

Westford Flag Football Official Rule Book

U10, U12, 13+

August 2025





Terminology

- Offense: Five-person squad with possession of the ball.
- Defense: Five-person squad opposing the offense to prevent from advancing the ball.
- Boundary Lines: Outer perimeter lines that define the field. They include the sideline and back of the end zone lines. (See field diagram for details)
- Line-to-Gain: Line the offense must cross to get a first down or score.
- Line of Scrimmage: Imaginary line running through the point of the ball and across the width of the field.
- Rush Line: Imaginary line running across the width of the field 7 yds (into the defensive side) from the Line of Scrimmage.
- Downs: The offense has three attempts to advance the ball. They must cross the Line to Gain to get another set of downs or score.
- Live Ball: Refers to the period that the play is in action.
- Dead Ball: Refers to the period immediately before or after a play.
- Whistle: A sound made by an official to signify the end of the play, a stop in the action, timeout, halftime, or the end of the game. An inadvertent whistle is one that is mistakenly made.
- Center: Offensive player that begins the play by snapping the ball from between his legs.
Quarterback: Offensive player who calls signals to start play and receives the ball from the Center.
- Passer: Offensive player that throws the ball. May or may not be the Quarterback
Runner
Offensive player with possession of the ball.
- Legal Pass: When the ball is passed, flipped, thrown underhanded or heaved by the Passer who is behind the Line of Scrimmage, and caught by any player (offense or defense) beyond the Line of Scrimmage.
- Shovel Pass: Legal pass made by throwing the ball underhand towards a receiver in a shot put like manner. Must comply to Legal Pass requirements
- Lateral Pass: Backwards or sideways throw of the ball by the ball carrier. This is not a Legal Pass.
- Charging: Movement of the ball carrier directly at a defender who has established position on the field. This includes lowering the head, shoulder, forearm or chest, making contact with the defender.
- Flag Guarding: Act by the ball carrier to prevent the defender from pulling their flag. Examples include stiff arm, lowering elbow or head, jumping, or by blocking access to the carrier's flags with a hand or arm.
- Rusher: Defensive player(s) assigned to rush the Quarterback.
- Unsportsmanlike: Conduct that is rude, confrontational, offensive behavior, taunting or foul language. Point of Infraction Spot on the field where a violation occurred. Used by Officials to enforce penalties.



General Guidelines:

1. The offensive team takes possession of the ball at its 5-yard line and has four (4) downs to cross midfield. Once a team crosses midfield, it has three (3) downs to score a touchdown.

If the offensive team fails to cross midfield after 3rd down and elect to "punt" on 4th down, possession of the ball changes and the opposing team will start a new possession from its own 5-yard line. If the offensive team goes for it on 4th down and does not cross midfield, the opposing team will start a new possession from the spot where 4th down ended.

Any time there is a 'PUNT or PLAY decision on 4th or 3rd down, the referee WILL ask the offense's Head Coach to declare 'Punt or Play'. The coach MUST make a decision within five seconds or risk a delay of game penalty.

