

## Introduction

The Women's American Flag Football Federation (WAFFF) recognizes two divisions of women's flag football—full contact and modified contact.

Full contact is briefly defined as eight players, three players on the offensive line who are ineligible and whose goal it is to protect the quarterback, and an immediate rush by the defense. Blocking is permitted at all times.

Modified contact is made up of eight players, all of whom are eligible, and a three-second count before the defense can cross the line of scrimmage to rush the quarterback. Blocking is permitted only after a catch, a quarterback runs, or an offensive player receives a handoff.

As you read, keep in mind that these rules presume full contact. When there are exceptions to the rules, for modified contact, we will note that passage *in italics*.

NOTE: this rulebook has been compiled for the primary purpose of making the game easier to understand and interpret. These rules will govern tournaments sponsored by the Women's American Flag Football Federation. WAFFF understands that different rules may apply to youth, schools and independent leagues, but we recommend using these rules for uniformity and consistency in the game.

WAFFF has established a rules committee to review, interpret, modify and arbitrate any and all interpretations of disputes concerning the rules during its tournaments. The committee welcomes comments or suggestions from any concerned individuals or organizations. WAFFF is a membership organization and, as such, has a duty and an obligation to see that all its members are given access to and the right of comment to the organization.

## **Rule 1**

### **Conduct**

It is the goal of the Women's American Flag Football Federation to conduct the best possible tournaments for its members and to provide a positive participation experience. To achieve this objective, WAFFF asks for the cooperation of each player, coach, and sponsor. We are guests in the city in which our tournaments are conducted and nothing should occur that would reflect adversely on your team, players, our host city, or the Women's American Flag Football Federation. While we anticipate that each participant will enjoy herself both on and off the field without incident, we provide the following general rules so that there are guidelines if issues arise.

1. Team coaches must have control of their players at all times during games.
2. In case of a disputed play or decision, team coaches or captains may consult the game officials. The other players and coaches or sponsors are to be kept out of the discussion.
3. At no time will players be allowed to smoke on the field or on the sidelines during their game.
4. At no time will players be allowed to drink or have in their possession any alcoholic beverage while on the sidelines or on the playing field during the course of any game.
5. Coaches are to report any unsportsmanlike or derogatory acts by players or spectators to the tournament director. The purpose here is to prevent any serious situation developing that would be harmful to the participants.
6. Coaches, players, sponsors and teams are liable for suspension by not adhering to the tournament rules in effect. This could mean suspension for a game, games, tournament, or a longer duration depending on the violation.
7. A player, coach or sponsor may be penalized and suspended for fighting, abusive tactics or unbecoming acts that are detrimental and not in the best interest of the game.

#### **SECTION 1 TEAMS AND TEAM MEMBERS**

**ARTICLE 1:** The game of flag football played by WAFFF shall be played between two teams of eight players each. All players must also be current members of the Women's American Flag Football Federation (e.g. membership fees must be paid and the player can not be suspended or ineligible).

#### **SECTION 2 USE OF HANDS, ARMS, LEGS, AND/OR BODY**

**ARTICLE 1:** No player may strike another player with a closed hand, or a forearm. Nor, may a player strike another player with an open hand, except when executing a legal block or chuck. Any type of blow to the head is prohibited. One player may not trip, kick, knee or otherwise use her legs to disable another player's progress. The body may be used to block, legally, but may not be used as a battering ram, or to strike an opposing player below the waist, or in the back. It is a judgment call on the part of the official as to the severity of the infraction, and that official has the right - and the obligation - to penalize the

## **Rule 2 FIELD OF PLAY**

### **SECTION 1 FIELD**

The game is to be played on a level field that is 100 yards long and 40 yards wide. The 100 yard portion of the field will be divided into sections - two end zones of 10 yards each, and another section that is 80 yards long and lies between the two end zones.

**ARTICLE 1:** The 80-yard section is to be divided and marked into 10-yard segments with the centerline marked as the 40-yard line. The other marked lines will go in each direction from the 40 and be marked in ten yard increments designated as the 30, 20, 10, and Goal. These 10-yard markings may be further sub-divided into halves, so that the field can be divided into a grid of lines 5 yards apart.

**ARTICLE 2:** Further, the entire field will be outlined with a white line that will be at least 3 inches in width. The lines will be considered to be outside the field of play. The goal line, and the end zones may be marked in a color other than white.

**ARTICLE 3:** There will also be hash marks on the ten-yard and five-yard stripes. These marks will be approximately one yard in length and will be placed 15 yards from each sideline. No hash marks are to be placed on the goal or end lines.

### **SECTION 2 PLAYER BOXES**

**ARTICLE 1:** An area outside the field of play that extends between the two 20-yard lines is designated as the team box. All players, coaches, and support people - except the sixteen players participating in the game on the field of play - must stay in their respective boxes. One team on one sideline and the other team across the field on the other sideline. **Failure to stay within the designated boxes after a warning by the referee will result in a 5-yard penalty for illegal participation.**

### **SECTION 3 FIELD CONDITIONS**

**ARTICLE 1:** Games will be played in all weather except when officials deem playing conditions to be unsafe.

## Rule 3 GAME CLOCK/TIMING

### SECTION 1: GAME LENGTH

**ARTICLE 1:** Playing time shall be fifty (50) minutes, divided into two halves of 25 minutes each. Intermission between halves shall be 5 minutes.

### SECTION 2: CHOICES

**ARTICLE 1:** Approximately three minutes before the start of the game, the referee will meet at mid-field with the captains of each team. One of the captains of one of the teams, as designated by the referee, will call a coin toss (heads or tails). The winner of the coin toss will have one of two choices, either to select which team will receive, or the goal that the team will defend. The loser is automatically given the other option. At the start of the second half, the teams change ends of the field. The team that lost the pre-game coin toss is given the choice between kicking or receiving. There is no coin toss prior to the start of the second half.

### SECTION 3: STARTING THE GAME

**ARTICLE 1:** Should a team not make the designated kick-off time, **a five (5) yard penalty will be assessed for delay of game.** If a team is still not available for play after a grace period of seven (7) minutes, **the non-appearing team will forfeit the game by a score of 13 to zero.** If a team is delayed because their earlier scheduled game ran into overtime, or their last playing site is too far away from the new game site to preclude the possibility of arriving on time, they will not be penalized or be required to forfeit. **Failure to return to the field ready for play within one (1) minute, after the five minute half-time intermission and the referee's whistle signaling the end of half-time will result in a five (5) yard penalty against the offending team for delay of game.**

### SECTION 4: CLOCK/TIMING

**ARTICLE 1:** The clock will start when the kick-off is touched by a player on the receiving team or when the ball has traveled 10 yards on the kick-off and is touched by any player. The clock will run continuously during each half, except:

**ARTICLE 2:** The clock will stop:

1. During team time outs.
2. After each score and after touchbacks, while the ball is being readied for play. The clock will re-start when the ball is snapped for the next scrimmage play, or is touched on the kick-off.
3. During tries for extra points after touchdowns.
4. When the two (2) minute warning is given near the end of the first half and near the end of the game; however, once the time is given to each team, the clock will re-start when the ball is snapped for the next play.
5. During the time period after the two-minute warning, following all legal incomplete passes, and when the ball is legally spiked by the passer.
6. During this two (2) minute period, for defensive penalties, unless it benefits the defensive team. In the event of an offensive penalty - even if a pass is incomplete or spiked - the clock will not stop.

