



2025 International Women's Flag Football Association (IWFFA) Rules & Regulations

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(rules are on the website) <https://iwffa.com/iwffa-rules/>

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Purpose and Intent of the International Women's Flag Football Association (IWFFA)

The IWFFA is an International unity of Flag Football Players, Teams, and Leagues. In our society winning tends to be emphasized more than the pure competition itself and the values and/or benefits of competition can be lost. It is the desire of the IWFFA, through its games, to promote, organize, offer competition, increase skill level, develop strong character and leadership skills, high self-esteem, encourage good sportship and comradery amongst other athletes, and professionalize the sport for females. The spirit of the game lives in effective blocking, aggressive flag-grabbing, tireless pursuit, skillful running, passing and kicking, & well-planned game strategy. This positive atmosphere cannot be maintained unless the spirit, as well as the letter, of the playing rules, are observed.

Establishing Principles of Good Sportship

While the code attempts by rule and penalty to prohibit all forms of unnecessary roughness, unfair tactics, and unsportlike conduct, it is impossible to list every conceivable dishonorable or unethical act that might take place. Players, coaches, officials, and team supporters are responsible for maintaining the highest ethical standards. Deliberately violating the rules in the hope or expectation of not being detected is indefensible. No athlete should violate any of the unwritten rules that exist for the good of the game. Coaches are responsible for their players' conduct. They all reflect the IWFFA and all its athletes. The negative actions of a few individuals may ruin the reputation, enjoyment, and integrity of the sport for all.

Code of Ethics

- Respect to opponents, officials, organizers, and own teammates - off the field as well as on.
- Refraining from acts that can be considered offensive/unprofessional: belching in an offensive manner, spitting excessively without cause, etc., at the official's discretion.
- Fans who disrespect opposing players, become a liability rather than an asset. Therefore, fans need to be educated and included in the code of ethics to promote a healthy, positive atmosphere for all involved.
- Courteous treatment of all opposing players, fans, officials, and administrations.
- Refraining from acts of discourtesy, such as derogatory remarks addressed toward players, taunting action, and jeering for decisions made by officials against the opposing team. Graciously accepting the decisions of the officials being humble in victory and gracious in accepting defeat

Transgender Women

- Transgender women are welcome to be players in the IWFFA.

GENERAL RULES

The Referee, tournament director, and league director have the authority to rule promptly on any situation not specifically covered in the rules. These decisions are final in all matters of the game.

HOME FIELD RESPONSIBILITIES (During regular League Play): The home team must fax/email game statistics to the IWFFA office at the conclusion of the game for archive purposes (within 48 hours following the game).

MEDICAL INSURANCE The IWFFA does not provide medical insurance. Players, coaches, all team personnel are responsible to provide their own medical insurance, medical persons if they choose to have such. Players participate at their own risk.

PLAYER/TEAM WAIVER and RELEASE OF LIABILITY: Each player, coach, and the official must sign the waiver & release of liability portion of the IWFFA membership forms, acknowledging that they are participating in a flag football event and agree not to hold the IWFFA or any sanctioned IWFFA leagues and events liable for any injuries or harm that may result from their participation. Once signed the membership forms will be honored for the rest of the year. Members sign only once during the year to expedite participation in additional tournaments for the remainder of that year.

Brief Simple Description of IWFFA Game - 8 players on the field. 4 downs to gain 10 yd for 1st down. The Center and Two Guards are ineligible receivers. Blocking between shoulders and waist (downfield blocking allowed). Field goals, extra point kicks, fake kicks, and punts are allowed. The defensive line may rush the QB as soon as the ball is snapped and line up just behind the point of the ball nearest them. Defensive rush on kicks. No helmets, no fumbles, no pads, nor tackling allowed.

IWFFA RULES

OBJECT OF GAME: To begin the game, the Receiving team (A) receives a kick from the Kicking team (B).

Offensive team (A) then receives a series of 4 downs (or chances) to advance the ball 10 yds. Each 10 yds (or greater) gain, awards the Offensive team (A) a new set of series or "first down". Each forward progression brings the Offensive team (A) closer to the goal of the opponent's (B) goal. Points are scored by crossing the goal line of the opposing team, carrying or catching the ball across the opponent's goal line, or de-flagging the opponent in their own end zone (safety). Field goals, conversions & extra-point kicks through upright goalposts will also award points. The team with a greater amount of points wins.

ROSTER: 20- PLAYER MAXIMUM roster limit, 4 coaches, 1 manager, 1 assistant manager, and 2 trainers. Only authorized persons shall be allowed on the sidelines and field of play. / **Girls and Juniors may not have more than 16 Players on their roster**

PLAYER ELIGIBILITY: All Players, coaches, and managers need to be current members of the IWFFA & listed on the team roster. If it is discovered during competition that a team member is not:

PENALTY: Player Ineligibility – the game will be forfeited immediately.

If the opposing team was winning, the game score stands. Otherwise, the score will be 8 – 0 in favor of the opposing team.

OFFICIALS: Should be current members and certified by the IWFFA.

The IWFFA requires 3 officials per game in the **women's** divisions. Their positions are Referee, Line Judge, and Back Judge. The IWFFA suggests in women's championship games - 4 officials to be used.

The IWFFA requires two officials per game in the **girls'** and **juniors'** divisions. Their positions are Line Judge and Back Judge.

The referee has the authority to rule promptly and in the spirit of good sports on situations not specifically covered in the rules. The Referee's decision is final in all matters pertaining to the game. Officials have the authority to: take action/control, by penalizing any team for the unruly behavior of the team, members, their fans, and spectators that are deemed unsportlike on or off the field during competition.

CAPTAINS: Offense, defense, kicking, and receiving teams shall designate a field captain. Only captains communicate to the head official regarding penalty decisions. Armbands or some other article can be used to designate team captains. The color of the armband shall oppose the color team shirt. During penalties, the Referee will ask the captain to accept the penalty or decline.

Penalties May Offer loss of yardage, loss of down (combination of both), player ejection, forfeit of the game, or Official's warning. The official will offer the Captain of the offended team, the choice to accept the penalty or decline. Once a decision has been declared, in order to change the team's choice, a time-out must first be declared.

ONE TEAM RULE A player cannot play on two different teams during tournament play. (Unless borrowed to the Loose Women's Team).

PENALTY: Player ineligibility – The second team will forfeit that game.

The official blows a whistle and throws a yellow flag. The head referee then approaches the tournament director and coaches to explain and then applies a penalty.

Loose Women's Team - The IWFFA invites all women to play, this includes individual players. In tournament play, a "Loose Women's" team will be created for these players. However, should the Loose Women's team have less than 8 players, at any time during tournament competition, the team is allowed to borrow players from teams competing in the tournament so they have 8 players to allow them to compete. They **may** borrow players from other teams up to a max of 10 players. All "loose" women must be current members of the IWFFA

TEAM BOX: Players must stand between the 20-yd lines. Teams must use opposite sidelines.

Penalty - First offense - team will receive a verbal warning from the official

Penalty - Second offense and those after Bench Penalty - 5 yd penalty will be assessed from the line of scrimmage. If the penalty is during a play: The official throws a yellow flag & penalty is assessed when the play ends. If the penalty is during dead ball: official blows whistle, throws a flag, 5 yd penalty - repeat down

SUBSTITUTIONS: Teams are allowed as many substitutions as they want during the game's deadball interval. Once a player walks onto the field and communicates with players for the purpose of team play (at the discretion of the official), they must stay on the field for at least one play.

Players coming off the field, to the sidelines, must stay out for one play.