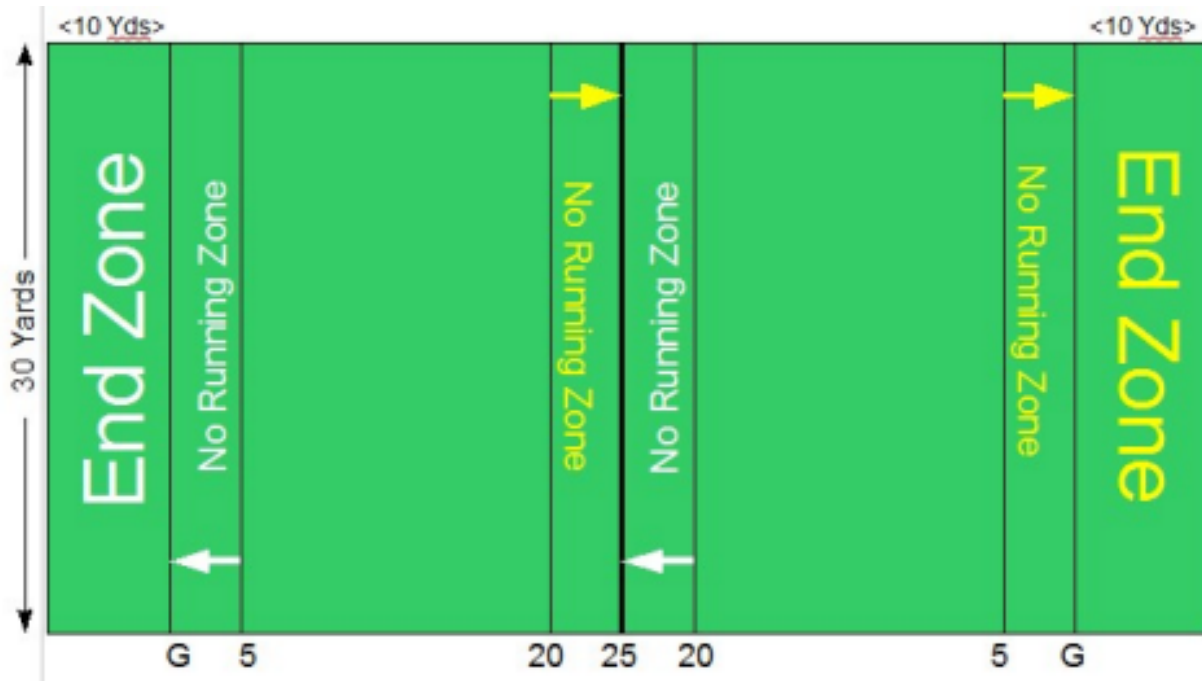
Teams may use a timeout to change the declaration of "Play" at any time prior to the expiration of the play clock. After crossing midfield, if the offense fails to score on 3rd down, the ball changes possession and the new offensive team starts at its 5-yard line.

2. "No-running zones" are located 5 yards from each end zone and on either side of the midfield line.
3. Following a touchdown, an offensive team has the choice of trying to score 1 extra point from defender's 5 yd line (pass only) or 2 extra points from defender's 12 yd line (pass or run).
4. PAT can be intercepted and returned for 1 or 2 points. The ball will still go to the team who the touchdown was scored against.
5. Equal Playtime Rule: Each player on each team must play at least 50% of the time.
6. 50/50 Rule: Players must play equally on offense and on defense. If less than 10 players, a round robin rotation of the eligible players on the team will be initiated.
7. Player substitutions within a possession or series is not allowed. The only exception is if a player has been injured.
8. One offensive coach is permitted on the field and in the huddle for the U10 & U12 divisions. All defensive coaches must remain on the sidelines unless a timeout is called.
9. Coaches are not permitted on the field in the 13+ division.



Field Image:

The field is 70 yards long and 30 yards wide. The end zones on either end are 10 yards long. The playing field is 50 yards long. The arrows point in the direction of the offense.



Scoring

Touchdown: 6 Points

Point After Attempt – Defender’s 5 Yard Line: 1 Point

Point After Attempt – Defender’s 12 Yard Line: 2 Points

Defensive Scoring Interception Returned for Touchdown: 6 Points

Safety: 2 Points

Pre-game:

1. League coordinators will send emails to coaches by 7:30 AM Saturday if the day’s games must be rescheduled due to weather conditions. However, if weather or field conditions worsen by game time (downpour, lightning, etc.), Head Coaches may together decide to postpone the game for weather reasons only. Postponed Saturday games are automatically scheduled to play at the same time/field on Sunday conditions permitting.
2. The home team is responsible for field markers. The home team first on field that day should set-up the markers and the last home team on field that day should store items away.



3. The home team must wear the dark side of their jersey; the visiting team wears the light side.
4. The visiting team's captain(s) calls the coin toss.
5. If the coin toss winner elects to get the first offensive possession, then the coin toss loser gets to select which end zone to defend. If the coin toss winner elects to defend a particular end zone, then the coin toss loser automatically gets the first offensive possession.
6. The home team provides the game ball.

Pre-game Inspection by the Referees:

1. All players must wear mouth guards. A player found not having one will result in his/her not playing. This is a safety issue that will be strictly enforced!
2. Only knit hats are allowed, no visors or baseball caps.
3. No jewelry allowed; includes watches, chains, rings, wrist bands, etc.
4. No metal cleats are allowed.
5. Balls are to be checked for proper inflation. Under inflated balls will be taken off the field and a properly inflated ball will be used in place.
6. Flags must be worn on the hips, not on the back or front of the body.
7. All players must pop their flags during inspection. No flag obstructions or treatments allowed.
8. If needed, temporary replacement flags may be found in the equipment chest.
9. The flags of all players must be fully exposed.
10. Players must wear their jersey tucked into their shorts/pants such that the jersey does not cover up or interfere with any part of their flags. The jersey must be tucked in for the entire duration of the game.
11. Players must tuck in their belt strap, so it does not appear to be a flag.
12. Players must wear shorts/pants which are not the same color as their flags. The referee will require these players to change their flags to a color that is different from their shorts/pants.

