

**WAYZATA GIRLS**



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

# WGFF Standard 5v5 Playing Rules (customs added for 2025)

The following 5v5 non-contact flag football rules for youth, men and women are USA and NFL Flag approved. Some have been modified/added/omitted to accommodate the 2025 WGFF launch & facilitate pace of play, enthusiasm for the game, and player enjoyment/development.

Read through the General Rules first, as they apply similarly/universally to USA and NFL Flag rules, then also make sure and check out the WGFF style-specific rules (red font) below that are unique to our WGFF in house/recreation league for 2025 season.

## **RULE 1. OVERVIEW**

### **SECTION 1. THE FIELD**

**Article 1.** Standard dimensions of the field are 50 yards long by 25 yards wide with 10 yard endzones (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.

### **SECTION 2. THE GAME**

**WGFF prioritizes**

**1) Player safety and 2) Sportsmanship above all else.**

**Article 1.** Game Time is continuous clock and Pro Clock time – upon approval by a WGFF director or founder.

**Article 2.** Minimum 4 players per team to start a game. May only have up to 5 players on the field at any one time. All WGFF rosters may have a maximum of 10-11 players.

**Article 3.** A coin toss or rock-paper-scissors determines 1st possession. The team can elect to start on offense or defense. Switch directions at half time.

**Article 4.** The offensive team takes possession of the ball at their 5-yard line and has four plays to cross mid-field. On 4th down, teams have 5 seconds to declare to go for it or punt. Once a team crosses mid-field they have 4 plays to score. If the offensive team fails to cross mid-field, the ball changes possession.

**Article 5.** If the offense does not score, the ball changes possession. All drives start from the 5-yard line with the exception of an interception or failed 4th down conversion, where defense takes over at the spot.

**Article 6.** If the offense does not make the midfield line to gain (1st down) and it becomes 4th down, they may select to “Punt”. For 6th grade and older, this can be an actual non rushed punt or throw downfield by the offense to flip the field. If the punt or throw is caught by the receiving team, it can be returned. If the ball hits the ground (not caught in air), it’s down where it lands. -

**Article 7.** No blocking is allowed. No intentional contact is allowed.

### **SECTION 3. Player safety and EQUIPMENT**

**ALL PLAYERS must wear a mouthguard while on the field of play. Players not complying to this rule will not be allowed to participate. (extra mouthguards will be available in coaches bags)**

**Article 1.** Teams will be blue vs white each night (reversible jerseys, check Crissbar prior to arrival).

**Article 2.** 2025 Approved footballs: **All Grades will use a WGFF Franklin Playbook Mini Football & Females in Flag White Junior Football**

- 9U and below: Pee-wee, junior, and youth size footballs allowed
- 10U-13U: Junior and youth size footballs allowed
- 14U: Youth size football (with option of using regulation high school sized ball)

**Article 3.** Teams must wear approved/provided Custom WGFF Yellow Flags and belts. Flags will not be allowed that have been altered (cut, taped, etc.). Players must ensure belts are around and over (not under) the jerseys at the hips. Jerseys may be tucked or untucked. The flags cannot be the same color as a player's shorts.

**Article 4.** Jewelry worn by players is not allowed on the field during gameplay. Billed hats are not allowed to be worn by players. Stocking hats, beanies, etc are allowed. Eyeglasses are allowed (preferably with straps). - **Taping of earrings is allowed**

## **SECTION 4. COACHES**

**Article 1.** **2 Registered Coaches (or at minimum 1 Coach and 1 Parent Volunteer)** should manage and facilitate team activities for the 75 minutes each Wednesday night during the season. Coaches are volunteers whose role it is to help young people learn to play and enjoy football. Parents are encouraged to support their youth and their coach at all times.

