

Wylie Football League Junior (FG-1) and Senior (FG-2) Flag Rules

Introduction

FLAG Football is a popular game filled with fun and a continuous level of action. During games the offensive team plays for a first down by crossing midfield and scores touchdowns in the end zone. Running and passing plays are allowed, although there are designated “no-running zones” 5 yards before the midfield and each goal line. The defensive team covers receivers, is allowed to rush the passer and makes a “tackle” by removing the opposing player’s flag(s).

The WFL uses the NFL FLAG Football rules a guideline, with the modifications noted in this document as exceptions. NFL Flag rules are available for review at <http://www.nflflag.com/>.

SPECTATORS All spectators will also be expected to demonstrate positive sportsmanship.

Spectators who cannot demonstrate proper sportsmanship will be asked to leave the game site and will not be allowed at the next game. Failure to leave the game site after being asked to do so by game officials or an WFL representative can result in the game being forfeited. Spectators shall adhere to field guidelines. See Parent Code of conduct on the WFL web-site

1.0 PLAYER ELIGIBILITY

The WFL Flag football program is for boys and girls Ages from 4 to 7.

WFL Football is age based, in order to play in a division, the player must be within an age group that corresponds with the Division number. To play in Flag Division 1 (FG-1), the player must be 4 to 5 years of age. To play Flag Division 2 (FG-2) a player must be 6 to 7 years of age regardless of grade. (*see Age Chart*)

2.0 PLAYING UP

WFL Football believes that players should participate at their own age level and we discourage the practice of playing up with older participants. However, if parents wish to move their player to the next level, the WFL will review the request on a case by case basis.

3.0 MINIMUM PLAYING TIME RULE

Except for injuries, all players must start on either offense or defense and may only sit out 1 play per half. Free substitution is allowed in any overtime period. All players and coaches must be registered before they can practice or play in a game. Violations of this rule will result in the removal of the player, forfeiture of games as applicable, or removal of the coach.

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- 3.1 **Minimum playing time rule exception:** In the case where the player fails to show for team practices the head coach may deviate from this rule as he deems necessary for the safety of the player.

FOR KINDERGARTEN DIVISION FG-1 ONLY: Each player must be able to carry the ball at least once per game before any player can carry the ball more than once. A run or an attempted pass reception is considered a carry. No ball carrier is allowed to have consecutive runs.

The league suggestion is to run the players who do not normally carry the ball on your first few offensive plays, then use your regular backs the rest of the game. Coaches must develop a plan to implement this rule.

4.0 WFL Flag Rules:

- 4.1 **Field Dimensions & Ball:** The playing field will be 70 x 35 yards. The Football size for all flag leagues is Pee-Wee Size or equivalent.
- 4.2 **Pre-Game Warm-ups:** Teams cannot begin warming up prior to half-time of the preceding game. If it is the first game of the day, warm-ups may not begin prior to 45 minutes before game time.
- 4.3 **Coin Toss:** A coin toss determines first possession. Home team calls coin toss. The winner of the toss may elect offense, defense, defend a goal or defer their option to the second half. Possession will change to the loser of the coin toss to begin the second half or to the winner of the coin toss who deferred their option to the second half.
- 4.4 **During Post-season Games,** Head Coaches shall meet with the Head Official at midfield prior to the coin toss to ensure all are familiar with the rules of WFL Flag Football. A key list of rules shall be supplied by the league for review
- 4.5 **Kickoffs:** No kickoffs are allowed.
- 4.6 Reserved
- 4.7 **CONTACT IS ALLOWED :** This rule change will take effect in 2020. Contact in all divisions will be allowed contact will be Open handed contact between shoulders and waist

Blocking:

- 4.7.1 Contact blocking is allowed between the shoulders and waist only (a.k.a. "inside the frame").

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- 4.7.2 All blocking must INITIATE with open hands and not the elbows/shoulders (i.e. players cannot begin a block with their shoulders).
- 4.7.3 Blockers must be on their feet before, during and after contact is made with their opponents.
- 4.7.4 No contact of any kind is allowed above the shoulders of an opponent.
- 4.7.5 Illegal blocks include:
 - 4.7.5.1 Leading with the shoulder
 - 4.7.5.2. Low/chop/cut blocks: An attempt by a player to block an opponent at the thigh level or lower.
 - 4.7.5.3. Crack-back block: A blind-side block on a player by an opponent who starts downfield and then cuts back toward the original spot of the ball to make contact.
 - 4.7.5.4. Blind-side block: Engaging an opponent who does not see the block approaching with anything other than fully extended arms and open palms.
 - 4.7.5.5. Clipping: A player hitting an opponent from behind.
 - 4.7.5.6. Tripping: A player using their leg or foot to stop an opponent's forward motion.
 - 4.7.5.7. Hook or hug block: A player gaining advantage of an opponent by turning or detaining the opponent by illegally tackling or using arms around the body, waist, shoulders, or arms.
 - 4.7.5.8. Rolling blocks: A player on the ground attempting to block or engage an opponent by moving or turning over and over on an axis.
 - 4.7.5.9. Dive blocks: A player leaving her feet to engage an opponent.
 - 4.7.5.10. Making contact with an opponent while swinging or flipping hands, arms or elbows.
 - 4.7.5.11. Slapping, punching, or swinging at an opponent with hands, arms or elbows.
 - 4.7.5.12. Grabbing or holding an opponent's jersey while blocking.
 - 4.7.5.13. Interlocking of blocker's fingers or hands.

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4.7.5.14. Laying on a downed defender

4.7.6 Swim moves (a player using a maneuver like a freestyle swimming stroke to get past an opponent) are legal. However, if the swim moves results in contact to an opponent above the shoulder (neck, head, or face) it is illegal.

4.7.7 Downfield blocking for the ball carrier is allowed.

4.7.8 Blocking downfield while the ball is in the air is pass interference except if the pass is behind the line of scrimmage.

4.7.9 Two-on-one blocking is permitted as long as both blockers are engaging the opponent above the waist.

4.7.10 If a player turns to expose their back, it is not an illegal block as long as their opponent maintains contact with the player from the initial block.

4.8 reserved

5.0 Snaps:

5.1 **Junior FG-1 Flag:** QB/Coach is allowed to set his players, they go get the football from line of scrimmage and set up in a shotgun formation with ball held forward to call the snap to start the play. This will help the QB/Coach from turning around (*concealing the ball*) to hand the ball off to a player.

5.1.1 The QB/Coach is not allowed to "Conceal" the Ball

5.2 **Senior FG-2 Flag:** the ball must be snapped between the legs. Side snaps are not allowed.