Game Time:

1. Two 25-minute halves to each game. Five-minute half-time break.
2. Teams change sides after the first 25 minutes. At the start of the 2nd half, possession changes to the team that defended at the start of the 1st half.
3. Each team is allowed three 30-second timeouts per half.
4. Game Clock is a running clock until time out is called by the coaches or referees.
5. Only time-outs by coaches or referees stop the game clock. Incomplete passes, running out of bounds, changing possession, etc. do not stop the clock in flag football.
6. Game Clock will be stopped during the time-outs and started at the snap of the ball after the time-out.



7. Referees can stop the clock at their discretion with additional guidance from the field official (e.g., to discuss a ruling on a play). Also, the referee may stop the clock for a player injury or faulty equipment but must restart the clock as soon as the issue is resolved.
8. At the start of the game and start of the second half the referee will ensure that both teams are on the field and ready to play prior to the ball being spotted.
9. The 30-second clock only starts once all the refs are in position, both dots are properly placed (line of scrimmage and 7-yard rush line) and the ball is set. The 30 second ref will announce or blow a whistle that the clock has started. If you don't hear the whistle or the announcement, it is up to you as a coach to ask the field official or head referee for a louder indication of this start.
10. After the referee releases the spotted ball, the offensive team may immediately snap the ball. It is up to the defensive team to be ready; offense doesn't need to wait for defense to get set. Note: Upon a change of possession, the referee has the discretion to "hold the ball" until he/she feels an appropriate amount of time has been given for the defense to take the field.
11. An inadvertent whistle that occurs on the field, prior to an interception will result in the ball being spotted back on the original line of scrimmage and the down shall be replayed.
12. Overtime (OT) - If the game is tied at the end of regulation play, and if time/conditions permits:
 - a) Conduct another coin toss just like starting a new game. The winner of the toss decides to play offense or defense first.
 - b) Using the same end-zone, the teams then take turns attempting to score 1 or 2 points (as in point after-touchdown attempts) until a winning team emerges.
 - c) Equal Playtime & 50/50 rules still apply -alternating players on Offense/Defense with each scoring attempt.
 - d) If an interception occurs the play is dead, and a change of possession will occur.
 - e) The game is over when each team has had possession of the ball an equal number of times, and one team was able to score more points than their opponents.
13. To keep games on time, teams arriving more than ten minutes later than their originally scheduled start time will forfeit the game. However, both teams may agree to play a scrimmage.
14. Teams are required to have a minimum of four players to play a game; if a team is unable to field at least four players the game will be forfeited. However, if both teams agree, they may use the remaining game time to scrimmage.



Referees & Field Officials:

1. League coordinators will arrange for game referees. A dedicated teen referee coordinator is chosen at the beginning of the year.
2. Referees should stand near the sidelines to not obstruct game play.
3. If the referee witnesses any acts of tackling, elbowing, cheap shots, blocking, or any unsportsmanlike act, the game will be stopped, and the player will be ejected from the game. FOUL PLAY WILL NOT BE TOLERATED.
4. Trash talking is illegal. Officials have the right to determine offensive language. Trash talk is talk that may be offensive to officials, opposing players, teams, or spectators. If trash talking occurs, the referee will give one warning. If it continues, the player or players will be ejected from the game.
5. Field Officials (FO) will be scheduled to moderate all games and record scoring. Refs should not start a game until the FO is present (or a substitute FO has been assigned).
6. Coaches may ask the FO questions about the ref calls and rule clarifications. They may also register their concerns with the FO. Players/Coaches cannot question any calls, but may ask FO for rule help (i.e. what was done wrong so they don't repeat it).
7. Any yelling at, comments to, or criticism of the referees will result in a warning for the first offense and ejection for the second offense. Ejected coaches must leave the premises. Ejected players may stay on-premises but must stay with an adult guardian for the remainder of the game. However, an ejected player may participate in the post-game hand-shake line up.
8. Two-minute warnings prior to each half are to be announced by the head referee to both players and coaches.
9. Head coaches to meet at half time with Field Official to discuss and review game play
10. League coordinators may observe games for compliance and support.
11. After the referee RELEASES a spotted ball, the offensive team may immediately snap the ball. It is up to the defensive team to be ready; offense doesn't need to wait for defense to get set. The only exception to this is at the start of the game and at the start of the second half where the referee will ensure that both teams are on the field and ready to play.
12. The referees have the discretion to "hold the ball" after it is placed to provide time for dots to be placed and other refs to position themselves for the following play.
13. Westford Flag Football is a NO CONTACT league. Contact will not be tolerated and is grounds for penalization and ejection.



