCE 3</u>
1	FREEPORT - 1866	1	LONG BEACH - 918	1	LOCUST VALLEY - 435
2	SYOSSET - 1830	2	MACARTHUR - 917	2	WEST HEMPSTEAD - 414
3	VALLEY STREAM DISTRICT - 1772	3	ROSLYN - 827	3	COLD SPRING HARBOR - 371
4	BELLMORE-MERRICK DISTRICT - 1711	4	GLEN COVE - 795	4	EAST ROCKAWAY - 299
5	EAST MEADOW DISTRICT - 1451	5	ROOSEVELT - 795	5	*HEMPSTEAD - 1523
6	MASSAPEQUA - 1356	6	DIVISION - 761	6	*OCEANSIDE - 1203
7	PLAINVIEW-OLD BETHPAGE - 1290	7	BETHPAGE - 737	7	*WESTBURY - 1148
8	FARMINGDALE - 1280	8	WANTAGH - 621	8	*JERICHO - 941
9	PORT WASHINGTON - 1206	9	LYNBROOK - 605		
10	HERRICKS - 1136	10	PLAINEDGE - 605		

Conference 1 & 2 Schedules (9 conference games with 5 crossover games)

3/19	3/21	3/24	3/26	3/30	4/10	4/14
C1-1 @ C2-1	C2-2 @ C1-1	1@10	9@1	1@8	C1-1 @ C2-3	C2-4 @ C1-1
C1-2 @ C2-2	C2-3 @ C1-2	2@9	8@10	9@7	C1-2 @ C2-4	C2-5 @ C1-2
C1-3 @ C2-3	C2-4 @ C1-3	3@8	7@2	10@6	C1-3 @ C2-5	C2-1 @ C1-3
C1-4 @ C2-4	C2-5 @ C1-4	4@7	6@3	2@5	C1-4 @ C2-1	C2-2 @ C1-4
C1-5 @ C2-5	C2-1 @ C1-5	6@5	5@4	3@4	C1-5 @ C2-2	C2-3 @ C1-5
C1-6 @ C2-6	C2-7 @ C1-6				C1-6 @ C2-8	C2-9 @ C1-6
C1-7 @ C2-7	C2-8 @ C1-7				C1-7 @ C2-9	C2-10 @ C1-7
C1-8 @ C2-8	C2-9 @ C1-8				C1-8 @ C2-10	C2-6 @ C1-8
C1-9 @ C2-9	C2-10 @ C1-9				C1-9 @ C2-6	C2-7 @ C1-9
C1-10 @ C2-10	C2-6 @ C1-10				C1-10 @ C2-7	C2-8 @ C1-10

4/16	4/21	4/23	4/28	4/30	5/4	5/6
7@1	1@6	5@1	C2-5 @ C1-1	1@4	3@1	1@2
6@8	7@5	4@6	C2-1 @ C1-2	5@3	2@4	10@3
5@9	8@4	3@7	C2-2 @ C1-3	6@2	10@5	4@9
4@10	9@3	2@8	C2-3 @ C1-4	7@10	9@6	5@8
3@2	10@2	10@9	C2-4 @ C1-5	8@9	8@7	6@7
			C2-10 @ C1-6			
			C2-6 @ C1-7			
			C2-7 @ C1-8			
			C2-8 @ C1-9			
			C2-9 @ C1-10			

***Conference 3 schedules on next page

Conference 3 Schedule (14 Conference games)

3/20	3/23	3/25	3/27	3/31	4/11	4/15
1@5	6@1	1@7	8@1	1@3	4@1	1@2
2@6	7@2	2@8	5@2	2@4	3@2	3@4
3@7	8@3	3@5	6@3	5@7	8@5	5@6
4@8	5@4	4@6	7@4	6@8	7@6	7@8

4/17	4/22	4/24	4/29	5/1	5/5	5/7
5@1	1@6	7@1	1@8	3@1	1@4	2@1
6@2	2@7	8@2	2@5	4@2	2@3	4@3
7@3	3@8	5@3	3@6	7@5	5@8	6@5
8@4	4@5	6@4	4@7	8@6	6@7	8@7

Playoffs**Class A**

- The top 8 teams in Conference 1 will qualify
- Teams are seeded in order of finish, 1 - 8
- Only Conference games will count towards the playoffs
- The #8 seed will have a play-in game only if a Class A school in Conference 3 is the Conference Champion with a 90% or better record

Class B

- The top 6 teams in Conference 2 will qualify
- Teams are seeded in order of finish, 1 - 6
- Only Conference games will count towards the playoffs
- The #6 seed will have a play-in game only if a Class B school in Conference 3 is the Conference Champion with a 90% or better record

