

# **2023 WCWAA FLAG FOOTBALL LEAGUE RULES**

**(Amended – Summer 2019)**

## **THE BASICS**

\*A COIN TOSS (OR HIDDEN # BEHIND REF'S BACK) DETERMINES 1ST POSSESSION. WINNER CAN TAKE BALL OR DEFER TILL 2<sup>nd</sup> HALF. TEAMS CHANGE SIDES AFTER HALFTIME.

\*THE TEAM TAKES POSSESSION OF THE BALL AT ITS 5-YARD LINE AND HAS 4 PLAYS TO CROSS MIDFIELD. ONCE A TEAM CROSSES MIDFIELD, IT HAS 4 MORE PLAYS TO SCORE A TOUCHDOWN.

\*IF THE OFFENSE FAILS TO SCORE AND DOES NOT PUNT, THE BALL CHANGES POSSESSION **AT THE SPOT OF THE LAST PLAY**. INTERCEPTIONS START AT THE SPOT OF THE DEAD BALL WHERE THE DEFENDER WAS DEEMED DOWN.

\*ALL OTHER POSSESSION CHANGES (INCLUDING PUNTS), START ON 5 YD LINE.

The weather will be monitored closely. *The WCWAA Summer Program Director and/or WCWAA Football Board will determine whether helmets will be worn or not. We will always monitor the heat as the players safety is our MOST important concern. The decision will not be made by individual coaches or parents.*

## **TIMING/OVERTIME**

\*GAMES ARE PLAYED FOR 45 MINUTES OF RUNNING TIME (**20 MIN. PER HALF**) WITH A 3 MIN. HALFTIME. OFFICIALS CAN STOP THE GAME AT THEIR DISCRETION (Ex. FOR EXTRA WATER BREAKS, DURING STALLING TACTICS, INJURY OR INCLIMATE WEATHER).

\*IF THE SCORE IS TIED AT THE END OF 45 MINUTES, TEAMS MOVE DIRECTLY INTO OVERTIME. COIN TOSS TO DETERMINE FIRST POSSESSION OF OVERTIME. WINNER STARTS AT THEIR OWN 5 YD LINE. FIRST TEAM TO SCORE WINS O.T. (Pro rules, not college OT)

\*EACH TIME THE BALL IS SPOTTED, A TEAM HAS **20 SECONDS TO BREAK THE HUDDLE** AND AN **ADDITIONAL 10 SECONDS TO SNAP THE BALL**. TEAMS WILL RECEIVE ONE WARNING BEFORE A DELAY-OF-GAME PENALTY IS ENFORCED. Delay of game is a 5 yard penalty.

\*EACH TEAM HAS **ONE 30 SECOND TIMEOUTS PER HALF**.

## **TEAM NUMBERS**

TINY MITE (5 /6 yrs. old)- STANDARD GAMES WILL BE **6 vs 6**.

MITEY MITES (7/ 8 yrs. old)- STANDARD GAMES WILL BE **6 vs 6**.

JUNIOR PEE WEE (9 / 10 yrs. old)- STANDARD GAME WILL BE **5 vs 5**.

## **SIDE LINES**

\***ONLY PLAYERS & REGISTERED COACHES ARE ALLOWED ON THE TEAM SIDELINE.**

## **SCORING**

- TOUCHDOWN 6 POINTS
- EXTRA POINTS:
  - 1 POINT (PLAYED FROM 5 YD LINE)
  - 2 POINTS (PLAYED FROM 12 YD LINE)
- SAFETY 2 POINTS

## **GENERAL RULES**

\*Tiny Mite **WILL HAVE A 5 YARD BUFFER BETWEEN BALL AND DEFENSE. DEFENSE CANNOT ADVANCE UNTIL RUNNER CROSSES THE LINE OF SCRIMMAGE. The Buffer WILL NOT be used when a team is at the 5 yard line. The teams are then allowed to play at the line of scrimmage.**

\*NO FLAG GUARDING WHILE RUNNING WITH THE BALL (AKA STIFF ARM).

**\*FLAG BELTS MUST BE ON TOP OF THE JERSEY AND COMPLETELY VISIBLE.**

\*NO DOUBLE TYING OR LOOPING YOUR BELT TO KEEP IT EXTRA TIGHT.

