

# WPFG ABRIDGED RULES: FLAG FOOTBALL - Page 1

## GUIDING BODIES

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## EVENT

Team: Open, Unisex.  
A maximum of **22 team members** plus one (1) non-playing coach.

**10 February 2009: Please note that maximum team roster size has increased; and number of players on field allowed is now 8.**

## FACILITY

3 fields measuring 40 yards x 100 yards. For details, see attached Diagram "A". Restroom and changing facilities must be available. End zones and sideline areas must be open and free from goal posts, fences, benches, and other obstructions.

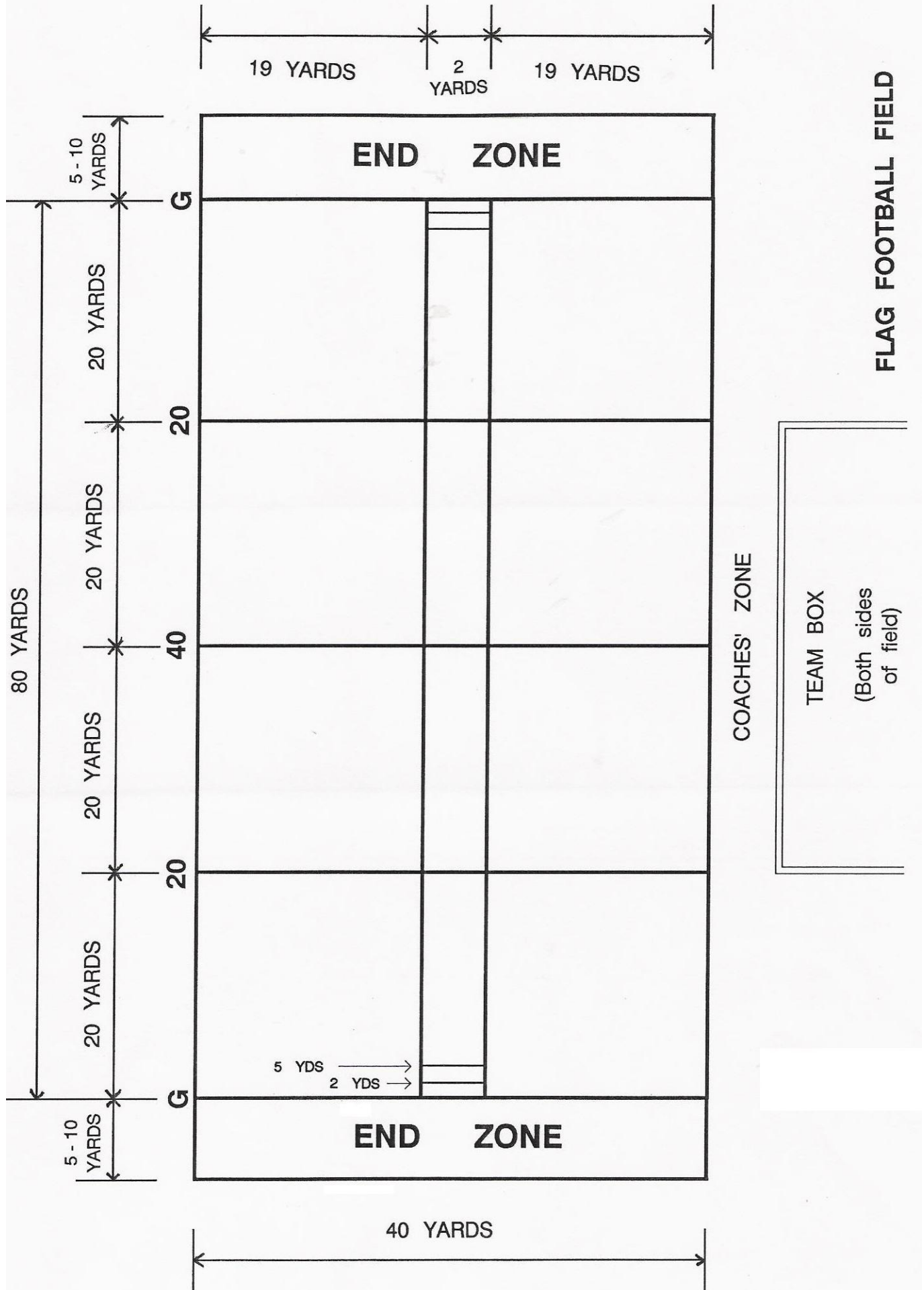
## BRACKETING

Bracketing depends on the number of teams entered.