**Article 2.** **Coaches in all grade** divisions only are permitted on the field to assist players with their position alignment and mentoring on offense&defense. At the snap, offensive on-field coaches must be 5 yards behind the quarterback, and defense coaches 20 yds from line of scrimmage at snap (do not impede play) and are not allowed to continue instructing or coaching until the play ends.

**Article 3.** Coaches of all upper age divisions (6th grade and up) are encouraged to coach and call plays from sidelines when appropriate. Absolutely enter field of play if a player is

down or injured.

**Article 4.** Only three coaches per team are allowed on the sidelines. ONLY THE HEAD COACH CAN ADDRESS THE GAME OFFICIALS.

## **SECTION 5. PLAYING TIME AND PARTICIPATION EXPECTATIONS**

**Article 1.** The WGFF Mission is for all girl athletes to experience the positive, team oriented aspects 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 breaks on the sidelines/substitutions as needed. In game player substitutions or rotations are allowed after any dead ball, change of possession, or timeout as deemed necessary and also while maintaining the spirit and integrity of the game.

**Article 2.** Utilize assistant coach or parent volunteer to manage reasonable substitution patterns..

**Article 3.** All coaches are expected to adhere to WGFF Code of Conduct ie equitable and balance when managing his or her team both on the field and on the sidelines. All players are expected to adhere to WGFF Code of Conduct (positive attitude, respect for coaches, teammates, officials, opposing players, fans, etc).

## **SECTION 5. GAME CLOCK FORMAT**

**Article 1.** All games on all fields will begin and end on the horn. Game play consists of two 20 minute, running clock (no stop time or extra time) halves. There will be a 2-minute halftime.

**Article 2.** Each team has two 30 second timeouts PER GAME. The clock WILL NOT STOP for timeouts or injuries.

**Article 3.** The play clock is 30 seconds from the end of the previous play. (more grace

time granted by officials during weeks 1-3)

## **SECTION 6. Continuous Clock and Pro Clock**

**Article 1.** The Continuous Clock will run during the 20 minutes of the first and second halves. The Pro Clock (stop time) will apply during final 2 minutes of each half by an official (e.g. timeout by either team, offensive 1st down, incomplete pass/clock kill, offensive player run out of bounds, scoring play, injury, challenge, referee conference, etc.)

**Article 2.** The head official will give a verbal “two-minute warning” (Pro Clock) to all players and coaches on both teams.

# **RULE 2. OFFENSE**

## **SECTION 1. RUNNING**

**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.**

**Article 1.** 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, or QB sneak plays allowed.

**Article 2.** 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.

**Article 3.** Lateral rules:

- All divisions may execute unlimited laterals in the backfield and downfield.
- Any player who receives a handoff, pitch or lateral behind the line of scrimmage may throw

the ball as long as he or she is not fully beyond the line of scrimmage.

**Article 4.** A forward pass DOES NOT have to cross the LOS to be a legal play.

**Article 5.** 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)

**Article 6.** No run zones are located 5-yards before the end zone. You may not run the ball in the no run zone (5-yards before the end zone), only forward passes are allowed. The “no run” zone does not apply to the 3rd, 4th, & 5th grade divisions.

**Article 7.** 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 touchdown.

**Article 8.** Players may NOT block down field in any form. Offensive players (non ball carriers) may stand stationary during a given play but cannot initiate contact with a would-be defensive flag pulling player.

## **SECTION 2. PASSING**

**Article 1.** The quarterback has 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.

**Article 2.** Once the ball is handed off or pitched backwards the 7 second count stops. If the defensive team rushes, then there is no 7 second count.

**Article 3.** There is no arm in motion, if the ball is in hand when the quarterback’s flag is pulled then it will be ruled a sack.

**Article 4.** Interceptions may be returned.

**Article 5.** The rusher may not have any contact with the QB (no hitting the QB arm or knocking the ball out of the QB hand).

**Article 6.** If ANY part of the players body is behind the LOS it is a legal pass

## SECTION 3. RECEIVING

**Article 1.** All players are eligible to receive a pass, including the quarterback, if the ball has been pitched or handed off in the backfield.