Penalty: Illegal Substitution – 5 yd / dead ball foul / replay down. The official blows the whistle, throws a yellow flag, applies 5 yd penalty

HUDDLE - Should a team break the huddle with more than 8 players than 8 players

PENALTY: Illegal Substitution – 5 yd / dead ball foul / replay down.

on offense, Official blows a whistle & throws a yellow flag. If on defense Official throws a flag and assesses the penalty when the play ends.

EQUIPMENT / UNIFORMS

BALL: The official ball of the IWFFA is the: **WILSON #TDJ football**. No other ball may be used, not even for kicks. No foreign substances on the football (or hands). During tournament play one game ball will be used for each field, provided by the tournament w/ 13 lb. pressure.

PENALTY: Illegal Equipment – 5 yd penalty – Replay Down

Official blows whistle throws yellow - Delay of the game the Team that committed the foul. 5-yard penalty.

The Girl's Division may use the TDJ Junior Practice Ball.

FLAG & BELT: The only belts allowed are FLAG-A-TAG Sonic Boom (that pop). 15 inches long (untampered)

PENALTY: Unsportslike penalty - Players tampering with/ equipment, the team receives 15 yd penalty from the succeeding spot. The first penalty Official blows the whistle and throws a yellow flag. Will ask the player to leave the field use a legal flag and come back on the next play. If the same player comes back with an Illegal flag and belt, will be at the discretion of the official to eject the player.

PLAYERS UNIFORM on offense, defense & special teams must wear flags at all times.

- They are to be worn with flags at the sides of the player's hips
- Flags should be turned outward.
- Belt should be tight (not loose)
- TEAM SHIRTS – All the same color, numbers on the back (no duplicates).
- Shirts must be tucked in at all times.
- The center and two offensive guards must wear Pennies, or different color shirts, to designate their ineligibility, whose numbers on team shirts must be visible.
- Glasses are allowed to be worn if they are plastic or safety glass
- Hats – Must be soft or else the bill must be turned around to face the back of the head
- Jewelry – Not allowed at any time. (If it can be seen, it cannot be worn, taping is allowed)
- Long Nails – must be taped over
- Mouth guards – are optional
- Padding: No pads of any kind allowed. The only exceptions are kneepads
- Pants or Shorts – May not have pockets. If shorts have pockets, they must be taped.
- Shoes – No metal spikes allowed.
- Gloves are allowed - ~~no padding~~, nor foreign substances may be applied to gloves (nor to hands)

FIRST PENALTY – Official warning / **SECOND PENALTY** (and thereafter)-Delay of game yd penalty.

Dead ball foul. The official will blow the whistle – and throw a flag-will delay of game signal.

FIELD: Regulation football field: 50 yards wide x 100 yards which includes (2) 10-yard end zones and (2) goal posts 20 feet wide, 10 feet high crossbar (placed at the end of each end zone). If permanent goalposts exist on the field, then those dimensions can be used (width may vary), and kicks for field goals and extra-point kicks will be adjusted for proper distances. The field should be lined every 10 yards and hashed every 5 yards with the 40 as mid-field. NOTE: In the absence of hash marks, the ball shall be spotted on the appropriate yard line in the proximity of the middle of the field which is defined as 25 yards from each sideline.

EZ / GL / 10 / 20 / 30 / 40 / 30 / 20 / 10 / GL / EZ

NUMBER OF PLAYERS NEEDED TO BEGIN GAME: 8 players per team.

Offensive Team: Quarterback, Two Receivers, Two Running Backs, Two Guards, Center
Defensive Team: Defensive Line (Primary), Line Backers (Secondary), Safeties

If there are fewer than 8 players on the field:

FORFEIT TIME - Game time is forfeit time! One minute after game time, if the team has less than 8 on the field, the game will be forfeited and the score will be 8 – 0. If both teams do not have 8 players, the game will be forfeited and the score will be tied 0 – 0.

If more than 8 players are on the field:

PENALTY: 10 yards enforced from the previous spot and replay down or decline the penalty and accept the result of the play. Live Ball Foul, Official throws the flag, let play continue. The team can decline the penalty and accept the end of play or accept the penalty

Coaches on the Field / Coaches Disturbing the Flow of the Game: Coaches on the field during games can be very distracting. Coaches must stay behind the sidelines (between two 20-yard lines). Coaches are only allowed to come onto the field during Time-outs or Injuries. Should a Coach on the sideline be distracting and disturb the flow of the game - in the judgment of the Official a penalty will be applied.

PENALTY: Disturbing the Game - If dead ball penalty - 10 yds from LOS - Replay the Down

If a Live Ball Penalty (the ball has been snapped) 10 yds enforced from the previous spot & replay down, or decline the penalty & accept the result of the play. If disturbance persists, (at the discretion of the Official), the coach may be ejected from the game, and must leave the field - The official fills out Player Ejection Form

DURING THE GAME team has less than 8 players (ex: injury) and at least 7, they have the option to continue with the game or forfeit.
CONTINUE WITH GAME- The result of the game will be official.

FORFEIT GAME - If the opposing team was winning, the game- score stands. Otherwise, score will be 8 - 0 (the opposing team wins).

Injured Player – A player who is bleeding, and has an open wound will be considered an injured player, who must go off the field and not be allowed back onto the field until the bleeding has stopped and the wound is covered.

Once an Official calls time out for injury: That injured player must come off the field for at least one play.

There is no penalty for an injured player to come off the field unless it is an offensive team injury during the last two minutes of the game. (Read rule enforcement under Two two-minute warning).

GAME TIME / CLOCK Two 25-minute halves. / Half Time 5 minutes.

The clock will run continuously, except for official timeouts, team timeouts, Injuries / and media timeouts. See 2 minute warning.

TIME-OUTS: Each time out will be 30 seconds. Each team is allowed four (4) timeouts during regulation games – in total. Two time-outs per half. Any player or coach may call a time-out - out and the officials must acknowledge the time-out. Coaches and players from the sideline may come onto the field but must be off the field when the time-out has expired.

If time out is over and the coach/extra players are still on the field: Penalty: 5yds - too many players on the field - replay down. Dead ball foul - Official will blow the whistle - throw flag- apply a penalty

Penalty: Team declaring time out when they have none left - 5 yd penalty for delay of game (and do not get the time out). The clock will start once penalty yardage has been assessed. Official blows whistle - throws flag - declares penalty - spot ball 5 yds loss- replay down

Two Minute Warning

In the **first half** - The head Official will verbalize to teams that there remains (close to) two minutes in half – the clock runs continuously. In the **second half** - The head Official will verbalize to teams that there remains (close to) two minutes in half – the clock stops for change of possession, out-of-bounds, incomplete passes, extra points, and timeouts.

If time expires during the last down of the game

The play will continue until the down ends. No signal shall be sounded while the ball is live.

A period must be extended by an untimed down, (except for unsportlike or non-player fouls) If during the last timed down, one of the following occurs:

There was a foul by the defensive team and the penalty is accepted or / if there was an inadvertent whistle

If a touchdown was scored, the try (extra point) shall be attempted, or / if there is a double foul

Offensive Injury inside the last two minutes of the second half

If there is an injury during the last two minutes of the game there will be an automatic 10-second run off of the game clock. The team has the option of the 10-second run-off or taking a team timeout. If no timeouts remain, then there will be an automatic 10-second run off of the game clock.

THE GAME (Begins)

COIN TOSS- Done at the beginning of the game, game tiebreaker, and sudden death overtime.

CHOICES: (Beginning of the game) Kickoff, Receive, Defend a Goal. / There is no choice to defer.

The receiving team to begin 1st half will automatically become the kicking team to start 2nd half. Teams will switch goals to defend for 2nd half.