If, in the judgment of the referee, conditions or situations on the field are not in the best interests of continuous play, the referee may stop the clock until the referee is satisfied that play should continue.

## Rule 4 EQUIPMENT

### SECTION 1 UNIFORMS

Players on the same team must wear the same colored uniforms as all other players on that team.

**ARTICLE 1:** Each player must have a number on the back of the jersey, and that number must be unique, there may not be two players or more with the same number on the team. Further, the color of the number and the color of the jersey must be in contrasting colors so that the number can be readily seen and identifiable. The number, if single digit should be approximately 8" high and 4" wide. Each digit in double-digit numbers should be of similar size to the single digit number. While not required, teams may have numbers on front and back, and if they so desire, they may also have the player's name on the back of the jersey above the number, only. Team names may be on the front of the jersey above the number (if one is on the front) or on the arms of the jersey.

**ARTICLE 2:** The jersey must be worn inside the uniform pants. The uniform bottom may be shorts, sweat pants, etc., in any configuration of lengths. In no case will uniform bottoms be permitted that interfere with a defender's easy access to the flag.

**ARTICLE 3:** Baseball style caps may be worn; however, if worn, all players on the same team must all wear the same style and they must all be of the same color. Novelty hats may not be worn at any time.

**ARTICLE 4:** Should both teams have the same color uniforms and/or caps, a coin toss will be conducted by the referee. The team winning the toss will be permitted to wear their uniform shirts and/or caps. The other team will be required to change into a shirt and/or cap of another color.

**ARTICLE 5:** The flags and belts must be of contrasting color to the uniform pants.

**ARTICLE 6: Full Contact Division:** The three interior line players, i. e., the center and two other players, who are not eligible to receive a pass or to go down field on a pass play, must wear pinnies of a bright and contrasting color to the color of the uniform top. **Modified Contact Division: no pinnies necessary**

**ARTICLE 7:** The referee or the referee's designated official will determine if the uniform complies with the rules, and the spirit of the rules, i. e., not to take undue advantage or to confuse the opposition. Any attempt to circumvent the uniform rule in a manner that could provide an unfair advantage to the offending team will be dealt with before the game by the referee. An offending player or players **will not be allowed to participate until the corrections are made. If the entire team fails to correct, this will result in a game forfeit by the score of thirteen (13) to zero (0).**

### SECTION 2 BELTS

**ARTICLE 1:** The belts and flags that are approved by WAFFF are the Flag-A-Tag Sonic Socket Release type style, which are 14 inches long and 2 inches wide (minimum). The belt is to be worn fitting (not loosely) around the waist with 1 flag on each player's side. They are to be worn with the stem of flag attachment protruding outward. Excess belt must be tucked in. Flag colors must contrast player's pants/shorts and opponent's flags. Flags are not to be folded over or cut, shortened, or changed in any way. **Any team with a player wearing an altered belt or flag shall be charged with a 15-yard penalty for conduct detrimental to the game and the offending player will be ejected from the game. Following the ejection, a warning will be given to the coach of the offending team. Further violations by the same team will result in a forfeit by the score of thirteen (13) to zero (0).**

### SECTION 3 FOOTBALL

The approved ball for WAFFF tournament play is the Wilson TDY. The tournament committee will

## Rule 5 PLAYERS

### SECTION 1 NUMBER OF PARTICIPANTS

**ARTICLE 1:** The game is to be played by two teams with eight players on each side. Each team may have as many players as they want on their team roster. For tournament play, only the players listed on that roster may play in the game. In other words, a team may not add to the roster after the tournament begins. This is specifically designed to prevent teams still in a tournament from adding players from the teams that have been eliminated.

**ARTICLE 2:** A team with less than eight players available to play at the start of a game shall be deemed unable to compete, and will be required to forfeit - after the seven (7) minute grace period. **The forfeit score will be thirteen (13) to zero (0).**

**ARTICLE 3:** Should a team begin a play with less than eight players - through an oversight - there is no penalty, and play continues. Should a team begin a play with more than eight players, the play will continue, but a penalty flag will be thrown, and following the completion of the play, **the other team will have the option of taking the play or the penalty of five yards, for illegal participation, from the previous spot, i.e., the spot where the original play began.**

**ARTICLE 4:** If a team, after having started the game with a full complement of players, is unable to complete the game because of injury to players, the game will be forfeited.

### Section 2 CAPTAINS

**ARTICLE 1:** Each team will designate two team captains, one on offense, one on defense. The captain on the field will be the only one allowed to confer with the officials, except for calling time out. If that designated captain is out of the game, the team's head coach must designate another player to fill in, and will notify the referee of the change in captains. If this notification is not given to the referee, there is no penalty; however, there will be no representative to discuss situations, and that may adversely affect the play of the team without a captain.

**ARTICLE 2:** **In the judgment of the referee, should a player, other than the captain, discuss or argue penalties, plays or decisions made on the field, that player may be flagged and penalized 15 yards for conduct detrimental to the game. Should the discussion continue after the flag, that player may be ejected from the game. An ejected player must leave the playing field, and bench area, for the remainder of the game. Failure to leave may, in the judgment of the governing body, after consultation with the referee, result in that player being disbarred from the tournament.**

### SECTION 3 ELIGIBILITY

**ARTICLE 1:** Players are eligible to participate in games and tournaments if they are on the team roster and are paid-up members in good standing of the Women's American Flag Football Federation or WAFFF.

**ARTICLE 2:** During the course of a game or tournament, players may be declared ineligible under the following conditions:

1. An injury to a player that requires a time out means that injured player will be ineligible for one (1) play, after the injury.
2. Any player that is bleeding or shows any blood will be ineligible to participate until the bleeding stops and the wound is covered by a bandage.

## Rule 6 FREE KICK

### SECTION 1 PUTTING BALL IN PLAY

**ARTICLE 1:** Typically known as a kick off, a free kick can be a drop kick, a punt, or a kick either held on the ground and/or placed on a tee, which is no higher than 1" above the ground. A free kick is used to start the game and the second half. It is also used to put the ball in play after a score; however, a free kick punt may only be used to put the ball in play after a safety.

**ARTICLE 2:** The kick off will be from the kicking team's own 30-yard line - unless moved by penalty. A free kick is a live ball after it goes ten (10) yards - unless it travels into the end zone. This means that the kicking team can recover a free kick even if the receiving team has not touched it. A free kick that travels into the end zone is immediately blown dead and is a touchback - even if it has been touched or muffed by the receiving team. The ball comes out to the 20-yard line where it is put in play from scrimmage. If the receiving team deliberately carries, kicks, or pushes the ball into the end zone, and the ball is loose in the end zone it is a live ball. If recovered by the kicking team, it is a touchdown. If recovered by the offense, the ball may be run out of the end zone or covered in the end zone. If covered, it is a touchback. If, in attempting to run the ball out of the end zone, the ball carrier is de-flagged in the end zone it is a touchback. After a safety, the free kick is normally kicked from the 20-yard line of the kicking team.