\*NO BLOCKING IS ALLOWED. BLOCKING IS DEFINED AS PHYSICAL CONTACT BEING INITIATED BY THE OFFENSIVE PLAYER. A BASKETBALL-TYPE PICK IS ALLOWED, BUT ANY OTHER CONTACT WILL BE DEEMED A BLOCK AND BALL WILL BE DEAD **AT THE SPOT OF THE FOUL.**

\*ONCE THE BALL HAS BEEN HANDED OFF BY THE QB TO ANOTHER PLAYER, ALL DEFENSIVE PLAYERS ARE ELIGIBLE TO RUSH IN PAST LINE OF SCRIMMAGE.

\*SPINNING IS ALLOWED, BUT PLAYERS CANNOT STIFF ARM, HURDLE OTHER PLAYERS, OR DIVE OVER SOMEONE TO AVOID A DEFENSIVE PLAYER TACKLE (Safety concern).

\*THE BALL IS SPOTTED **WHERE THE BALL IS LOCATED** WHEN THE FLAG IS PULLED. **IF THE FLAG BELT FALLS OFF THE BALL CARRIER THEN IT IS ONE HAND TOUCH TO GET THE RUNNER DOWN.**

\*LATERALS & PITCHES ARE ALLOWED (there are no fumbles & no stripping the ball).

\*ALL PLAYERS ARE ELIGIBLE TO RECEIVE PASSES (INCLUDING THE QUARTERBACK IF THE BALL HAS BEEN HANDED OFF BEHIND THE LINE OF SCRIMMAGE).

\*ONLY **1 PLAYER** IS ALLOWED IN MOTION AT A TIME.

\*A PLAYER MUST HAVE AT LEAST **1 FOOT IN BOUNDS** WHEN MAKING A RECEPTION (unless pushed out in mid-air and the referee determines that the player would have gotten at least 1 foot down in bounds).

### **QUARTERBACK RUNNING**

\*THE QUARTERBACK CAN RUN PAST THE LINE OF SCRIMMAGE WITH THE BALL FROM A DIRECT SNAP **ONLY** when blitzed. The blitzer **MUST** be across the line of scrimmage.

### **TACKLING**

\*IF A DEFENSIVE PLAYER TACKLES A RUNNER IN A NON-BREAK AWAY SITUATION, THE BALL WILL BE SPOTTED AT THE POINT OF THE TACKLE AND THERE WILL BE A **10 YARD PENALTY** ISSUED TO THE DEFENSE **AND A WARNING** WILL ALSO BE ISSUED TO THE PLAYER WHO MADE THE TACKLE. A SECOND INCIDENT WILL RESULT IN REMOVING THAT PLAYER FOR AT LEAST HALF OF THE GAME.

**\*IF AN OFFENSIVE PLAYER HAS A CLEAR BREAK AWAY RUN AND IS TACKLED FROM BEHIND WITH NO EFFORT BEING MADE TO GRAB THE FLAG, A TOUCHDOWN SHALL BE AWARDED TO THE OFFENSE.**

### **NO RUNNING ZONES**

\*LOCATED 5 YARDS FROM EACH END ZONE AND 5 YARDS FROM THE MIDFIELD FIRST DOWN LINE AND THEY ARE DESIGNED TO AVOID SHORT YARDAGE POWER RUNNING SITUATIONS AND FORCE TEAMS TO PASS THE BALL FOR A

TD/FIRST DOWN.

### **PASSING**

\*THE QUARTERBACK HAS A **7 SECOND "PASS CLOCK"**. IF A PASS IS NOT THROWN WITHIN THE 7 SECONDS, THE PLAY IS DEAD AND THE BALL WILL BE PLACED BACK AT THE LINE OF SCRIMMAGE AND THE DOWN IS LOST.

\*ONCE THE BALL IS HANDED OFF FROM THE QB TO ANOTHER PLAYER THEN THE 7 SECOND RULE TO PASS THE BALL IS NO LONGER IN EFFECT.

### **DEAD BALL**

\*THE BALL CAN BE SNAPPED BETWEEN THE CENTER'S LEGS OR FROM THE CENTER'S SIDE.

\*SUBSTITUTIONS MAY BE MADE ON ANY DEAD BALL.

