



**Whole Life Fitness**

**WLF SPORT AND SOCIAL CLUB**

**OFFICIAL COED FLAG FOOTBALL RULES**

**HIGHLIGHTS, CLARIFICATIONS, AND POINTS OF EMPHASIS:**

**\*\*\*CUT-OFF SHIRT SLEEVES RESULTING IN EXCESSIVELY LARGE ARMHOLES ARE NOT ALLOWED\*\*\***

**\*\*\*ALL PLAYERS MUST WEAR THE OFFICIAL WLF TEAM JERSEYS TO PLAY – NO EXCEPTIONS\*\*\***

**SOUTH WALTON HIGH SCHOOL FIELDS:**

Visible alcoholic beverages, glass, and cans are not permitted on Public School grounds. Any beverages must be in an opaque plastic cup. Everything must be in a cooler or backpack at all times. All WLF participants, spectators, officials, and gameday coordinators share the responsibility to leave our fields in outstanding, clean conditions.

**PLAYING AREA:**

Fields used for WLF Football are approximately 40 yards wide and 50 yards long and one 10-yard end zones.

**OFFICIALS:**

WLF will have volunteer officials present during games but all games are not guaranteed a referee. If a referee is not present to ref the game we rely on the “WLF Honor Code” i.e. play and self ref responsibly.

**EQUIPMENT:**

The WLF will provide all field equipment and flag belts. Players may use their own flag belts if approved by an WLF official.

Each team is responsible for providing their own football for use while they are on offense. Balls must be regulation collegiate or NFL size. Balls that are severely underinflated or undersized are not permitted.

Shorts and pants with pockets pose a significant safety concern and are thus not permitted in any WLF Flag Football League or Tournament. Taping down pockets or turning inside out does not make shorts or pants legal for play.

At their own risk, players may wear sunglasses made of a pliable, non-rigid material. Frames that contain metal or glass should be discouraged. The Head Judge shall be the sole determiner of the legality of any sunglasses worn by players.

**The following items are not permitted:**

- Shorts or pants with pockets **\*\*\*POCKETS ARE NOT ALLOWED\*\*\***
- Shoes with metal or ceramic cleats
- Athletic braces or casts made from hard, unyielding material (unless covered on all sides and edges with at least ½ inch of closed cell slow recovery rubber or similar material)
- Headgear containing hard, unyielding, or stiff material (including billed hats)
- Sunglasses made from any hard, unyielding material.
- Jewelry (except for smooth wedding bands and stud earrings)

**PLAYING ROSTER:**

The maximum numbers of players on the field is eight. The minimum number of players is six. The maximum number of males is five. The minimum number of females is two.

If a team is short the minimum number of players by game time, the game will be considered a forfeit and an exhibition played.

The minimum number of players to play an officiated exhibition game, and avoid the forfeit fine, is four.

In the event of a recognized or otherwise reported event that causes a significant traffic delay to multiple teams, WLF officials will, in their sole discretion, allow an additional five minutes for players to arrive.

Teams lose the ability to challenge a player's eligibility at halftime, except in the case of a late-arriving player.

Quick, repeated, or feigned substitutions intended to deceive opponents at or immediately before the snap are considered Illegal Participation.

**FORMAT:**

Each game consists of two 20-minute halves separated by a 5-minute halftime intermission. Regular season games may end in a tie.

Possession and direction shall be determined by Rock, Paper, Scissors prior to the beginning of the game. The winning captain will have the option of choosing possession or direction in the first half only. The other captain will have the remaining option. The team that started on defense in the first half will start on offense in the second half and move in the direction opposite of that which they moved in the first half.

Once the second half is underway, the game may be considered final if cancelled for any reason.

The clock shall run continuously until the final two minutes of the second half. During this time, the clock will only stop for a time-out or injury.

During the final two minutes of the second half, the clock will stop for the following:

- A team or official time-out
- Runner steps out-of-bounds before being deflagged
- Incomplete Pass
- Injury
- Turnover
- Penalty Enforcement
- Touchdown (clock remains stopped during the try)

The clock will not stop for first downs or when a runner is deflagged in-bounds.

If a team is ahead by 19 or more points when the 2 minute warning is announced in the second half, the game will be over. Application of this rule can only occur following a down free of any accepted penalties.

#### **READY FOR PLAY:**

Prior to any offensive down, the referee will declare the line of scrimmage and mark the ball ready for play by announcing the down, zone-line-to-gain, and gender status. Once the ball has been made ready for play, the offense shall have 25 seconds to legally snap the ball. The offense shall not snap the ball prior to it being made ready for play.

On a change of possession, the referee will not make the ball ready for play until the defense has had an opportunity to get set (15-seconds maximum).

#### **EXTENSION OF PERIOD:**

A half may be extended by an untimed down if any of the following occurs as time expires:

- A foul for which there was an accepted penalty by either team, except that which calls for a loss of down
- A double foul (offsetting penalties)
- A touchdown (The try will be attempted unless in the second half of a playoff game when the points do not affect the outcome.)

