

WFA 7V7 CONTACT FLAG FOOTBALL RULES

Format: 7 Man Contact. Rules have been modified by league directors to fit the playing style of the WFA.

The Field: 40 yards by 80 yards with 10-yard end zones. Field is marked into four (4) 20-yard zones. Team areas are located two (2) yards from each sideline and between the 20-yard lines.

Duration of Games: 40 Minutes (20 Minute halves, Last 2 Minutes of the Second Half will enforce Regulation Timing Rules) 2 Timeouts per Half (30 seconds).

Play Clock: 25 second play clock after ball is spotted and ready for play.

Team Fees: \$250 per team. Team fees must be paid in full to be eligible for games.

Cash Awards: 6-team minimum for cash prize award. Award total will be announced prior to start of tournament.

Play Off Tiebreakers: Head to Head, Points Diff

Start of Games: Game time is forfeit time. If your team is not flagged up and ready to go at the start of your game, the game will be forfeited to your opponent. Start of games occurs with the away team calling the coin-toss in the air to decide who gets possession of the ball first.

Legal Equipment:

1. Mouthpieces must be worn.
2. Teams must have their own flags. All flags must be triple threat (3 flags.)
3. Players of the same team must wear the same color or similar colored jerseys. Jerseys must be long enough to remain tucked into the pants or short enough so that a minimum of 4 inches between the bottom of the shirt and the top of the pants. The pants must be a different color than the flags.
4. Cleats are limited to studs or projections which do not exceed 1/2 inch in length and are made with nonabrasive rubber or rubber-like synthetic material which does not chip or develop a cutting edge. Rubber cleats with a tipped metal material are legal. Baseball cleats with metal spikes as well as track shoes with metal spikes are illegal.
5. Flag belts must be 100% visible at all times while on the field. Shirts or jerseys must be tucked in and not hang over the flag belt. If a player's flag belt falls off and it isn't due to a defender pulling it, he must be tagged with one hand to be considered down. If a player is caught TYING OR ALTERING the belt in a way to provide an unfair advantage the player will be ejected for the remainder of the game.

Kickoffs: The kicking team will kick off or punt from their 40-yard line and the defense will be positioned 10 yards from the spot of the kickoff. After scores, teams will take possession at their 20-yard line.

-The ball must go 10 yards before being touched by the kicking team.

-Kickoffs are considered live.

-If a kickoff goes out of bounds untouched, the ball will be placed at the receiving team's 40-yard line.

-IF a ball touches the ground in the endzone without touching any players, the ball is dead and the receiving team will contain possession at the 20 yard line.

-IF the receiving team catches a ball inside the endzone and takes a knee in the endzone the ball is then brought out to the 20 yard line and receiving team will maintain possession

-IF the receiving teams catches the ball inside the endzone, they may return the kick.

Scoring: Teams are awarded 6 points for a touchdown, 1 point for an extra point from the 3 yard line (Run or Pass), 2 points for an extra point from the 10 yard line (Run or Pass), 3 points for an extra point from the 20 yard line (Run or Pass) and 2 points for a safety. After a Safety is scored the ball will change possessions as a basic score with the defensive team taking possession at the 20 yard line. The defensive team can return an extra point and they will be awarded the amount of points that the offensive team was attempting if they are successful.

Participants: WFA participants must be female and 18 years of age or older. This is an adult flag football league. All adults that play in the WFA must sign a Consent and Liability waiver. This must be signed in order to participate in any WFA league game or tournament games. Waivers will be provided prior to the start of the season and on the day of tournaments.

This is CONTACT flag football. Keep in mind it is NOT FULL CONTACT. Players will encounter contact while playing WFA games and will be playing at their own risk. Athletes may suffer injuries while playing and play at their own risk. Teams and player's assume all liability while playing in WFA events.

Field Goals: No field goals allowed in WFA rules.

Fumble: Fumbles are whistled dead at the spot of the fumble. Possession remains with the team who fumbled the ball.

Punting: All punts are Protected. Both teams must maintain at least 4 players on the line until the ball is kicked. Lineman on the defensive line may raise their arms, and or jump to distract, or try to block the kick. They may not cross the line of scrimmage. If the punter drops the snap and the ball hits the ground, the ball is dead at the spot. The punter must receive the snap at least 5 yards behind the center and immediately punt the ball. All touchbacks from punts will be placed at the 20 yard line. The offense cannot cross the line of scrimmage until the ball is kicked.

Blocking: Blocking is allowed. All blocking MUST BE open handed and not utilize the elbows/shoulders. Blockers must keep it opened handed and to the chest. No contact to the face is allowed and will be called a penalty EVERY TIME. EJECTIONS WILL BE WARRANTED ON SHOULDER BLOCKS. INCIDENTAL OR NOT. Stiff Arming and Flag Guarding are ILLEGAL and merit penalties and possible ejections (Depending on if the stiff arm/flag guard was of malicious intent).