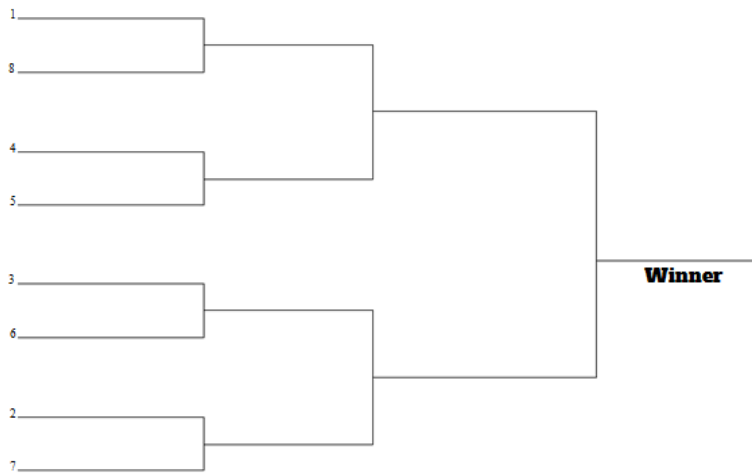
Class C

- All 4 teams qualify for the playoffs
- Teams are seeded in order of finish, 1 - 4
- Only Conference games will count towards the playoffs

Tie breakers

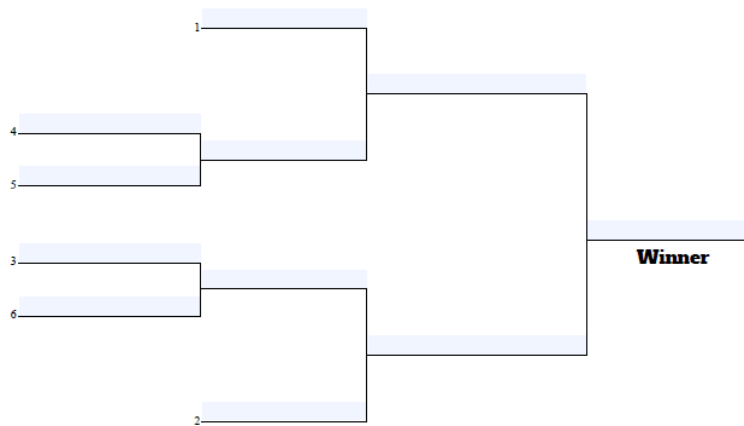
- Head-to-head
- Record against teams in the Conference in descending order (top to bottom)
- Coin flip

8 Team Single Elimination



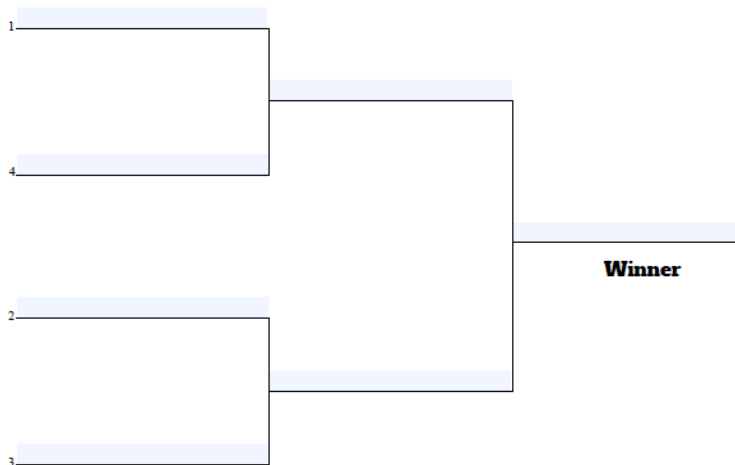
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6 Team Single Elimination



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4 Team Single Elimination



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Enrollment - JV

<u>CONFERENCE 1</u>		<u>CONFERENCE 2</u>	
1	FREEPORT - 1866	1	LONG BEACH - 918
2	SYOSSET - 1830	2	MACARTHUR - 917
3	VALLEY STREAM DISTRICT - 1772	3	ROSLYN - 827
4	BELLMORE-MERRICK DISTRICT - 1711	4	DIVISION - 761
5	MASSAPEQUA - 1356	5	BETHPAGE - 737
6	PLAINVIEW - 1290	6	WANTAGH - 621
7	WESTBURY - 1148	7	PLAINEDGE - 605
8	BYE	8	LOCUST VALLEY - 435

Conference 1 Schedule (12 games)

3/21	3/24	3/27	3/31	4/8	4/11	4/14
1@5	6@1	1@7	8@1	1@3	4@1	1@2
2@6	7@2	2@8	5@2	2@4	3@2	3@4
3@7	8@3	3@5	6@3	5@7	8@5	5@6
4@8	5@4	4@6	7@4	6@8	7@6	7@8