5.2.1 **FG-2 Flag:** A snap that is dropped is considered a live ball, and the QUARTERBACK is allowed to pick the ball up and continue the play.

6.0 Pitches: Pitching is allowed.

6.1 If the Player misses the pitch the ball is marked down, and the play is dead at the spot the ball hits the ground. Traditional football rules apply for pitches.

7.0 Handoffs: All offensive players are eligible to be ball carriers.

7.1 The Quarterback can hand the ball off in any direction.

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7.1.1 **Division 1** (FG-1) QB/Coach is not allowed to conceal the football (Ball behind the body) during a handoff or pass play. Handoffs must be in front or to the side (90 degrees) of the QB/Coach

7.2 The ball is dead when the ball hits the ground on all handoffs.

7.2.1 Center – to QUARTERBACK – Center handoffs: In the event that the Center is given the ball, the QUARTERBACK shall have a clear and obvious possession of the ball prior to handing off to the Center.

7.2.2 Further, the QUARTERBACK is required to make an obvious “football move” with the ball prior to the handoff.

7.2.3 The QUARTERBACK is not allowed to handoff to the center on the first handoff of the play.

8.0 Passing: Passes are allowed and encouraged.

8.1 The quarterback has a seven-second “pass clock.” If a pass is not thrown within the seven seconds, play is dead, loss of down.

8.2 If the QUARTERBACK is standing in the end zone at the end of the 7-second clock, the ball is returned to the line of scrimmage (LOS).

8.3 Once the ball is handed off, the seven-second rule no longer is in effect.

9.0 First Down & Touchdowns: Once a team crosses midfield, it has three plays to score a touchdown.

9.1 A Touchdown occurs when the ball carrier’s lead foot crosses the goal line. The position of the lead foot at the time the player’s flag is pulled, determines the forward progress of the ball carrier.

10.0 Possessions & Turn Over on Downs:

If the offensive team fails to cross midfield within 3 plays or if the offense fails to score, the ball changes possession and the new offensive team starts a series at its own 5-yard line.

10.1 If both coaches agree prior to the game the teams do not have to change ends of the playing field when a change of team possession occurs.

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- 10.2 To encourage competitive nature of the game during a rush offense situation the teams may start their series from the nearest 5-yard line but must wait for the Official to blow the whistle before starting the play.

11.0 No-running zones: *(see field diagram)*

No running zones are designated as five yards from each end zone, and five yards on either side of midfield, and are designed to avoid short-yardage, power-running situations.

- 11.1 If a play starts with a ball marked in the no-run zone, and the offense commits a penalty that moves them outside of the no-run zone, the no-run zones rules shall apply on the next down.
- 11.2 When in the non-run zones, a pass must be a forward pass and cross the line of scrimmage.
- 11.3 Midfield clarification: While the field diagram on the WFL website shows that there is a 10 yd no run zone at midfield, the zone is actually a 5 yd zone either side of midfield, and is only applicable to the side of midfield going in the direction that the offense is moving the ball. For example, if the offense is moving north to south, the no run zone is on the north side of midfield.

12.0 Team Jerseys:

Flag jerseys must be worn and tucked in during play. During inclement weather jerseys must be worn on the outside of clothing and all articles of clothing must be tucked into the pants/shorts.

13.0 Shoes: Cleats are allowed. (No metal spikes.)

14.0 Mouthpiece:

All players must wear a protective mouthpiece. (One team warning for failure of any player to wear a mouthpiece. All violations thereafter are a dead ball foul and a five-yard penalty from the succeeding spot.) Players may not continue playing during the game without a mouthpiece. **NO EXCEPTIONS**

15.0 Flags: Flag belts with one flag attached at or near the waist on both sides of the body.

16.0 Jewelry:

No Jewelry is to be worn. Jewelry is defined as earrings, rings, necklaces, stretchy/silly bands, and any other item that may be deemed inappropriate by an Official on the football field. Exception: Medical alert bracelets or necklaces are allowed, and the head coach and game officials are to be made aware of its presence.

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17.0 Team Size:

A team consists of seven players for Junior /FG-1 flag Division (4-5 yr. old's) and nine players for Senior Division flag / FG-2 (6-7 yr. old's) on the field plus any available substitutes.

- FG-1 Teams must field a minimum of four (4) players at all times;
- FG-2 Teams must field a minimum of seven (7) players at all times.

17.1 A team that cannot field the required Minimum number of players for any reason including player disqualification or injury will result in a game forfeit.

17.2 Forfeit Score: Offended team 14 Opponent 0; otherwise, if the team awarded the forfeit win is ahead the score stands.

18.0 Timing:

Games are played in two twenty-minute halves with a running game clock. In between plays there is a 30 second play clock and the Official has the option to penalize the offense after the first warning for delay of game. There will be a five-minute break between halves. ([see section 27.0](#))

19.0 Defense:

All defensive players are eligible to rush the QUARTERBACK, as long as they start at or beyond the limit lines in 47.2. ([47.2.1](#))

19.1 The defensive players may not come in contact intentionally or unintentionally with the Quarterback during a "rush".

19.2 Defensive players attempting to pull a Running Back or Wide Receiver flag should pull the player's flag only and any intentional rough contact or uncontrolled play will be deemed a penalty by the Official resulting in a loss of yards and down and potential removal of the player if repeat offenses have been documented by the Official.

19.3 Division 1 (FG-1)

19.3.a Any defensive formation is allowed no restrictions

19.3.b No Defensive player is allow to go pass the line of scrimmage until the ball is handed off to an Offensive player.

20.0 TIMEOUTS

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Each team shall have 2, 30 second timeouts per half. Coaches may use a timeout during a player injury to stop the clock. If used, the player is allowed to remain in the game.

21.0 FORFEITS

Game time is forfeit time. Games may be forfeited for any of the following reasons:

- 21.1 Insufficient number of players at game **START TIME**. Teams must start games with a minimum of Players (*see section 17.0*)
- a. four (4) players for FG-1.
 - b. Seven (7) players for FG-2

In the event of an injury, a team with insufficient substitute players may play with:

- a. four (4) players for FG-1 on the field but no fewer than four (4).
- b. Seven (7) players for FG-2 on the field but no fewer than seven (7)

21.2 Inappropriate team or sideline behavior.

21.3 Participation of illegal players, an illegal player is:

- 21.3.a any player who plays after being ejected or suspended from the game
- 21.3.b or who is not a registered player with the WFL.
- 21.3.c or a player who is not on the team roster before the game start time.