Kick Off

Starts each half, or follows a **successful** field goal, **safety** or extra-point attempt

The ball can be kicked using a kicking tee, or held upright in the dirt by another player

Teams line up at each 30-yard line (20 yards apart from each other)

Kick-off after a safety: The team that has scored safety will line up with 5 players at the 40 yd line (to receive the kick), opposing team (who had just been scored against) will line up on the 20 yd line to kick the ball.

Ball does not have to travel any certain distance to become live.

No on-side kicks

Kicked ball should stay in bounds, on the playing field - if not

PENALTY: The receiving team has the choice to accept the ball where it went out of bounds (the ball will be hashed at the middle of the field), or re-kick with 5 yd penalty as teams remain 20 yds apart before kick (kicking team on 25 yd line / receiving team 35 yd line of receiving team.). For safety penalty - kicking team on 15 yd line / receiving team 35 yd line of kicking team. Official blows whistle - throws flag - declares penalty - asks receiving team if they will accept penalty or decline - spots ball accordingly

The Kicking Team

7 players will line up on within one yard of their 30 yd line (Kick Restraining Line) assuming no penalty. .

The Kicker will signal by extending one arm up in the air to signify kicker is ready. The referee will then blow the "ready" whistle signifying the ball may be kicked.

No player may cross its Kick Restraining Line until the ball is kicked.

The kicker may line up 10 yards behind her kick-restraining line.

Once the ball is kicked, the kicking team will then travel down the field to pull the ball carrier's flag.

If the Kicking team has more than 7 players on the scrimmage kick line

PENALTY - Illegal formation - 5 yd penalty - Dead Ball Foul – the ball will be re-kicked. (receiving team cannot decline penalty) If the kicking team crosses the line before the ball is kicked

PENALTY - Offside - 5 yd – the ball will be re-kicked; Dead Ball Foul (receiving team cannot decline penalty) Official blows the whistle - throw a flag

After the ball is kicked and if the kicking team catches the ball or touches the ball before the receiving team gets to it, the ball will be **dead at that spot** where the receiving team will take possession of the ball (first and ten).

The receiving team will always receive the ball (unless a receiving player catches the ball cleanly, has possession, and laterals the ball to another teammate which is intercepted by a player on the kicking team. In this case, an interception has been made and the kicking team will get possession of the ball.

The Receiving Team

Will line up exactly 5 players on their own 30 yd line. No more and no less than 5. Three players line up in their backfield. If the ball goes through the end zone, it automatically becomes a "touchback"

TOUCHBACK: When a kick/punt returner catches the ball in her own end zone and elects not to run it out of the end zone, the player signifies the election of a touchback by touching one knee down on the field.

Official blows whistle - Touchback signal.

The next play automatically starts on the receiving team's 20-yd line.

A touchback also occurs automatically when a kicker/punter kicks the ball past the receiving team's end zone, the ball goes "untouched" through the end zone, or should the player "Muff" the ball and it goes into the end zone.

If the ball lies "dead" in the end zone (no one touches the ball from either team), the official will blow the play dead and place the ball on 20 yd line for the receiving team, first and ten.

During play, should a defender intercept the ball or catch/recover a kick, in their own end zone, the player may choose to run the ball out and the ball remains live.

Safety: A safety is a situation where the offensive team (A) has possession of the ball and gets de-flagged, fumbles the ball, or penalized in their own end zone. The opposing team (B) will be awarded 2 points, Kick Off Will result after a safety. The team who has scored safety will line up with 5 players at 40 yd line (to receive the kick), opposing team (who had just been scored against) will line up on the 20 yd line to kick the ball. Official throws a yellow flag, let the play continue. Declares a "safety" will spot the ball on 40.

MUFFS: During a kick, a muff is the touching of a loose ball by a player in an unsuccessful attempt to secure possession. On kicks, if the receiving player does not have possession or control of the ball, she may pick up the ball / continue her play.

SPOT OF BALL: The position of the **ball** when de-flagged is the spot where the referee will place the ball for the next play. It will not be the position where the runner's flag was pulled.

The runner can extend her arm, with the ball, while running to gain position. (not to get confused with stiff arming)

All spotted balls will be hashed (placed in the middle of the field)

Line Play

Huddle/ PLAY CLOCK:

30 seconds - The official will blow the whistle (after setting the chain gang) to start the 30-second huddle/play clock. The offensive team has 30 seconds to huddle, call the play, set up the formation, and hike the ball (to put the ball into play).

Penalty: Delay of game 5-yard penalty repeat down. Dead Ball Penalty.

Official blows whistle -throw yellow flag apply penalty (penalty cannot be declined)

LINE OF SCRIMMAGE: There are two points at each end of the ball: One point of the ball will mark the Defensive line of scrimmage, and the other point of the ball will mark the Offensive line of scrimmage. The line of scrimmage for each team is a vertical plane through the point of the ball nearest the team's goal line. This imaginary line extends from one side of the field to the other side.

NEUTRAL ZONE: This is the length of the football.

OFFENSIVE LINE FORMATION and PROCEDURES

Offensive Line

Exactly 5 offensive players must be on the line of scrimmage at snap.

The center must be in between two guards. She must be protected when snapping

Must Wear Pennies (#'s visible), or different color shirts than the rest of the team to designate they're ineligible receivers

Receivers may overload to one side or split on each side.

Running Backs may come "up" to the line in a slot position (1 yd behind the scrimmage line), but not actually be on the line.

PENALTY: Illegal formation - 5 yds from the LOS/ dead ball foul / Repeat the down. The official blows a whistle and throws a flag. (penalty cannot be declined)

PROPER FORMATION FOR THE OFFENSIVE LINE

5 on the line: Center must be between the two guards, and two receivers on either side of the guards

All 5 player's shoulders must be parallel to the line of scrimmage

The center and guards may be in a two-three or a four-point stance

In holding the ball, ready for snap, the center may be over the ball, but her feet must be behind the neutral zone and no part of her person, other than her hand/s on the ball may be beyond the foremost point of the ball (to grip ball)

Once the Center is in a "Down Position", each player's head or foot must be forward of the center's waist but not further than the line of scrimmage

PENALTY: Illegal Procedure / Or Illegal Formation – 5 yd penalty / Dead ball foul /– Replay the Down.

The official blows a whistle and throws a yellow flag. (penalty cannot be declined)

Center's handling of the ball prior to "set"-

The Center may tilt the ball for lateral rotation to get a better grip (the ball must not leave the ground) & may not rotate end for end, change the location, or fail to keep the long axis of the ball at right angles to the LOS.

PENALTY: Illegal Procedure 5 yd penalty – Dead Ball Foul / Repeat Down Official blows whistle and throws yellow flag (penalty cannot be declined)

SNAPS

Following the ready-for-play whistle, the center may not remove both hands from the ball or make any movement that simulates the snap.

Neither guard may receive a snap. Direct Snap (QB directly behind Center, hand-to-hand exchange of ball) or shotgun snap (Center snaps ball between legs & ball travels a distance) are legal.

PENALTY: Illegal snap - 5 yd penalty from line of scrimmage / Repeat the down / Dead ball Foul Official blows whistle and throws yellow flag (penalty cannot be declined)

During Snap

The ball must be caught cleanly/cannot touch the ground. Should the ball touch the ground, it is considered dead at the spot where it touches the ground and down counts. The official blows the whistle to end the play.

The Center and Two Guards May

During running, plays are allowed to come off line immediately after the snap to block downfield.

Are allowed to receive a "lateral" or backward pass - **Downfield.**

Restrictions (PENALTIES) for The Center, Two Guards, and Line

During pass plays – the Center and Guards may not go downfield (more than 3 yds) before the ball is thrown.