If 7 or fewer teams have entered, Bracketing will be Round Robin with the results of Pool Play being the Finals.

If 8-11 teams enter, two pools will be established with the top two teams in Pool Play going to a single elimination Finals.

If 12 or more teams enter, 3 pools or more will be established with the top two teams from each pool playing off in 2 Single Elimination Finals.



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## GENERAL RULES & REGULATIONS

### Section One THE GAME

- 1.1 The basic concept for the game is for the ball carrier to avoid bodily contact with the defensive player. The defense should go for the ball carrier's flag. The defense must play the flag and not the ball when pursuing the ball carrier.

Flag Football is NOT tackle football; it is NOT power football. The Flag Football game emphasizes speed, quickness, deception and agility to defeat the opponent.

- 1.2 Flag Football is played with an inflated ball by two teams of 8 players, each on a rectangular field, measuring 80 yards by 40 yards, not including end zones [5 yards minimum, 10 yards maximum]. The team in possession has a series of downs, (numbered 1, 2, 3, and 4) to advance the ball into each 20 yard zone. There are no field goals. Any combination of 8 players for the team in possession may be used by linemen or backfield men. There must be 4 players set at the line of scrimmage.

A game must start with 8 players and may continue with 6 players, but not with 5 or less players.

- 1.3 Each game will consist of four 10-minute running time quarters, with the final two minutes of each half to be “stop-time.”
- 1.4 All players are eligible to catch a pass.
- 1.5 The home team is designated as the top team listed in each bracket.
- 1.6 Receiving team and goal defense shall be determined by a pre-game coin flip.

### Section Two THE FIELD AND MARKINGS

- 2.1 The field shall be a rectangular area with dimensions, lines, and zones as shown on the accompanying Diagram (Diagram “A”).
- 2.2 Zone markers shall be placed along both sidelines, but not on the field. Zone markers shall be constructed of soft, pliable material, usually small traffic cones.
- 2.3 Lines shall mark all boundaries, zones and end zones. These lines may be a non-caustic chalk, painted lines, or lines burned by a chemical.

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### Section Three GAME EQUIPMENT

- 3.1 The official ball for games shall be a regulation-size leather football. The ball must be properly inflated. It is not necessary to have white stripes on the ends. The officials shall determine if the ball is suitable for playing. A team may NOT use separate balls for scrimmage downs and for kicking purposes. The ball used for scrimmage downs will be the same used for kicking purposes. A Game ball shall be provided by the Host. A team may substitute their own ball with the approval of the game officials and opposing team.
- 3.2 The referee may order the ball changed between downs if the field is wet.
- 3.3 A down marker, or other device, may be used to mark all downs. If provided by the Host, they shall also make available a competent person to operate this equipment.
- 3.4 A timing device (referred to as the "game clock" or the "clock") shall be provided by the Host. Time shall be kept on the sidelines, unless time is kept on the field by a designated official.

### Section Four PLAYER DESIGNATIONS

- 4.1 Each team shall designate a player as field captain and only he/she may communicate with officials.
- 4.2 A non-player, substitute or trainer of either team shall not be outside his team box except to become a player. The team box is that area, which is out-of-bounds between both t20 yard lines and 2 yards or more behind the sidelines.

### Section Five PLAYER EQUIPMENT

- 5.1 No hard padding equipment (such as shoulder pads, hip pads, thigh pads or helmets) may be worn. Soft knee pads may be worn on the knees only. Softball sliding pads, sweat bands and head bands may be worn. Hand or arm pads are prohibited.
- 5.2 Opposing team's jerseys must be contrasting colors. The home team (first listed on schedule) must adjust if there is a conflict. Jerseys must be numbered individually.
- 5.3 Jewelry or any other hard surface material may not be worn.

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5.4 Shoes are required equipment.

YES

NO

Tennis shoes

Barefeet

Basketball shoes

Street shoes

Jogging/Training shoes

Rubber molded cleats that are rounded to a point

All-purpose rubber

Baseball or softball shoes

round-molded cleats

Toe cleats, Metal cleats

Soccer shoes, rubber

round-molded cleats

Shoes with screw on

Cleats: max. ½" long,

Rounded molded plastic

with metal tips.