21.4 See Section 17.1 for Scoring of a Forfeit game

22.0 Scoring: Touchdown = 6 points
Safety = 2 points
Point after touchdown (PAT)

- JR/ FG-1 Flag a ball will be placed:
 - 3 yards out for 1 point
 - 5 yards for 2 points.
- Sr. Flag/FG-2 the ball will be placed on the 5-yard line
 - Run = 1 point
 - Pass = 2 points

22.1 Interceptions on conversions/Points after Touchdown (PAT) cannot be returned.

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23.0 Coaches:

Only the Head Coach and a maximum of 3 assistant coaches shall be allowed on the game field sidelines during games. A team may also have an additional person to help with water or to videotape the games. Each coach will have a photo ID taken by the WFL prior to the season. This ID is required to be in the possession of coach during all practices and games.

23.1 Returning Head Coaches:

are required to participate at a minimum of 1 mini-camps prior to the start of the season. Failure of a returning coach (or a delegated assistant coach) to participate / represent their team at a minimum of 2 preseason minicamps shall result in the loss of the team's first draft pick, (defined as the first opportunity the team has to fill an open spot on the draft board).

24.0 Reserves:

24.1 Sr. Flag/FG-2 League teams are allowed to reserve a maximum of Seven (7) players;

24.2 Jr. Flag/FG-1 League teams are allowed to reserve a maximum of Six (5) players.

Coaches may indicate their intent to reserve a player by disclosing that information to the WFL Board or other coaches, however, the player shall not be considered reserved until the parents of the reserved player "Registers" using a unique code provided by the team's Head Coach. The Head Coach will be provided with that code by the League once the coach has submitted their coaching application.

1. Reserved registration coaches code must be received by the Thursday before evaluations.
2. Any failure to register and reserve a player prior to evaluations shall result in the player being placed into the pool of eligible draft players.

25.0 Draft procedure:

Each team's official reserves shall be entered onto the draft board starting in the first round until the last reserve for that team has been entered.

- Teams will draw numbers to establish draft order.
- Draft picks will be taken in order starting at the first position on the far-left hand side of the draft board and proceeding to the team occupying the last draft position on the farthest right-hand side of the board.

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- After making their selection, the last team in the draft order will be granted the first pick in the next round, since the draft will be performed in a “serpentine” order (left to right, then right to left).
- Each team will have 60 seconds to make their pick. Teams may lose their pick for that round due to an excessive delay.
- There will be a 15-minute period after the draft has been completed to perform any trades of players between teams. Players that are listed on the draft roster as “blind” are not allowed to be traded.

26.0 Uniforms

Teams must provide their own uniforms, which shall consist of t-shirts or jerseys of the same color, with individual player numbers on the back. In the event of a jersey color discrepancy, the Visitor team shall be responsible for an alternative uniform color or “pennies” to wear over their normal jersey. Playing without shirts is not an option. Players must wear a solid, one color shorts or pants with no stripes, markings, or pockets. Parents should not be asked to pay unreasonable amounts of money to provide uniforms.

27.0 TIMING AND OVERTIME

- 27.1 Games are played on a 40-minute continuous clock with two 20-minute halves. Clock stops only for injuries.
- 27.2 Halftime is six (6) minutes.
- 27.3 Each time the ball is spotted, a team has 30 seconds to snap the ball. Teams will receive one warning before a delay-of-game penalty is enforced.
- 27.4 No timeouts.
- 27.5 Officials can stop the clock at their discretion.
- 27.6 In the event of an injury, the clock will stop then restart when the injured player is removed from the field of play.
- 27.7 If the score is tied at the end of 40 minutes, an overtime period will be used to determine a winner. Overtime format is as follows:
 - 27.7.1. Each team will receive one 3-down possession to score.
 - 27.7.1.1. Each team will start its overtime possession from the 15-yard line. ([See field diagram](#))
 - 27.7.2. The “Visitor” team will be on offense first.
 - 27.7.3. Upon scoring a touchdown, each team must elect to try either a 1-point or 2-point extra point conversion.

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- 27.7.4. If the score remains tied after this first overtime period, a second overtime period will be played with the "Home" on offense first.
- 27.7.5. During this second overtime period (and any subsequent overtime periods), a 2-point conversion **MUST** be attempted after all touchdowns.
- 27.7.6. Overtime periods will continue in this manner until there is a winner. A winner is determined when one team outscores the other during the overtime period.
- 27.7.7. If there is an interception in overtime, it only changes possession and is dead once the defense gains possession of the ball.
- 27.7.8. All regulation period rules and penalties are in effect.

27.8 15 minutes between games (the time between games may be shortened if games are running behind schedule).

28.0 COACHES ON THE FIELD

- 28.1 For Division (FG-1) two (2) coaches from each team will be allowed on the field. In Division 2 (FG-2), one (1) coach from each team will be allowed on the field. The on-field coach may assist the players in calling their plays in the huddle and in lining up the players in their proper positions. The following conditions apply to coaches on the field:
- 28.1.1 At the snap of the ball, offensive and defensive coaches must be a minimum of five (5) yards behind the deepest player of their respective team with the exception of the Division 1 (FG-1) QB/Coach
 - 28.1.2 The coach may not interfere with the flow of the play in any manner.
 - 28.1.3 Once the ball is snapped by the center and the play has begun, the coach must remain motionless, and may not gesture, speak to or touch, or instruct the players in any manner until the whistle blows the ball dead. At the sole discretion of the game official, if a coach on the field interferes with a play or is coaching after the snap and does not remain motionless the team will be flagged for interference.
 - 28.1.4 If in the opinion of the game official a score would have resulted during the play that was interfered with a score may be awarded.

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- 28.1.5 A coach may give verbal instruction until the ball is snapped. Once the ball is snapped all communication (verbal and non-verbal) from both the offense and defense coaches on the field is prohibited.
- 28.1.6 The coach on the field may not question the official's judgment. He can speak to him to ask a question as long as it is done so in a respectful manner.
- 28.1.7 Confrontation with the officials by the coach on the field is not permitted. WFL has established a zero tolerance for unsportsmanlike conduct by a coach. Any such confrontation will result in a ten (10) yard penalty and loss of down. A second unsportsmanlike conduct penalty for confrontations with the officials will result in the above stated penalty in down and distance and an immediate ejection of that coach from the game and removal of the coach from his position pending review by the WFL Football Board.
- 28.1.8 All confrontations with referees or WFL Board Members prior to, during, or following a game may result in the immediate ejection of that coach from the current game, the next scheduled game, or expulsion from the league. All ejections will be at the discretion of the head official and/or WFL Board Member.