**ARTICLE 3:** The position of the players on the kicking team, at the time of the free kick, is behind the line where the ball is kicked, and in the field of play. They must remain behind this line until the ball is kicked, except for the holder of the ball and the kicker whose non-kicking foot may be over the line, at which point, they may go down field in pursuit of the ball or the player who fields the ball. **Failure to stay behind the line is considered off-sides, and will result in a 5-yard penalty. The penalty will mean the ball will be re-kicked from 5 yards beyond where last kicked.** The receiving team will have the choice of the play or the penalty.

**ARTICLE 4:** The position of the receiving team players at the time of the free kick is 10 yards beyond the free kick line. They must be in bounds and may not be in front of their restraining line, i. e., that line that is 10 yards down field from the free kick line, until the ball is kicked. After the ball is kicked, they may go anyplace on the field, and block, in a legal manner, kicking team members. **Failure to stay behind the line until the ball is kicked is considered off sides and will result in a five-yard penalty.** The kicking team will have the option of taking the play or the penalty that will result in a re-kick from five (5) yards closer than where last kicked.

**ARTICLE 5:** In WAFFF play, there are no provisions for free kicking points after touchdowns, or for kicking field goals.

**ARTICLE 6:** Should a free kick go out of bounds, without touching a receiving team member, the receiving team has the option of taking the ball where it went out of bounds, or on their own 30 yard line. If it touches a receiving team member and then goes out of bounds, the ball is set up for play at the point where it went out of bounds or at the point that it was touched - whichever is closer to the receiving team's goal line. If it touches a kicking team member before going out, the receiving team has the same choices as if it had gone out of bounds without touching anyone.

**ARTICLE 7:** A free kick may also be used as an on-side kick, i. e., kicked short with the intent to be recovered by the kicking team. An on-side kick must travel 10 yards before the kicking team can touch it. If it does not go 10 yards, the ball belongs to the receiving team at

## Rule 7 SCRIMMAGE

### SECTION 1 SCRIMMAGE LINE

**ARTICLE 1:** This is the line where running, passing, and plays that result in a punt begin. It is that space that runs laterally across the field, and is the width of the length of the ball. The forward point of the ball is the forward line that defensive players may not cross until the ball is snapped. The rear point of the ball is the back line that offensive players may not cross over prior to the snap.

### SECTION 2 PLACING THE BALL

**ARTICLE 1:** After the ball is blown dead, following a free kick, punt, or a scrimmage play the referee will set the ball on the yard line where it was blown dead. Further, if the ball, when blown dead, is between the hash mark and the sideline the referee will set the ball on the hash mark nearest to the ball. If the ball is between the hash marks, the ball will be set where it was blown dead.

**ARTICLE 2:** The team with the ball will have four (4) tries to gain ten (10) yards. When the ball is set for first down, the ten yards to go chains will be positioned with the back yard marker lined up with the front end of the ball. The front marker will be stretched to its full length (10 yards), and will be used to indicate the line to go to achieve a first down. A first down is made when the front end of the ball reaches or goes beyond that front marker. A movable marker with a down indicator on it will be used to mark the position of the front end of the ball on all downs.

**MODIFIED:** *The team with the ball will have four (4) tries to gain twenty (20) yards. When the ball is set for first down, the twenty yards to go chains will be positioned with the back yard marker lined up with the front end of the ball. The front marker will be stretched to its full length (20 yards), and will be used to indicate the line to go to achieve a first down. A first down is made when the front end of the ball reaches or goes beyond that front marker. A movable marker with a down indicator on it will be used to mark the position of the front end of the ball on all downs.*

### SECTION 3 POSITION OF PLAYERS - BEFORE AND AT THE SNAP

**ARTICLE 1:** Offensive and defensive players, prior to and at the snap, must be on their own side of the ball - separated by the width of the ball. Neither side may encroach into that space which is known as the neutral zone. No part of the players' bodies may extend into that zone, except for the player centering the ball. That player (center) may, by necessity, put her hands around the ball and may tilt the ball in preparation for the snap. She may not simulate a snap, further move the ball, or tighten the hand muscles as if getting ready to snap - unless the ball is immediately snapped. In other words, **any movement designed to pull the defensive team off sides will result in an illegal procedure penalty of five yards, and the ball will be blown dead immediately, and the referee will step off the five yards.**

**ARTICLE 2:** The eight defensive players may take up any position on their side of the neutral zone, and may, when the ball is snapped, move across the neutral zone. **MODIFIED:** *Players may not rush until indicated by the referee's count.* They may also move around, simulate rushing, and drop back into any position on their side of the ball. Should they cross or enter the neutral zone - without contacting an offensive player, they may move back onto their side of the ball prior to the snap. **Should any of the defensive players be in or over the neutral zone when the ball is snapped, the play will continue; however, a flag will be**

## Rule 8 SCORING

### SECTION 1 SCORING

**ARTICLE 1:** The team that scores the greater number of points during the game, including overtime, will be the winner. (See Rule 9 Tie Breakers)

Value of scores will be:

Touchdown: Six (6) points

Safety: Two (2) points

Extra Points:

One (1) point - run or pass from 3-yard line.

Two (2) points - run or pass from 10-yard line.

**ARTICLE 2:** A touchdown occurs when the ball is legally carried or a legal completed pass is made, to the point on the field where the ball, in possession of the offensive player touches the plane of the defender's goal line.

**ARTICLE 3:** A safety occurs when the ball carrier is downed in her own end zone, when an offensive foul is committed, or when the ball is fumbled or dropped on a backward pass in that end zone. When this occurs, two points are awarded to the defensive team. Following a safety, the ball is next put in play from the offensive team's twenty yard line. It is put in play by a free kick - either by place kick or by punt.

**ARTICLE 4:** If the ball goes through the end zone during an attempted punt, without the offensive player ever securing possession of the ball, the down is lost and the ball remains at the original mark. If it is 4<sup>th</sup> down, the opposing team receives the ball at the original line of scrimmage.

**ARTICLE 5:** Extra points are attempted following a touchdown. The captain of the team that scored the touchdown will make known to the referee if her team will try for one or two points. The referee will set the ball accordingly. The referee will notify the opposition of the offensive team's intent. Once the option of one or two points has been communicated to the referee, it can only be changed by calling a time out. Should an offensive penalty occur before or during the try, the offense will be penalized according to rule and the play will take place from the new line of scrimmage. Depending upon the penalty, the defenders will have the option of taking the play or the penalty. Should a defensive penalty occur, the offense will have the option of taking the play or the penalty. If they take the play, the appropriate penalty will be assessed on the ensuing kick off. The extra point or points shall be considered made when the ball touches the plane of the goal line while in possession of the offensive team. A failed attempt occurs when the ball carrier is deflagged before the ball touches the plane of the goal line; or when a pass is intercepted, a ball is fumbled, a pass is thrown incomplete, or the ball is blown dead for reasons other than penalties. The defense may not score on extra point tries.