Article 2. Players must have at least one foot in bounds when making a catch.

# RULE 3. DEFENSE

## SECTION 1. RUSHING THE QUARTERBACK

**Article 1.** The sideline referee will mark with his foot 7 yards from LOS to indicate all blitz eligible players line to stay behind pre snap. **\*\*Special note\*\*** A stationary offensive player (ie Center) post snap will not be called for “obstructing a rusher/blitzer” if she maintains such position and posture until said defender has passed her en route to the quarterback.

**Article 2.** A maximum of 2 defenders can rush, and those that declare with a raised arm pre snap that blitz/rush the quarterback must be a minimum of 7 yards from the line of scrimmage when the ball is snapped.

**Article 3.** The 7 yards will be measured off by a referee.

**Article 4.** Players that are not 7 yards from the line of scrimmage when the ball is snapped may not enter into the backfield until there is a change of possession.

**Article 5.** The blitzer/rusher is allowed a direct lane to the line of scrimmage as long as he or she rushes from either side of the center or outside the bunch formation. The offense must avoid interfering with the rusher if he or she has established a lane. Officials will announce LANE or NO LANE for rushers/blitzers prior to the snap. This is a judgement call/decision based on the spacing between the players in the offensive formation.

**Article 6.** The rush of a blitzer has to be immediately after the snap, quick and straight towards the point where the quarterback receives the snap in order to retain the right of way. If a blitzer is rushing late, slowly, aiming at another spot, changing direction during the rush or just does not rush the quarterback, the player loses the right of way but still can



participate as any other defensive player.

## **SECTION 2. PASS COVERAGE**

**Article 1.** Contacting receivers is not allowed

**Article 2.** Pass interference normally occurs above the waist; entangled feet are not considered pass interference. Incidental contact is not considered pass interference.

**Article 3.** 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.

**Article 4.** 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 noteworthy contact is not made with the receiver.

**Article 5.** If defensive pass interference occurs in the end zone the ball will be placed on the one-yard line, automatic first down.

**Article 6.** Interceptions may be returned. Interceptions in the end zone that are not returned to the field of play will result in a touchback and the ball will be spotted on the 5-yard line.

**Article 7.** Contact away from the direction of the pass is not considered pass interference but may be considered illegal contact.

**Article 8.** 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 include:

- Shoving or pushing off to create separation.
- Playing through the back.
- Hook and turn: grabbing the torso and turning an opponent before the pass arrives.
- Arm bars, hooking, restricting, grabbing wrists, or turning a receiver.
- Blocking downfield before the ball has been touched, commonly seen through “pick plays”.

## **RULE 4. SCORING**

### **SECTION 1. POINTS**

- Touchdown: 6 points
- Point After Touchdown:
  - (PAT) 1 point from the 5-yard line (no-run zone in effect)
  - 2 points from the 10-yard line, run, pass (outside of no-run zone)
  - Interceptions returned on PAT's are worth 2 points
- Safety: 2 points
- 

## **SECTION 2. POINT AFTER TOUCHDOWN (PAT)**

**Article 1.** Following a touchdown, once the scoring team has informed an official of which point conversion choice they want to attempt, the decision cannot be changed unless the scoring team uses a team timeout.

**Article 2.** If a penalty occurs during an extra point attempt, the penalty will be assessed but the extra point value remains the same.

**Article 3.** Decisions cannot be changed after a penalty. For example, if the offense attempts a 1-point PAT and is penalized five yards for a false start, they cannot change their mind and go for a 2-point PAT. They will still be attempting a 1-point try even if they call a timeout.

**Article 4.** Defensive unsportsmanlike conduct, personal fouls, or roughing penalties during a successful touchdown attempt will be assessed at half the distance to the goal during the PAT attempt (e.g., 2-point PAT attempts will be spotted at the 6-yard line, 1-point PAT attempts will be spotted at the 2.5-yard line). All other defensive penalties may be declined by the offense and the score will stand.