29.0 WFL SPORTSMANSHIP

The WFL Football Program regards **BAD** sportsmanship as unnecessary and completely intolerable.

Sportsmanship is everyone's business. Coaches are responsible for their team's (coaches, parents, and players) behavior. Good sportsmanship is a priority in the development of WFL athletes.

30.0 COACHES

All coaches representing WFL teams should demonstrate positive sportsmanship in respect to his players, team parents, opposing team players, coaches, board members and the officials. Coaches who are unable to demonstrate proper sportsmanship are subject to game stoppage and forfeit along with suspensions and termination. They may also be denied future coaching assignments. Any coach who is dismissed from a game for unsportsmanlike conduct will be unable to participate in any team activity, or coach in the next legal game (this includes playoff & Championship games). The ejection will be reviewed by the A & D Committee appointed by the Football Commissioner to determine what further steps up to and including permanent removal as a coach should be taken. Coaches are responsible in assisting officials with the sportsmanship of all playing and nonplaying team members, spectators, parents, and assistant coaches. Any person who is

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ejected from a game or an event for unsportsmanlike conduct is required to leave the facilities immediately. Coaches may never: argue with officials or discuss any part of the game with players from the other team. Questions to officials can only come from the head coach.

31.0 COACHING ELIGIBILITY AND SELECTION

The Football Commissioner will approve all coaching applicants and a background investigation process will be utilized. If approved by the commissioner returning coaches will be able to move up each year with their previous year's team. Only coaches who have not had their coaching privileges revoked and are in good standings with the league will be considered for coaching opportunities. Coaching any team in the WFL football program is considered a privilege and is not a right. Coaches who are bringing players to WFL from other leagues must receive a favorable reference from each league that they have participated with in the past. These past leagues will be contacted for a sportsmanship reference.

32.0 PRACTICES

Once teams are formed, and rosters are final, teams may practice at the Head Coach's discretion. Practices become mandatory after all registration periods close. Regular season practices are limited to 2 Hours per week maximum, and practice must not last beyond 8:00 P.M. Any team found in violation of this rule will be subject to the possibility forfeiting their next game and the coach will be held accountable before the Director of Football.

33.0 PLAYERS

All players must demonstrate positive sportsmanship at all times. Coaches are responsible for the sportsmanship of their players. Good sportsmanship is a priority in the development of WFL athletes.

- A Players who cannot demonstrate proper sportsmanship will be dismissed from the game and be subject to discipline at the discretion of the Flag Football Commissioner or the VP of Football.

34.0 PLAYING UP

WFL Football believes that players should participate at their own age level and we discourage the practice of playing up with older participants. However, if the parents wish to move their player up to the next level the WFL will review the request on a case by case basis.

35.0 Reserved

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36.0 TEAM FORMATION GUIDELINES AND REGULATIONS

All teams must have a minimum of 8 players with at least one adult coach who is a certified WFL Football Coach. Coaches must obtain an WFL Coaches Badge and attend the mandatory football coach certification class. Teams may elect to carry more than 8 players with a maximum of 10. Team formation for WFL flag football is “bring your own team” and is at the discretion of the head coach. He or she may recruit any player to play Flag Football. Head coaches, after registering their team, will be given a team registration code to provide to their players to ensure the players are placed on their team roster. Teams with less than 8 players may have players added to their rosters at the discretion of the football board. Open registration players are players that sign up through the WFL office and are not on a team. The Football Board will assign open registration players at their discretion. The goal is to assign them to teams by school attendance zones when possible.

37.0 EQUIPMENT

The WFL will provide game Flag the day of the game the flags must be of a contrasting color to the player’s shorts. All football players must provide their own equipment to include the following:

- 37.1. All players must always utilize a mouth guard while playing
- 37.2. All players in Division 2 (FG-2) and Division 1 (FG-1) will be **required** to wear a Soft Gel helmet. ([see Age Chart](#))
- 37.3 Ball Size: Wilson K-2 Pee Wee or equivalent.
- 37.4 Appropriate footwear is to be non-metal or rubber molded cleats
 - 37.4.a Metal cleats are ***not*** allowed.

38.0 SEASON FORMAT

For FG-1 and FG-2: Scores will be reported, and standings kept online. Each team will play an 8 to 10 -game regular season schedule. There are playoffs in Flag Football and in both Divisions. **All** teams will participate in the playoffs. Only the top two (2) teams will advance directly to a League Championship game.

The following tie breakers will be used to determine final team standings:

- 38.1 Overall Won-Loss Record
- 38.2 Head to Head Record
- 38.3 Fewest Points Allowed Head to Head
- 38.4 Coin Flip

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If a team faces elimination as a result of a coin flip, every effort will be made to play a wild card game to determine who advances to the league championship. This is subject to field availability and is based on needs of the league.

39.0 GAME ABANDONMENT

Officials and/or the Commissioner and/or WFL Board Member may stop a game for any of the following reasons:

39.1 Unsafe weather conditions. If a game is stopped due to unsafe weather conditions, the score will be considered final if the 2nd half has started. If the 2nd half has not started, the game will be rescheduled (if possible) and replayed in its entirety (the score and time will not be carried over to the rescheduled game).

39.1.1 Games are rescheduled at the discretion of the league and once a revision to the schedule is published it is final. Teams will need to make the needed adjustments to play the rescheduled game or take a forfeit. No schedule requests will be taken or honored.

39.2 Unsafe game site conditions.

39.3 Unsportsmanlike conduct.

The Commissioner, depending on the amount of time played and the reason for nonweather-related game abandonment, will determine the game results.

40.0 Reserved

41.0 Reserved

42.0 GENERAL GAME RULES

42.1 If a team is losing by 21 or more points at halftime, that team will be on offense to start the 2nd half.

42.2 There are no fumbles. The ball is spotted where the ball-carrier's feet were at the time of the fumble.

42.3 In the event of a fumbled snap, ONLY the quarterback may pick up the ball and continue the play. Fumbles caught by a defensive player in mid-air are treated as interceptions.