**ARTICLE 6:** There are no provisions for kicking extra points or field goals.

## **Rule 9 TIE BREAKERS**

When both teams have the same number of points at the end of regulation play, provision is made for playing a tiebreaker. In tournament play, tiebreakers are needed to determine which of the two teams receive the higher seed and may or may not advance.

### **SECTION 1 POINT ACCUMULATION METHOD**

Following the end of regulation play, each team will be given a three-minute time out, during which time the officials will meet with the captains at midfield for a coin toss. The team that had the ball (offense) at the conclusion of regulation play will call the toss. The team that wins the toss will have essentially the same options as the winner had at the start of the game (See Rule 3 Section 2), except, instead of selecting which team will receive, the winner will select which team will put the ball in play first.

**ARTICLE 1:** At the start of play, the ball will be placed on the ten-yard line where it will be first down and goal to go. The team that has the ball (offense) will have four downs to score a touchdown. Play will proceed as in regulation. The offense can run the ball or pass the ball. If a touchdown is scored, if no score is made after four downs, or if a forward pass is intercepted the ball goes over to the other team, and is set up at the same 10-yard line. The new offensive team will have the same opportunity to score as did the other team.

**ARTICLE 2:** This routine will continue until one of the teams holds a score advantage after each team has the same opportunities to score. For example, if the first offensive team scores on their second series of four downs, and the other team scores on their first series of downs, but not the second, the first offensive team will be declared the winner.

**ARTICLE 3:** Should a forward pass be intercepted by the defense and returned for a score, or should the defensive team score a safety the game is over and the defensive team will be declared the winner.

**ARTICLE 4:** This routine of point accumulation will continue until each team has had two possessions. If the score is still tied after each has had two possessions, the method of tiebreak then to be used will be field position.

**ARTICLE 5:** There will be one time out given per team, per period.

### **SECTION 2 FIELD POSITION METHOD**

**ARTICLE 1:** The team that lost the original tie break coin toss will have the option as defined in Rule 9, Section 1, and can select which team will defend which goal or which team will put the ball in play first.

**Article 2:** To start play, the ball will be placed on the forty-yard line, and the offensive team will have three plays to move the ball toward the defensive teams goal line. Play will be the same as in regulation, but no kicking or punting of the ball is permitted. After three plays, the opposing team puts the ball in play at the point where the last play ended. The other team then has three plays. The position of the ball on the field will decide the winner. If the ball is on the original defense's side of the 40-yard line, the original offensive team wins. If it is on the other side of the forty, the original defensive team wins.

Should the original offensive team score on their possession, the ball is then reset on the forty-yard line, and the opponents will take over. If the original offense scored on one play, then the opponents must score on one play. Likewise, for two or three plays. If it takes three plays to score, and the opponents score in two plays then the team that scores in two plays wins.

If the original offensive team loses yardage after three plays, the position of the ball is noted and recorded. The ball is reset on the forty, and the opponents begin their drive at that

## **Rule 10 PROTESTS**

In tournament play, should a team feel that a rule has been misinterpreted, or that an ineligible player has participated in the game, and that misinterpretation of rule or that ineligible player's participation has materially affected the outcome of the game, they may file a protest.

### **SECTION 1 RULE MISINTERPRETATION**

**ARTICLE 1:** To file a protest under this section, the protesting team must notify the referee that the game is being played under protest. The notification must be made immediately after the play while the ball is dead. It must be made before the snap starting the next play. A protest may not be made if the reason for the protest is based on a judgment call. A protest may not be filed after the ball has been snapped to start the next play.

**ARTICLE 2:** When a protest has been filed, the referee will stop the clock and notify the coach and the captain of the opposing team of the protest. The referee will also make a written note of the reason for the protest, and will note the game situation, i.e., the teams involved, the half, the exact time, the down, the yard line, the score, and any other pertinent information that may be required. The referee will then ask the head coach from each team to sign and date the protest document. The ball is then marked ready for play, the clock starts and play resumes.

**ARTICLE 3:** Following the game, the team that initiated the protest may withdraw the protest, or they may continue the protest. To have their protest heard, the protesting team must make a formal verbal request to have the protest heard and deposit twenty five dollars (\$25.00) cash with the rules committee no later than 10 minutes after the game ends. The rules committee, along with the referee, will meet with a representative of the protesting team within one half hour after the team has formally filed their protest, and will consider all the details surrounding the incident.

**ARTICLE 4:** If the protest is upheld, the game is resumed at the point where the protest was filed with the misinterpreted or misapplied rule corrected. Priority will be given to field availability and tournament schedule. The protesting team will have their deposit returned. If the protest is denied, the results of the game will stand, and the protesting team will forfeit their deposit.

### **SECTION 2 PARTICIPATION BY INELIGIBLE PLAYER**

**DEFINITION:** An ineligible player might be not on a WAFFF team roster, not signing the waiver, or not adhering to the tournament regulations.

**ARTICLE 1:** In tournament play, knowledge of participation by an ineligible player may not be known to the opposition immediately; therefore, protests concerning this may be filed up to the beginning of the awards ceremony. Once the awards ceremony begins, no protests of this type may be filed.

**ARTICLE 2:** To protest the use of an ineligible player, the protesting team must make a formal request to the rules committee and to the tournament director. A deposit of one hundred dollars (\$100.00) in cash is to be made to the committee/director. Within the hour, the committee, the tournament director, a representative of the protesting team and a representative of the team under question will meet. The protesting team will present any and all evidence that it may have concerning the protest.

**ARTICLE 3:** If the protest is upheld, the offending team may be disqualified, and the protesting team will have their deposit returned. If the protest is not upheld, the protesting team will forfeit their deposit.

## **PENALTY SUMMARY and Enforcement**

### **Five (5) yard Penalties:**

Illegal Participation: Failure to stay in player boxes, after warning by referee.  
**(Rule 2 Section 2 Article 1)**

More than three (3) support people on field during a time out except to attend to an injured player during an injury time out.  
**(Rule 3 Section 5 Article 1)**

More than eight (8) players on the field at the start of a play.  
**(Rule 5 Section 1 Article 3)**

Defensive player entering the field after the ball has been snapped.  
**(Rule 7 Section 5 Article 1)**

Illegal Substitution: Offensive team substitution after the offense is set.  
**(Rule 5 Section 4 Article 2)**

Failure of substitute to go to center of field before taking position for play.  
**(Rule 5 Section 4 Article 3)**

Substitution that appears to be made to confuse or deceive an opponent.  
**(Rule 5 Section 4 Article 4)**

Delay of Game: Not ready for play at designated kick off time.  
**(Rule 3 Section 3 Article 1)**

Calling a time out when none are available.  
**(Rule 3 Section 5 Article 5)**

Not putting ball in play within the allocated 25 second period.  
**(Rule 3 Section 6 Article 1)**

Running with the ball after a fair catch signal by any of the potential receivers.  
**(Rule 6 Section 2 Article 2)**

Off Sides: Player on kicking team not behind kicking line when ball is free kicked.  
**(Rule 6 Section 1 Article 3)**

Player on receiving team not behind the restraining line when the ball is free kicked.

