

Wylie Football League

9v9 Powder Puff Football Rule Book



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This rule book outlines the playing rules for Flex Football, a limited-contact 9-on-9 football game that incorporates soft-shell helmets and optional shoulder pads during gameplay. For any rules not specifically addressed below, refer to the NCAA rule book.

1. TEAM SIZE AND AGE GROUPINGS

1. Each team must have 9 players on the field (9 on 9)
 - If a team is forced to participate with less than 9 players, the least they can have and still participate is 7, and the opposing coach can either continue to play with 9 or may choose to match the same number as the team who is short of players.
2. The age groupings mentioned in this rule book are for the common school grade 1st Grade, 2nd Grade, 3rd Grade, Etc. If your organization is grouped in another manner, the coordinating ages are listed in the following “grade (years old +/- 1 year)”: K (5), 1st (6), 2nd (7), 3rd (8), 4th (9), 5th (10), 6th (11), etc.
3. 9v9 Flex Football is designed for 3rd grade and up, lower age groups are recommended to play 7v7 Flex Football. The 7v7 Flex Football rule book is available in the league coach’s resources file.

2. REQUIRED EQUIPMENT

1. Mouth Guard (required)
2. Jersey with Visible Front and Back Number
3. Cleats (Non-Metal)

3. BANNED EQUIPMENT

1. Metal Spikes
2. Uncovered Hard Casts
3. Unapproved Soft-Shell Equipment
4. Hard Shell Helmets, Scrum Caps, Karate Helmets, Head Bands, or any other non-approved helmet
5. Jewelry, including rings, necklaces, and watches.
6. Hats of any kind
7. Beanies and skull caps/hair bands are permitted for use under helmet.

Wearing any banned equipment during gameplay will result in a delay of game penalty.
Players wearing banned equipment will not be allowed back onto field until banned equipment is removed.

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4. FOOTBALL SIZE

1. Each team will provide their own game football for the season.
2. Footballs can be genuine or composite leather.
3. Footballs must be properly inflated, per the psi requirements listed on the football.

Size Requirements are as follows:

- TDY or Equivalent High School: GST or Equivalent

At the discretion of the Referee the Head coaches will present teams game ball to referees during pre-game meeting for inspection. Any concerns over sizing will be addressed prior to game.

5. COACH CODE OF CONDUCT

1. Each coach is expected to read and understand all stated rules in this rule book. Any questions should be directed to the league commissioner.
2. All football personnel and coaches will abide by the Flex Football Coaches Code of Conduct. Any violation of these rules can result in possible expulsion from your coaching privileges and/or team removal from the league.
3. If any coach deliberately and flagrantly violates these rules, the league is empowered suspend the coach without prior notice.
4. The game officials are empowered to eject any coach or parent from a game if that coach or parent is acting unsportsmanlike, using foul language or is causing a disruption to the game. Swearing at a game official because you do not agree with a call is not acceptable and will not be permitted. The game officials are to be treated as professionals. If coaches have a concern with the conduct of any game official, notify the league director following the conclusion of the game. [See Ejections](#)
5. Any team, player, coach, or parent who engages in a physical altercation of any kind including pushing, hitting, or fighting during a National Flex Football event will risk forfeiting the remainder of their teams' season, and could be charged with Child Endangerment.
6. Coaches/Teams should have on hand at each game - a roster and proof of the players school grade. For example, a report card or official school document showing proof of school grade. This is to be made available to show a Referee, League Organizer, and/or Flex Football Staff Member upon request.

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7. GAME OFFICIALS

1. The NCAA rule book serves as the foundation for all rules and penalties unless specified otherwise below
2. There will be a minimum of two (2) game officials provided per game.
3. One official will be positioned as the line judge on the home sideline, and one will be positioned as a backjudge approximately 10-15 yards from the ball on the defensive side.
4. Game officials are instructed to identify to coaches the player who commits a penalty by number or position on the field.
5. Game officials have the final say on-field for all matters and will apply all rules to maintain safety and game integrity.
6. Game officials are to be treated as professionals. If coaches have a concern with the conduct of any game official, notify the league organizer following the game.
7. Game officials are expected to have the rule book in hand no later than two weeks before the start of the season and are expected to know its contents.
8. Game officials are expected to have all necessary equipment, which includes a uniform, penalty flag, bean bag, whistle, stopwatch and notepad.
9. The head game official is suggested to note each flagrant foul by a player's name or number for tracking records.
10. The head game official is also suggested to write down and report any other pertinent information regarding a coach, player or parent of a team who has committed an infraction that infringes on the sanctity of the game.
11. Officials will be responsible for recording and submitting game scores to site operator, league organizer, and referee assignor at the conclusion of weekly games.
12. Game officials are expected to show up at least 15 minutes prior to game time, and act in a professional manner at all times. This includes interaction with players, coaches, spectators, and league organizers.

8. 1st DOWN MARKER

The following shall apply to down marker responsibilities:

1. It is the responsibility of the home team to supply down marker volunteers, though volunteers can come from either side if necessary.
2. Down markers can be sticks, chains, or cones but must accurately mark 10 yards and the line to gain.
3. At minimum, this duty must consist of one volunteer who places the first-down marker cone/object 10 yards ahead as the line-to-gain and then marks the line of scrimmage with the down box.
4. If not using chains, one cone will mark the 1st down and the other cone will mark the ball spot.