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43.0 RUNNING

- 43.1. The ball is spotted where the runner's feet are when the flag is pulled, not where the ball-carrier has the ball. Forward progress will be measured by the player's front foot
- 43.2. Only direct handoffs behind the line of scrimmage are permitted. Handoffs may be in front, behind or to the side of the offensive player but must be behind the line of scrimmage. The offense may use multiple handoffs.
- 43.3. "Center sneak" play is no longer allowed.
- 43.4. Absolutely NO laterals beyond the line of scrimmage.
- 43.5. Any player who receives a handoff can throw the ball from behind the line of scrimmage.
- 43.6. Once the ball has been handed off in front, behind or to the side of the quarterback, all defensive players are eligible to rush.
- 43.7. Runners may leave their feet to advance the ball. Diving, leaping, or jumping Spinning is allowed.
- 43.8. Flag obstruction – All jerseys MUST be tucked in before play begins. The flags must be on the player's hips and free from obstruction. Deliberately obstructed flags will be considered flag guarding.
- 43.9. Flag guarding – The ball-carrier is not allowed to shield, push, or knock away the hands of a defensive player attempting to pull his flag. The ball-carrier is not allowed to "protect" the flags by use of hands, arms, or the ball. A ball-carriers running style is not a factor in flag guarding. If the hands or arms intentionally protect the flags it will result in a Flag Guarding penalty.
- 43.10. Once the Quarterback leaves or rolls out of the "Guard box" he is considered a runner and may be rushed the five-yard (5) rule no longer is in effect and all defenders may go behind the line of scrimmage.

44.0 PASSING

- 44.1. All passes must be from behind the line of scrimmage, thrown forward and received beyond the line scrimmage.

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- 44.1.1 All passes that do not cross the line of scrimmage, whether received or not, are illegal forward passes.
- 44.2 The quarterback may throw the ball away to avoid a sack.
- 44.3 Shovel/ Shuttle passes are allowed.
- 44.4 The quarterback has a seven-second "pass clock." If a pass is not thrown within the seven seconds, the play is dead, the down is consumed, and the ball is returned to the line of scrimmage. Once the ball is handed off, the 7-second rule is no longer in effect.
- 44.5 Once the Quarterback leaves or rolls out of the "Guard box" he is considered a runner and may be rushed the five-yard (5) rule no longer is in effect and all defenders may go behind the line of scrimmage.

45.0 RECEIVING

- 45.1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
- 45.2. Only one player is allowed in motion at a time. All motion must be parallel to the line of scrimmage and no motion is permitted toward the line of scrimmage.
- 45.3. A player must have at least one foot inbounds when making a reception.
- 45.4. In the case of simultaneous possession by both an offensive and defensive player, possession is awarded to the offense.
- 45.5. Interceptions are returnable but not on conversions after touchdowns

46.0 OFFENSIVE FORMATIONS

46.1 Division 2 (FG-2)

- 46.1.1 The offensive formation consists of a maximum of nine (9) players and a minimum of Seven (7) players.
- 46.1.2 Offenses must have a minimum of three (3) player on the line of scrimmage including the center and up to four (4) players on the line of scrimmage. The quarterback must be off the line of scrimmage.

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46.1.3 One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.

46.1.4 No motion is allowed toward the line of scrimmage.

46.1.5 Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.

46.1.6 The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

46.1.7 Quarter-back is allowed and is eligible the ball without restriction

46.2 Division 1 (FG-1)

46.2.1 The offensive formation consists of a maximum of Seven (7) players and a minimum of Five (5) players.

46.2.2 Offenses must have a minimum of three (3) player on the line of scrimmage including the center and up to four (4) players on the line of scrimmage. The quarterback must be off the line of scrimmage.

46.2.3 One player at a time may go in motion 1-yard behind and parallel to the line of scrimmage.

46.2.3.a No motion is allowed toward the line of scrimmage.

46.2.4 Movement by a player who is set or a player who runs toward the line of scrimmage while in motion is considered a false start.

46.2.5 The center must snap the ball with a rapid and continuous motion between his/her legs to a player in the backfield, and the ball must completely leave his/her hands.

47.0 DEFENSE

47.1 Division 2 FG-2

47.1.1. The defensive formation consists of a maximum of Nine (9) players and a minimum of Seven (7) players.

47.1.1.1. only two (2) Defensive players on the defensive line and may not line up directly in front of an offensive lineman (i.e. head-to-head). They must "shade"

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Flag Rules

(face toward each other but shoulder-to-shoulder) to out-side of their opponent for safety reasons.

- 47.1.1.2. Defensive linemen are down line and will be in a three-point stance while on the Defensive line
- 47.1.1.3. The center is considered a defenseless player while their head is down in the snapping position and cannot be contacted/hit until they assume a blocking position or has fired out into their pattern.
- 47.1.2. No defensive player can cross the line of scrimmage before the ball is handed off unless they are lined up a minimum of 5 yards from the line of scrimmage at the snap of the ball. Unless they are the "Designated Rusher" or the "Down linemen"
- 47.1.3. Only one (1) Designated player may rush from the minimum 5 yards from the line of scrimmage rushing position.
- 47.1.4. Players not rushing can defend on the line of scrimmage.
- 47.1.5. Once the ball is handed off, the five-yard (5) rule no longer is in effect and all defenders may go behind the line of scrimmage.
- 47.1.6. A special marker, or the referee, will designate a rush line five (5) yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
- 47.1.7. "A" Gap rushing is permitted

47.2 Division 1 (FG-1)

- 47.2.1. The defensive formation consists of a maximum of Seven (7) players and a minimum of five (5) players aligned in any formation.
- 47.2.2. No defensive player can cross the line of scrimmage before the ball is handed off unless they are lined up at or beyond 7 yards from the line of scrimmage at the snap of the ball unless they are the "Designated Rusher" or the "Down linemen"
- 47.2.3. Only one (1) "Designated Rusher" may rush from a minimum of 5 yards from the line of scrimmage in the rushing position.
- 47.2.4. Players not rushing can defend on the line of scrimmage.
- 47.2.5. Once the ball is handed off, the Five-yard rule no longer is in effect and all defenders may go behind the line of scrimmage.
- 47.2.6. A special marker, or the referee, will designate a rush line seven yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.

47.3 A legal rush is Defines as:

- 47.3.1. Any rush from a point 5 yards from the offensive line of scrimmage.
- 47.3.2. A rush from anywhere on the field AFTER the ball has been handed off

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by the quarterback.

- 47.3.3 Once the Quarterback leaves or rolls out of the "Guard box" he is considered a runner and may be rushed the five-yard (5) rule no longer is in effect and all defenders may go behind the line of scrimmage.
- 47.3.3. If a rusher leaves the rush line early (breaks the 5-yard area), they may return to the rush line, reset and then legally rush.
- 47.3.4. If a rusher leaves the rush line early and the ball is handed off before he/she crosses the line of scrimmage, he/she may legally rush behind the line of scrimmage.