**(Rule 6 Section 1 Article 4)**

*Defensive player crosses the line of scrimmage before the completion of the three-second count.*

**(Rule 7 Section 5 Article 3)**

Defense in the neutral zone at time of snap.

**(Rule 7 Section 3 Article 2) also see**

**(Rule 7 Section 5 Article 1)**

Defensive player makes contact with offensive player - after offense is set and before ball is snapped.

**(Rule 7 Section 3 Article 2)**

Offensive player, other than the interior line people, moves across the neutral zone prior to the snap.

**(Rule 7 Section 3 Article 5)**

Illegal Procedure: Movement by offense - other than a legal shift or motion - designed to pull the defense off sides.

**(Rule 7 Section 3 Article 1) also see**

**(Rule 7 Section 3 Article 5)**

Illegal Motion: Two or more players moving at the same time - without setting for one (1) second, prior to the snap.

**(Rule 7 Section 3 Article 4)**

Player in motion moving forward at the time of the snap.

**(Rule 7 Section 3 Article 4)**

Illegal Formation: Players not in proper alignment at the time of the snap, i. e., too many players in the backfield or too far from the ball at the time of the snap.

**(Rule 7 Section 3 Articles 3, 4, and 5)**

Illegally Downfield: Any of the three interior line people going more than one (1) yard beyond the line of scrimmage before the ball is passed. Unless they are on a block and are holding that block.

**(Rule 7 Section 4 Article 4)**

Illegal Touch or Catch: Any of the interior linepeople touching or catching a forward pass.

**(Rule 7 Section 4 Article 4)**

Intentional Grounding: Passing the ball to an area where there is no receiver in that area or passing the ball out of bounds to avoid an impending loss.

**(Rule 7 Section 4 Article 4)**

Illegal Chucking: Impeding the potential pass receiver's progress beyond the permitted five yards.

**(Rule 7 Section 5 Article 3)**

Interfering with Member of kicking team within 2 yards of receiver.

Opportunity to

**(Rule 6 Section 1 Article 8)**

Catch a Kick:

Interfering with Kicking team touches, shoves, or interferes with  
Opportunity to the receiver, after a fair catch signal.

Fair Catch:

**(Rule 6 Section 2 Article 1)**

Illegal Forward Pass: Throwing a forward pass during the return of a kick.

**(Rule 6 Section 3 Article 1)**

Throwing a forward pass after crossing the line of scrimmage.

**(Rule 7 Section 4 Article 4)**

**Ten (10) yard Penalties:**

Illegal blocking:

Offensive player holds, tackles, blocks below the waist, blocks in the back, leaves her feet to cross body block, uses hands to head or face of opponent, or trips the defender.

**(Rule 7 Section 4 Article 1)**

Early Deflagging:

Intentionally and premature removing a player's flags before she has caught the ball.

**(Rule 7 Section 5 Article 4)**

Guarding the Flag:

Player positions her hands or arms in a way as to impede the tackling player from removing her flags.

**(Rule 7 Section 4 Article 8)**

Offensive Pass

Interference

The receiver holds, shoves, face masks, or grabs the flag from the defender before the defender can make an interception.

**(Rule 7 Section 5 Article 3)**

Illegal Contact:

Head on attack when attempting to remove a flag from the ball carrier.

**(Rule 7 Section 5 Article 2)**

**Fifteen (15) yard Penalties:**

Conduct Detrimental  
to the Game:

A player wearing an altered belt or flag.

**(Rule 4 Section 2 Article 1)**

Wearing dangerous or inappropriate equipment.

**(Rule 4 Section 4 Article 3)**

A player, other than the captain, discuss or argue penalties.

**(Rule 5 Section 2 Article 2)**

Continuing to use a quick snap in punting situations,  
after being warned by the referee.

**(Rule 5 Section 4 Article 5)**

Hard running into a kick receiver.

**(Rule 6 Section 1 Article 8)**

Flagrant interfering with making a fair catch of a kick.

**(Rule 6 Section 2 Article 2)**

Running into, hitting, or roughing the kicker.

**(Rule 7 Section 5 Article 5)**

**Player Ejection:**

First violation:

Team wears altered belts and flags

**(Rule 4 Section 2 Article 1)**

Ignoring Referee's  
Request:

Not removing inappropriate equipment.

**(Rule 4 Section 4 Article 3)**

Continuing Behavior:

Arguing plays after being penalized for arguing.

**(Rule 5 Section 2 Article 2)**

**Game Forfeit:**

Non appearance:

Failure to arrive for kick off seven (7) minutes after  
scheduled time.

**(Rule 3 Section 3 Article 1)**

Ignoring Referee's  
Request:

Entire team fails to correct inappropriate equipment or  
uniforms as requested by the referee.

**(Rule 4 Section 1 Article 7)**

Continuing Violations:

Wearing altered belts and flags after penalty, ejection and

Referee's warning.  
**(Rule 4 Section 2 Article 1)**

**Other Rule and Penalty Considerations:**

Please pay particular attention to **Rule 1 Player Conduct**. Rule 1 gives the officials wide latitude in enforcing various types of conduct on the field and on the sidelines. This enforcement authorization allows the officials to penalize in whatever manner they deem appropriate. These penalties are not subject to protest. They are judgment calls, and are designed to maintain the integrity of the game.

**Penalty Enforcement:**

Penalty enforcement will not result in the awarding of a touchdown or point after. Except, when a player, not in the game, leaves the bench area to tackle, deflag, or interfere with a play that in the judgment of the officials would have had a reasonable expectation of resulting in a touchdown or in a point after conversion.

Enforced penalties will never be any greater than half the distance to the goal. For example, a five-yard penalty from the eight yard line will be confined to four yards (half the distance). A fifteen-yard penalty from the twenty-yard line will be ten yards. Exception: A defensive penalty in the defense's end zone will result in the ball being placed on the one yard line.

**ARTICLE 4:** All games in which the ineligible player participated are forfeited by a score of thirteen (13) to zero (0). If too many games have been played using the ineligible player and it is impractical to go back and correct the results, the offending team will be disqualified. Once disqualified, they are no longer eligible to participate in the tournament or to receive any awards. If practical, all the teams that are behind the disqualified team will move up one place in the standings.

### **SECTION 3 FINAL DECISIONS**

**ARTICLE 1:** The rules committee will render a written decision of their interpretation of the protest and their final decision concerning that protest. **All decisions are final.**

point. Should they also lose yardage, the team that loses the least yards is the winner.

**ARTICLE 3:** In the event this method produces a tie, the procedure is repeated as often as required until a winner emerges, with the teams alternating first possessions.