#### **TIME-OUTS:**

Each team is entitled to two one-minute time-outs per half.

If an injury occurs for which the clock is stopped, that player must leave the game for at least one scrimmage down.

#### **SCORING:**

The following point values are awarded in WLF Flag Football:

- Touchdown: six points (seven points for female to female touchdowns)
- Safety: two points
- Try: one point if from the five yard line; two points if from the ten yard line

After a touchdown, the offense shall declare their attempted try value to the referee. Once this declaration is made, it can only be changed if no attempt has been made and that team calls a time-out.

If the defense gains possession of the ball during the offense try after touchdown, the ball becomes dead immediately.

In the case of a safety, the scoring team will next put the ball in play from its own ten yard line, unless moved by penalty.

#### **LINE OF SCRIMMAGE:**

The snapper is the only offensive team player required to be on the line of scrimmage at the snap.

If a snap count is used, whether verbally or nonverbally, only the player that initiates the count may receive the snap.

After a huddle, all offensive team players must come to a stop and remain stationary for a full second prior to the snap or any player going in motion. The offense is allowed to have a single player in motion at the snap. The player may only move parallel to or away from the line of scrimmage. This player may not receive the snap directly from the center.

No defensive players may cross the line of scrimmage until the referee's five-second count has elapsed, on the word "Go!"

#### **END OF RUN:**

Once a runner has been legally deflagged, the new line of scrimmage shall be determined by the position of the player's hips carrying the ball. Diving is not permitted.

If a runner's flags fall off on their own, the runner will remain live until he or she has been touched with at least one hand between the shoulders and the knees.

Fumbles become dead immediately and cannot be recovered. If fumbled backward, the line of scrimmage on the ensuing down will be the point where the ball first touched the ground. If fumbled forward, the line of scrimmage on the ensuing down will be the point where the ball was fumbled.

#### **BLOCKING AND CONTACT:**

The following is not permitted in WLF Flag Football:

- Blocking (either at the line or in front of the ball carrier)
- Screen Blocking (Running in front of the ball carrier)
- “Chucking”, “Bump and Run” and any other contact at the line
- Excessive Contact

#### **OFFENSE:**

A forward pass is completed or intercepted when the first part of the receiver to make contact with the playing area after the catch, usually one foot, touches inbounds.

If a player steps out-of-bounds, that player becomes ineligible to touch the ball unless first touched by any other player.

An offensive player may advance the ball across the line of scrimmage if:

- the defense crosses the line of scrimmage, whether legally or illegally.
- the player did not receive the snap.

An offensive player may not advance the ball across the line of scrimmage if:

- it is a gender play and that player is male.

Jumping or hurdling over players is not permitted unless absolutely necessary to avoid contact.

Diving is not permitted by a ball carrier in an attempt to gain yardage or otherwise avoid being deflagged.

Turnovers can only occur in the case of an interception, punt, or if the offense fails to advance to the next zone line-to-gain in four or fewer downs.

The following constitutes Pass Interference:

- Contact beyond the line of scrimmage with an eligible receiver during a legal forward pass unless two or more eligible receivers make a simultaneous and bona fide attempt to reach, catch, or bat a pass.
- An eligible receiver is deflagged or tagged prior to touching a forward pass beyond the line of scrimmage.

#### **FIRST DOWNS:**

First downs are awarded when a team advances the ball to the next zone line-to-gain in four downs or less (except if affected by a penalty), as prescribed by penalty enforcement, or either team obtains legal possession following a punt, penalty, score, or turnover.

#### **FOURTH DOWN AND PUNTS:**

On fourth down, the offensive team must declare their intention to punt the ball or attempt to advance to the next zone line-to-gain. After this declaration, the referee will not make the ball ready for play until the defense has had a reasonable opportunity to get set. Once the defense has set, the offense may not change their declaration unless they call a time-out.

With the exception of the punter, players must remain stationary until the ball has been kicked beyond the line of scrimmage.

The receiving team must have at least five players on the line of scrimmage throughout the return. Remaining players may drop back to receive the punt. If the returner advances past the original line of scrimmage, players originally on the line may trail the runner to receive a backward pass.

The punt may be played off of a bounce if there are no other punting team players in the area. However, the ball becomes dead immediately if it hits the ground after touching any player.

Fake punts are not permitted. Punt blocks are not permitted.

#### **CO-ED PLAY:**

Teams must use a female as an operative player within three consecutive downs.

To be considered operative, a player must:

- have been targeted for an attempted forward pass
- attempt a forward pass that crosses the line of scrimmage
- receive a forward pass that crosses the line of scrimmage
- receive the snap and run the ball, regardless of whether or not positive yards are gained

If a female has not acted as an operative player after two consecutive downs, the succeeding down shall be a gender play.

All other plays, including extra point attempts, shall be considered open.

The gender count shall reset once a female has been used as an operative player or after a change of possession has occurred.

#### **OFFENSE DURING GENDER PLAY:**

If the ball is grounded to stop the clock on a gender play, the ensuing down will remain a gender play, regardless of who received the snap.