5.5 Host is responsible for providing the official belts and flags. The belts shall have 3 flags attached, one on the left hip side, one on the right hip side and one on the back side. Flag belts shall be worn tight enough to prevent slipping while the player is running. They shall be worn at waist level. Flags may not be altered in any way. Only flags provided by the Host will be used. (Host will use only flags supplied or approved by WPFG).

5.6 Shirts must be either firmly tucked inside trousers or short enough not to cover the flags or belt.

5.7 Flags cannot be shredded or cut in length. Flags may not have any substance on them (such as oil, grease, rubber bands, etc.). Officials may assess a) Major Penalty, or b) Forfeit of Game for violation of this rule.

5.8 Pants or jerseys that are torn away or ripped, and interfere with the proper wearing or pulling of a flag are illegal, and must be replaced before the player can enter the field of play.

NOTE: Coaches should carry in the equipment bag, extra pants or shorts if needed. The player only needs to slip the new shorts over the damaged ones to prevent delay of game. Reasonable time will be granted to replace any torn uniforms. Jerseys may not be taped, tied or altered to provide a knot or knot-like protrusion.

5.9 Coaches are responsible for preventing the illegal use and wearing of his/her players' equipment. Penalty: Illegal Participation, 10 yards.

5.10 It is recommended that all players wear a cup (pelvic bone/area protection) and a mouthpiece.

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- 5.11 Pants with pockets, belt loops or rivets are illegal. Recommended pants: football, gym shorts or sweat pants. Pants that have beading or stripes must contrast with flag color.

### Section Six DEFINITIONS or PLAYING TERMS

#### BLOCKING

- A. The limited use of hands is permitted by the offensive team while blocking. During a legal block the hands are open and must be inside the blocker's elbows. As a defensive player gets by the blocker the block must be released. A blocker may not grab hold or trip an opponent at any time. All blocking must be on the body frame (i.e. above the waist and below the neck).
- B. Blocking may only occur within 5 yards on either side of the line of scrimmage. If, in the opinion of an official, a block is continuous and occurs in the legal blocking zone and continues beyond 5 yards into the offensive backfield no penalty shall be called.
- C. Striking or slapping is illegal.
- D. Blocking from behind is illegal.
- E. The 3 or 4 point stance is illegal. Blockers shall be poised on their feet before, during and after contact is made with an opponent.
- F. No contact with an opponent obviously out of the play before or after the ball is declared dead.

#### DIVING

Ball carrier may not dive to advance the ball to gain extra yardage (5 yd. penalty from the spot of foul).

#### HURDLING

An illegal attempt by a player to jump with one or both feet foremost over a player who is still on his feet. It is not hurdling if the ball carrier, to avoid injury, must jump over a fallen player.

#### LEGAL SNAP

A legal snap shall be such that the ball leaves the hands of the center and touches a back field player or hits the ground. Once any snap hits the ground, the ball is immediately dead and the succeeding down shall start at the yardline where the ball first hit. The ball must travel between the legs of the center in a backward direction. A scrimmage down must start with a legal snap. An illegal snap causes the ball to remain "dead". If a center lifts the ball during adjustment of the ball, prior to the snap, it is a dead ball foul for a snap infraction (5

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yard penalty from line of scrimmage). The center must face his/her opponent's goal line with his/her shoulders parallel to the line of scrimmage.

### ROUGHING PASSER

Any contact with a passer's arm before or during release of a forward, lateral or backward pass is roughing the passer. Unnecessary contact after the release of a pass is "unnecessary roughness" (ten yard penalty from line of scrimmage and automatic first down).

### PUSHING BALL CARRIER

At NO TIME is the defender allowed to push the ball carrier in or out of bounds. It is deemed "unsportsmanlike conduct".

## Section Seven LENGTH OF QUARTERS

7.1 Playing time shall be four 10-minute running quarters. If, at the end of the fourth quarter, the teams have identical scores, the tie may be resolved with the method described in Section Seventeen: "Tie Breakers."

1st Quarter: 10 minutes Clock time

Intermission: 1 minute

2nd Quarter: 10 minutes = 8 minute Clock Time - Last 2 minutes Stop Time

Halftime: 5 minutes

3rd Quarter: 10 minutes Clock time

Intermission: 1 minute

4th Quarter: 10 minutes = 8 minute Clock Time - Last 2 minutes Stop Time

7.2 Clock time stops only for:

- a) Time outs (starts on succeeding snap)
- b) Scores (starts on succeeding snap)
- c) Penalties (starts once play is ready)
- d) Emergencies (starts once play is ready)

NOTE: The clock time does NOT stop for "out of bounds", "a declared punt", or "incomplete passes".