General Offensive Rules:

1. The offense can achieve one first down per series by crossing mid field. The offense will be awarded three more downs.
2. If after the offense commits a penalty and the yardage loss portion of a Spot Foul is enforced, with the spot of the ball still resulting in the offense having crossed midfield, a 1st down will be awarded.
3. If the offense in the process of getting a First Down commits a penalty and the result of the penalty moves behind the first down line, the down will count, they will not be awarded a First Down and they will not be eligible for another first down. The offense will not have to abide by no run rules between the 20–25-yard line if the ball is marked in the no run zone after the penalty assessed. If it was third down, then a possession change results.
4. If the defensive team has intercepted the ball and is called for a spot foul during the run back, only the yardage portion of the penalty will be enforced. The new offense will start at 1st down.
5. A whistle is blown, and a “Dead Ball” is called whenever any of the following occurs:
 - a) Ball carrier’s flag is pulled
 - b) Ball carrier steps out of bounds
 - c) Touchdown or safety is scored
 - d) Ball carrier’s knee or arm/elbow or held ball hits the ground
 - e) Ball carrier’s flag falls out
 - f) Ball is dropped by runner which results in the ball contacting the ground
 - g) All Incomplete Passes
 - h) The QB crosses the Line of Scrimmage while in possession of the ball
6. The offensive player can score a maximum of 18 points per game.
7. The offensive player cannot advance the ball if the player has scored greater than 12 points.
8. Laterals of any kind, anywhere on the field are not permitted and are illegal.

Snapping:

1. The ball must be snapped between the Center's legs to start a play. Shotgun snaps are allowed.
2. A ball is legally snapped if the first person that touches the ball snapped from Center takes full possession. Tipping to another player, or missing ball completely will be treated as an incomplete pass and loss of down. The ball will be brought back to the line of scrimmage.
3. The ball must be snapped within 30 seconds of being spotted by the referee.
4. A ball is considered snapped once it is moved (even if slow to be in the QB possession). The Rusher can leave the dot as soon as the Center moves the ball.



5. A single player in motion, at a time, is allowed. But the player must be running parallel to the line of scrimmage with no forward progress being made when the ball is snapped. If forward progress is made when the ball is snapped, an Illegal Motion Penalty will result.
6. Players are allowed to shift positions before the snap of the ball. However, all players must be set for at least one second before the snap.
7. No player on the offensive team may change or move after assuming the final set position.
8. The ball must be snapped between the legs of the Center; not off to one side.
9. No Center sneaks such that the football is returned to center between the center's legs by the QB following the snap. The play is dead and down counted if such an attempt is made.
10. A snapped ball from Center that goes over, around, or by the QB, will be declared incomplete and be brought back to the line of scrimmage
11. If a ball is snapped past the "assumed QB" and is caught by another offensive player – without touching the assumed QB, the player receiving the snap becomes the QB and must adhere.

Quarterbacking & Handoffs:

1. Whoever receives the Center's snap is considered the QB.
2. The quarterback cannot run with the ball past the line of scrimmage. Play is dead as soon as a QB's foot touches the line of scrimmage.
3. Only direct handoffs behind the line of scrimmage are permitted (multiple hand-offs allowed). If a hand-off occurs beyond line of scrimmage, play is dead at that point.
4. The player who takes the hand-off can throw the ball from behind the line of scrimmage (as with QB passes, such passes must go beyond line of scrimmage).
5. The quarterback must pass or hand-off the ball within 7 seconds of the snap. If a pass is not thrown or the ball handed-off within 7 seconds, play is dead and down counts.
6. If the ball is handed off, the seven-second pass rule is no longer in effect.

Passing:

1. All passes must be forward and received beyond the line of scrimmage. If a pass is caught behind the line of scrimmage, it is considered an Illegal Pass violation.
2. Absolutely NO laterals or pitches of any kind. If attempted, it is considered an Illegal Pass violation.
3. Interceptions change the possession of the ball at the point of interception.
4. Interceptions are the only changes of possession that do not start on the 5-yard line.
5. Interceptions can be returned for a touchdown.