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9. GAME PLAY

1. There is no coin toss – The visiting team starts with possession in the 1st half. The home team startswith possession in the 2nd half.
2. 20-minute halves. 5-minute halftime. There is a running clock that only stops for injuries/player safetyand timeouts within regular gameplay.
3. Dead balls that stop the clock within the final two minutes of the game are: incomplete passes, any playthat ends out of bounds, scoring plays, change of possession, timeouts and extra point tries. The clock willalso stop for all injury timeouts and official timeouts, restarting at the head officials ready to play signal.
4. Each team is entitled to one (1), one-minute timeout per half. The clock restarts on the snap following anyteam time out.
5. A 30-second play clock is enforced with the play clock beginning following the spot of the ball and atthe head game official's signal. [See delay of game](#)
6. If no scoreboard is present, the head game official – or a fellow official he designates during pregame –is the official timekeeper and scorekeeper.
7. If a team is losing by 13 or more points within the final two minutes, the clock does not stop for any reason other than timeouts, injury timeouts and official timeouts. If the losing team scores to create a deficitof 12 or fewer, the two-minute time rules apply.
8. The ball can move from hash to hash.
9. There are no kick offs, punts, or field goals.
10. If a ball is intercepted: the defender needs to only return the interception to the 45-yard line to be considered a Defensive Touchdown. If the result of this play is a touchdown, the team that returned theinterception will then attempt a PAT. If the result is not a touchdown, the intercepting will begin their offensive series at the 40-yard line.
11. There are nine (9) players on each side of the ball, including a center and two Guards/Tackles on offense.
12. Unbalanced lines are not allowed. One Guard/Tackle must be on either side of the center. [See Illegal formation](#)
13. Five (5) players are required on the line of scrimmage on 9 vs 9, Three (3) players are required on the line of scrimmage on 7 vs 7with either tight ends or split ends joining the threelinemen. Two players must be on the line on each side of the center (*Guards*).
 - See 7 on 7 provisions for less than 9 players
14. All players, except for the center, must be in a 2-pointstance, this includes Defensive Ends
15. The quarterback may take a direct snap from under center or in the shotgun position

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10. SUBSTITUTIONS AND INJURED PLAYERS

Free substitutions are in effect at all times between plays.

1. If the offense subs in, the defense must have a chance to sub before the snap is allowed.
 - *If the official delays the snap to allow the defense time to match the substitution, the delay of game penalty shall not be called on the offense.*
 - *If, however, the official determines the offense is substituting late to run additional time off the clock, a delay of game penalty can be assessed.*
2. If an injured player remains down on the field, struggles to leave the field or needs assistance, the official will signal for the clock to stop. The play clock and game clock both restart upon the player leaving the field the ball being set and both sides being ready to play, with the officials signal given.

11. PROCEDURE FOR INJURED PLAYERS

1. If any game official stops play for an injured player or players to be checked/assisted, the injured player must leave the field for at least one play. A team may “buy” a player back into the game through use of a timeout.
2. Head injuries. Any player who receives a head injury – whether a concussion, contusion, cut or other – during practice, pregame warm-ups or in-game is not allowed to return to play until cleared by a qualified medical professional.

12. PASSING

1. A forward pass that falls incomplete returns to the line of scrimmage.
2. A lateral pass that is thrown behind or in front of the line of scrimmage and touches the ground is blown dead and returned to the spot where the ball touched the ground.
3. A pass is determined to be forward, or lateral based on the direction it travels, not by how it is delivered (i.e., overhand, underhand, side arm, etc.).
4. The quarterback may spike the ball to stop the clock within the final two minutes of the game, providing all offensive players are set. The two-minute clock rules still apply. If players are not set, an illegal procedure penalty is enforced and the clock restarts when the ball is set, and the referee blows the ready-for-play whistle.

13. RECEIVING

1. Only eligible receivers and a quarterback who has first handed the ball off or thrown a legal lateral pass can be the initial receiver on a forward pass.
2. Players must get one foot down in bounds for a completed pass.
3. If an offensive and defensive player catch a ball simultaneously and forward progress is stopped, the ball is declared dead at that spot and awarded to the offense.
4. The three players lined up at center and Guard/Tackle may not catch a forward pass unless it is first touched by an eligible receiver or defensive player. If an ineligible receiver does take possession of a forward pass or handoff – legal or illegal – the play is blown dead at that spot.

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14. BLOCKING

1. Lead blocking on all runs is allowed.
2. Pulling offensive linemen is allowed, and all blocking rules apply.
3. When engaging a block, the blocker must come to balance, and all initial contact must be made with the hands.
4. Landing on, piling, or “pancaking” any player on the ground results in an unsportsmanlike conduct penalty.
5. Blocking by initiating or leading with head, elbows, forearms, knees or shoulders – anything but the hands will result in a charging penalty. [See Illegal Blocking/Charging](#)
6. Blocking below the waist, cut blocks, clipping and any blindside crack back blocks – by the offense or by the Defense – are assessed appropriate penalties and result in an automatic ejection as determined by the game officials. A player who is blocked into a low block may continue to play in the game if the officials see extenuating circumstances.

15. QB RUN – SCRAMBLE RULES

1. The QB is allowed to run for a pass beyond the line of scrimmage after a pitch or hand off.
2. Immediate QB sneaks in the A gap are not allowed.
3. The QB is free to scramble at any position on the field as long as the QB gets outside of the tackle box. [See A-Gap violation](#)
4. The QB may step up into the pocket, and scramble with an outside angle. He may not step up and scramble directly downhill.

16. DOWNING THE BALL CARRIER

1. The ball carrier is downed after being touched with two hands by one player on any part of the body –excluding the head and neck area.
2. Tagging off is not a SHOVE – this can be interpreted as unnecessary roughness depending on severity and will be strictly enforced by referees.

17. OFFENSIVE PRE-SNAP ALIGNMENT

1. The offensive team must have five (5) players on the line of scrimmage at the point of the snap – three linemen and one eligible receiver on each side of the field aligned on the ball.
2. Both Tackles must line up within both players outstretched arms’ reach of the center.
3. Eligible receivers can be tight or split at the coach’s decision.
4. Unbalanced offensive LINE (interior linemen) formations are NOT allowed.
5. All motion and shift rules apply as outlined in the NCAA rule books.