(After the ball is thrown - they may go downfield to block)

PENALTY: Ineligible Receiver Downfield– 5 yd penalty from LOS

Live Ball Foul - Official throws a flag, let play continue - assess penalty after play ends

The defense can decline the penalty (take the result of the play) or accept the penalty: 5 yd penalty from LOS - Replay down.

Center and guards are not allowed to touch or receive a forward pass / However center and guards can receive a lateral

PENALTY: Illegal touching - 5 yd penalty from LOS / Live Ball Foul / Replay down

Official throws flag, let play continue. Defense can accept penalty: 5 yds from LOS & replay down, or decline penalty -end of play result.

SET

All offensive players must be in a "ready" position, for a minimum of 1 second before one player MAY go "in motion". Motion is defined as one player in the backfield running parallel to, or away from the LOS at the snap.

After being "set" and before the snap, should a player (other than the player in motion) feign, move, lift up from her stance- it's a foul

PENALTY: False Start. Dead ball foul (cannot be declined by defensive team) - 5 yd from LOS, repeat down

Official blows whistle throws yellow flag (penalty cannot be declined), spots ball 5 yds back from LOS, replay down

SHIFT

is not allowed. It is the action of one or more offensive players who after taking set positions, move to a new set position before the ensuing snap. (except player IN MOTION)

PENALTY Illegal shift: 5 yd from LOS, repeat down, Dead ball foul.

Official blows whistle throws yellow flag (penalty cannot be declined), spots ball 5 yds back from LOS, replay down

ILLEGAL MOTION - ONLY RUNNING BACKS CAN GO IN MOTION - ONE AT A TIME

if more than one running back is in motion before the snap

or if a running back in motion moves towards the line of scrimmage before the snap.

PENALTY - Illegal motion, dead ball foul. Dead ball foul (cannot be declined by defense team), 5 yd from LOS - repeat the down.

Official blows whistle to end the play - throws yellow flag / Illegal motion signal - spots ball 5 yds back

Official blows whistle to end the play-throws flag / illegal motion signal - spots ball 5 yds back

ENCROACHMENT:

A defensive player may cross over the line of scrimmage before the snap as long as:

- The defender does not make contact with anyone on the offensive team and
- Must be behind the line of scrimmage at the snap.

PENALTIES

If a defender crosses LOS before the snap (does not make contact with the offense), and gets the offense to move before the snap: **Offense** - **"False Start"** - dead ball foul. Dead ball foul (cannot be declined by defensive team), 5 yds from LOS and repeat the down. - Official blows whistle to end the play /will throw yellow flag/ false start signal/ apply a penalty

against defense: The defender makes contact with the offensive team before the snap – Dead ball foul. Dead ball foul (cannot be declined by the offensive team), 5 yds from LOS and repeat the down.

The defender crossed LOS before the snap and gets caught over the line of scrimmage at the snap (does not make contact with the offensive team) - **Live Ball Foul** - Official throws flag immediately - at the end of the play, the offense team will be given choice to accept or decline the penalty - 5 yd from scrimmage line - repeat down **OR** decline penalty - accept ball at end of the play.

OFFENSIVE AND DEFENSIVE LINE BLOCKING

ARE ALLOWED TO

Block your opponent between their shoulder and waist, in front of them and /or on their side

Blocker must stay inside her body frame (cannot extend arms to the sides, or outside her body frame to make the block)

Push with hands open / use upper arm / cross your arms to use forearms (not suggested, because many times the hands slide up to the face which becomes an illegal block)

2 on 1 blocking is allowed.

NOT ALLOWED TO

Punch, Hold, Use Elbows, Interlock arms/hands with opponent, Trip, block in back /block above shoulders / below the waist **PENALTY:**

Illegal Blocking / Offensive Line Holding / Defensive Line Holding- 10 yards from the scrimmage line / Replay the down

Live ball foul - The official throws a flag, and play continues. The Opposite Team can accept the penalty or decline (accepts end of play)

DEFENSE

is not allowed to charge over the center's head (defenders can line up in front of the center and then charge to the side of the center)

PENALTY: Illegal contact - 10 yards from the line of scrimmage / Down repeated. Live ball foul.

Official throws flag, assesses penalty when play ends. The offensive team can decline the penalty and accept the result of the play

DIVE BLOCK

You may not leave your feet to block (no diving allowed to block)

Defensive Penalty: Dive Block / 10 yd / Spot of foul / Automatic 1st Down. Live ball foul.

Offensive Penalty: Dive Block / 10 yd / Spot of the foul / Replay the down.

The official will throw a yellow flag, and let the play continue. The Opposite Team can accept or decline the penalty.

EXCESSIVE ROUGHNESS

under the discretion of the official. A block that is overly aggressive, not necessary, or intended to inflict injury to another player.

PENALTY: 15 yds/automatic first down/ the official has the option to eject the player

RUNNING

The ball carrier is supposed to run the clear field. Should the ball carrier run into a defensive player who has established a position it is illegal.

PENALTY: Runner Charging - 10 yards from the spot of the foul, Down Counts.

Live Ball Foul - Official throws a flag, let play continue. The penalty is assessed at the end of the play. The defense can accept the penalty, or decline (take the result end of play). If accepted, the official places the ball 10 yds back from where the penalty was made, loss of down.

If the defender has not established her position, and both players are running then the ball carrier is allowed to make inadvertent contact with the defender with no penalty assessed.

Spins are allowed.

Ball carrier may Hurdle over downed players (to avoid contact/stepping over them).

Ball carrier (s) may lateral or backward pass as many times as they choose to

PUSHED OUT OF BOUNDS

The ball carrier be pushed out of bounds by the defender

PENALTY: Illegal push out of bounds - 10 yd added to the end of play / Down counts / and if flagrant may be ejected from the game. Official throws flag blows whistle once ball carrier out of bounds, spots ball 10 yds added to where the player went out of bounds, next down.

OUT OF BOUNDS

The sidelines mark the outer limit of the field. The foot may not touch the sideline. If any part of the foot touches the Side-line, then the runner is out of bounds. Down counts.

ASSISTING THE RUNNER

the runner shall not grasp a teammate or be grasped, pulled, or pushed by a teammate

PENALTY: Assisting the Runner / 5 yd from the spot of foul / Down Counts

The official throws a yellow flag and lets the play continue. The penalty will be assessed at the end of the play.

STIFF ARMING

is illegal. The ball carrier may not extend arms to thwart or push off the defender

PENALTY: Stiff Arming - 10 yards from the spot of the foul, Down counts. Live ball foul.

The official throws a yellow flag and lets the play continue. The penalty will be assessed at the end of the play.

HOLDING DOWNFIELD

The defender may inadvertently grab the short/pant of the ball carrier in attempting to grab the flag, this should not be confused with an "intentional hold". If an "inadvertent hold" does not slow down the runner, then such a situation should not be penalized. **Intentional**

Holding by any team is illegal.

PENALTY: Defensive Holding Downfield – 10 yd / added to the end of the run. / Down Counts / live ball foul.

Offensive Holding 10 yd/spot foul. / Down Counts / live ball foul.

The official throws a yellow flag and lets the play continue. Penalty will be assessed at the end of the play-holding signal.

If a flagrant holding occurs with no other defender in position to make a play, and in the official's judgment a touchdown was prevented, the ball will be placed on 5 yd line - 1st and Goal

FLAG GUARDING

Illegal use of the ball carrier's hand, ball, arm, elbow, or knee to protect the flag from being pulled. Shall not lower shoulders to place arm over the flag belt to prevent flag grab.