6. The ball is spotted where the defender is flagged with the ball. For example, if the football is intercepted on the defense touchdown line and runner is flagged on the 2-yard line. The ball is then marked on the 2-yard line.
7. If intercepted in the defended end-zone, possession is changed, and the ball is placed on the 5-yard line.
8. All passes/interceptions must be caught beyond the line of scrimmage. Any deflected 'passed' ball caught behind the line of scrimmage will be considered an incompleteness.
9. If a center snaps the ball to the QB and the ball gets deflected off the QB's hands and into the hands of another offensive player, the ball is ruled dead at the spot where the other player possesses it or where it hits the ground (no forward progress allowed).

Running:

1. The ball is spotted where the center of the player's body was when the play ended.
2. Spinning is allowed if one foot is on the ground. Both feet leaving the ground while spinning is equivalent to a jump and is an offensive foul.
3. At no time can the runner dive, lunge, or high jump to avoid a defender.
4. There are no fumbles. The ball is spotted where the ball hits the ground. (With the exception being that no forward progress is awarded on fumbles.)
5. Any player without 2 flags in his/her belt is considered flagged at the point of ball possession, even behind the line of scrimmage. If a flag falls out while running, the ball is marked at the spot where the flag fell out.

No Run Zones:

1. "No Run Zones" come into effect only when the offensive team is within 5 yards off a first down or the end zone.
2. Exception: If the offensive team has already achieved a first down but has been pushed back into a "No Run Zone", then the "No Run Zone" is no longer in effect.
3. Whenever within the "No Run Zone" the offense must pass.
4. If a run play occurs while inside the "No Run Zone", the play is immediately dead with the consumption of a down

Receiving:

1. All players are eligible to receive passes (including the quarterback if the ball has been handed off behind the line of scrimmage).
2. All passes must be caught beyond the line of scrimmage.
3. If a receiver intentionally goes out of bounds and returns to catch a pass, it will be regarded as an incomplete pass.



4. A player may leave their feet to catch the ball. Beware of illegal contact with defenders.
5. To be a valid catch, a player must have at least one foot inbounds when making a reception.
6. A receiver without 2 flags in his/her belt is considered flagged at the spot where they caught the ball.
7. A simultaneous catch is where there is joint possession of a live ball by opposing players who are inbounds. The ball will be blown dead at that spot and possession awarded to the offense.

Offensive Penalties:

1. Any defensive penalty can be declined by the offense.
2. All offensive penalties, other than offsides, false start or too many players on the field, are NEVER blown dead.
3. Poor Sportsmanship – Ball carriers who intentionally run out of bounds in an obvious attempt to not score will be warned that they are violating the 'spirit of the game'. Repeating this behavior will result in the player being removed for the remainder of the game.
4. Flag Guarding – Runners may not contact a defender's hand as they are attempting to grab a flag or swat the flag itself to keep it away from a nearby defender. Any similar action which prevents the defender from grabbing a runner's flag will be called Flag Guarding. Stiff arms, stiff elbows, shoulders, hands, knees, passive blocking, shirts covering part of the flag, flag belt not in the proper position etc. are all considered flag guarding.
 - a) Flag guarding penalties will be assessed from the point of infraction and not necessarily the line of scrimmage.
 - b) No "Passive" blocking, that is, offensive players (stationary or moving) may not in any way inhibit the defensive players' ability to flag the ball carrier. If they do so, it will be considered a Flag Guarding violation.
 - c) Flag guarding is a subjective call, and the referees should call it only when it is a clear obstruction disallowing a defender to get to the flags.
 - d) A safety will be awarded to the defense if an offensive player is called for flag guarding while in their own end zone.