\*THE PLAY IS RULED "DEAD" WHEN:

- BALL CARRIER STEPS OUT OF BOUNDS
- TOUCHDOWN OR SAFETY IS SCORED
- BALL CARRIER'S KNEE TOUCHES THE GROUND (college rule, Not pro rule)
- ***IN THE EVENT THE FLAG OR BELT FALLS OFF THE BALLCARRIER IT IS ONE HAND TOUCH FOR THE DEFENSE TO GET BALLCARRIER DOWN. If a player not wearing a flag belt catches a ball downfield it is still ONE HAND TOUCH.***

\*NO FUMBLES OR STRIPPING THE BALL. BALL IS SPOTTED WHERE BALL HITS THE GROUND.

\*INTERCEPTIONS ARE PERMITTED, AND MAY BE RETURNED FOR A TOUCHDOWN.

\*IN THE EVENT AN INTERCEPTION IS MADE IN THE END-ZONE THE PLAYER MUST ADVANCE THE BALL. IF A PLAYER DOWNS THE BALL OR IS TACKLED IN THEIR OWN END ZONE, THE TEAM THAT INTERCEPTED THE BALL STARTS ON THEIR OWN 5 YARD LINE.

\*EXTRA POINT ATTEMPTS **CANNOT** BE INTERCEPTED AND RETURNED FOR POINTS.

### **RUSHING THE QUARTERBACK**

\*ALL PLAYERS THAT RUSH THE QB MUST BE AT LEAST 10 YARDS FROM THE LINE OF SCRIMMAGE WHEN THE BALL IS SNAPPED.

\*ANY NUMBER OF PLAYERS CAN RUSH THE QB BUT MUST GO **ON THE ACTUAL SNAP OF THE BALL** AND NOT ON THE WORD "HIKE".

\*PLAYERS **CAN** BLITZ ON THE **EXTRA POINT**, BUT THE 10 YARD CONE MUST BE MARKED OFF IN THE **ENDZONE** IF IT'S A 1 POINT CONVERSION.

\*PLAYERS NOT RUSHING THE QB FROM 10 YDS BACK MAY DEFEND THE LINE OF SCRIMMAGE, BUT NOT CROSS IT UNLESS THERE IS A HAND OFF BY THE QB.

\*A DISC-CONE MARKER WILL DESIGNATE 10 YARDS FROM THE LINE OF SCRIMMAGE.

***\*ILLEGAL RUSHING (STARTING RUSH FROM INSIDE 10-YARD MARKER) IS A WARNING AND REPLAY THE PLAY FOR THE FIRST FOUL, THEN ALL AFTER THAT WILL BE A 10 YD PENALTY OR HALF THE DISTANCE TO THE GOAL AND AN AUTOMATIC FIRST DOWN.***

### **MUST PLAY RULE**

\*EACH PLAYER AT THE GAME SHOULD PLAY AN EQUAL AMOUNT OF TIME (AS MUCH AS POSSIBLE). VIOLATION RESULTS IN FORFEIT OF ALL POINTS SCORED. A SECOND VIOLATION RESULTS IN FORFEIT OF THE GAME.

## **ATTIRE**

\*CLEATS OR GYM SHOES ARE ALLOWED, BUT NO METAL SPIKES.

\*ALL PLAYERS MUST WEAR A GAME JERSEY AND FLAG BELT AT ALL TIMES UNLESS INSTRUCTED TO DO DIFFERENTLY BY THE REFEREE.

## **SET-UP**

\*DIRECTORS, REFEREES & COACHES ALL HELP WITH FIELD SET-UP & TEAR DOWN.

\*LIGHTNING AND INCLEMENT WEATHER WILL RESULT IN A DELAY AND THE PLAYERS SHOULD WAIT IN AN APPROPRIATE, SAFE PLACE UNTIL DIRECTORS DETERMINE IF PLAY WILL RESUME OR IF THE GAMES WILL BE CANCELLED THAT NIGHT.

## **Additional Rule Clarifications (Added 6/2019)**

### **Passing:**

If the QB runs pass the line of scrimmage while throwing the pass, it is a **5 yard penalty and loss of down**. (That would include 4<sup>th</sup> down too, resulting in a turnover on downs).