PENALTY: Flag Guarding - 10 yds from spot / Down counts/ live ball foul.

The official throws a yellow flag at the spot of the foul and lets the play continue. Penalty will be assessed at the end of the play - flag guarding signal.

FLAG FALLS OFF INADVERTENTLY (BY ACCIDENT)

The defender may use one hand to "touch" the runner within the runner's body frame (front or back), OR grab the remaining flag

KNEE DOWN: If the ball carrier runs and falls and her knee touches the ground (the ball has not touched the ground) and has a clear field, she may get up to advance the ball until her flag is pulled. If she falls and there are defenders around her, the defender simply needs to "touch" the player (with one hand) to down her.

INADVERTENT WHISTLE

Should an official blow the whistle by accident during a play, the down will be replayed.

FUMBLE

The loss of possession of the ball when the carrier drops it. Once the ball hits the ground, it is considered dead. Official blows whistle

DEAD BALL:

Fumbles are dead at the spot. This includes all snaps that hit the ground.

If the ball is dropped in front of the ball carrier, the ball will be spotted where the carrier stood before losing possession of the ball.

If the ball is dropped behind the ball carrier, the ball will be spotted where the ball hits the ground.

If a ball is fumbled in mid-air: The defender may recover the ball in the air before it touches the ground and advance it (interception). At the end of the play - The official will spot the ball, declare "Interception", correct chains on the sideline, and it will be first and ten going the other way.

STRIPPING or BATTING

Stripping the ball or batting the ball from the carrier is illegal.

PENALTY: The offense keeps possession of the ball plus 10 yards. Enforced from the spot of the foul - Down counts- live ball foul. The official throws a yellow flag at the spot of the foul. Penalty will be assessed at the end of the play

DIVING

To advance the ball is permitted and legal. To pull a flag is legal. (Dive Blocking is illegal - read in these rules -Dive Blocking)

PASSING**FORWARD PASS:**

Only one forward throw per down and behind-the-line scrimmage. A forward throw could be a: pass, shuffle pass, forward pitch, and forward "hand-off", and is allowed behind the line of scrimmage. Once the ball crosses over the line of scrimmage, no forward pass may be thrown. Or forward handoff made.

PENALTY: Illegal Forward Pass / Hand Off - 5 yd penalty from the spot of throw/handoff/loss of down. Live ball foul - Official throws a yellow flag, applies 5 yd penalty from the spot of the foul

INTENTIONAL GROUNDING

It is illegal to avoid a sack by throwing the ball to an area where there are no receivers.

PENALTY: Intentional Grounding - 5 yds from LOS / loss of down. Official throws flag / applies 5 yd penalty from LOS / next down (In the last 2 minutes the QB is allowed to stop the clock by spiking the ball)

SACK

If the ball is in the passer's hand (even in motion) and de-flagged, the passer is SACKED AND BALL IS DEAD. Official blows whistle to let teams aware end of play. Down counts.

RECEPTION or legal catch

One foot in bounds and possession/control of the ball

CHUCKING ZONE

Inside the first 5 yd from LOS, is an area where the defender and offensive player can chuck or push their opponent as many times as they can as long as they are in the chucking zone area and the ball has not been thrown

Once the ball is in the air no more chucking is allowed.

PENALTY: Illegal Chucking - 5 yds / line of scrimmage / live ball foul / Replay the down

Live ball foul - Official throws yellow flag at the spot of the foul, applies 5 yd penalty from LOS, came down

PASS INTERFERENCE

When the ball is thrown, potential receivers should not be obstructed by opposing players. This means their vision should not be blocked and physical contact is illegal. The ball must be "catchable" and is the decision of an official. If both players jump up for the ball & inadvertently make contact it is legal.

Offensive Penalty: (against the offensive team) 10 yd penalty line of scrimmage \ Replay the Down.

Defensive Penalty: (against the defensive team) Automatic 1st Down, / Spot foul. Off. team will receive the ball where the violation occurred.

Live ball foul - Official throws flag at spot of foul - Penalty will be assessed at the end of the play

END-ZONE PASS INTERFERENCE

Pass Interference in the end zone, against a defender, the ball will be spotted at 1 yd line.

ROUGHING THE PASSER

This is flag football & defenders are supposed to go for the QB's flag & not the ball. Any contact, with the QB is a penalty. **PENALTY**

Incomplete pass - 15 yd - from Previous spot / Line of scrimmage / Automatic First Down

Completed pass: 15 yds - from the end of the run / Automatic First Down

Live ball foul - Official throws yellow flag at spot of foul - Penalty will be assessed at the end of the play

DEFENSIVE TEAM

There is no legal, formal line-up for the defensive team. The Defense May:

Put as many defenders on the defensive line (or anywhere else on the field)

Cross the line of scrimmage as long as they make no contact with the offensive team and are back behind the LOS before the snap.

Rush the quarterback as soon as the ball is hiked

Prior to snap - trick the offensive line to “feign” or move in order to get a “False Start” against the offensive team

HOLDING BALL CARRIER TO GRAB FLAG

The defense is not allowed to hold a runner while her flags are pulled (it is at the discretion of the official if the defender pulls the flag and short or/ pant at the same time, which occurred inadvertently, and not for reason of holding the runner to grab the flag. Then no penalty shall be assessed).

PENALTY: 10 yds / End of the run / Down counts. Live Ball Foul - The official throws a flag at the spot of the foul. / 10 yds added to the end of the run. Next down.

Grabbing the flag of the Receiver

A receiver who does not have possession of the ball is a penalty. Sometimes, the defender may grab the flag of a receiver as she comes off the line intentionally, because it's easier to 2 hand touch rather than grab the flag.

PENALTY: If incomplete pass - 5 yds / Enforced from LOS / Replay the down

If completed pass – 5 yds added to the end of the play / down over

Live ball foul - Official throws flag at the spot of the foul. The penalty will be assessed at the end of the play. The offense can accept or decline the penalty.

PUNTS

On any down, should the offensive team decide that they do not want to run or pass for a first down, or attempt a field goal, they may punt the ball to the opposing team, to put them in a better field position. Captain does not have to declare to the Official that they will punt.

PUNTING TEAM

Must have 5 on the scrimmage line, two backs, and the punter in the backfield.

The center will shot-gun snap the ball between the legs to the punter who kicks the ball to the receiving team.

PENALTY: Dead ball foul - Official blow whistle - throw flag - 5 yd LOS - repeat down. Cannot be declined.

First Touch - Should the kicking team reach the ball before the receiving team, by simply touching the ball (with hands or feet), it will be dead at the spot, and will be receiving team's ball - 1st & 10.

Bad Snap - Should the punter drop the ball, or if the snap hits the ground, the ball will be placed at that spot. Down counts. If the punt attempt was on the 4th down, the opposing team will then have possession of the ball - 1st & 10 at the spot.

Fake Punts - Are allowed

Out of bounds on a punt - Should the ball go out of bounds, it is where the ball crosses out of bounds plane - where the ball will be spotted.

FIELD GOALS

(girls have different rules for field goals)

Captain shall declare “field goal” to be attempted by Referee / Head Official

Field Goal Team will line up: 5 on the line and 3 in the backfield with a setter, kicker, and back.

The center must snap the ball between legs (shot-gun) to the setter

The setter may use a blocked tee or can hold the ball upright on the ground (no “T” kicking tee allowed to be used)

A team can "fake kick"

Should the kicking team attempt a field goal on the first, second, or third down, it is the same as kicking the ball on the fourth down, they have sacrificed the rest of their downs.