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18. DEFENSIVE PRE-SNAP ALIGNMENT

1. The two defensive linemen must be aligned reasonably within the outstretched arms (to the side) of the furthest offensive lineman/tight end. For example, a defensive lineman can line up from the outside shoulder of the blocker but cannot unreasonably line up extremely wide. If the DE were to stand with arms outstretched like a "T" he should be able to touch the OL's shoulder if on the same horizontal plane.
2. The defensive team must have two players on the line of scrimmage (the DEs)
3. One DE must be on each side of the center.
4. Defensive ends may NOT line up in the A-gap, they can align head-up on the attached lineman (not the center), and slant inside.
5. The protected A gap zone: extending laterally from the Center to the Inside half of the Tackles and extending 4 yards directly in front of the center, no defensive player may align in this protected A gap zone.
6. Linebackers or safeties MUST align a minimum of 4 yards from the line of scrimmage (they can't align on the LOS) **unless the following occurs:**

Pressing an eligible receiver/TE/WR close to or attached to the LOS. The LB/DB can still blitz from this "press" position. "Please see Blitzing 3rd grade and up."

If the ball is on or within 4 yards of the goal line, the LBs can be on the goal line and technically closer than 4 yards to the LOS.

19. FIRST DOWNS

1. The offense has (4) plays to reach a 10-yard first down by run, pass or penalty.
2. On a series beginning from or inside the defensive 10-yard line ("down" and Goal"), the offense can only achieve a first down through penalty.
3. Any penalty that results in a first down starts a new set of downs with a new line to gain.

20. TURNOVER ON DOWNS

1. Any 4th down that is not converted to a 1st down by reaching the line to gain, or by penalty will result in a turnover on downs. The defensive team will move to offense and begin their new drive at the 40-yard line going towards the goal line.
2. Any interception that is not returned for a touchdown will result in a turnover on downs and the intercepting team will begin their new offensive series from the 40-yard line.

21. TOUCHDOWNS AND POINT AFTER ATTEMPTS (PAT's)

1. Touchdown = 6 points
2. Extra point tries are attempted following all touchdowns, or interceptions returned back to the 40-yard line for a touchdown with one
 - For 1 & 2 grades (1) point from the 3-yard line and two (2) points from the 5-yard line.

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- For 3rd grade and up (1) point from the 5-yard line and two (2) points from the 10-yard line.
3. The clock continues to run during extra points unless the touchdown comes in the final two minutes of the game with teams within a 12-point margin.
 4. If a touchdown is scored as time runs out in the first or second half, the conversion will still take place as an untimed down.
 5. In the event of a penalty on an extra point, the offense cannot change its decision to go for 1 point or
 6. In the event of an interception or a fumble caught on the fly during a point-after try, the ball is blown dead. There is no return for 2 points.

22. SAFETIES

1. There are no safeties in the ½ field style of play, any play that begins at the 40-yard line and loses yardage will be spotted at the 40-yard line for the next play, no additional yardage will be added unless a penalty has been called.

Exception #1: Ball snapped over the QB's head and blown dead will be re-spotted at the 40 and moved to the next down.

Exception #2. QB sack resulting in a loss of 5 yards. The ball is spotted once again at the 40-yard line, with the line to gain remaining the 30-yard line, and the next down is played.

23. OVERTIME, & TIE'S

1. Coaches have the choice to go for 1 point from the 3 yd. line, or 2 points from the 5 yd. line. 1/2 Grades
 - 3rd grade and up. 1 point from the 5 yd. line, or 2 points from the 10 yd. line
2. Overtimes are one (1) down to per team.
3. The visiting team will begin overtime on offense, with the home team on defense.

4. The format is serpentine (AB – BA, BA - AB), meaning in round 1 of OT, the visiting team begins on offense and the home team begins on defense. The visiting team has a chance to score (*one down*) Down, then the home team has a chance to score to tie or end the game. If neither team has scored, we will begin round 2 with the home team on offense and the visiting team on defense. Again, both teams have the opportunity to score and if the game is still tied after 4 complete rounds, the game ends in a tie.

5. **SUDDEN DEATH FORMAT. IN TOURNAMENT or PLAYOFF GAMES**, after 2 rounds of overtime, a “Sudden Death” Overtime period will take place. Coaches will do a coin flip or Rock/Paper/Scissors with the winner possessing the ball first. The first team to score wins, and all plays begin from the 5-yard line.

6. There are no time outs in overtime

7. Any interception or fumble recovered in the air is a dead ball and cannot be returned, the result is the same as an incomplete pass.

8. Penalties enforced on the defense will result in ½ the distance to the goal and a replayed down for the offense, unless the offense had scored on the play. Offensive penalties that occur during the play will result in a loss of down. Pre-snap penalties will be enforced, marked off, and the play will resume.

24. DEFENSIVE ENDS, BLITZ RUSHING RULES [See Bull Rushing](#)

1. There is no bull rushing. The blitzer/rusher must rush the inside or outside part of a blocker's body

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and is not allowed to rush through the centerline any blocker.

2. Blitz/rusher cannot throw or purposefully push blocker into the ground or into the ball-carrier.
3. The defensive act of "rushing" should be initiated by the hands and arms, use of the shoulders, chest, or head are strictly prohibited.

26. BLITZ MERCY RULE

1. If a team is winning by 21 points or more, the "blitz mercy rule" goes into effect where the winning team can no longer blitz until the score is less than a 21 - point spread.
2. If a blitz occurs during the mercy rule period, the defensive team is assessed a 10-yard unnecessary roughness penalty, resulting in an automatic first down for the offensive team

28. CENTERS, AND LEGAL SNAPS

1. The center must snap the ball between his/her legs to be a legal snap
2. The center can double-team block alongside another player but must initiate block with hands, and all blocking rules apply.

29. JUMPING, HURDLING, AND DIVING [See Diving](#)

1. Players may not jump or hurdle to avoid being downed.
2. Players may not dive for the end zone or to gain additional yardage.
3. Players may not attempt short yardage "over the pile" jumps. This is unnecessary roughness.
4. Any player who jumps illegally and lands on another player will be flagged for unnecessary roughness.
5. A player may dive in an attempt to catch a pass, but is down upon reception
6. Quarterbacks may jump when throwing the ball

30. TURNOVERS, FUMBLES, DEAD BALLS, AND INTERCEPTIONS

1. All fumbles are considered dead balls as soon as the ball hits the ground
2. Except for the following: "QB Scoop rule" – The QB has a chance to scoop the ball after a poor snap (rolled or hiked overhead) AS LONG AS there is no defensive player in the immediate vicinity as the QB is fielding the ball while staying up. This is a judgment call by the referee to maintain SAFETY and keep players from diving on a DEAD ball.
 - a) No diving on the ball
 - b) ONLY the QB can pick up the muffed snap run (QB limitations remain in effect)
 - c) If the play is blown dead in order to maintain safety - the ball will move back to the LOS with a loss of down.