7.3 Stop time lasts 2 minutes of each half. Time stops for all dead ball situations and time outs.

## Section Eight STARTING EACH QUARTER

8.1 The winner of the pre-game coin flip may defer his/her choice to the second half (the start of the 3rd Quarter).

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- 8.2 At the start of the second quarter and the fourth quarter, the teams shall change goals. Team possession, number of the next down, and relative position of the ball and the distance to gain for the first down remain the same. Team members may go to the sidelines during this time but must stay on the field. Both teams must be ready to play in “one minute”. One coach may go onto the field with his/her team during the break between quarters.

### Section Nine TIME-OUTS

- 9.1 Three time-outs only may be charged to a team during each half of the game. Unused time-outs in the 1st half may NOT be carried over into the 2nd half.

NOTE: In case of overtime, no additional time-outs can be added, but those remaining from the “three allowed” in the 2nd half may be used.

- 9.2 No single time-out shall exceed one minute. An official’s time-out may follow a charged time-out if a safety factor is involved.
- 9.3 After a team has used its permissible charged time-outs in a half, any subsequent request shall be denied, unless it is for:
- a) an injured player, or
  - b) necessary repair to equipment, or
  - c) officials may call “time-out” to review-interpretation of a rule.
- 9.4 If a time-out conference results in the decision altering an official's ruling, no time-out will be charged. If the official's ruling prevails, the team requesting the conference will be charged with the “time-out”.
- 9.5 One (1) coach may go onto the field at a time-out.
- 9.6 Players may consult with coaches from the sidelines provided they do not leave the playing field.

### Section Ten BALL READY FOR PLAY and DELAY OF GAME

- 10.1 The ball is ready for play when, after it has been placed in the middle of the two-yard zone (the middle of the field) for a down, and the referee gives the “ready for play” signal. The ball must be snapped within 25 seconds (or “delay of game penalty of 5 yards and down over” will be assessed).

### Section Eleven PUTTING BALL IN PLAY

- 11.1 To start each half, and to resume play after a “try-for-point”, or after a “safety,” the ball shall be placed at the (opponent's) 20 yard line. There will be NO kick-offs.

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- 11.2 A snap shall put the ball in play when a punt is not declared.
- 11.3 Each legal snap shall be started in the middle of the two-yard zone for each scrimmage down. The ball must travel between the legs of the center in a backward direction.

### Section Twelve DEAD BALL

- 12.1 In all cases, before a punt or after a punt has been possessed, any ball that hits the ground is ruled "dead". A fumbled snap, (a hand-off that is fumbled) a backward or lateral pass: once the ball hits the ground, it is ruled "dead" and put "in play" where the ball hit the ground. On a fumble that lands forward of the ball carrier, the ball is put "in play" at the spot where the ball was fumbled, and NOT the spot where the ball has landed.
- 12.2 Inadvertent Whistle: When no foul occurs during a down and there is an inadvertent whistle while:
- a) a legal pass or snap is in flight, or during a kick, the down will be re-played.
  - b) a player is in possession, the team may choose to accept the play at that point or choose to re-play the down.

### Section Thirteen SERIES OF DOWNS

- 13.1 A team has 4 "downs" to advance the ball from wherever the team takes possession of the ball to the next zone, (20 yards). If they fail to reach the next zone in 4 downs, their opponent shall gain possession of the ball at the point where the ball is declared "dead" on the (4th) down. In order for the ball carrier to score or to advance over the line for a first down, the ball carrier must advance with some part of his person over the line. This rule differs from tackle football when only the ball must break the vertical plane.

Example:

- a) Ball carrier falls to ground, knees hit at one-yard line, then upper torso falls into the end zone... NO SCORE.
- b) Ball carrier steps over the line with one foot or falls over the line and first contact.

### Section Fourteen SCRIMMAGE KICKS (PUNTS)

- 14.1 PUNTS: All punts must be declared. Captains are to notify officials whether or not the offense wishes a "declared kick". All punts must be declared before a huddle.

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Once the decision to punt or play a scrimmage down has been made from the captain,

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it may not be rescinded. The clock does not stop. If the punting team attempts a run or pass, they will be penalized 10 yards AND loss of down.