**ARTICLE 4:** There will be one time out given per team, per period.

**thrown and the defense will be charged with off-sides. Off-sides is a five-yard penalty.** The offensive team will have a choice of selecting the result of the play or the penalty. Should any member of the defensive team make contact with any offensive player, before the ball is snapped, the play will be blown dead. **The defensive team will be penalized 5 yards for off-sides and the down will remain the same.**

**ARTICLE 3:** The eight offensive players will take a position on the field whereby the three players (wearing pinnies) must be on the line of scrimmage, i. e., within one yard of the neutral zone. One of the three will be the center and the other two will be the guards. Two other players must also be on the line of scrimmage, but can only be as much as 12 lateral yards away from the ball. **MODIFIED:** *Players may position themselves anywhere along the line of scrimmage.*

**ARTICLE 4:** The other three players must be at least one yard behind the line of scrimmage; one player, who may be receiving a direct snap under the center's legs (as a quarterback in the T formation) may be closer, but not on the line. None of these three players may be more than 12 yards laterally away from the ball.

**ARTICLE 5:** Movement of the three interior players is not permitted once they are set, i.e., they are ready for the snap and have their hands on the ground, or are in a position to block. The other five players may move to change the formation; however, prior to the snap all players must be stationary for at least one second. Then, one player may go in motion, and be in motion at the time of the snap. That motion must be either laterally to the line of scrimmage or backwards to the line. **Any movement by the interior line once they are set will be an illegal procedure, and the ball will be blown dead immediately.** **MODIFIED:** *Any movement by the players once they are set on the line is illegal except for uncovered players. Uncovered players may go in motion. They may also change positions, i.e., move without being in motion providing they remain set for one second. The penalty will be five yards for illegal procedure and the down will be replayed. Any illegal movement by the other five players, such as: Moving across the line of scrimmage before the ball is snapped; two or more players moving at once without setting for one (1) second; and the person in motion moving forward prior to the snap will result in a penalty, as will not being lined up properly. The penalty will be assessed after the play finishes. The defensive team will have the choice of taking the play or the penalty. The penalty is five yards for offsides, illegal motion, and/or illegal formation.*

#### **SECTION 4 AFTER THE SNAP - OFFENSE**

**ARTICLE 1:** As soon as the ball is snapped it is a live ball and in play. **MODIFIED:** *The quarterback will have three seconds to pass or hand off the ball. The line referee will count out loud so that everyone can hear "one thousand one, one thousand two, etc." Following the completion of the count, the line referee should say "Rush" signaling to the rusher that it is legal to rush the quarterback. Should the quarterback run with the ball, the rush is immediate. The team with the ball (offense) attempts to move the ball forward by running or passing. Should they wish to turn the ball over to the other team, they may punt the ball. They do not have to inform or declare the intention to punt. This opens the possibility of a "quick" kick that can be made on any down.*

**ARTICLE 2:** If the offense elects to run the ball, all the offensive players may block the opponents to prevent them from removing the flag from the runner. These players may legally block anyplace on the field, but they may not hold or tackle the defenders, block below the defenders' waist, block in the defenders' back, leave their feet to block, use their hands to

the defenders' head or face, or use their feet to trip the defender. These are illegal blocks. **Should any offensive player, including the ball carrier, block illegally the penalty will be 10 yards from the spot of the foul or from the previous spot, whichever sets the offensive team further back from the goal line.** When running the ball, the ball may be passed backwards or laterally an unlimited number of times among the players. All players are eligible to run the ball.

**ARTICLE 3:** The runner must maintain control of her momentum. Spinning to avoid being flagged is allowed provided the runner maintains control. If the runner leaves her feet (as in hurdling) and runs, dives or falls into a defensive player, she will be considered to be out of control and a penalty will be called. **Penalty: Personal Foul-10 yards from spot of foul, end of down, down stands.**

**ARTICLE 4:** If the offensive team elects to pass the ball forward, the three interior line people (those wearing pinnies) may not go more than 1 yard beyond the line of scrimmage, unless they are on a block and hold that block. As soon as they lose contact on the block, they must remain stationary until the ball is passed. **Going down field more than 1 yard, not stopping when a block is lost beyond the 1-yard limit, and/or touching or catching a forward pass is a penalty. The penalty is 5 yards for illegal person down field or illegal touching, assessed at the end of the play from the previous spot. The defense has the choice of the play or the penalty.** The players wearing pinnies are not eligible to receive a forward pass. **MODIFIED:** *All offensive players are eligible to receive the ball. No blocking is to occur before the pass has been caught by an offensive player. Once the pass has been caught, offensive players can block to allow more yardage to be gained.* All of the other five players are eligible to receive a forward pass. Passes may be made laterally or backwards as often as the offensive players wish to pass it; however, only one forward pass may be made on each scrimmage play, and that pass must be made from behind the line of scrimmage. The offense may pass the ball backward and then throw a forward pass. Whenever a forward pass is made, regardless of what transpired before that pass, the rules governing the three interior line people are still in effect. Any of the interior line people may receive a lateral and then pass the ball forward. A forward pass that is thrown out of bounds or to an open area, without a receiver in that area, to avoid an impending loss shall be construed as intentional grounding. The referee will make that judgment. **The penalty for intentional grounding or for illegal forward pass will be 5 yards and loss of down. The defense will have the option of taking the play or the penalty.**

**ARTICLE 5:** If the offense elects to punt the ball, no one from the offensive team may cross the line of scrimmage until the ball is punted (kicked). **MODIFIED:** *The offense will have three seconds to punt the ball before the defense can rush.* Once the kick is made, the mere fact of punting the ball turns the ball over to the other team. A blocked kick belongs to the receiving team even if the kicking team recovers. The receiving team gets the ball at the point of recovery. Should the receiving team fumble, like all fumbles, it is a dead ball at the point of the fumble. The kicking team cannot advance a blocked kick, but the receiving team may advance the ball.

**ARTICLE 6:** If a player attempting to punt while in her own end zone never gains possession of the snap or fails to control the ball, the receiving team gets the ball at the one-yard line of the kicking team.

**ARTICLE 7:** Should a fumble occur while the offense is attempting to run, pass, or kick, the ball is immediately blown dead and the ball belongs to the offense at the point where the

fumble hit the ground. On a lateral or backward pass, if the intended receiver drops the ball, the play is treated as a fumble and that play is over. The referee sets the ball for the next play at the point where the ball first hit the ground and it is the next down. An incomplete pass is not a fumble. Following an incomplete pass, the ball is set up at the previous spot and the yard to gain for a first is the same, but it is now the next down.

**ARTICLE 8:** A completed pass is one that is caught and possession is attained before the receiver goes out of bounds. The pass must be caught with both feet in bounds. The pass must be caught before it hits the ground. Should a pass be caught and the receiver takes two steps and then drops or loses possession of the ball that is a fumble, and the rules governing a fumble take effect. After a pass is complete, the play becomes a running play.

**ARTICLE 9:** The offensive player may not position her hands or arms in any way as to impede the defensive player from removing her flags. **The penalty for guarding the flag is ten yards from the spot of the foul. The defense will have the option of taking the play or the penalty.**

#### **SECTION 5 AFTER THE SNAP - DEFENSE**

**ARTICLE 1:** When the ball is snapped, all defensive players must be on their side of the neutral zone and on the field of play. If they are not on their side, it is an offside penalty that will be enforced after the play. If any defensive player is not on the field of play at the snap, that player or players may not enter the field after the snap and participate in the play.