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3. A fumbled ball may be recovered in the air and advanced by either team.
4. A player may not strip anyone of the ball. Anyone making intentional contact with the ball while it is being carried causing the ball to be fumbled will be called for stripping, a 5-yard penalty.
5. An interception can be advanced by the intercepting team in an attempt to score.
6. After an interception for a score, the scoring team gets to try an extra point on the field's standard end zone. After the extra point try, the original team who threw the interception then gets the ball at the 40-yard line with a new set of downs – remember, the team who was playing defense for the extra point try will be the new offense (this is just like standard football where normally a kick off would ensue after the scoring team's extra point.)

31. BALL SPOTTING

1. Spotting the ball is at the game officials' judgment. It is up to the game officials to try and be near the spot whenever possible.
2. Ball will be spotted where the ball is held when a player is downed.
3. The ball can be spotted anywhere within the hashes, if hashes are not present the official will use the goal posts as reference, if goal posts are not present the ball will be spotted as close to the middle of the field for each play.
4. Once the ball is spotted by game officials the ball is in play (*exceptions see rule 10*)

32. A – GAP RULES [See A-gap Violation](#)

1. The A-gap is the area between the center and the Tackles.
2. Defenders on the line of scrimmage cannot line up directly over the center and may not immediately engage the center.
3. The defense cannot blitz the A gap from the line of scrimmage.
4. Linebackers and defensive backs can blitz the A gap as long as they are a minimum of four (4) yards from the LOS on the snap.
5. Defensive ends may NOT line up in the A-gap, they can align head-up on the attached lineman (not the center), and slant inside.
6. There is a protected A gap zone: extending laterally from the Center to the Inside half of the Tackles and extending 4 yards directly in front of the center, no defensive player may align in this protected A gap zone.
7. Attempts at a center sneak by the offense is penalized as an A gap violation. See A gap violation under penalties section 51

33. PENALTY BASICS

1. Any offensive pre or post snap penalty that occurs when the ball is spotted AT THE 40-yard line, the line to gain/first down marker will be moved up to reflect the additional yardage.
2. Because of the shorter field – all enforceable penalties of 15 yards will be enforced as 10 yards, and all 10-yard penalties are enforced as 5 yards for the purpose of the game. (*Exceptions listed later*)
3. The team not committing the foul gets to choose between the result of the play or the enforcement of

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the penalty.

4. If both teams commit fouls on the same play, they offset, and the down is replayed.
5. If there are multiple fouls on both teams, any additional penalties that do not offset will be enforced, and play will resume with the enforcement replaying the previous down.
6. A live-ball foul on the offense is marked off from the spot of the penalty.
7. A live-ball foul on the defense is marked off from the spot of the penalty, the original line of scrimmage or the end of the play, whichever benefits the offense the most.
8. No penalty may move the ball past the 40-yard line, in this event the line to gain will be moved up to reflect the penalty yardage added
9. A half cannot end on a penalty that is accepted. If the penalty is accepted, it is marked off and a single untimed down is played. If the penalty is declined, the half is over.
10. A first down will be determined after the ball is spotted at the end of a play and any applicable penalty yardage is assessed. Net yardage (forward progress plus/minus penalty yardage) must be sufficient to be awarded a first down.
 - EOP – End of Play
 - LOS – Line of Scrimmage
 - POI – Point of Infraction
 - Any penalties not covered below are to follow NCAA rules.

34. FLAGRANT FOULS

Offense, 10-yard penalty, loss of down

Defense, 10-yard penalty, automatic 1st down

1. A player committing a flagrant foul – including an unsportsmanlike conduct, intentional tackling or unnecessary roughness penalty with malice – will receive a penalty and a warning from the head game official on their first offence. A second unnecessary roughness penalty will result in player ejection from the contest. If the first act is determined to be severe, the head game official has the option to eject the player without the warning.
2. All flagrant fouls that do not result in an ejection will be accompanied by a substitution from the field for at least one play to allow the coaches to address the situation and calm down involved player(s). If additional support is needed, a game official or league director may take an official timeout to explain and diffuse the situation.
3. It is recommended that the league track players who commit flagrant fouls on a per game basis. The head game official will mark down on paper the guilty player (by name, number and/or team) and will turn in the information to the league director, commissioner or appropriate staff member.
4. The head game official's decision on flagrant fouls are final.
5. The safety of all players is the primary concern of the league. Game officials shall call unnecessary roughness when any player uses excessive force or violence during a play – even if the play is technically within the rules.
6. NOTE: All flagrant fouls carry with them automatic first downs or loss of downs in addition to the penalty yardage.

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35. EJECTIONS

Any two (2) flagrant foul infractions by an individual player in one game or multiple single infractions across several games may result in further action, including suspension from future games or ejection from the league, subject to the league's discretion.

1. The ejection process will also apply to coaches and any parents/spectators on the field or in the stands who encourage players to act in an unsportsmanlike manner?
2. Any player who strikes another player or is involved in a fight will be immediately ejected from the game and be suspended indefinitely pending a ruling from the league president.
3. Before a player can be ejected from a game, all game officials must confer and unanimously agree. NOTE: Only the head coach or coach on the field may speak to the game officials. If a player or coach contests a call or says anything to a game official that the head game official feels is inappropriate, an unsportsmanlike conduct penalty will be called. The game officials are empowered to eject any coach if the foul is deemed excessive.
4. If a coach is ejected, the individual cannot enter the field of play for the rest of the game. The individual may be required to leave the premises if he or she becomes disruptive.
5. Depending on the situation, the on-field staff has full discretion to take up the chain of command and may request for the LD/commissioner/president or higher-level staff member to be involved.

