

WAYZATA GIRLS



F L A G F O O T B A L L

**WGFF 5 VS 5 RULES
UPDATED AUGUST 2026**

MISSION

The WGFF Mission is for all athletes to experience the positive, team-orientated aspects that flag football has to offer. As such, coaches ARE expected to play ALL players in a reasonable fashion, affording balanced playing time to all on the field with a balanced substitution partner. ***Coaches (and parents) are viewed as leaders as we continue to grow this game for our female athletes so please do your part to support the athletes and stress sportsmanship to all those involved. Keep in mind that no official W-L records will be maintained during the fall season.***

EQUIPMENT CHECKLIST – SAFETY IS PRIORITY #1

- **ALL** players must wear a mouthguard while on the field of play. Players not complying to this rule will not be allowed to participate, and referees will enforce this.
- Players must wear shoes. Cleats are allowed; however, cleats with exposed metal are never allowed and must be removed.
- Players must remove all jewelry (earnings can be worn but should be taped) and billed hats. Headbands or winter beanies are allowed. Eyeglasses are allowed, preferably with straps. End of the day, this is for the protection of the athletes.
- Players must wear approved/provided WGFF flags and belts. Flags will not be allowed that have been altered. Players must ensure belts are (1) visible (2) around and over the jerseys at the hips and (3) not the same color as the players shorts. It is recommended that players wear shorts or pants that do not have pockets or belt loops.
- Football Sizes - use at your discretion at the appropriate grade level.

COACHES

- Each team may have a maximum of three (3) coaches on the sidelines. Any individual on the sideline that is acting as a coach must go thru the required coaches training.
- Coaches in ALL grade divisions only are permitted on the field to assist players with their position alignment and teaching on offense and defense. At the snap, offensive on-field coaches must be 5 yards behind the quarterback, and defense coaches 20 yards from the line of scrimmage at snap to avoid impeding the play. Coaches ARE NOT allowed to continue instructing or coaching until the play ends.
- Coaches of the 6th grade division and up are encouraged to coach and call plays from the sidelines when appropriate.

GAME SETUP AND FLOW

- Jerseys are reversible and will be noted in the schedule which color your team is
- Teams need a minimum of 4 players to start a game. Games are played 5 vs 5.
- At the start of each game, captains from both teams meet at midfield for the coin toss to determine who starts with the ball.
- The winner of the coin toss has the choice of offense or defense. The loser of the coin toss has the choice of direction. Teams will automatically switch sides of the field and the team that started the game with possession will begin the 2nd half on

defense.

- 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 elects 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.
 - 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.

GAME CLOCK FORMAT

- Game Play consists of two (2) 20-minute continuous clock halves
 - Pro Clock (stop time) will apply during the final two (2) minutes of each half by an official (e.g. timeouts by either team, offensive 1st down, incomplete pass/clock kill, offensive player running out of bounds, scoring play, injury, etc.). The head official will give a verbal “two-minute” warning to all players and coaches on both teams.
- Each team has two 30 second timeouts PER GAME.
- The play clock is 35 seconds from the time the ref spots the ball for the next play and at their discretion starts the play clock.. Referees will begin to enforce this with grades 5th and up beginning week 2 of games. We want fluidity to the game and as much game action as we can for the athletes. Coaches, please do your part to spend the time during practice to work on plays, don't overcomplicate plays and ask other coaches for help, if needed (e.g. use colors in your play book and let a girl know what color she is on the playbook so she knows what to do or use colored wristbands to hand out each offensive series so all you need to do is show the play).

FIELD DIMENSIONS

Standard dimensions of the field are 50 yards long by 25 yards wide with 10-yard end zones (70 total yards in length). Approved field sizes may fluctuate from 50-70 yards long when necessary, or 23-30 yards wide. Endzones should not be shorter than 5 yards.

GAMEFLOW – OFFENSE

The center MUST snap the ball in one fluid, continuous motion between legs OR side snap to a player in the backfield to initiate an offensive play. No “Quarterback Sneak” or “Center Sneak” plays allowed.

Running

- The quarterback or running back may not run unless the ball has been thrown back, handed or pitched to her in the backfield. No direct snap to a runner play allowed.
- Pre-snap motion is allowed at the 8th-12th grade division ONLY. Players in motion may not make a forward motion until the snap.

- Teams may handoff unlimited times in the backfield. Handoffs are allowed forward or backwards when behind the line of scrimmage, and only backwards beyond the line of scrimmage. A handoff does not count as a lateral/throwback.
- Lateral Rules:
 - All divisions may execute unlimited laterals in the backfield.
 - Any player who receives a handoff, pitch or lateral behind the line of scrimmage may throw the ball as long as they are not fully beyond the line of scrimmage.
- A forward pass does not have to cross the line of scrimmage to be a legal play.
- If the ball is placed on the “back” of ANY player, the player MUST run the ball (no give and go to the QB on the back).
- No run zones are located five (5) yards before the end zone. Forward passes only.
 - This rule does not apply to the 3rd, 4th and 5th grade divisions.
- Ball is spotted where the ball is at the time of the flag pull. The ball must break the plane of the midfield or goal line to be considered a first down or a touchdown.
- Players may NOT block down field in any form. Offensive players (non-ball carriers) may stand stationary during a play but cannot initiate contact with a would-be defensive flag pulling player.