- 14.2 All punts must be kicked within 25 seconds from the time the official declares the ball ready for play. It is a “delay of game” not to punt within 25 seconds.
- 14.3 Kicking team may not move until the ball is kicked. The ball must be punted from a distance 5 yards behind the line of scrimmage (penalty-Illegal Procedure). The ball must be punted from the center of the field by the punter. The kicking team may not touch the ball until it crosses the line of scrimmage. The center is permitted to move one step laterally to avoid being hit by the punt.
- 14.4 Defense must have at least 5 players on the line of scrimmage until the ball is kicked. Defense MAY NOT rush the punter.
- 14.5 No scrimmage kicks are permitted unless they are declared. This includes quick kicks [see Section Fourteen: Scrimmage Kicks (Punts) 14.1 Punts].
- 14.6 If the ball touches the ground, before or after reaching the punter, the ball is considered “dead” at the spot at which it strikes the ground, and the down counts.

### Section Fifteen SNAPPING, HANDLING and PASSING THE BALL

- 15.1 A legal snap shall be such that the ball leaves the hands of the center and touches a back field player, or hits the ground. Once any snap hits the ground, the ball is immediately “dead” and the succeeding down shall start at the yardline where the ball first hit. The ball must travel between the legs of the center in a backward direction. A scrimmage down must start with a legal snap. An illegal snap causes the ball to remain “dead”. If a center lifts the ball during adjustment of the ball, prior to the snap it is a “dead ball four” for a snap infraction (5 yard penalty from line of scrimmage). The center must face his opponent’s goal line with his/her shoulders parallel to the line of scrimmage.

### Section Sixteen SCORING and TOUCHDOWNS

- 16.1 Scoring
- |                          |                |
|--------------------------|----------------|
| TOUCHDOWN .....          | Six (6) Points |
| SAFETY .....             | Two (2) Points |
| SUCCESSFUL TRY-FOR-POINT |                |
| a) 2 Yard Line .....     | One (1) Point  |
| b) 5 Yard Line .....     | Two (2) Points |
- 16.2 AFTER a TOUCHDOWN, the scoring team is permitted “try-for-point(s)” during which the try is attempted from the 2 yard line (for one point) or the 5 yard line (for

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two points). This involves one scrimmage down which is neither numbered nor timed. Kicks are NOT permitted at this time. Any change of possession causes the ball to become “dead” immediately. The defense may NOT score on any try-for-point.

- 16.3 It is a “Safety” when an offensive player causes the ball to become “dead” behind his/her goal line. After a “safety”, defensive team takes possession of ball on their own 20 yard line.
- 16.4 If one team leads another by 30 points or more anytime after the conclusion of the first half, the game will be called at the losing team's discretion.

### Section Seventeen TIE-BREAKER

- 17.1 If a game is tied after regulation play, a flip of the coin will be held and the winner will have the choice of playing offense or defense for one (1) down. Only one coin toss is to be used during a Tie-Breaker. The ball will be placed on the two or five yard line as requested by the offense. The offense will attempt to score. After one play, the teams switch from offense to defense (and vice versa). The “new” team on offense will then notify the official whether they will attempt a one or two point play.

#### EXAMPLE:

Team "A" had the ball first ... and:

- a) scored 2 points; or
- b) scored 1 point; or
- c) failed to score

then ... Team "B", when on offense must try for:

- a) 2 points to tie; or
- b) 2 points to win, OR 1 point to tie; or
- c) score 1 or 2 points to win.

If both teams tie after the first series of downs, the same procedures continue until a winner is declared. **NO KICKS or PUNTS ARE ALLOWED.** If defense intercepts or gains control of the ball, the ball is “dead”.

### Section Eighteen BLOCKING and HELPING THE RUNNER

- 18.1 There shall be NO block below the waist or above the shoulders by ANY player on the field at ANY TIME.
- 18.2 Offensive players shall NOT push, pull or lift the runner, or grasp or encircle any team-mate to form interlocked interference.

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- 18.3 A player on either team may use unlocked and open hands to ward off an opponent who is blocking or attempting to block him.
- 18.4 A defensive player shall NOT:
- strike a player on the head;
  - grasp or hold an opponent;
  - add momentum to the charge of a team-mate who is on the line-of-scrimmage by shoving him; or,
  - push the ball carrier out-of-bounds.
- 18.5 Beyond 5 yards from scrimmage, no down field interference by the offensive team shall be allowed in front of the ball carrier. Interference will be called.