Offensive Penalties Line of Scrimmage and Loss of Down	
5 yards Penalty (Half the distance if within 10yards from their own endzone)	1. False Start 2. Offsides 3. Not set at Snap 4. Delay of game 5. Illegal Motion towards Line of scrimmage 6. Too many players on the field 7. Attempting to run from a "No Run Zone"
10 Yards Penalty (Half the distance Same as above)	1. Offensive Pass Interference 2. Illegal pick, blocking or charging 3. Blocking the rusher
Offensive Penalties Spot of Infraction and Loss of Down	
10 Yards Penalty (Half the distance same as above)	1. Flag Guarding 2. Jumping or diving to advance the ball. 3. Laterals

General Defense Rules:

1. Defensive penalties are NEVER blown dead.
2. Defensive Interference: These penalties are given for violations when the receiver, runner or QB has possession of the ball. A ten yard penalty will be charged from the point of infraction and a 1st down awarded to the offense. All the below indented bullets are examples of this penalty:
 - a) Receiver/Runner Interference – As soon as a receiver/runner/QB has possession of the ball, the defender may not contact the ball carrier in any way except to pull their flag. An exception is if the defender is the first player to touch the football on a pass.
 - b) Rough Flagging – Occurs when the defender plays the body and/or clothing of the runner and not the flag. It looks like the defender is making a play on the flag but results in the runner being physically stopped or dragged down.
 - c) QB Interference – Slapping the ball while it is in QB’s hand is considered roughing the passer, as the ball is considered an extension of the QB’s arm (while in their possession) *Penalty is assessed from the Line of Scrimmage and not the point of Infraction.
 - d) No Contact Rule – Tackling, hitting, or holding of any kind is not allowed. Pulling an offensive player’s flag is the only type of contact allowed by defenders in flag football. Diving/jumping will be tolerated when attempting to pull the ball



carrier's flag, but caution must be exercised by the defender to avoid contacting the ball carrier. (The only exception is a runner who runs into a defender who is standing still for at least 1 second.)

- e) Stripping the ball -- It is illegal to attempt to strip or pull the ball from the ball carrier's possession at any time.

2. Illegal Defensive Contact Penalties are given for all other defensive contact violations when the ball is not involved. A ten yard penalty will be charged from the Line of Scrimmage and a 1st down awarded to the offense. All the below indented bullets are examples of this penalty:

- a) Defensive Blocking - Jumping/diving is allowed to block or intercept a pass. However, a penalty may be called if the defender illegally contacts or blocks a receiver before a passed ball arrives.
- b) Defensive Holding – Grabbing or holding any clothing, flag belts, etc of an offensive player while said player is not in possession of the ball will be charged. In addition, a defensive player who prematurely pulls an offensive player's flags prior to said offensive player getting the ball will be charged with defensive holding.
- c) Defensive Rushing – Defensive players that rush are not allowed to make any bodily contact with the QB even after the ball has left the QB's hand.
- d) Poor Sportsmanship – A defender grabs an offensive player's flag and throws the flag at or away from the player. This act is considered poor sportsmanship and a warning will be given. Repeating this behavior will result in removal of the player from the game.
- e) Illegal Quarterback Rush - All players who rush the passer (or cross the line of scrimmage before QB passes or hands-off) must be a minimum of seven yards from the line of scrimmage when the ball is snapped. Any number of players can rush the quarterback. Players not rushing the quarterback may defend on the line of scrimmage. Once the ball is handed off, the seven-yard rule is no longer in effect, and all defenders may go behind the line of scrimmage. A special marker, or the referee, will designate seven yards from the line of scrimmage
- f) Penalty during point-after-attempt (PAT) – If the defense is penalized during an extra point attempt, and the offense accepts the penalty, the ball will be placed one-half the distance to the goal line (2.5 or 6 yard line depending on where the attempt started). Additional defensive penalties, if accepted, will allow the offensive to make other attempts from the same spot (2.5 or 6 yard line ... no further yard penalties).



Defensive Penalties	
Line of Scrimmage and Automatic First Down	
5 yards Penalty (Half the distance if within 10yards from endzone)	<ol style="list-style-type: none"> 1. Offsides 2. Illegally pulling the flag before ball carrier or receiver has the football 3. Too many players on the field
10 Yards Penalty (Half the distance Same as above)	<ol style="list-style-type: none"> 1. Illegal rush – player not lined at/behind the 7-yard marker 2. Illegal Rush – player left before the ball is snapped and crossed the line of scrimmage. No penalty if the player does not cross the line of scrimmage. 3. Illegal Contact – Roughing the passer/QB 4. Delay of game
Offensive Penalties	
Spot of Infraction and Loss of Down	
10 Yards Penalty (Half the distance same as above)	<ol style="list-style-type: none"> 1. Illegal Contact – Holding the player or the player clothes. 2. Pass Interference 3. Illegal Contact – Blocking offensive player.