The ball must travel through the two uprights and above the bar in order to be a successful field goal – 3 pts awarded

Following a successful field goal, the team will “kick-off” to the opposing team from 30 yd line.

Anyone on the defending team may return the kicked ball or down the ball (if unsuccessful field goal)

Should the ball hit an upright and return to the field, it is considered out of bounds and cannot be played.

DEFENSIVE TEAM

Defensive line - May line up just behind the line of scrimmage - just behind the tip - closest their side

May rush as soon as the ball is snapped.

There is no legal, formal line-up for the defensive team, except defense cannot line up directly over the center.

The defense cannot make contact with the kicker or holder

PENALTY: Roughing the Kicker or Holder / 15 yd/line of scrimmage. / Automatic 1st Down

UNSUCCESSFUL FIELD GOAL

If the field goal attempt is unsuccessful, and the opposing team does not return the ball, or the ball goes out of bounds, then the ball will be spotted from the spot of the field goal attempt or the defending team's 20 yd line, whichever is further from the goal line. Examples: **Field Goal Attempt Outside the 20 yd line** - If a field goal is attempted from 33 yd line, and is unsuccessful, whether the ball goes out of bounds, or the defending team chooses not to return the ball (downs ball), it will be spotted at 33 yd and will be first and ten. **Field Goal Attempt Inside the 20 yd line** – If a field goal is attempted from the 20 yd and inside, and is unsuccessful, should the defending team choose not to return the ball, or the ball go out of bounds, then the ball will be spotted at 20 yd line, first and ten.

If the ball hits the uprights and falls into the field of play – The ball is Dead and will be spotted either at 20 yd or previous line of scrimmage. **IF SETTER DROPS SNAPPED BALL** (or the ball goes over her head):

Ball will be dead at the spot

It will be receiving the team's ball first and ten.

If the ball is dropped inside the 20 yd line, the ball will be placed on the 20 yd line.

If the ball is dropped outside of the 20, the ball will be placed where it hit the ground

EXTRA POINT CONVERSION

After a touchdown, the scoring team is allowed to attempt for an extra point(s) They are given one scrimmage down, un-timed if inside the two-minute warning. Penalties that occur will be applied.

If defensive pass interference in the end zone, the ball will be spotted at 1 yd line.

Should the defensive team “intercept” the ball during conversion play, the ball will be dead (attempts for extra pts are no good). Offensive Penalties are assessed on the following Kick-Off.

All Defensive penalties, on unsuccessful try, if accepted, will be half the distance to the goal. A replay of the down.

All Defensive penalties on a successful try will be assessed on the following kick-off.

The scoring team will have a choice to either:

Run / Pass / Kick from 10-yd line for **2 points**

Run / Pass / Kick from 3-yard line for **1 point**

LINE UP FOR EXTRA POINT - CONVERSION KICK

(girls have different rules for extra point kicks see girl's attachment page 18)

The team that scores can also kick for extra point conversion

1 point - Kicked from 3 yd. line

2 points - kicked from 10 yd line

The kicking team must have 5 on the line, and 3 in the backfield with a setter, kicker, and running back.

Defensive Team

May rush on snap

There is no legal, formal line-up for the defensive team, except defense cannot line up directly over the center.

The defense cannot make contact with the kicker or the setter

A failed kick may not be returned by the defending team, the ball will become dead, extra point attempt will be no good.

The defense is not allowed to charge the center (she must be protected on these snaps)

PENALTY: Illegal contact - 10 yds from the line of scrimmage / Down repeated. Live ball foul.

Roughing the kicker/holder on an extra point

The team has the option to accept the penalty and move the ball half the distance to the goal and re-try the same extra point OR take the play as is and enforce the penalty on the kick-off.

If they accept the penalty and move the ball half the distance to the goal - they must attempt the extra point in the same manner. (i.e. if the attempt was for one point then the next try will be for one point also. If they went for two points the next try will be for two points).

END ZONE CELEBRATIONS:

Are acceptable if the player celebrating does not taunt her opponent. Judgment of official

PENALTY: Unsportlike conduct - 1st offense - Official shall give verbal warning Official throws flag, picks up flag after verbal warning
2nd offense - 15 yd penalty assessed at kick-off

SCORING

TOUCHDOWN: 6 POINTS

When any part of the ball legally is in possession of a player inside the sidelines, in, on, above, or near the opponent's goal line. The ball needs to cross the goal line plane.

The ball carrier may dive to score.

SAFETY: 2 POINTS

FIELD GOAL: 3 points

LEAGUE PLAY / FIRST ROUND TOURNAMENTS / POINT SYSTEM

During regular season play (for leagues), or the first round of elimination (tournaments), games can end in ties.

Win = 3pts / Tie = 1 pt / Loss = 0 pt.

A Tally of these points will rank teams. Should a Tie Exist after using the point system – the **IWFFA Point Tie Breaker** will be used

IWFFA POINT TIE BREAKER

If a tiebreaker is necessary (Teams have the same amount of points accumulated from their games):

IWFFA Point Tie Breaker will be used & are listed in priority:

1. Offensive points – Defensive pts (the team with a higher number advances) (if a tie continues)
2. The team with the least amount of Defensive points advances (if the tie continues)
3. The team with the highest amount of Offensive points (if the tie continues)
4. Head to Head will advance– If two teams tie, and play against each other during the tournament, and there is a winner, then the winner will win the Point Tie Breaker and advance (if the tie continues)
5. Use IWFFA Game Breaker

SEEDING TEAMS DURING PLAY-OFF SITUATION

Teams will be seeded:

(4) teams: 1 vs 4 / 2 vs 3

(8) teams 1 vs 8 / 4 vs 5 / 3 vs 6 / 7 vs 2

(16) teams: 1 vs 16 / 9 vs 8 / 5 vs 12 / 13 vs 4 / 3 vs 14 / 11 vs 6 / 7 vs 10 / 15 vs 2

1. Play-Off s are Single Elimination.
2. Teams enter play-offs with a clean slate. If you lose any game in the play-off, you are out of competition (unless a wild card exists)
3. Previous tournament records do not apply. For example Your team can have a 6 - 0 record, and during the playoffs, your team loses your first game against another team that made it into the play-off with a 4-2 record. Your team is out of competition.
4. If a team forfeits during play offs opposing team will keep its seeding and take the win. The forfeited team takes the lowest rank in playoffs.
5. If a team forfeits during the Championship Game – t h e opposing team will keep its seeding and the next highest-ranked team will play the championship game. The forfeited team takes the lowest rank in playoffs.
6. Should there be a tie in the play-off bracket, only those scores during play-off games will be taken into consideration and IWFFA Point Tie Breaker will be used.
7. If the tie continues, the total tournament scores of those teams will be used for Point Tie Breaker.
8. If t h e tie continues, IWFFA GAME TIE BREAKER to establish the winner will be used to advance teams.

IWFFA GAME BREAKER TO ESTABLISH WINNER

1. The referee will choose which end of the field to play on for IWFFA Game Breaker and Sudden Death
2. Each team receives 1 time-out for the IWFFA Game Tie Breaker period (s). Any time-outs remaining from regulation will be nullified.
3. There will be a 2-minute break immediately following regular game time.
4. A coin toss will be done and the winner will choose either to receive the ball first or defend.
5. Both teams get a chance to score. First team A plays (series), then team B plays (series). This constitutes an overtime period
6. Each team receives 4 plays (considered a series) from the 10 yd line and tries to score (crossing goal line).
7. Any penalties resulting during play will be assessed and applied (as in regular game play)
8. Field goals are not allowed.
9. If the ball is intercepted, the ball cannot be run back to the other end of the field, but the offensive team loses possession of the ball and ends that series for them.
10. After the TD is scored (6 points) extra points conversion will follow.
11. If the score is matched (tied) after the first overtime period (both teams have played their first series), a second overtime period will be played. If a tie score still exists, a third overtime period will be played. If the score is still tied after the completion of the third overtime period, the ball will be placed on 20 yard line procedure will be used to determine the winner.