### Section Nineteen OFFENSIVE PLAYERS

- 19.1\* The ball carrier shall strive to avoid the defense by agility. Attempts to run over, charge or straight arm the opponent are illegal. A ball carrier may NOT steer his/her blockers. The ball carrier may not spin (more than 180 degrees) to avoid his/her flag from being pulled. Penalty: 10 yards and loss of down.
- 19.2 If, for any reason, it becomes impossible to pull the flag or belt from the ball carrier, the play shall be whistled “dead”.
- 19.3 A ball carrier IS DOWN whenever the belt is PULLED OFF by an opponent (EXCEPT in “special situations,” as explained in Section Nineteen: Rule 4).
- 19.4 A player without flags may still receive and/or advance the ball. The player, however, IS DOWN by a ONE HAND TOUCH from an opponent.
- 19.5\* Premature flag pulling by the defense “on purpose in the judgement of the officials” is a 10 yard unsportsmanlike conduct penalty, AND an automatic First Down. The penalty may be refused by the offense and the gain may be taken.
- 19.6\* In order to advance the ball beyond the line of scrimmage on a running or passing play, the ball carrier shall not run within the 2 yard area of the center. This area being one yard either side of where the ball was snapped. Penalty: 5 yards.
- 19.7\* GUARDING THE FLAG: The ball carrier CANNOT protect his/her flags by guarding, hacking or holding the flag. Penalty: 10 yards and loss of down.
- 19.8 If the last defensive man between the ball carrier and the goal line is “guilty of roughness” against the ball carrier, the ball carrier shall be given the score he would have attained if he/she was not fouled. This includes pushing the ball carrier out-of-bounds as well as holding or tackling.

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19.9\* **BLOCKING the OFFENSIVE CENTER:** It is illegal for the defense player to block the offensive center on, or immediately after the initial snap or until the center assumes a blocking stance, or has taken one (1) step in any direction. Penalty: 10 yards.

19.10 If during a down the uniform becomes a hindrance to pulling a flag at the fault of the ball carrier, the play will be whistled “dead” at the first attempted movement of contact by the defense to pull his/her flag.

**EXAMPLE:** Receiver set at line-of-scrimmage has jersey poorly tucked in and during the running of a pattern, his jersey comes out and hides his flags (even partially), the play shall be whistled “dead” as soon as the defense makes any contact to pull his flag (whether that attempt is successful or not).

19.11 If the defense causes a shirt to hinder future flag pulling, the play continues until the flag is pulled or the ball becomes “dead”.

**EXAMPLE:** If a ball carrier, who has his/her jersey properly tucked in, has the jersey pulled out by an unsuccessful attempt to pull his flags, the play will continue until the defense pulls his/her flags or the ball becomes “dead”. Any pulling or holding of the jersey during any succeeding attempt(s) still count(s) as a penalty against the defense.

19.12 No “hide-outs” will be permitted. Offensive players must be 3 yards from the sidelines. (EXCEPTION: see Rule 19.13 below). Penalty: 10 yards.

19.13 If a team does NOT use a huddle, all offensive players must set 5 yards from sidelines. Penalty: 10 yards.

19.14 4 players must be set on the line of scrimmage prior to the snap of the ball. Only one offensive player may be in motion. Motion can be lateral, forward or backwards to the line of scrimmage as long as he/she does not encroach in the two yard center zone area at the moment of snap.

\* **PENALTY for PERSONAL FOUL:**

Section 19.6	Five (5) Yards
Section 19.5 & 19.9	Ten (10) Yards
Section 19.1 & 19.7	Ten (10) Yards and Loss of Down

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### Section Twenty SPECIAL POINTS OF INTEREST

- 20.1 FORWARD PASS: A forward pass may be thrown by the team which has the ball in play from the line of scrimmage. There may be more than one legal forward pass during a down, but each must be thrown behind the original line of scrimmage.
- 20.2 TOUCHBACK: If after an interception in the end zone, the player tries to run it out and his flag is pulled while in the end zone, IT IS STILL a Touchback. An interception may be advanced out of the end zone, except on extra point attempts and tie-breakers. After a touchback, the ball will be placed at the 10 yard line.
- 20.3 PASS RECEIVING: If a player attempts a catch, an interception, or a recovery while he/she is in the air, the ball must be in his/her possession when he/she first returns to the ground in-bounds prior to touching out-of-bounds. A receiver needs to have only one foot or any part of his/her body touch in-bounds before any part of his/her body is touching out-of-bounds when catching a pass.