36. INTENTIONAL TACKLING (FLAGRANT FOUL) DEFENSE

Defense, 10 Yards from previous spot, automatic 1st down

1. If deemed excessive or with intent to hurt an opposing player, referees may eject the offending player.
2. Intentional tackling defined: Intentionally wrapping up to stop forward progress while taking the ball-carrier to the ground; shoulder checking/hit with the intent of knocking the ball-carrier to the ground. It is the game officials' discretion on any other attempt to use excessive force by a player to initiate a tackle.
3. An automatic touchdown will be given to the team if a player is running and judged to be free with no defenders between him/her and the end zone and is deliberately tackled, tripped or restrained by clothing grab by a pursuing player or by an individual associated with the defensive team who comes onto the field.

37. UNNECESSARY ROUGHNESS - FLAGRANT FOUL

Offense 10 yards from previous spot, loss of down

Defense – 10 yards from previous spot, automatic first down.

1. The safety of all players is the primary concern. Game officials will call unnecessary roughness when any player uses excessive force or violence during a play, even if the play is technically within the rules.
2. All players are expected to play "in control" at all times. Players are in violation of the unnecessary roughness rule when they risk injury to themselves or to other players because of unsafe or out-of-control conduct on the field.
3. Examples include but are not limited to: head butting, head slapping, throwing elbows or forearms and intentionally hitting, kicking, or tripping other players. It is the game officials' discretion on whether these fouls elevate to flagrant fouls. Repeated or flagrant violations may result in the player being ejected from the game.

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4. A player may never lead with his or her head or initiate contact to the head.
5. Unnecessary and overly violent contact that includes charging, bull rushing, and purposefully shoving a player to the ground will be considered unnecessary roughness.
6. "Hammer fist" and/or any overly physical contact in knocking down a blockers hands is subject to be interpreted as Unnecessary roughness. While a player can "swipe" and knock down a blocker's hands – the referee can make a judgment call to uphold player safety.

38. CHARGING (OFFENSE) – UNNECESSARY ROUGHNESS – FLAGRANT FOUL

Offense, 10 yards from previous spot, loss of down

1. When a ball-carrier intentionally runs into a defender, lowers his/her shoulder or makes unnecessary contact with defender in an attempt to cause bodily harm.
2. When an offensive player intentionally runs through or over a defensive player with a running start.
3. When an offensive player intentionally engages a block with his shoulder with no attempt to come to balance and initiate the block first with open hands.

39. BULL RUSHING (DEFENSE) – UNNECESSARY ROUGHNESS – FLAGRANT FOUL

Defense, 10 yards from previous spot, automatic first down

1. When a defender intentionally uses his/her momentum or excessive force to bull rush through the centerline of an offensive player. Defender must make the appropriate effort to go around or to a leveraged side of the blocker.

40. ILLEGAL BLOCKING (OFFENSE) – UNNECESSARY ROUGHNESS – FLAGRANT FOUL

Offense – 10 yards & loss of down

1. Landing or piling on a defender/player on the ground, chip blocking, elbowing and knee blocking.
2. Blocking by initiating or leading with elbows, forearms or shoulders - severity may result in a charging penalty or flagrant foul/unnecessary roughness.
3. A crack back or any block on a defenseless defender falls under unnecessary roughness and can result in ejection if determined as intentional.
4. Chop Blocks of any kind are strictly prohibited and will result in unnecessary roughness and flagrant foul.

41. ROUGHING THE PASSER – UNNECESSARY ROUGHNESS – FLAGRANT FOUL

Defense – 10 yards, automatic 1st down

Defenders may raise arms while rushing the passer, so long as no contact is made with the passer – the only contact that is allowed would be an attempt to down the ball carrier (the QB) by a 2-hand touch below the neck but NOT to the QB's throwing arm. Excessive contact with passer before, during or after throwing the ball including but not limited to:

1. Running into the QB
2. Making contact with the passer's head and/or shoulders/throwing arm
3. Pushing the passer to the ground

42. ILLEGAL QB RUN/SCRAMBLE

Offense – ball returns to original spot, Loss of down

1. The QB is allowed to run for a pass beyond the line of scrimmage after a pitch or hand off.
2. Immediate QB sneaks in the A gap are not allowed.
3. The QB cannot run beyond the line of scrimmage within the tackle box
 - *In order for it to be a legal scramble beyond the LOS, the QB must move laterally and get outside the tackle box (even if forced to step up in the pocket to the A gap by the DEs)*
 - *QB may step up in the pocket, but he must take an outside angle when scrambling or running. A 12 to 6 downhill scramble is not allowed*
4. During the course of a backwards scramble, the QB cannot cross the 50-yard line – the play will be blown dead.

43. UNSPORTSMANLIKE CONDUCT

Offense / Defense - 10 yards

All players, head, and assistant coaches are expected to follow the codes of conduct.

Unsportsmanlike conduct includes but is not limited to:

1. Verbal abuse, profanity, taunting.
2. Constant or repeated audible criticism of the game officials. Game officials can eject any player, coach or spectator who violates this rule repeatedly or egregiously.

44. DEFENSIVE PASS INTERFERENCE

Defense, 10 yards from previous spot, automatic 1st down for offense

1. Defined as any illegal use of the hands, or body to keep an eligible player from having the ability to make a play to attempt to catch the football.
2. Legal Contact by the defense is allowed for the first 5-yards after the ball is snapped, once the ball is in the air, defensive players must make an attempt to play the ball. Face guarding an offensive player or running in to an offensive player without looking for the ball are both pass interference.
3. Once a ball is tipped by a defensive player, pass interference is no longer applicable.
4. Pass interference is only eligible on forward passes. Lateral passes or passes behind the line of scrimmage are not eligible for pass interference rules.