47.4 A penalty may be called if:

- 46.4.1. The rusher leaves the rush line before the snap and crosses the line of scrimmage before a handoff or pass – illegal rush (+5 yards from the line of scrimmage and first down).
- 46.4.2. Any defensive player crosses the line of scrimmage before the ball is snapped – offsides (+5 yards from line of scrimmage and first down).
- 46.4.3. Any defensive player not lined up at the rush line crosses the line of scrimmage before the ball is passed or handed off – illegal rush (+5 yards from the line of scrimmage and first down).
- 46.4.4 **Reserved**

47.5 Special circumstances:

- 47.5.1. Teams are not required to rush the quarterback with the seven second clock in effect.
- 47.5.2. Teams are not required to identify their rusher before the play.
- 47.5.3. Players rushing the quarterback may attempt to block a pass; however, NO contact can be made with the quarterback in any way. Blocking the pass or attempting to block the pass and then making contact with the passer will result in a roughing the passer penalty.
- 47.5.4. If any offensive player is in the rusher's direct line, either by attempting a legal shield block or just standing still, then it is the rusher's responsibility to go around the offensive player and to avoid contact. The rusher cannot run through an offensive player. Making contact with an offensive player that has established position will result in an illegal contact penalty on the defense.

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- 47.5.5. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball is placed where the quarterback's feet are when flag is pulled.
- 47.5.6. A safety is awarded if the sack takes place behind the Goal line.

47.8 Flag Pulling:

- 47.8.1. A legal flag pull takes place when the ball-carrier is in full possession of the ball.
- 47.8.2. Defenders can dive to pull flags but cannot tackle, hold, or run through the ball-carrier when pulling flags.
- 47.8.3. It is illegal to attempt to strip or pull the ball from the ball-carrier's possession at any time.
- 47.8.4. If a player's flag inadvertently falls off during the play, the player is down immediately upon possession of the ball and the play ends. The ball is placed where the flag lands.
- 47.8.5. A Defensive player or Offensive player may not intentionally pull the flags of a player who is not in possession of the ball.

48.0 CONTACT

WFL Flag Football FG-1 Division is intended to be a non-contact sport. While it is understood that some "incidental contact" will occur, "intentional contact" will be tolerated.

- 48.1. "Intentional Contact" is defined as pushing, grabbing, holding, hitting/punching, kicking, intentional tripping, tackling, or forcibly contacting another player with any part of the body, if the contact was avoidable.
- 48.2. Intentional contact penalties will be called at the discretion of the referees and will result in an Unsportsmanlike Conduct penalty. A 2nd Unsportsmanlike Conduct penalty by a single player during any one game will result in the player being ejected from the game and possible further disciplinary action.
- 48.3. "Incidental Conduct" is defined as accidental contact between players during the normal course of a game.
- 48.4. A defensive player's hands are allowed to make contact with a ball-carrier when attempting to pull a ball-carrier's flags by diving or reaching his hands towards the ball carrier's flag belt. This should be considered "incidental contact" if the defensive player was only attempting to pull the ball-carrier's flags, and did not push, hold, wrap his arms around and/or grab, or run-through the ball-carrier.

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49.0 PENALTIES

49.1. General

- 49.1.1. The referee will call all penalties.
- 49.1.2. Referees determine incidental contact that may result from normal run of play.
- 49.1.3. All penalties will be assessed from the line of scrimmage, except as noted. (Spot fouls)
- 49.1.4. Only the head coach may ask the referee questions about rule clarification and interpretations. Players may not question calls.
- 49.1.5. Games may not end on a defensive penalty unless the offense declines it.
- 49.1.6. Penalties are assessed live ball then dead ball. Live ball penalties must be assessed before play is considered complete.
- 49.1.7. Penalties will be assessed half the distance to the goal yardage when the penalty yardage is more than half the distance to the goal.

i. Defensive Spot Fouls

Defensive Pass Interference:	Automatic first down
Holding:	Automatic first down
Stripping:	+10 yards and automatic first down

ii. Offensive Spot Fouls

Flag Guarding:	-10 yards and loss of down
Illegal Contact (blocking):	-5 yards and loss of down
Charging (ball-carrier running over defender):	-10 yards and loss of down

iii. Defensive Penalties

Defensive Unnecessary Roughness:	+10 yards and automatic first down
Defensive Unsportsmanlike Conduct:	+10 yards and automatic first down
Coach Interference:	+10 yards and automatic first down
Offsides:	+5 yards from line of scrimmage and automatic first down
Illegal Rush (from inside 7 yards):	+5 yards from line of scrimmage and automatic first down

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Illegal Flag Pull (player w/out the ball)	+5 yards from line of scrimmage and automatic first down
Roughing the Passer:	+5 yards from line of scrimmage and automatic first down
Illegal Contact:	+5 yards from line of scrimmage and automatic first down

iv. Offensive penalties

Offensive Unnecessary Roughness:	-10 yards and loss of down
Offensive Unsportsmanlike Conduct:	-10 yards and loss of down
Coach Interference:	-10 yards and automatic first down
Offsides / False Start:	-5 yards from line of scrimmage and loss of down
Illegal Forward Pass:	-5 yards from line of scrimmage and loss of down
Offensive Pass Interference:	-5 yards from line of scrimmage and loss of down
Illegal Motion (more than one person moving):	-5 yards from line of scrimmage and loss of down
Delay of Game:	-5 yards from line of scrimmage and loss of down

50.0 SPECIAL PLAYING RULES

50.1 Both Offense and Defense must wear flag belts. Flags are to be worn at the player's sides only, free from obstruction and uniform in length.

50.2 Players must always wear jersey tucked in.

50.3 Players must remove all jewelry and hats. Winter beanies are allowed.

51.0 POST GAME ACTIVITIES

All players and coaches must meet at mid-field to shake hands at the conclusion of the game. Failure to do so will result in an Answer & Discussion Board hearing.

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52.0 MISCELLANEOUS

Any interpretations, modifications, to include anything not specified in the above, will be at the discretion of the WFL Football Commissioner for that Division

Wylie Football League Junior (FG-1) and Senior (FG-2) Flag Rules

Questions and Answers.

Q. Is the Quarterback allowed to throw a screen pass?

A: Rule 44.1 states a pass can only be beyond the LOS a "Screen pass" is behind the LOS and therefore is illegal. You may "pitch" the ball behind the LOS

Q: can the offensive players use hands to block defensive players from rushing?

A: No, they cannot. Linemen can only try to get in the way of the rushing player the use of hands is illegal. In the future the WFL may allow the use of hands in Sr. flag but only with the use of flex pads.