### Section Twenty-One CONDUCT OF PLAYERS and OTHERS

- 21.1 Whenever in the judgment of any game official, the following acts are deliberate or flagrant, the participant shall be disqualified from the game in addition to the 10 yard penalty:
- a) use of fists, feet or knees;
  - b) using locked hands, elbows or any part of the forearm or hand, except in accordance with the rules;
  - c) tackling the ball carrier;
  - d) contact with an opponent obviously out of the play before or after the ball is declared “dead”;
  - e) abusive or insulting language directed to an opponent; taunting an opponent.
- 21.2 Whenever in the judgment of any game official, the following acts occur, the participant shall be disqualified and suspended for one game in addition to the 10 yard penalty:
- a) possession of alcoholic beverages on or around field,
  - b) attempting to substitute an illegal or suspended player,
  - c) fighting,
  - d) any violation in rule Section 21.1 wherein an opponent is injured,
  - e) abusive or insulting language directed to any game official.
- 21.3 Whenever in the judgment of any game official the following acts occur, the participant shall be disqualified for the remainder of the tournament AND may be

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subject to further sanctions as deemed appropriate by the WPFGB in addition to the 10 yard penalty.

- a) physical contact with or threat to any game official;
- b) fighting wherein an opponent is injured;
- c) any player who joins in a fight, whether or not an injury occurs.

NOTE: Sport Coordinator shall immediately notify the WPFGB of any and all disciplinary actions in Section Twenty 21.2 and 21.3. WPFGB has the authority to review and modify disciplinary actions in Section 21.2 and 21.3, and any other problem brought to its attention by an Official or Sports Coordinator.

### Section Twenty-Two ENFORCEMENT OF PENALTIES (AFTER A FOUL)

- 22.1 When a foul occurs during a live ball, the referee shall, at the end of the down, inform the captain of the offended team regarding the choices of declination or acceptance of penalty. The captain's first choice of options may not be revoked. In case of a double foul, captains are not consulted.
- 22.2 When a foul occurs during a "dead ball" between downs or prior to a snap, the official shall not permit the ball to become "live". The captain of the offended team will be presented with the options which he may accept or decline.
- 22.3 When a live ball foul by one team is followed by a "dead ball" foul by the opponent, the penalties are administered separately and in the order of occurrence.

### Section Twenty-Three ENFORCEMENT OF PENALTIES (BASIC ENFORCEMENT SPOTS)

- 23.1 If a foul occurs during a down, the Basic Enforcement Spot is fixed by the type of play. There are two types of plays:
  - a) LOOSE BALL PLAY: action during:
    - i. a scrimmage kick;
    - ii. legal forward pass;
    - iii. backward pass made from, on, or behind his/her line-of-scrimmage.A loose ball play also includes the run(s) which precede such legal pass or kick.
  - b) RUNNING PLAY: is any action not included in item "a".
- 23.2 If a foul occurs during a loose ball play, the Basic Enforcement Spot is the previous spot (line of scrimmage). Exception: for defensive pass interference - first down at the spot of the foul.
- 23.3 If a foul occurs during a running play, the Basic Enforcement Spot is the spot where the related run ends. The run ends where the player loses possession, if his/her run is

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followed by his/her fumble or pass. If the runner does not lose possession, his/her run ends where ball becomes “dead”.

### Section Twenty-Four ADMINISTERING PENALTIES

- 24.1 The penalty for any foul between downs and any non-player foul, is from the succeeding spot.
- 24.2 The penalty for a foul which occurs simultaneously with a snap is administered from the previous spot, which is the spot of the snap.
- 24.3 The penalty for a foul during a running play is from the Basic Spot (where run ended) unless the foul is by the offense and occurs behind the Basic Spot.

### Section Twenty-Five SPECIAL ENFORCEMENTS

- 25.1 A measurement cannot take the ball more than half the distance from the enforcement spot to the offending team's goal line. If the ordinary distance from the enforcement spot to the offending team's goal line is greater than this, the ball is placed halfway from the spot of enforcement to the goal line.

#### PLAY

Team “A's” ball, 2nd and goal from Team “B's” 12 yard line. Player “B-1”

- a) holds during run and ball becomes dead at “B's” 10 yard line;  
Ruling: it is 2nd and goal from “B's” 5 yard line.
  - b) interferes in his/her end zone during a forward pass  
Ruling: it is 1st and goal from “B's” 2 yard line.
- 25.2 If the offensive team throws an illegal pass from its end zone or commits any other live ball foul which the penalty is accepted and measurement is from, on, or behind its goal line, it is a Safety.
  - 25.3 If there is a foul by the defense, during a down which results in a successful touchdown or try for points, the penalty may be measured on the succeeding kick-off or, if they are in over-time, from the succeeding spot.
  - 25.4 A defensive foul on the final play of either half will result in one additional play for the offense.
  - 25.5 The referee's decision to forfeit a game is final.
  - 25.6 The referee has authority to rule promptly, and in the spirit of good sportsmanship, on any situation not specifically covered in the rules.