**Article 5.** Dead ball fouls committed by the offense that do not carry a loss-of-down penalty (false start) may result in penalty yardage assessed and the down replayed.

**Article 6.** Fouls by the offense during a successful PAT attempt that carry a loss-of-down penalty (flag guarding, illegal advancement, illegal forward pass, etc.) will result in the PAT being no good.

**Article 7.** Fouls committed by the offense in unsuccessful PAT attempts will be declined by the defense and the PAT will be “no good” and will not be replayed.

**Article 8.** Fouls by the defense during an unsuccessful PAT attempt will result in a retry after the options are administered.

**Article 9.** If the PAT-attempting team throws an interception and then commits a flagrant foul after the interception during the attempted return (physically contains the ball carrier; bear hugs, aggressively holds, tackles, etc. without making a clear, legal attempt to pull the ball carrier's flag, the ball carrier will be awarded two points.

## SECTION 4. Scoring and season W-L records Clarification

**Article 1.** *No official score or W-L records will be kept during regular season play. Playoff games (if any) format will be decided by the WGFF Founders prior to any post-season tournament style pool or bracket play.*

## SECTION 5. PENALTIES INSIDE 2 MINUTES

**Article 1.** All penalties inside of 2 minutes of BOTH halves remain the same except:

- Defensive delay of game (+ 15 yards Unsportsmanlike & AFD)
- Intentional Offensive delay of game (-15 yards Unsportsmanlike & LOD + clock stops)
- Offensive Pre-snap penalties – yardage + LOD + clock stops

# RULE 5. PENALTIES

Penalty	Yardage Penalty Assessment		Result
Flag Guarding	5	Spot of foul	Loss of down
Illegal Advancement	5	Spot of foul	Loss of down
Illegal Forward Pass	5	Previous spot	Loss of down
Offensive Pass Interference	5	Previous spot	Loss of down
Defensive Pass Interference	10 or spot foul	10 from Previous spot or spot foul (whichever the offense chooses)	Automatic 1st down
Personal Foul/Unnecessary Roughness	15	End of the play or previous spot	<b>By the Offense:</b> Loss of down <b>By the Defense:</b> Automatic 1st

			down
Unsportsmanlike Conduct	15	End of the play or previous spot	<b>By the Offense:</b> Loss of down <b>By the Defense:</b> Automatic 1st down
Roughing the Passer	10	Previous spot	Automatic 1st down
Delay of Game	5	Dead ball – Previous spot	Replay down**
False Start	5	Dead ball – Previous spot	Replay down**
Offsides	5	Previous spot	Replay down**
Illegal Rush	5	Live ball – Previous Spot	Automatic 1st down
Encroachment	5	Dead ball – Previous spot	Automatic 1st down**
Cool Down Period	0	No foul	Player must sit out 5 plays
Illegal Shift or Illegal Motion	5	Previous spot	Loss of Down
Stripping or Attempted Stripping	5	Spot of the foul	Automatic 1st down
Illegal Contact	5	Previous spot or spot of the foul	<b>By the Offense:</b> Loss of down <b>By the Defense:</b> Automatic 1st down
Early Flag Pull	5	Previous spot	Automatic 1st down
Illegal Participation	5	Previous spot	<b>By the Offense:</b> Loss of down <b>By the Defense:</b> Automatic 1st down
Illegal Blocking	5	Spot foul or from previous spot if behind LOS	Loss of down
Holding	5	Spot of the foul	Automatic 1st down

Impeding the rusher	5	Previous spot	Loss of down
Charging	5	Spot of the foul	Loss of down
Last Man Rule	15 or TD	Spot of the foul	Automatic 1st down or TD if inside the 5 yard line

**\*\* LOD, if 2 min or less in either half**