In high school girls flag football, **teams play 7 on 7, with no contact allowed, and the game is played on a rectangular field with a youth-sized football, focusing on passing and agility**.

Here's a more detailed breakdown of the rules:

**General Gameplay:**

* **No Contact:** Flag football is a non-contact sport, meaning there is no tackling, blocking, or diving.
* **Team Size:** Each team consists of 7 players on the field.
* **Field:** The game is played on a rectangular field with a youth-sized football.
* **Flags:** Players wear two flags on their belts, one on each hip.
* **Passing:** Flag football emphasizes passing, making it a fast-paced game.
* **No Offensive/Defensive Lines:** There are no offensive or defensive lines, relying on speed and agility to move the ball.
* **Handoffs:** Only direct handoffs are permitted; there are no laterals or pitches.
* **Flag Removal:** A defensive player can remove the flag of the ball carrier to stop the play.
* **Jersey Tucking:** Players' jerseys must be tucked into their pants at all times.
* **No Pockets/Belt Loops:** Players are not allowed to wear pants or shorts with pockets or belt loops.

**Scoring:**

* **Touchdown:** A touchdown is scored by advancing the ball into the end zone.
* **Extra Points:** Extra points can be earned through running or passing from the 5-yard line for 1 point or from the 10-yard line for 2 points.
* **Conversion Return:** A conversion attempt can be returned after an interception for 3 points.

**Other Rules:**

* **Downs and Distance:** Each team has 4 plays to advance the ball past midfield.
* **No Run Zone:** Depending on the rules, a "no run zone" may prevent teams from running plays within a certain area.
* **Blitzer:** Depending on the rules, a blitzer may be allowed, allowing a defensive player to rush the quarterback.
* **Game Length:** Games typically consist of two halves, with the length of each half determined by the league.
* **Clock:** The clock only stops for halftime, team timeouts, or player injuries.
* **Starting Possession:** Possession to start the game/half or after a score starts at the 5-yard line.
* **First Down:** A first down is achieved every 10 yards.
* **Frozen Zone:** A "frozen zone" is established when the offense gets to or inside the defense's 5-yard line, requiring the first play to be a forward pass.