**The penalty for off sides is five yards from the previous spot. The offense will have the option of taking the play or the penalty. The penalty for illegal participation is 5 yards from the point of entry onto the field. If there is more than one player and more than one entry point, the penalty will be assessed from the point that is closest to the defensive team's goal line. The offense will have the option of taking the play or the penalty.**

**ARTICLE 2:** On running plays, the defensive players may use their hands to fend off a block, and they may push the offensive player to move that player out of the way in order to get to the ball carrier. They may not use their hands to the head or face of the offensive player and they may not hit the offensive player in the back. In the attempt to remove the flag from the ball carrier's belt, the defensive player may not hit the ball carrier head on. On any attempt to remove the flag, the defensive player must grab the flag from the side or from the back of the ball carrier. **A head on attack is a foul and is penalized 10 yards from the point of the foul for illegal contact.**

**ARTICLE 3:** On passing plays, the defensive players may converge on the passer, the same as on any ball carrier, and attempt to dislodge the flag from the passer's belt before the ball is passed. **MODIFIED:** *The defense cannot cross the line of scrimmage to dislodge the passer's flag until the line referee completes the three-second count and says "Rush."* *The penalty for rushing too soon is offsides. The offense can either have the result of the play or down over plus five yards.* Defensive players may also impede the progress of eligible receivers by "**chucking**" those receivers. Chucking refers to the practice of using the open hands and arms to slow or impede a receiver from running her pass route. Holding, tripping, chucking to the head area, or tackling is not permitted. The offensive player has the same rights as the defense to avoid or neutralize the chuck. Chucking may only occur in the first five (5) yards from the scrimmage line. Should the ball be passed forward, chucking beyond the five yard restraining line is a foul. **Penalty for chucking beyond the permissible zone is 5 yards for illegal chucking from the previous spot after the play is over. The offended team will**

**have the option of taking the play or the penalty.** Once the pass is thrown forward, no defender may interfere with the receiver's opportunity to catch the pass. The defender may not touch, hold, jostle, bump, trip, face guard, or do anything that may prevent the receiver from catching the ball. Even if the receiver catches the ball, interfering with the receiver is still a penalty. On balls that the defender has an opportunity to catch, the receiver may not interfere with the defender. Both situations are pass interference. A forward pass that is not catchable or is thrown out of bounds will not incur a pass interference penalty. Should a defender remove the flag from a potential receiver before the receiver has the opportunity to catch the ball or before the ball is caught, that is also pass interference. **The penalty for defensive pass interference will be the award of the ball at the spot of the infraction to the offensive team, and an automatic first down. Should defensive pass interference occur in the end zone, the ball is placed on the one-yard line. However, the offense has the option of taking the play or the penalty. Offensive pass interference will be a ten-yard penalty from the previous spot, but the defense has the option of taking the play or the penalty.**

**ARTICLE 4:** A defensive player may remove an offensive player's flag or flags only when making a proper attempt to deflag the ball carrier. Intentionally and prematurely removing a player's flag before she has received the ball is a penalty. **Penalty: Early Deflagging - 10 yards from the point where the ball is received plus 10 yards and an automatic first down.** If a defensive player inadvertently loses her flag, prior to successfully intercepting a pass, the interception stands but the player cannot advance the ball.

**ARTICLE 5:** If the offense elects to punt the ball away, the defense may attempt to block the kick. Unless the kick is touched or blocked by the defensive (receiving) team, the defense may not run into, hit, or rough the kicker. **Running into, hitting or roughing the kicker is a foul, and will be penalized 15 yards from the previous spot and the kicking team will be awarded an automatic first down. The kicking team will have the option of taking the play or the penalty.**

## **SECTION 6 DEAD BALL**

**ARTICLE 1:** A ball is declared dead at the spot when an official blows the whistle during a scrimmage play - either on purpose or inadvertently. The ball is also dead and the play is ended when:

- a) A defensive player removes a flag from the belt of the person with the ball.
- b) The ball carrier drops or fumbles the ball.
- c) The person with the ball falls to the ground or her knee touches the ground. It is not dead if her hand touches the ground.
- d) A pass, backward or forward, falls incomplete to a receiver.
- e) The ball carrier steps on the out of bounds line, or the ball goes out of bounds.
- f) An offensive player's flag is dislodged/removed - either intentionally or unintentionally during the course of play.
- g) A punt is on the ground and no one is attempting to pick up, retrieve, or otherwise cover the ball.
- h) A punt is touched by the kicking team after it crosses the scrimmage line.
- i) The ball crosses the goal line in the possession of the ball carrier.

j) A penalty is called that requires the referee to blow the ball dead, e. g., offensive line movement after they are set, but before the snap.

**ARTICLE 2:** After a dead ball, the referee sets the ball at the place where it was declared dead, marks it ready for play, and establishes the next down.

the point where either the kicking team or receiving team recovers the ball. Should it go out of bounds, the same rules apply as to any free kick that goes out of bounds. If it goes 10 yards, it is a legal free kick and the same rules apply as to any free kick.

**ARTICLE 8:** In all cases, the person receiving the free kick (in the air) must be given the opportunity to catch the ball and no member of the kicking team is permitted to be any closer than two (2) yards from the receiver. **Failure to give that opportunity will result in the kicking team being penalized 5 yards for interference with the opportunity to catch a kick. Flagrant violation of this rule, i.e., hard running into the receiver will be a 15-yard penalty for conduct detrimental to the game. The receiver has the right to advance the ball even after the foul has been called; however, even with a fumble or loss on the play the receiving team will have the option of taking the play or the penalty from the spot of the infraction.** If the ball first touches the ground, the kicking team may move to recover the ball, without any restrictions.

## **SECTION 2 FAIR CATCH**

**ARTICLE 1:** Any potential receivers of any free kick may signal for a fair catch, by raising the hand above the head, and waving the hand in an obvious manner. When a fair catch has been signaled, no member of the kicking team may touch or interfere with the ultimate receiver in any manner. Should the defender touch or interfere, a penalty will be called.

**ARTICLE 2:** The person who receives the fair catch - even if that person did not make the fair catch signal - may take only two steps after the catch. In order for the fair catch to be valid, the ball must be fielded cleanly. Should the receiver drop the ball the fair catch is no longer in effect. If the receiver runs with the ball, a penalty will be called. **The penalty for interfering with a fair catch is 5 yards from the spot of the foul, unless it is flagrant, then the penalty will be 15 yards. This is a judgment call by the official. The penalty for running with the ball after a fair catch is 5 yards for delay of game, from the spot of the fair catch.**

## **SECTION 3 RETURN AFTER A FREE KICK**

**ARTICLE 1:** The receiving team may advance the ball by running. They may throw the ball laterally or backwards as many times as they wish; however, they may not pass the ball forward. **Should a ball be passed forward, it is a 5-yard penalty for an illegal forward pass from the spot of the pass. The penalty will be assessed after the play. The kicking team has the option of taking the play or the penalty.**

3. Any player that has been ejected from the game will be ineligible for the remainder of the game.
4. Any player that has been disqualified from the tournament will be ineligible for the remainder of the tournament.