45. OFFENSIVE PASS INTERFERENCE

Offense, 10 yards from previous spot, replay down

1. Defined, as any illegal contact by an offensive player past 5 yards or once the ball is in the air.
2. Pushing or using the hand, arm, or elbow to create separation from a defender is not allowed.
3. A pick by an offensive player against a defender is classified as pass interference and is not allowed.
4. Blocking by an eligible receiver against a defender is not allowed during a forward pass while the ball is in the air. If the ball is thrown laterally, behind the line of scrimmage an eligible

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offensive player can continue to block throughout the entirety of the play.

46. HOLDING

Offense, 5 yards from previous spot, replay down

Defense, 5 yards from previous spot, replay down

1. Offensive Holding is defined as any illegal use of the hands, or arms to inhibit a defender from running towards a ball carrier.
2. Use of the hands to grab the shoulder pads inside of the armpits within the frame of the body is allowed.
3. Once the grab of the jersey/shoulder pad gets outside the frame of the body, or defensive player has disengaged, an offensive holding infraction will apply.
4. Defensive Holding is defined as any grabbing of body parts, or clothing to slow down or inhibit a receiver from running down field.
5. Defensive players may engage offensive players at the line of scrimmage with hand placement inside the frame of the body and grasping the shoulder pads just under the armpit area. Once the ball carrier has committed, they must disengage and work to down the player.

47. DELAY OF GAME

Offense / Defense, 5 yards, replay down

1. In addition to the offense not snapping the ball within the 30 second play clock, this can include:
2. Too many players on the field, not wearing required equipment during a play.
3. Defense delays or hinders the offense from making the next snap.

48. ILLEGAL FORMATION

Offense / Defense, 5 yards, replay down

1. Fewer than five (5) players (9vs9) three (3) players for (7vs7) on the line of scrimmage for offense. These five/three players must be contiguous with the center. There must be one player on each side of the center (within both players arm's length of the center) and one eligible receiver on each side of the center.
2. Fewer than two players on the line of scrimmage for the defense.
3. Showing blitz directly over the center or aligning any defensive player directly over the center on the LOS.
4. Unbalanced LINES are not allowed – a Tackle/Guard must be on each side of the center.
5. A Tight End can align next to a Tackle as long as there is no eligible receiver “covering” him up.
6. Unbalanced receiver formations are allowed (3x2, 3x1).

49. OFFSIDE (NEUTRAL ZONE INFRACTION) / FALSE START

Offense / Defense, 5 yards, replay down

1. If a defensive player enters the neutral zone before an offensive player commits a false start, the penalty is on the defense, even if no contact is made.
2. This rule encompasses encroachment, false start, neutral zone infraction, and offsides.

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50. DIVING

Offense – 5 yards from spot of foul

1. Diving forward in an attempt to gain yardage or advance the ball.
2. Diving into the end zone or for a first down.
3. Note: A player is allowed to dive to catch the ball or down a ball carrier with a 2-hand touch, as long as the touch is not overly physical in nature.

51. A-GAP VIOLATION

Defense / Offense – Live ball foul only. 5 yards, replay down

1. Any non-defensive linemen who lines up in or makes LOS penetration immediately in the A-gap.
2. Any defensive player who lines up in the protected A gap zone: extending laterally from the Center to the Inside half of the Tackles and extending 4 yards directly in front of the center, no defensive player may align in this protected A gap zone.
3. A blitz into the A-Gap is allowed if the non-defensive lineman blitzes from at least 4 yards depth.
4. Any QB sneak in the A-gap from under center.

52. TAUNTING

Defense / Offense, 10 yards from spot of foul

If occurring on touchdown, a 10-yard penalty will be assessed on the extra point try. If occurring in the field a play, a 10-yard penalty will be enforced.

1. Any negative acts, profanity, or remarks directed towards an opponent or opposing team that derides, mocks, or baits an opponent are considered taunting.
2. Celebration with teammates after a touchdown or after a great play are allowed. As long as they are not directed at an opponent or opposing team.

53. FORFEITS

1. Game time is forfeit time.
2. Games may be forfeited for any of the following reasons:
 - a. Insufficient number of players at game start time. Teams must start games with a minimum of seven (7) players.
 - b. In the event of an injury, a team with insufficient substitute players may play with seven (7) players on the field but no fewer than seven (7).
 - c. Inappropriate team or sideline behavior including coaches.
 - d. Participation of illegal players (*any player who plays after being ejected or suspended from game or is not on the team roster and registered with the WFL*).
3. Forfeit Score: Offended team will be 12 the Opponent 0; otherwise, if the team awarded the forfeit win is ahead the score stands.

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54. 7 on 7 Provisions

7 on 7 provisions allow the divisions that may have a limited numbers of players to fill out team rosters within that division and still allowing that division to compete in games. There are a limited number of "Rule Modifications" for this section.

54.1 GAME PLAY 7 vs 7

1. There is no coin toss – The visiting team starts with possession in the 1st half. The home team startswith possession in the 2nd half.
2. 20-minute halves. 5-minute halftime. There is a running clock that only stops for injuries/player safetyand timeouts within regular gameplay.
3. Dead balls that stop the clock within the final two minutes of the game are: incomplete passes, any playthat ends out of bounds, scoring plays, change of possession, timeouts and extra point tries. The clock willalso stop for all injury timeouts and official timeouts, restarting at the head officials ready to play signal.
4. Each team is entitled to one (1), one-minute timeout per half. The clock restarts on the snap following anyteam time out.
5. A 30-second play clock is enforced with the play clock beginning following the spot of the ball and atthe head game official's signal.
6. If no scoreboard is present, the head game official – or a fellow official he designates during pregame –is the official timekeeper and scorekeeper.
7. If a team is losing by 13 or more points within the final two minutes, the clock does not stop for any reason other than timeouts, injury timeouts and official timeouts. If the losing team scores to create a deficitof 12 or fewer, the two-minute time rules apply.
8. The ball can move from hash to hash.
9. There are no kick offs, punts, or field goals.
10. If a ball is intercepted: the defender needs to only return the interception to the 45-yard line to be considered a Defensive Touchdown. If the result of this play is a touchdown, the team that returned theinterception will then attempt a PAT. If the result is not a touchdown, the intercepting will begin their offensive series at the 40-yard line.
11. There are Seven (7) players on each side of the ball, including a center and may include an optional two Guards on offense.
12. Unbalanced lines are not allowed. One Guard/Tackle must be on either side of the center.
13. Three (3) players are required on the line of scrimmage on 7 vs 7.
14. If using line linemen (**Guards**) All players, except for the center, must be in a 2-pointstance, this includes Defensive Ends.
15. The quarterback may take a direct snap from under center or in the shotgun position