Q: what happens if I only have four (4) players show up at game time for the FG-1. Do I automatic forfeit the game?

A: No, you can "Start" The game with a minimum of 4 players in FG-1 and 7 in FG-2 and as players show you can put them in after the down or when the referee say you can, however if you fall below the minimum players due to injury or disqualification the game will be stopped and forfeited

Q: if I have the Minimum number of players to "START" the game. Does the other team have to start with the same or equal number of players?

A: No, they do not. If the other team has a full roster at the "START" of the game, the Coach can play the full required number of players on the field.

Example:

One team has 5 players to start the game in the FG-1 division and the other team has 7 players. The coach can elect to play 7 players to your 5

I personally, would talk to the other coach and see if we could come to an agreement to play the equal number of players so the kids can have a good game.

Q: Are there any Ties in Flag football.

A: No, there must be a clear-cut winner in every game. (See section 27.0 Timing and overtime)
We do this for standing for the playoffs and everyone goes to the playoffs

Q: does each team get a chance to score in over- time

A: yes, each team will get a possession on each Over-time period. (See section 27.7)

EX: *The Visitor scores on their possession in the first (1st) OT period. Now the Home team gets a chance to score during the same first (1st) OT period. If the Home team scores and score is stilled tied at the end of the first (1st) OT period, the process starts all over again. In the second (2nd) OT possession the home will have the ball first. The home team scores and fails to make the X-tra point. Now the Visitor team has a chance to score during their possession in the second (2nd) OT period. In this OT period the Visiting Team make a TD and then Makes the XP the Visiting team wins the game.*

Q: When does the 30 second clock start

A: the 30 Clock starts when the Referee places the football on the line of scrimmage, from that point on the clock is running and ends at the hike of the ball or the ball is put in play. If the

Wylie Football League Junior (FG-1) and Senior (FG-2) Flag Rules

center does not hike the ball before the 30 second clock ends a delay of game penalty may occur. As long as the ball is put in play/ hiked, before the 30 second clock ends no penalty will be called.

Q: Why do we have a 30 second play Clock in Flag Football

A: We have to keep the games moving, the typical Flag game is scheduled for an hour. Which includes timeouts, half time and any injuries time outs that may occur. So, with two 20:00 minute half's and a 6-minute half time totals up to 46 minutes. With each team getting two (2) 30 second Time-outs per half brings the total up to 50 minutes per game. That is if all goes well, which we all know it won't. we allow a 10-minute window for unforeseen issues such as injure time-out, over time and late teams or players

Q: Why do we have so many Changes to the rules

A: We have had a lot of changed to the Rules because of the current situation we as a country find ourselves in due to the "Pandemic". The WFL is dedicated to the development of players and children. We believe the Children need social interaction with other children and adults for a well-rounded character as well as the confidence to tackle adversity in all situations. The WFL is evolving to meet those needs of all of it's participants and one of those is Rule changes.

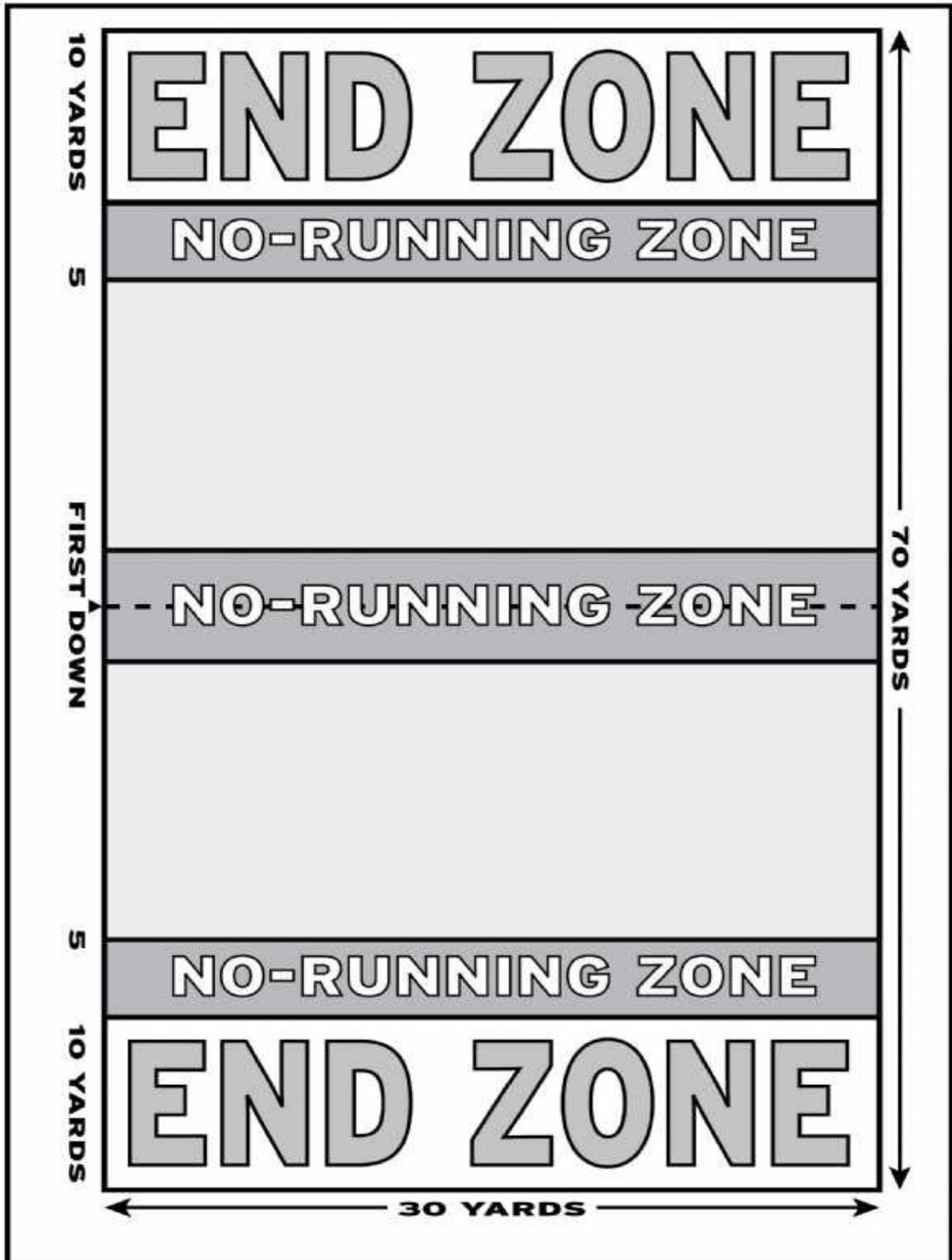
Wylie Football League Junior (FG-1) and Senior (FG-2) Flag Rules