IF AFTER 3 IWFFA GAME TIEBREAKER PERIODS AND A TIE STILL EXISTS

Ball will be placed on 20 yard line for one series

1. The ball will be taken from the 20 yd line
2. Teams will get 1 series (4 downs) only for the 20 yd. attempt Both teams will be given the chance to score.
3. After scoring - The team will attempt a conversion
4. If after 20 yd line procedure attempt does not produce a winner - **Sudden Death Will Take Place**

IWFFA SUDDEN DEATH

1. If after 20 yd series does not produce a winner and a tie still exists - The following **IWFFA Sudden Death** procedure will be used to determine a winner.
2. A coin toss will be done and the winner will choose to either play offense or defense
3. Each team will receive one time-out during the IWFFA Sudden Death procedure.
4. The first team to score from 10 yd line will be the winners (ex: If team A wins a coin toss, and receives the ball, and immediately scores, they are winners – even though team B never had a chance).
5. The team that won will also be allowed to score extra points following their winning touchdown (this is done for IWFFA Team Ranking)
6. If necessary, until a winner is decided, there will be a repeat of this series until a team scores.

IWFFA RANKING OF TEAMS

The IWFFA ranks teams around the world, by using a unique ranking system.

During each sanctioned IWFFA tournament, and including final seasonal results of sanctioned IWFFA leagues, teams accrue points according to the number of games they have won or tied.

Each win = 2 pt / Each playoff win = 3 pts / Each tie = 1 pt / Loss = 0 pt

Teams who come in first in their entire division or league receive an additional 3 pt.

All teams who participate will receive 1 point (regardless if they win or lose any games).

Their total number of tournament points will be tallied and used to rank among other IWFFA Teams.

Any ties will incorporate the IWFFA Tie Breaker.

North American, Nordic Region, Latin Region, Asia Regions, African Region and associated leagues from other countries will be ranked Teams who rank #1 in their division will be awarded at Kelly McGillis Classic the following year.

Division of Play for Women

Once a team registers its level of skill: Beginner, Middle, Lower, or Higher in any IWFFA tournament, then that will be the category the team continues to be ranked among for the remainder of that year.

Youth Divisions

8- 11 yr. - **Girls** / 12 - 15- **Juniors (16 - 17 yr. play in women's division)**

Younger girls may play up (with written permission from parents), but older girls may not play down in the younger division.

PROTESTS - Judgment Calls may not be protested. Protests must be made following disputed play and before the snap of its next play.

1. Rule Interpretations will be handled on the field to avoid unnecessary delays and it is the Referee who has the final "judgment".
2. The protesting team will call a time-out after the play in question happens. If a time-out is called at any other time, it is charged as a time-out and the "incident" will not be discussed.
3. All the Officials on the field will talk with "protestors". The "protestor" is required to state
4. their "protest" clearly and concisely, stating which rule they believe to be interpreted incorrectly. The "protestor" has approximately three minutes to state the "protest" and the rule (it is best to carry out a set of IWFFA rules to prove your point).
5. The referees will then confer at their discretion to determine whether the rule was interpreted properly.
6. If the referees determine that the "protestor" was correct in their interpretation of the rule then the team will not be charged the time-out and the play will resume according to the correct interpretation (necessary adjustments will correct the situation).
7. If the referees determine that they interpreted the rules correctly and no "protest" exists then the "protestor" will be charged the time-out and play will resume as it would have prior to the time-out.

During tournament play, the decision of the Referee is final. Addressing the Tournament Director, President of the League, etc. will not change the outcome of the Referee's final decision. INTERVENTION BY THE Grievance Protest Committee (GPC)

"Protestor/Protesting Team" or tournament director must file a grievance as to the alleged misinterpretation of the rule or any other incidents during the tournament within 30 days of the incident.

1. GPC will review the grievance by interviewing the referees, "protesting" and the non-protesting team's representatives and/or captains, field volunteer(s), or any other party deemed to be necessary to a fair disposition.
2. GPC will review the statements of parties and applicable rules to reach a decision.
3. GPC will notify the "protesting" representative in writing of their decision within 30 days or a time deemed reasonable in their discretion.

The grievance will be classified in one of three ways:

1. **GRIEVANCE UNFOUNDED:** GPC agrees with the referee's decision at the time of the incident, meaning that the rules were interpreted correctly. The Tournament Director and IWFFA office will be notified of GPC's decision.
2. **GRIEVANCE FOUNDED NO IMPACT:** GPC agrees with the "protesting" team, however, the misinterpretation of the rules did not impact the outcome of the game. Tournament Director, IWFFA office, and Officials will be notified of GPC decisions.
3. **GRIEVANCE FOUNDED IMPACT:** GPC agrees with the "protesting" team and deems that misinterpretation impacted the outcome of the game. The Tournament Director and Officials will be notified by GPC and GPC will make a recommendation to the Tournament Director, and IWFFA office, to change league standings or outcomes, points, etc.

Below are listed fines for athletes who are disruptive. Further action will be taken by the GPC

(Grievance Protest Committee).

Fines are payable to the presiding organization.

If it is league play, then the league will receive payment.

If it is tournament play, then IWFFA gets payment.

Monetary fines shall be collected immediately following the game, and the next game will not be permitted until all fines are collected. Teams who do not pay fines will be disqualified from the competition and further action taken by GPC.

Fight - automatic ejection of that game plus tournament and a \$100 fine for each player (paid by the team).

Hitting /touching an official - automatic ejection of that game plus tournament and \$100 fine for each player (paid by team)

Offensive Verbal / Foul language - \$25 fine for each player (paid by team)

Disturbance - If a player, coach, fan, or any person or group affiliated with a team who is a participant in a tournament, or league and who has caused a disturbance outside the field of play, which has damaged or affected the tournament or league in any way, the Tournament Director, President of League, Official may file with GPC to determine if some type of consequence needs to be adhered to offensive party. Unsportlike Penalty may be applied to any team involved with such actions during the tournament itself.

Tournaments & Leagues are invitational events, & teams/players may not be welcome to return should their history show disruptions to the cause and goals of established teams, leagues & IWWFA. This is to ensure the integrity, and purpose of the sport.

SOME FLAG FOOTBALL DEFINITIONS

LOS - Line of Scrimmage - see page 6 for definition

PREVIOUS SPOT: where the ball was last snapped from

SUCCEEDING SPOT: End of the play (where the ball would next be snapped or free-kicked if a foul had not occurred).

Live Ball Fouls - All live ball fouls can be declined and the result of the play stands. If two live ball fouls occur (1 on each team) during the same possession, they will offset each other.

Dead Ball Fouls -. A foul occurs in the time interval after a down has ended and before the ball is next snapped or free-kicked. Dead ball penalties cannot be declined. A dead-ball foul cannot be used to offset a live-ball foul.

Double Foul – Both teams committed a foul during the same play. Penalties will offset to cancel each other out. Replay the down. Exception: If 1 or more penalties are unsportlike conduct, or if an interception was made before the penalty. (Clean hands rule, intercepting team can decline the offensive penalty, have their penalty enforced & maintain possession of the ball)

Multiple Fouls – If a team commits more than one foul, only one can be accepted and penalized. A stiffer, more severe penalty will be taken.