Section Twenty-Six PENALTY ENFORCEMENT

- 26.1 In the WPFGB Rules, the penalty enforcement philosophy is based upon the principal that a team is entitled to the advantage of distance gained without the assistance of a foul. If a foul occurs during a down the basic enforcement spot is fixed by the type of play. The following are some of the basic football guidelines.
- a) There are only two penalties: loss of five (5) yards, or loss of ten (10) yards (Exception: defensive pass interference - first down at the spot of the foul or two (2) yard line if it occurs in the end zone.)
  - b) A foul does not “kill” the ball or cause it to become “dead” and there is no penalty which causes loss of the ball.
  - c) If a foul occurs when the ball is “live”, there is whistle until the down has ended.
  - d) A down is the basic unit of the game and each begins when the ball becomes “live”, and ends when the ball becomes “dead”.
  - e) When a down is in progress, the ball is “live”, and when it is dead, it is a between downs. (*Period*).
- 26.2 LOSS OF FIVE (5) YARDS                      “A” = Offense                      “B” = Defense
- a) Delay of game or illegal substitution
  - b) Encroachment
  - c) False start or any illegal act by the snapper
  - d) Player of “A” illegally in motion
  - e) Illegal shift
  - f) Illegally handing ball forward
  - g) Illegal forward pass by “A” or “B” (if by “A”, the down counts)
  - h) Substitution or coach violating team box requirements
  - i) Team “A” running up the middle zone at scrimmage line
  - j) Illegal position at snap
  - k) Helping the runner
  - l) 3-point or 4-point stance.
- 26.3 LOSS OF TEN (10) YARDS
- a) Delaying start of any quarter
  - b) Offensive pass interference (also down counts)
  - c) Illegal blocking
  - d) Illegal block below waist
  - e) Illegal use of hands
  - f) Clipping
  - g) Unsportsmanlike conduct (flagrant offense may result in player ejection AND suspension from future games in addition to loss of yards)

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- h) Illegal participation
- i) Illegally kicking a ball
- j) Illegally batting a ball
- k) Attendant illegally on the field
- l) Flag guarding, straight arming (if by "A" the down counts)
- m) Charging; hurdling
- n) Unnecessary roughness; personal fouls
- o) Roughing passer -10 yard penalty AND automatic first down
- p) Roughing ball carrier, tackling or pushing out-of-bounds.
- q) Premature flag pulling
- r) Illegal blocking offensive center
- s) Hideouts
- t) Passing or Running play after declaring a punt - loss of down.
- u) Interference (down counts) Example: spinning or steering blockers

NOTE: All major penalties are 10 yards in Flag Football.

Exception: Defensive pass interference is penalized at the spot of the foul. Automatic first down. If the defensive pass interference occurs in the end zone, the spot is the 2 yard line. Automatic first down.

Measurement Reduced to Half Distance to Goal Line: When measurement spot for a 10 yard penalty is inside the 20 yard line, or, when measurement spot for a 5 yard penalty is inside the 10 yard line.

### Section Twenty-Seven POLICY REGARDING EMERGENCY and WEATHER

#### 27.1 SHORTENED QUARTER

A quarter (or quarters) may be shortened in any emergency by agreement of the opposing field captains and the head official. Any remaining quarter may be shortened at any time.

#### 27.2 INTERRUPTED GAME

An interrupted game (because of events beyond the control of the responsible administrative authority) shall be continued from the point of interruption, unless the teams agree otherwise.

#### 27.3 WEATHER

- a) When weather conditions are construed to be hazardous to participants, or the officials, the head official is authorized to delay or suspend the game.
- b) It is to be noted that if a game is suspended and the losing team trails by 21 points or more during or through the 3rd quarter, the game will be declared completed.
- c) If any time during the 4th quarter the winning team has the ball, and is 17 points or more ahead when the game is suspended, it will be declared completed.
- d) Any suspended game will resume from the point on the rescheduled date, unless declared completed because of sections 27.3b or 27.3c.