4/17	4/22	4/25	4/28	5/1	5/4	5/8
5@1	1@6	7@1	1@8	3@1	1@4	2@1
6@2	2@7	8@2	2@5	4@2	2@3	4@3
7@3	3@8	5@3	3@6	7@5	5@8	6@5
8@4	4@5	6@4	4@7	8@6	6@7	8@7

Conference 2 Schedule (12 games)

3/20	3/25	3/28	4/7	4/10	4/15	4/18
1@5	6@1	1@7	8@1	1@3	4@1	1@2
2@6	7@2	2@8	5@2	2@4	3@2	3@4
3@7	8@3	3@5	6@3	5@7	8@5	5@6
4@8	5@4	4@6	7@4	6@8	7@6	7@8

4/21	4/24	4/29	5/2	5/7
5@1	1@6	7@1	1@8	3@1
6@2	2@7	8@2	2@5	4@2
7@3	3@8	5@3	3@6	7@5
8@4	4@5	6@4	4@7	8@6

Film Sharing

As a reminder, a unanimous vote was held that we will film games and share them. All home teams are responsible for filming and uploading. Visitors may film as well. We will have three Pools: Conference 1, Conference 2 and Conference 3.

- Pools have been created for each Conference in Hudl
- All Home teams should upload the film in the Hudl pool ASAP (No later than 24 hours after your game)
- For crossover games, teams are required to exchange films of 2 games (Opponents can request certain games)
- 1st game of the season, if both teams had a scrimmage, they should exchange that

Rules Adopted for the Spring 2026 Season:

Girls Flag Football NFHS Rule Adoption

1. Request a waiver to not allow the Field Goal option
2. Request a waiver to continue to follow our current Flag Belt rules: 2 pop belts minimum 14' in length, add the width minimum from the NFHS Rule book of 1 ½ ' in width
3. Request a waiver to specify a 1 Yard Neutral Zone
4. Request a Waiver to the Uniform specifications as outlined in the NFHS Rule Book for Items Jersey: a-5.2.b3, a-5.2.b4, a-5.3.b3, a-5.3.b4, NUMBERS: 5-b3, b4 (Page 14 & 15) the 25-26 Season.

5-d: *Note: If schools have shorts that are not a solid color for the 25-26 season, the flag must be a clearly contrasting color to the shorts and any striping or patterns on the shorts.

Girls Flag Football Rule Request: Dead Ball Flag Checks

Officials will conduct one dead ball flag check per half at the end of one quarter per half. The athlete will be selected at random by the official.

If a belt is found to be not within the NYSPHSAA Waiver Standards, the flag check would result in an unsportsmanlike penalty. Belt Specifications: Flag Belt rules: 2 pop belts minimum 14' in length, add the width minimum from the NFHS Rule book of 1 ½ ' in width

Girls Flag Football Pilot: Onside Play

The option is only available to the team behind in score during the final 5 minutes of the second half and only immediately after the trailing team has scored a touchdown

This is a timed down.

This option is not available after the trailing team has scored a safety.

This option is never available to the team ahead in points.

After the trailing team has scored and attempted the extra point, the team captain of the trailing team must inform the referee they intend to attempt an onside play.

The ball is placed on the teams 20 yard line, going out.

This play is treated exactly like a 4th down play including the assessment of penalties with one exception. If a foul occurs that includes an automatic first down (ie. roughing the passer) the offense will not receive a new set of downs. They will receive the 15 yard penalty and replay the down, (ie, fourth and five from the 35 yard line, line to gain is the 40 yard line.)

The offense must advance the ball to the 40 yard line or beyond, after all live ball penalties have been assessed in order to retain the ball.

Dead ball penalties will not be considered in determining if the line to gain was achieved.

If the offense retains the ball the next zone-line-to-gain will be determined.

If the offense does not retain the ball the defense will take possession of the ball where it became dead (end of the run or previous LOS) and the next zone-line-to-gain will be established.

Interceptions returned to the end zone by the defense during an onside play are worth 6 points and a PAT attempt.

There is no limit to the amount of onside plays a team may use as long as the provisions of lines 1, 2, and 3 of this section are still valid.

Once the team reaches the 20 yard conversion, the play is blown dead. The team will receive the ball first and zone at their own 20 yard line. If the team does not convert, the ball is spotted where the play is blown dead.

Flag Football Point Differential Policy

Section VIII Athletic Programs are educationally based and designed to encourage safety, participation, and sportsmanship in all playing levels. Section VIII feels that Point Differential Policies will serve to provide a wider range of players with additional playing time while keeping the game competitive.

Once the score of the game reaches a point differential of 35 points or more, the clock will continue to run at all times unless the score differential reaches 14 points or less and then official time is kept.

The clock will only stop for the following:

- Injuries
- Official Timeout / Injury Timeout
- Timeouts