Unsportlike fouls – These are non-contact fouls which include: taunting, baiting, use of profanity or vulgar gesture, disrespectfully addressing a game official, and flag tampering. 15 yd penalty. Will be administered at the succeeding spot as a Dead Ball Foul. **All unsportlike fouls are enforced in order of occurrence.** All penalties will be enforced (these do not “off-set” each other)

Personal foul - Illegal personal contact - Striking an opponent with a fist, or elbow, tripping, roughing the passer, roughing the kicker/holder, contact with an official, tackle, fighting. Fouls will be enforced as stated in the rules.

Half the Distance Rule – If there is not enough distance on the field to cover the penalty, then half the distance will be applied. 15 yd penalties - half the distance inside 30 yd line,

15 yd penalties -half the distance inside 20 yd line

5 yd penalties- half the distance inside the 10 yd line

Excessive Roughness – under the discretion of the official. A block that is overly aggressive, not necessary, or intended to inflict injury to another player. Penalty 15 yds/automatic first down/ the official has the option to eject the player

SUMMARY OF PENALTIES

Loss of Down:

Charging
Flag Guarding Forward Pass - Illegal Intentional
Grounding Stiff Arm

Automatic First Down:

Defensive Pass Interference Roughing the
Holder Roughing the Kicker Roughing the
Passer
Illegal contact w. Center on kicks
Excessive Roughness

15 Yd Penalties

Contact with an Official Fighting
(+Ejection) Flag Tampering Personal
Foul Roughing the Kicker Roughing the
Passer Tackle
Unsportlike Conduct
Excessive Roughness

10 Yd Penalties

Block in the Back Charging
Flag Guarding
Holding – Offensive/Defensive
Illegal Contact w. Center on Punts & Kicks Illegal
Participation
push Out of bounds Offensive Pass Interference Stiff
Arming
Stripping / Batting Ball Tripping

5 Yd Penalties

Assisting the Runner Delay of
Game Encroachment
False Start Illegal Flag Grab
Illegal Forward Pass Intentional
Grounding Illegal Procedure
Shift
Illegal Snap
Illegal Substitution Illegal
Touching

GIRLS AND JUNIORS ATTACHMENT FOR KICKS

(for field goals and extra point kicks - kicking tees can be used - no "setter" required)

**Girls & Junior divisions play with the same rules as women, but
DO NOT allow fake kicks, must declare kicks & will adhere to the rules for kicks as described below.**

PUNTS (for girls division)

On any down, should the offensive team decide that they do not want to run or pass for a first down, or attempt a field goal, they may punt the ball to the opposing team, to put them in a better field position. Captain declares to Head Official that the team will "punt", & teams line up.

PUNTING TEAM

Once declaring the intention to punt, the Punting team must punt (no fake punts allowed)

Must have 7 on the scrimmage line.

The center will shot-gun snap the ball between the legs to the punter who kicks the ball to the receiving team.

Once the punting team is "set" no one should move before the ball crosses the line of scrimmage.

PENALTY: Illegal procedure - 5 yards from the line of scrimmage / Down repeated

Should the kicking team reach the ball before the receiving team, by simply touching the ball, it will be dead at the spot, and will be the receiving team's ball - first and ten.

SNAPS: Direct Snap (QB directly behind Center, hand-to-hand exchange of ball) and shotgun snap (Center snaps ball between legs & ball travels a distance) are legal. The ball must be caught cleanly/cannot touch the ground.

PENALTY: Illegal snap - 5 yd penalty from line of scrimmage / Repeat the down

RECEIVING TEAM ON PUNTS (for girl's division)

LINE-UP FORMATION – Exactly 5 players on the line of scrimmage

PENALTY: Illegal Formation / 5yd / Repeat Down

SET POSITION The ball must cross the scrimmage line before anyone can move.

Penalty: False Start / 5 yd / Re-Kick

RUSHING - There is no rushing the punter.

OUT OF BOUNDS Should the ball go out of bounds, that is where the ball will be spotted

RECEIVING TEAM Will always receive the ball.

FIELD GOALS (for girl's division) Girls and Juniors are allowed to use a kicking tee to kick ball (does not have to be snapped)

Captain shall declare "Field Goal" to be attempted to Referee / Head Official

There is no "fake kick"

Should the kicking team attempt a field goal on the first, second or third down, it is the same as kicking the ball on the fourth down, they have sacrificed the rest of their downs.

There is no rushing the kicker

The ball must travel through the two uprights and above the bar in order to be a successful field goal – 3 pts awarded

Following a successful field goal, the team will "Kick-Off" to the opposing team from 30 yd line.

Anyone on the defending team may return the kicked ball or down the ball (if unsuccessful field goal)

Should the ball hit an upright and return to the field, it is considered out of bounds and cannot be played.

An unsuccessful field goal should be declared as a dead ball – the receiving team will take possession at the 20yd if the field goal was from inside the 20 yd or the previous spot/LOS if the attempt was outside the 20yd.

TEAMS LINE UP FOR FIELD GOAL (for girl's division)

The Field Goal Team will line up. All players on the scrimmage line, except the setter and kicker.

The center must snap the ball between legs (shot-gun) to the setter

Setter - may use a blocked tee or can have to hold ball upright on the ground (no "T" kicking tee allowed to be used)

Once the team is "set" no one shall move until the ball crosses the scrimmage line

It is allowed to kick off Kicking Tee - and not use a setter or center to snap the ball

DEFENDING AND RECEIVING TEAM

Will line up 5 players on the scrimmage line and 3 players in their backfield.

Defensive players online, may not rush the kicker, but may jump up and down to attempt to block the kick, and may not cross the line of scrimmage

LINE UP FOR EXTRA POINT KICK (for girl's division)

Will be the same procedure as for field goal kick - It is allowed to kick off Kicking Tee's failed kick may not be returned by the defending team, the ball will become dead, extra point will be No-Good.

If a penalty against the defense and the offense misses the goal, the offense team will be given another chance to kick.



IWFFA

International Women's
Flag Football Association

Helpful / Information

To Order: Flag-A-Tag Belts & Flags - Email: IWFFA@IWFFA.COM

To Order Footballs: Wilson TDJ Jr. size ball (with IWFFA logo) Email: IWFFA@IWFFA.COM IWFFA Rule Book
(download for free from our website: <http://www.iwffa.com/>)

Phone Office (305)-293-9315 - Cell (305) 896 8678

LIST OF IWFFA TOURNAMENTS - <http://www.iwffa.com/iwffa-tournaments/>
CONTACT IWFFA OFFICE : EMAIL: IWFFA@IWFFA.COM / Web: IWFFA.COM

IWFFA Annual Membership Dues

\$25 per Adult Player, Coach, Manager, and Official. (18 years + older)

\$10 per Girl + Juniors (17 years and under) SANCTIONED IWFFA LEAGUES RECEIVE DISCOUNTED RATE

All participants need to sign waivers and liability releases for participation inside in the membership application.

Membership begins date of receipt of the membership application and dues till December 31 of each year.

IWFFA Membership Benefits include:

International Ranking of your team. Invitation to national/international tournaments, IWFFA embroidered patch, subscription to "Forward Pass Magazine" (women's/girl's flag-football magazine). Airline, hotel, and sports merchandise discounts/coaches, officiating & player training clinics FREE. IWFFA Flag Football News is emailed directly to players each month. Central office and website for female flag football. National and International promotion for the sport and creation of new leagues, and teams in USA and around the world.

AN ORGANIZATION RUN BY WOMEN FOR WOMEN & GIRLS FLAG FOOTBALL!

Contact our office to schedule a flag football clinic for:

Players - Officiating - Coaching

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