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54.2 Rushing the QB

1. in the absents of Linemen (left and right guards) Rushing the QB will only be allowed from 4 yards beyond the Line of scrimmage.
 - DE's will not be allowed to rush the QB if there are no Offensive guards on the line of scrimmage
2. If a player rushes any closer to the LOS than four (4) yards it will be considered a penalty as an illegal rush.
3. Blitzes are not allowed for 7 on 7 Provisions
 - There will be no Blitzing of the QB

Any rule questions, clarifications, or game day issues can be directed to:

mark@wyliefootball.org

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55. Questions, Answers & Clarifications

Section 23 - Overtime

Each team will have only one play per possession (one Down).

Scenario 1

The visiting team (A) will have the ball first, if they score the Home Team (B) will have the ball next. If the Home team does not score the Visiting wins the game.

Scenario 2

The visiting team (A) will have the ball first if they fail to score the Home Team (B) will have the ball next. If the Home team does not score, then over time cycle will start over.

However,

The Home Team (B) will have the ball first. If the home Team (B) scores. the Visiting Team (A) will have the opportunity to score or tie the game again, if the Visiting fails to score the game is over the Home Team (B) is the winner.

Scenario 3

at the end of four (4) possession for each team which will equal to 4 rounds and there is still no clear winner, The **SUDDEN DEATH** rounds begin. You will flip a coin and the winner of the coin toss will get the ball first. The first one to score WINS.... the end

Section 53-FORFEITS

53.2.c Participation of illegal players *(any player who plays after being ejected or suspended from game or is not on the team roster and registered with the WFL).*

Only Players who are registered with the WFL may play in scheduled season games sponsored by the WFL. Additional, only players on the team's roster can participate in that current scheduled game.

Section 33.1 Penalty Basics from the 40-yardline

a. Any offensive pre or post snap penalty that occurs when the ball is spotted AT THE 40-yardline, the line to gain/first down marker will be moved up to reflect the additional Penalty yardage.

For example; If you start your series of downs on the 40-yardline through change of possession and the offense has a "FALSE START" call/penalty. The ball will remain on the 40-yard line; however the chains will be moved to reflect the penalty. A FALSE START "is five (5) yards. The chains will be moved five (5) yards down the field to reflect the penalty, meaning you now have fifteen (15) yards to go before you have a first down from the 40-yardline.

This procedure will be for any offensive penalty at the 40 yard-line

Section 32 A-gap Blitz

Question: *The Defensive Ends can go outside the tackles but also between tackle and the center, correct?*

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It depends on how the Offense lines up. If the OL guards line up too far out from the center, then the guards are out of the tackle box and there is no A-gap and the DE's can go inside the guard between the center, however if the guards are inside the tackle box (see Section 53 Definitions) The a-gap is protected from being blitzed or rushed by the DE's (see Section 51 A-gap violation)

- *An argument could be made that one (1) DE rushing the A-gap is not a Blitz. I would contend that if this rule is to be changed in mid-season, I would have to have all coaches agree to the change.*

Section 58. Penalty card *(Pass Interference in the End Zone)*

Due to the nature of the Field length in Flex Football A "Pass interference" call if made in the "End Zone" will be brought back to the LOS and a penalty of 10 yards will be assessed and an automatic first down for the infraction.

- If the Penalty distance is more than half the distance from the LOS the "Half distance to the Goal". is enforced.

56. DEFINITIONS

The Tackle Box

Is an area between the outside edges of the normal lineman tackle position extending behind the line of scrimmage backwards all the way -- in theory -- to the offensive team's goal line, On the standard offensive line, players will line up at left tackle, left guard, center, right guard and right tackle. The starting points of the tackle box are 2 yards to the left of the left tackle's shoulder and 2 yards to the right of the right tackle's shoulder.

In Flex Football the tackle box begins at the center position and extends to the outside edges of the normal lineman Guard position. The starting points of the tackle box are 2 yards to the left of the left center's shoulder and 2 yards to the right of the right Center's shoulder.

DE: Defensive end, Defensive end is a defensive position in the sport of gridiron football. This position has designated the players at each end of the defensive line, but changes in formations over the years have substantially changed how the position is played.

LB: Linebacker, Linebacker is a playing position in gridiron football. Linebackers are members of the defensive team, and line up three to five yards behind the line of scrimmage and the defensive linemen. They are the "middle ground" of defenders, playing closer to the line of scrimmage than the defensive backs, but farther back than the defensive linemen.

PAT: Point After Touchdown, also known as a point after touchdown or extra point.

QB: Quarterback, The Quarterback, colloquially known as the "signal caller", is a position in gridiron football. Quarterbacks are members of the offensive platoon and mostly line up directly behind the offensive line. In modern American football, the quarterback is usually considered the leader of the offense, and is often responsible for calling the play in the huddle.

TE: Tightened, It is a hybrid that combines the characteristics and roles of both an offensive lineman and a receiver. Like offensive linemen, they are usually lined up on the offensive line and are large enough to be effective blockers.

WR: Wide receiver, wide receiver, also referred to as a wideout, historically known as a split end or flanker, is an eligible receiver in gridiron football. A key skill position of the offense, WR gets its

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name from the player being split out "wide", farthest away from the rest of the offensive formation.

Half The Distance rule

If the enforcement of a distance penalty would move the ball more than half the distance from the spot of enforcement to the offender's goal line, the penalty shall be half the distance from the spot of enforcement to its goal line.

57. Revisions

Revision 1

- Revised Document header and format
- Added email Address for WFL rules questions.
- Added Revisions page.