Rushing the Quarterback:

1. All players who rush the passer must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.
2. Up to two (2) players can rush the quarterback. Rushers MUST identify themselves by raising their hand before the snap.
3. Rushers MUST rush the passer immediately after the snap. Delayed rush is NOT permitted. Players not rushing the quarterback can defend the line of scrimmage.
4. Once the ball is handed off, behind the line of scrimmage, all defenders may cross the line of scrimmage to defend and pull the flag.
5. A special marker, or the game official, will designate a rush line 7 yards from the line of scrimmage. Defensive players should verify they are in the correct position with the official on every play.
6. A legal rush is any rush by the 1 or 2 designated rushers, 7 yards from the line of scrimmage or a rush from anywhere on the field AFTER the ball has been handed off, by the player receiving the snap.
7. Teams are never required to rush the quarterback with the 7 second clock in effect



8. The offense cannot impede the rusher's PATH to the quarterback, regardless of where they line up prior to the snap. The PATH is set pre-snap from the rusher or rushers directly to the QB. PATH does not move once the quarterback moves. If the "path or line" is occupied by a moving offensive player, then it is the offense's responsibility to avoid the rusher. Any disruption to the rusher's path and/or contact will result in an 'Impeding the Rusher' penalty. If the offensive player does not move after the snap, then it is the rusher(s) responsibility to go around the offensive player and avoid contact.
9. A sack occurs if the quarterback's flags are pulled behind the line of scrimmage. The ball will be spotted where possession of the ball is when the flag is pulled.
10. A 2-point Safety is awarded if a flag pull takes place in the offensive team's end zone.

Interceptions:

1. Interceptions can be returned.
2. In the event of an interception, all other defenders on the field must stop and cannot block or impede the offensive players from pursuing the ball carrier.
3. The ball will be spotted at the point the ball carrier is ruled down (flag is pulled, flag falls off, any part of the body other than the hand touches the ground, the ball is dropped, running out of bounds, a touchdown is scored, or a penalty is committed).
4. There is no limit on the number of points scored by the player through interceptions. It does not count towards the 18 point limit.

Scoring Limit:

1. The league strongly advocates for all players to be afforded the opportunity to score a PAT or TD. The league's intent of "everyone plays & everyone scores" is enforced by coaches whose spirit of the game transcends wins and losses. (ie its all about the kids and all teams make the playoffs). Scoring Limit rules are in place to promote team scoring distribution.
2. A player on offense is only allowed to score a maximum of 18 points per game, including overtime. A player on offense who has already scored 18 points is not allowed to score again. If a player does score, the score (touchdown or extra points) will not count, and the ball is turned over to the opposing team and spotted on their own 5 yard line. (A player with 18 pts can play QB).
3. Defensive points are not counted toward the player point total.
4. Players with 13-17 points, while on offense, cannot advance the ball (run or catch) past the line of scrimmage during any play except for point after attempts. If said player attempts to do so, the play will be called dead, and the ball returned to the original line of scrimmage.



- a) A verbal warning will be given to both the player and coach on the first infraction. (The play counts, not a do-over). Subsequent infractions will result in a Loss of Possession penalty, whereby the opposing team will be given the ball, spotted on their own 5 yard line.
- b) If unnoticed during game play, any player with more than 18 offensive points on the team's end of game scoresheet, will have those scores which caused his scoring to go above 18 points deleted from the official score record. This may cause a reversal of who the game winner is.
- c) Coaches will also be warned about violating the 18pt maximum rule. Repeat offenders will be subject to a disciplinary hearing in front of the WFF Board of Directors

Code of Conduct:

The goal of the flag football league is to provide a competitive but fun atmosphere that teaches players about sportsmanship. All coaches are expected to abide by the Coaches Code of Conduct. Specifically, coaches are expected to demonstrate good sportsmanship. This includes not publicly criticizing referees so that players or parents can hear. Disciplinary action may be taken against coaches that do not follow the Coaches Code of Conduct.

Spirit of the Game:

1. While there is nothing against using misdirection in a play, one should ensure that it is done in accordance with WFF rules and within a manner that does not compromise the integrity of the game.
2. The 5 offensive and 5 defensive players must always be between the hash marks while on the field or in the huddle. (Unless a coach calls a time-out). A coach cannot call a single player or players to the sideline and have the remaining players run a play. (ie all players on the field must be in clear view for the opposing team to see).
3. The ball cannot be stuffed under the jersey or pants of a player and have said player run with the ball. (This is a form of Flag Guarding).