If a male is in position to receive the snap on a gender play:

- If the snap is fumbled or the quarterback is sacked, the ensuing down will remain a gender play.

If a female is in position to receive the snap on a gender play:

- All offensive players are permitted to participate as if the status of the play was open.
- If the snap is fumbled or the quarterback is sacked, the gender count shall reset and the ensuing down will be an open play.

The following shall reset the gender count:

- A female is determined by an official to be the intended target of a legal forward pass that crosses the line of scrimmage.
- A female catches a legal forward pass that crosses the line of scrimmage.
- A female receives the snap and attempts a legal forward pass that crosses the line of scrimmage.
- A female receives the snap and advances the ball across the line of scrimmage.
- The offense accepts the penalty for an Illegal Gender Defense foul, but declines the yardage.

The following shall not reset the gender count:

- A female snaps the ball to a male player.
- A female not in position to receive the snap advances the ball across the line of scrimmage.
- A quarterback intentionally throws the ball to the ground near a receiver without a reasonable expectation of a reception.
- A forward pass is deflected by a stationary defensive male during a gender play.

The following shall be considered Illegal Gender Offense:

- A male receives the snap and advances the ball across the line of scrimmage.
- A player not receiving the snap attempts a forward pass.
- A male player receives the snap and intentionally throws the ball to the ground near a female receiver without a reasonable expectation of a reception.

If a male quarterback intentionally throws a pass into a defensive player in an obvious attempt to draw a penalty, an Unsportsmanlike Conduct penalty will be assessed against the quarterback.

#### **DEFENSE DURING GENDER PLAY:**

If a male is in position to receive the snap on a gender play:

- The defense must declare only one player to guard the quarterback. This player may move laterally across the line of scrimmage with the quarterback until the five-second count has elapsed, after which the player may cross the line of scrimmage only in an attempt to deflag the quarterback.
- An interception by a male player is only possible if a forward pass is first contacted by a female offensive player and caught by a male defensive player who was originally restricted to the line of scrimmage during the play.
- Male players must play “zone defense” and cannot guard females “man to man”

If a female is in position to receive the snap on a gender play:

- All defensive players are permitted to participate as if the status of the play was open.

**SUMMARY OF FOULS AND PENALTIES:**

Any penalty may be declined. Unless otherwise noted, acceptance of a penalty does not change the gender status.



**Whole Life Fitness**

# Penalty Chart

Foul	Penalty	Spot	Note
Illegal Gender Offense	10 Yards; Repeat Gender	LOS	
Illegal Gender Defense	10 Yards or Reset Gender Count	LOS	
Offensive Pass Interference	10 Yards	LOS	
Defensive Pass Interference	10 Yards	LOS	
Kick Catch Interference	10 Yards	Spot	
Illegal Equipment	10 Yards	LOS	
Illegal Securing of Flags	10 Yards	LOS	Loss of Down if by Team A Automatic First Down if by Team B Disqualification if Intentional
Illegal Removal of Flags	10 Yards	LOS	
Flag Guarding	10 Yards	Spot	
Hurdling	10 Yards	Spot	
Stiff Arm	10 Yards	Spot	
Charging	10 Yards	Spot	
Illegal Screen Blocking	10 Yards	Spot	
Roughing the Passer	10 Yards	LOS or End of Run	Automatic First Down
Stripping	10 Yards	Spot	
Holding or Obstructing the Runner	10 Yards	Spot	
Tackling the Runner	10 Yards	Spot	Disqualification if Flagrant
Excessive Contact	10 Yards	Spot	
Foul	Penalty	Spot	Note
Delay of Game	5 Yards	LOS	
Illegal Formation	5 Yards	LOS	
Illegal Motion	5 Yards	LOS	
Illegal Shift	5 Yards	LOS	
Encroachment	5 Yards	LOS	
False Start	5 Yards	LOS	
Illegal Snap	5 Yards	LOS	
Illegal Forward Pass	5 Yards	Spot LOS if by QB	Loss of Down
Illegal Advancement	5 Yards	LOS	
Illegal Diving	5 Yards	Spot	
Offside	5 Yards	LOS	
Illegal Rush	5 Yards	LOS	
Illegal Substitution	5 Yards	LOS	
Illegal Participation	5 Yards	LOS	
Foul	Penalty	Spot	Note
Unnecessary Roughness	10 Yards		Automatic First Down if by Team B Disqualification if Flagrant
Unsportsmanlike Conduct (First)	10 Yards		Automatic First Down if by Team B Disqualification if Flagrant
Unsportsmanlike Conduct (Second)	10 Yards		Automatic First Down if by Team B Automatic Disqualification
Fighting	10 Yards		Automatic First Down if by Team B Automatic Disqualification
Intentional Foul	10 Yards		Loss of Down if by Team A Automatic First Down if by Team B Disqualification if Flagrant
Intentional Contact of Official	10 Yards		Automatic First Down if by Team B Automatic Disqualification