The referee will be the sole judge as to when or if any player is eligible to reenter a game.

#### **SECTION 4 SUBSTITUTES**

**ARTICLE 1:** Players may be freely substituted between plays; however, should the players positions require pinnies be worn then that substitute must also wear the same equipment or the substitution will be illegal. There is no need to notify the official that a substitution is being made. All substitutions must be made before the ball is snapped, and all substitutes must go to the center of the field (where the ball is located) at the line of scrimmage before taking their positions.

**ARTICLE 2:** Should the offensive team be in formation to snap the ball and all players are set, then a substitution by the offensive team will be illegal, unless a time out is requested.

**ARTICLE 3:** Failure, on the part of the substitute, to go to the center of the field at the line of scrimmage will be an illegal substitution.

**ARTICLE 4:** Any substitution that appears to be made to confuse or deceive the opposition may be declared illegal by the referee. **Penalty for illegal substitution will be five-yards with the offended team being given the option of taking the result of the play or the penalty from the previous spot.**

**ARTICLE 5:** Quick snaps will not be permitted if they prevent the defensive team from getting their substitutes on or off the field in punting situations. In non-punting situations, quick snaps may be used; however, all players must be set in their positions for at least one (1) second.

**Should a quick snap tactic be used in a punting situation, the play will be blown dead, and will be replayed from the same spot. However, the referee will notify the coach of the offending team that this tactic is not permitted, and should it re-occur, the bench will be assessed a 15-yard penalty for conduct detrimental to the game.**

provide the balls for each game. Teams may not use their own balls, even if they are the approved type of ball. The balls will be inflated to the manufacturer's specifications.

#### **SECTION 4 OTHER**

**ARTICLE 1:** All shoes must be of the variety that has molded cleats, either made of soft rubber or plastic. Cleats may not be metal, nor can they be of the screw-in types that are often found on regular tackle football shoes.

**ARTICLE 2:** No jewelry is to be worn, including, but not limited to watches, earrings, barrettes, rings and/or any other hard unyielding adornments. A sweatband may be worn around the head providing it is of a soft material and so too may rubber bands be used to hold long hair away from the face. Wrist sweatbands may also be worn, again only if they are of a soft material - and are no greater than 3" in width. Knee braces may be worn if they are well wrapped and padded, as may basketball type kneepads. No forearm, hip, thigh and/or shoulder pads; padded gloves; casts; helmets or any item that may provide an unfair advantage or may be dangerous may be worn at any time.

**ARTICLE 3:** Also, players may not use any sticky or oily substances on their uniforms, equipment, or bodies that would tend to provide the player with an unfair advantage. **The referee, or his designated official, will have the final say on the appropriateness of all equipment. If the referee deems any equipment to be dangerous or inappropriate the offending items must be removed before the player can continue. Failure to remove the offending equipment, at the referee's request, will result in a 15-yard penalty for conduct detrimental to the game and ejection from the game.**

**ARTICLE 4:** A player with an open, bleeding wound must leave the field until the bleeding stops or the wound is properly covered.

**ARTICLE 5:** WAFFF will comply with all specific facility and venue rules.

**ARTICLE 3:** The referee has sole control and discretion concerning clock management - including designating which official shall keep the official time. Official time is kept by the designated timekeeper. Stadium clocks, if available, are to be used as a guide only.

#### **SECTION 5 TIME OUTS**

**ARTICLE 1:** Each team will be entitled to four (4) time outs per regulation time per game. These time outs may be taken at any point in the game, but a team is entitled only to 2 time outs during the last two minutes of each half. A time out will last one minute from the time the clock is stopped until the referee blows the whistle and marks the ball ready for play.

**ARTICLE 2:** During an authorized time out, a maximum of three (3) coaches, trainers, etc. may enter the field to confer with players. **Having more than three (3) coaches, etc. on the field during time outs will result in a five-yard penalty for illegal participation.**

**ARTICLE 3:** Time outs may be called by any on-field player, but not by sideline personnel.

**ARTICLE 4:** Should time need to be called to treat an injured player or correct player equipment, that time will be treated as a charged time out - if time outs are available. Following the two (2) minute warnings, should no time outs be left, any player injuries and/or player equipment repairs will not stop the clock. Exception: in the case of severe injury, it is the discretion of the referee to stop the clock by declaring an official's time out.

**ARTICLE 5:** **Calling a time out when no time outs are left, will result in a five-yard penalty to the offending team for delay of game.**

**ARTICLE 6:** **Only one timeout per overtime period.**

#### **SECTION 6 PUTTING THE BALL IN PLAY**

**ARTICLE 1:** After each play, the referee will set the ball in position for play, chop with the arm and blow the whistle to indicate the ball is ready for play. From that point on, the team with the ball (offense) has 25 seconds to snap the ball and begin its next play. **Failure to put the ball in play within the allotted time will result in a five-yard penalty against the offense, for delay of game.**

offender with a 5, 10, or 15-yard penalty and/or ejection from the game.

**ARTICLE 2:** A player may not use her hands to hold another player by grabbing her uniform or wrapping her hands or arms around the opponent; pull or use an opponent's hair to slow that player's progress; use her hands, or body to assist a team member in advancing the ball; or interlock arms or hands to establish a blocking wedge. The penalty is 10 yards; however, if the official so deems, the infraction may be classified as a personal foul, and the person charged with the foul may be penalized 15 yards. Again, this is a judgment call, and the official has wide latitude in enforcement.

### **SECTION 3 CONDUCT DETRIMENTAL TO THE GAME**

- ARTICLE 1**
- a) Players may not use any abusive, inciting, insulting, or profane language, and/or gestures toward other players, coaches, officials or league and tournament personnel.
  - b) Taunting or baiting of other players.
  - c) Fighting
  - d) Demonstrating after a play in such a manner that may create ill will among players and between teams. Normal congratulations, and high fives are certainly permitted.
  - e) Spiking or kicking a ball when not in the course of a play where it is permitted. Throwing the ball at another player or official.
  - f) Blocking or shoving a player who is clearly out of bounds.
  - g) Tackling the ball carrier, or hitting the ball carrier from the front while attempting to dislodge the flag from the flag belt.
  - h) Arguing an official's call, beyond asking for a reasonable explanation, as to why the call was made. Basically, all discussions with officials should be done through and by the on-field team captains.
  - i) Unnecessary roughness such as roughing a kicker or passer, and hitting a player after the whistle blows.
  - j) Any behavior that the game officials feel is detrimental to the game, the progress of the game, and detrimental to other players and/or teammates.

**ARTICLE 2:** The officials have wide latitude in establishing what exactly is conduct detrimental to the game. These are judgment calls and are not subject to protest. Some violations, if the officials working the game deem them to be serious enough, may be brought to the attention of the tournament officials and the violator may be expelled or suspended from the tournament.