Revision 2

- Added Page numbering.
- Added section 54: Questions, answers & Clarifications section.

Revision 3 Date 09/21/2021

- Section 2: Removed the name "Rock Solid" for required equipment.
- Added Section 55. DEFINITIONS page
- Added Tackle box to the Definitions page.
- Indexed Revisions to Section 56. Revisions

Revision 4 Date 02/10/2022

- Section 53.2.a: revised to reflect minimum players of 7 to start the game without Forfeit.
- Section 53.2: added subsection b. to reflect the number of players needed if a team has insufficient substitute players during the game.
- Section 25 Standardized BLITZ yardage
- Section 32 Standardized A-Gap rushing to align with Section 25

Revision 5 Date 04/07/2023

- Added section 54, 7 on 7 provisions.
- Added additional Definitions.
- Added Penalty card.
- Added Referee Signals
- Added clarification of "Pass interference" in the End Zone.

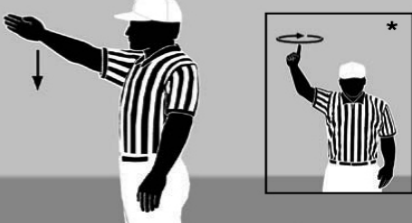




















Revision 6 (reserved)

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NFHS OFFICIAL FOOTBALL SIGNALS

<div>1</div> <div>Ball ready for play *Untimed down</div> <div></div>	<div>2</div> <div>Start clock</div> <div></div>	<div>3</div> <div>Time-out Discretionary or injury time-out (followed by tapping hands on chest)</div> <div></div>		
<div>4</div> <div>TV/radio time-out</div> <div></div>	<div>5</div> <div>Touchdown, Field goal, Point(s) after touchdown</div> <div></div>	<div>6</div> <div>Safety</div> <div></div>	<div>7</div> <div>Dead ball foul, Touchback (move side to side)</div> <div></div>	
<div>8</div> <div>First down</div> <div></div>	<div>9</div> <div>Loss of down</div> <div></div>	<div>10</div> <div>Incomplete forward pass Penalty declined No play, no score Toss option deferred</div> <div></div>	<div>11</div> <div>Legal touching of forward pass or scrimmage kick</div> <div></div>	<div>12</div> <div>Inadvertent whistle</div> <div></div>
<div>13</div> <div>Disregard flag</div> <div></div>	<div>14</div> <div>End of period</div> <div></div>	<div>15</div> <div>Sideline warning</div> <div></div>	<div>16</div> <div>First touching Illegal touching</div> <div></div>	
<div>18</div> <div>Encroachment</div> <div></div>	<div>19</div> <div>False start Illegal formation</div> <div></div>	<div>20</div> <div>Illegal shift (2 hands) Illegal motion (1 hand)</div> <div></div>	<div>21</div> <div>Delay of game</div> <div></div>	<div>22</div> <div>Substitution infraction</div> <div></div>

PlayPic® PlayPics courtesy of Referee magazine

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NFHS OFFICIAL FOOTBALL SIGNALS

23 Failure to wear required equipment 	24 Illegal helmet contact 	25 Illegal horse-collar tackle 	27 Unsportsmanlike conduct Noncontact foul 	28 Illegal participation
29 Sideline interference (Face press box) 	30 Running into or Roughing kicker or holder	31 Illegal batting/kicking (Followed by pointing toward area for kicking) 	32 Invalid fair catch Illegal fair catch signal 	33 Forward pass interference Kick catching interference
34 Roughing passer 	35 Illegal pass/forward handing (Face press box) 	36 Intentional grounding 	37 Ineligible downfield on pass 	38 Personal foul
39 Clipping 	40 Blocking below waist 	41 Chop block 	42 Holding/ obstruction Illegal use of hands/arms 	43 Illegal block
44 Helping runner Interlocked blocking 	45 Grasping face mask or helmet opening 	46 Tripping	47 Disqualification 	

PlayPic® PlayPics courtesy of Referee magazine. Note: Signal numbers 17 and 26 are for future expansion

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58. Penalty card

General Offensive Penalties	
A-GAP VIOLATION	5 yds from LOS
CHARGING – FLAGRANT FOUL	10 yds from LOS & loss of down
DELAY OF GAME	5 yds from LOS
DIVING	5 yds from spot
FALSE START / ILLEGAL PROCEDURE	5 yds from LOS
HOLDING	5 yds from LOS
ILLEGAL BLOCKING	10 yds from LOS & loss of down
ILLEGAL FORMATION	5 yds from LOS
ILLEGAL FORWARD PASS BY QB	5 yds from spot of foul & loss of down
ILLEGAL QB RUN	Ball returns to LOS & loss of down
INELIGIBLE REC DOWNFIELD	5 yds from LOS
INTENTIONAL GROUNDING	5 Yds from Spot & loss of down
PASS INTERFERENCE	10 yds from LOS
UNNECESSARY ROUGHNESS – FLAGRANT FOUL	10 yds from LOS & loss of down
UNSPORTSMANLIKE CONDUCT / TAUNTING	10 yds from end of play & loss of down

LOS= Line of scrimmage

EOP= End of play

LOS/EOP= which ever is greater

General Defensive Penalties	
STRIPPING	5 yds from spot of foul
HOLDING	5 yds from LOS
ILLEGAL FORMATION	5 yds from LOS
ENCROACHMENT / NEUTRAL ZONE INFRACTION	5 yds from LOS
COACHES INTERFERENCE	5 yds from LOS
PASS INTERFERENCE	10 yds from LOS automatic 1 st down
BULL RUSHING – FLAGRANT FOUL	10 yds from EOP
UNNECESSARY ROUGHNESS – FLAGRANT FOUL	10 yds from EOP
UNSPORTSMANLIKE CONDUCT / TAUNTING	10 yds from EOP
ROUGHING THE PASSER - FLAGRANT FOUL	10 yds from LOS/EOP
INTENTIONAL TACKLING - FLAGRANT FOUL	10 yards from EOP