Passing/Receiving

- All players are eligible to receive a pass, including the quarterback, if the ball has been pitched or handed off in the backfield.
- Players must have at least one foot in bounds when making a catch.
- The quarterback has seven (7) seconds to pass the ball if there is no rush. If the ball is not thrown, then the play is dead. After the ball is ruled dead, it is returned to the line of scrimmage.
- Once the ball is handed off or pitched backwards the seven (7) second count stops. If the defensive team rushes, then there is no seven (7) second count.
- There is no arm in motion. If the ball is in the hand when the quarterback’s flag is pulled, then it will be ruled a sack.
- Interceptions may be returned by the defense. The intercepting team will take over possession at the location of where the flag is pulled noting the play is done; unless the interception is made in the end zone at which the play will be viewed as a touchback and the intercepting team will receive ball at their own 5-yard line.
- The rusher MAY NOT have any contact with the QB (no hitting the arm or knocking the ball out of the QB hand).

GAME FLOW – DEFENSE

Rushing Quarterback

Note: Rushing the quarterback will NOT be allowed at the 3rd, 4th and 5th grade divisions.

- The sideline referee will make with his foot seven (7) yards from the line of scrimmage to indicate all blitz eligible players line to stay behind pre snap.
- A maximum of two (2) defenders can rush and declare pre-snap with a raised arm.
- Players that are not seven (7) yards from the line of scrimmage when the ball is snapped may not enter into the backfield until there is a handoff or pass.

- The blitzer(s) is/are allowed a direct lane to the line of scrimmage as long as she rushes from either side of the center or outside of a bunch formation at snap. If the blitzer or blitzers rush late or slowly, they lose the right of way but can still operate as any normal defensive player.

Pass Coverage

- Contacting receivers is not allowed.
- Pass interference normally occurs above the waist; entangled feet and incidental contact is not considered pass interference.
- A player may “find” their opponent by reaching out and placing a hand on them as long as touching does not delay, impede, twist or turn their opponent. This is not considered pass interference.
- A player may use their arms or hands to intentionally obstruct the receiver’s view (face guarding) of the ball without turning their own head to play the ball as long as contact is not made with the receiver.
- Contact away from the direction of the pass is not considered pass interference but may be considered illegal contact.
- Whether a pass is catchable or uncatchable has no bearing on pass interference. The benefit of the doubt is given to the receiver. Examples of pass interference includes, but not limited to, (1) shoving or pushing off to create separation (2) playing through the back (3) arm bars, hooking, restricting, grabbing wrists or turning a receiver.

SCORING

Points

- Touchdown – 6 points
- Point after Touchdown:
 - 1 point from the 5-yard line (no run zone, if applicable, is in effect)
 - 2 points from the 10-yard line
 - Interceptions returned on PATs award 2 points to the defending team
- Safety – 2 points

Point after Touchdown (PAT)

- Immediately upon scoring a touchdown, scoring team needs to decide on the point conversion choice they want to attempt, and this remains the choice regardless of if a penalty is assessed during a conversion attempt.
- Fouls by the offense during a successful PAT attempt that carry a loss-of-down penalty (e.g. flag guarding, illegal advancement, illegal forward pass) will result in an unsuccessful PAT
- Fouls by Offense on unsuccessful PAT attempts – PAT deemed “no-good”
- Fouls by Defense on unsuccessful PAT attempts – results in a retry for the offense
- If the PAT attempt results in an interception and the offensive team commits a flagrant foul without making a clear, legal attempt to pull the flag, the defense will be awarded 2 points

PENALTIES

<u>Penalty</u>	<u>Yardage/Penalty Assessment</u>	<u>Result</u>
Flag Guarding	5 yards from spot of foul	Loss of Down
Illegal Advancement	5 yards from spot of foul	Loss of Down
Illegal Forward Pass	5 yards from previous spot	Loss of Down
Offensive PI	5 yards from previous spot	Loss of Down
Defensive PI	10 yards from previous spot	Automatic 1 st Down
Personal Foul – Offense	15 yards end of play or previous spot	Loss of Down
Personal Foul – Defense	15 yards end of play or previous spot	Automatic 1 st Down
Roughing the Passer	10 yards end of play or previous spot	Automatic 1 st Down
Delay of Game	5 yards – Dead Ball – previous spot	Replay Down
False Start	5 yards – Dead Ball – previous spot	Replay Down
Offsides	5 yards – Dead Ball – previous spot	Replay Down
Illegal Rush	5 yards – Live Ball – previous spot (this can be declined by offense)	
Encroachment	5 yards – Dead Ball – previous spot	Replay Down
Illegal Motion	5 yards from previous spot	Loss of Down
Illegal Contact – Offense	5 yards from previous spot	Loss of Down
Illegal Contact – Defense	5 yards from previous spot or spot of foul	Automatic 1 st Down
Illegal Blocking	5 yards from spot of foul or from previous spot if behind line of scrimmage	Loss of Down
Holding – Defense	5 yards – Live Ball – previous spot (this can be declined by offense)	Automatic 1 st Down
Impeding the Rusher – Offense	5 yards from the previous spot	Loss of Down