Terminology	
Boundary Lines	The outer perimeter lines around the field. They include the sidelines and back of the end zone lines.
Line of Scrimmage (LOS)	an imaginary line running through the point of the football and across the width of the field.
Line-to-Gain	The line the offense must pass to get a first down or score.
Rush Line	An imaginary line running across the width of the field seven yards (into the defensive side) from the line of scrimmage
Offense	The team with possession of the ball
Defense	The team opposing the offense to prevent it from advancing the ball
Passer	The offensive player that throws the ball and may or may not be the quarterback.
Rusher	The defensive player assigned to rush the quarterback to prevent him/her from passing the ball by pulling his/her flags or by blocking the pass
Downs (1-2-3)	The offensive team has three attempts or "downs" to advance the ball. It must cross the line to gain to get another set of downs or to score
Live Ball	Generally used regarding penalties. Live ball penalties are considered part of the play and must be enforced before the down is considered complete.
Dead Ball	Refers to the period immediately before or after a play. Whistle Sound made by an official using a whistle that signifies the end of the play or a stop in the action for a timeout, halftime, or the end of the game
Inadvertent Whistle Official's	whistle that is performed in error.
Charging	An illegal movement of the ball-carrier directly at a defensive player who has established position on the field. This includes lowering the head or initiating contact with a shoulder, forearm, or the chest.
Flag Guarding	An illegal act by the ball-carrier to prevent a defender from pulling the ball-carrier's flags by stiff arm, lowering elbow or head or by blocking access to the runner's flags with a hand or arm.
Shovel Pass	A legal pitch attempted beyond the line of scrimmage. Lateral A backward or sideway toss of the ball by the ball-carrier.
Unsportsmanlike Conduct	A rude confrontational or offensive behavior or language

Wylie Football League Junior (FG-1) and Senior (FG-2) Flag Rules

Table 2

Field Diagram:



Wylie Football League Junior (FG-1) and Senior (FG-2) Flag Rules

Table 3

2020 Age Chart

Wylie Football League Age Chart														
2020	2020 Football Season Division/Age Chart													
	DIVISION	Weight Limit	Sept	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May	June	July	Aug
TACKLE FOOTBALL														
D-6	Senior*	135	2009	2009	2009	2009	2008	2008	2008	2008	2008	2008	2008	2008
D-5	Junior	125	2010	2010	2010	2010	2009	2009	2009	2009	2009	2009	2009	2009
D-4	Soph	105	2011	2011	2011	2011	2010	2010	2010	2010	2010	2010	2010	2010
D-3	Freshman	90	2012	2012	2012	2012	2011	2011	2011	2011	2011	2011	2011	2011
D-2	9 VS 9	80	2013	2013	2013	2013	2014	2014	2014	2014	2014	2014	2014	2014
FLAG FOOTBALL														
FG-2	Sr. Flag	N/A	2013	2013	2013	2013	2014	2014	2014	2014	2014	2014	2014	2014
FG-1	Jr. Flag	N/A	2015	2015	2015	2015	2016	2016	2016	2016	2016	2016	2016	2016
FLEX FOOTBALL FALL														
Grades														
5th & 6th	Sr. Flex	N/A	2010	2010	2010	2010	2009	2009	2009	2009	2009	2009	2009	2009
3rd & 4th	Jr. Flex	N/A	2012	2012	2012	2012	2011	2011	2011	2011	2011	2011	2011	2011

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Revisions Page

09/02/2019

- Added a "Questions and Answers" page for a better understanding of the flag rules
- Added a "Terminology" page clarification of
- Added Revisions Page to keep coaches up to date on what changes have been made

09/08/2019 Revision 4

- Defined Divisions: Junior /Jr. flag added "FG-1" to all paragraphs that apply
- Defined Divisions: Senior / Sr. Flag added "FG-2" to all paragraphs that apply

09/13/2019 Revision 5

- Section 38.0 Season format: Change in playoff rules amended "*There are playoffs in Flag Football and in both Divisions. All teams will participate in the playoffs.*"
- Section 1.0 Player Eligibility: Revised division to ages not grade Based
- Section 1.0 Player Eligibility: Added age chart

10/20/2019 Revision 6

- Added clarification on over-time possessions and scoring
- Section 37 Re-indexed
- Section 37 Added "37.2.1 All players in Division 1 (FG-1) will be required to wear a Soft Gel helmet in 2020 fall season."
- Section 22.0 Reformatted Scoring section for FG-1

10/30/2019 Revision 7

- Revised section 4.0 re-indexed
- Section 4.0 Added Subsection 4.7 to Allowed Open hand contact for FG-2
- Section 37.0 Equipment: added Para 37.2.1 and 37.2.2 use of flex Helmet and Pads for FG-2
- Section 47.0 Defense Division FG-2 added Para 47.1.1.1 & 47.1.1.2 allowed contact
- Revised FG-1 low/non-contact criteria
- Revised FG-2 contact rules and criteria

01/27/2020 Revision 8

- Section 18.0 Added cross-reference link to Section 27.0 about the 30 second play clock
- Section 27 Added 27.1.1.1 "*Each team will start it's overtime possession from the 15-yard line*"

07/15/2020 Revision 9

- Section 21 Added illegal player criteria
- Table 3 Updated Divisional Age Chart for fall 2020

07/18/2020 Revision 10

- Section 4.7 Added blocking criteria
- Section 47 revised for A gap rushing, down-linemen, designed rusher
- Section 37 added footwear definition for cleats
- Section 32 added PRACTICES under its own section
- Section 3 added 3.1 **Minimum playing time rule exception**

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08/16/2020 Revision 11

- Section 19 revised to delete the 7-yard rule Added reference to 47.2
- Section 47.2 clarified "Designated Rusher"

08/21/2020 Revision 12

- General Rules Added QB/Coach to Division 1 (FG-1)
- General Rules Reduced Minimum Division 1 (FG-1) players from 5 to 4
- Section 3 Division 1 (FG-1) added "No ball carrier is allowed to have consecutive runs.
- Section 4 Deleted 4.8 to more align the flag with contact football
- Section 5 Added QB/Coach restrictions for "concealing the Ball"
- Section 7 Added QB/Coach restrictions for hand-offs
- Section 19 Added 19.3 for Division 1 (FG-1)
- Section 37 Removed soft shoulder pads requirement