Overtime Rules: Overtime will start with a coin-toss. The home team will announce heads or tails prior to the flip of the coin. Each team will receive possession of the ball and has 4 plays to score from 20 yards out. After a touchdown, the offense will elect to go for a 1,2 or 3 point conversion. There is NO KICKING in Overtime. If the score is tied at the end of the second overtime, teams must go for a 2 or 3 point extra point. Overtime will continue until a winner is declared. Choices will continue to be reversed per overtime period. One time out per team, per

overtime period. Interceptions on returned overtime extra points are worth the value of the attempted overtime extra point (1,2 or 3 points).

Line of Scrimmage: The offense must have at least 4 players on the line of scrimmage each play. Referees will be checking with players insuring they have enough players on the line prior to each snap.

Spot is the Ball: The ball is where players will be spotted from if their flag is broken and etc. When catching passes by the sidelines, a receiver must control the ball and get 1 foot down inside the field prior to going out of bounds.

Simultaneous Catches: In the event a WR and a DB both catch the ball at the same time, the tie goes to the offensive player.

No Diving: If a player leaves his feet in an effort to gain yards, a penalty will be called. This doesn't refer to a defender leaving his feet to attempt to gain possession of a flag but defensive players who leave their feet are responsible for their contact. This is merely in relation to diving to gain extra yards. Players may ONLY stretch their arm out to gain more yards. Players may not JUMP forward to advance a ball, players MAY jump to avoid contact or injury.

Wrap Flag: Player may use their body to assist in stopping the momentum of an offensive player if simultaneously attempting to grab a flag. However in this motion, the defensive player MUST come up with the offensive players flag, if they do not, it will be called unnecessary roughness (15 yards automatic first down) or holding penalty (10 yards). It comes to attempting to sack the quarterback, the rusher MUST come up with the flags if they body up, if they don't get the flags, it is roughing the passer, 15 yard penalty, and an automatic first down.

Personal Fouls: Player safety is a major concern of the league and personal fouls will be enforced 100% every game. Personal fouls and unsportsmanlike conduct will be 15-yard penalties and warrant ejection for the players that commit them. The following acts are seen as personal fouls and may warrant ejection and possible disbarment from the league. (Punching, striking, kicking, tripping, making unnecessary contact with a player after a ball is whistled dead, lowering a shoulder, contact to the head, driving players to the ground, and tackling.)

Fighting: If an individual throws a punch or kicks at another player in our league, they will automatically be ejected from the tournament.

Clearing of beaches during a scuffle or brawl: No Team may leave their bench during such event to fight. IF there is a FIGHT or brawl and our staff is unable to break up ONLY the captain's will be given the right to interfere. IF FOR WHATEVER reason one or both teams have more than a player(s) leave the bench to participate in a fight, the game will be declared a forfeited by team leaving the bench. If both teams have players leave the bench, the game will be cancelled and both teams are subject to disqualification from the tournament.

Unsportsmanlike Conduct: No player, substitute, coach or other person subject to the rules shall use abusive, threatening or obscene language or gestures, or engage in such acts that

provoke ill will or are demeaning to an opponent, to game officials or to the image of the game, including but not limited to:

(a) Pointing the finger(s), hand(s), arm(s) or ball at an opponent, or imitating the slashing of the throat.

(b) Taunting, baiting or ridiculing an opponent verbally.

(c) Inciting an opponent or spectators in any other way, such as simulating the firing of a weapon or placing a hand by the ear to request recognition.

-2 Unsportsmanlike Conduct Violations by same player will result in ejection from game.

Suspensions/Ejections: Players ejected in the 2nd half of a game for any reason will receive a 1st half suspension of the following game.

Summary of Penalties (NCAA Playing Rules):

LOSS OF 5 Yards:

Illegal delay of the game

Substitution rules infractions

More Than 7 Players in the formation or during the play

Illegal snap

False start or simulating start of a play

Encroachment at snap

Player out of bounds when ball is snapped

Offensive player illegally in motion at the snap

Illegal Formation

Illegal shift

Offside (defense)

Illegally handing ball forward [also loss of down if by Team A]

Illegal forward pass [also loss of down if by Team A]

LOSS OF 10 YARDS

Illegal use of hands or arms (offense)

Holding or obstruction (offense)

Illegal block in the back

Illegal use of hands (defense)

Holding or obstruction (defense)

LOSS OF 15 YARDS

Interference with opportunity to catch a kick

Illegal block by fair-catch signaller

Contact with a fair-catcher

Offensive pass interference

Defensive pass interference [first down]

Striking; tripping [first down] ,
Targeting/Initiating Contact w/forearm, shoulder, elbow [first down]
Contact to head/neck area of a defenseless player [first down]
Clipping [first down]
Blocking below the waist [first down]
Late Hit/action out of bounds [first down]
Roughing the passer [first down]
Chop Blocking [first down]
Fouling an opponent obviously out of the play [first down]
Illegal contact against the snapper [first down]
Unsportsmanlike conduct [first down]
Intentionally contacting an official [also disqualification]
Fighting [also disqualification]

SPOT FOUL:

Intentional Grounding: Ball must cross line of scrimmage or near eligible receiver

LOSS OF HALF DISTANCE TO GOAL LINE

If distance penalty exceeds half the distance

CHARGED TIMEOUT FOR A VIOLATION

Not wearing mandatory equipment

Wearing illegal equipment

Illegal cleats