



2015 International Women's Flag-Football Association (IWFFA) Rules & Regulations

OFFICE OF IWFFA - Tel: 1-888-GO-IWFFA (inside U.S.A. & Canada) International Phone + 1 (305)-293-9315
Email: IWFFA@IWFFA.COM.com / Web: IWFFA.com (rules are on website)

Head Referees: MARK WALKER – North America / Birger Klitgaard - Scandinavia / Rules Secretary: Martin Landin

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 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 as well as comradeship amongst other athletes and to 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 which might take place. It is the responsibility of players, coaches, officials and team supporters to maintain the highest ethical standards. Deliberately violating the rules in the hope or expectation of not being detected is deplorable and indefensible. No true athlete should violate any of the unwritten rules which exist for the good of the game. Coaches need to be responsible for conduct of their players as they all are a reflection of 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.
- Fans who show disrespect to opposing players become a liability rather than 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, 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.

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 pertaining to the game.

HOME FIELD RESPONSIBILITIES (During regular League Play): Home team must fax/email game statistics to IWFFA office at conclusion of 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. They are at their own risk.

PLAYER/TEAM WAIVER and RELEASE OF LIABILITY: Each player, coach, and official must sign: 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 signing the membership forms, they will be honored for rest of year, requiring members to sign only once during the year to expedite participation in additional tournaments for remainder of that year.

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

OBJECT OF GAME: To begin game, Receiving team (A) will receive kick from Kicking team (B). Offensive team (A) will then be given a series of 4 downs (or chances) in order to advance ball 10 yd. Each 10 yd (or greater) gain will award Offensive team (A) a new set of series or "first down". Each forward progression brings Offensive team (A) closer to goal of their opponent's (B) goal. Pts are scored by crossing goal of opposing team, either by carrying or catching ball across opponent's goal line, or de-flagging opponent in their own end zone (safety). Field goals, conversion & extra pt kicks thru upright goal posts will also award points. Team w/ greater amount of pts, wins.

ROSTER: 20- PLAYER MAXIMUM roster limit, 6 coaches, 1 manager, 1 assistant manager and 2 trainers. Only authorized persons shall be allowed on the sidelines and field of play.

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

PENALTY: Player Ineligibility – game will be forfeited immediately.

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

TEAM CERTIFICATE – Tournament Championship teams will receive a Team Certificate –to pay for 1/2 team registration fee for any sanctioned IWFFA tournament, good for one year from date of issuance .

51% of championship team roster must be on tournament roster which team chooses to use their Certificate.

Team Certificate does not include IWFFA membership fees.

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 , Back Judge.

The IWFFA requires 2 officials per game in the girls and juniors divisions. Their positions are: Line Judge, Back Judge

The referee has authority to rule promptly and in the spirit of good sportship, on situations not specifically covered in rules.

The Referee's decision are final in all matters pertaining to the game.

Officials have authority to: take action / control, by penalizing any team for unruly behavior of team, members, their fans, spectators that are deemed unsportlike on or off the field during competition.

CAPTAINS: Each offense, defense, kicking and receiving team shall designate a field captain who is the only player allowed to speak to the officials (exception will be declaring "time-out" – any player can ask for time).

Arm bands or some other article may be used to designate team captains. Color of arm band shall oppose color team shirt.

During penalties, Referee will address captain to accept penalty or decline.

Penalties May Offer: loss of yardage, loss of down (combination of both), player ejection, forfeit of game or Official's warning.

Official will offer Captain of offended team, choice to accept 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 – Second team will forfeit that game

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, the team is allowed to borrow players from teams competing in the tournament so they have 8 players which allows them to compete in the tournament . 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 verbal warning from official

Penalty - Second offense and those after: Bench Penalty - 5 yd penalty will be assessed from line of scrimmage.

SUBSTITUTIONS: Teams are allowed as many substitutions as they want during the game's dead ball interval. Once a player walks onto field, communicates with players for purpose of team play (at discretion of official) , they must stay on field for at least one play. Player coming off the field, to the side-lines, must stay out for one play.

Penalty: Illegal Substitution – 5 yard / dead ball foul / replay down.

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

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

BALL: Official ball of the IWFFA is the : WILSON #TDJ all leather,premium grade football.

No other ball may be used, not even for kicks. No foreign substances on football (or hands).

Penalty: Illegal Equipment – 5 yd penalty – Replay Down

During tournament play one game ball will be used for each field, provided by the tournament w/ 13 lb. pressure

FLAG & BELT: Only belts allowed are FLAG-A-TAG Sonic Boom (that pop). 15 inches long (*un tampered)

Penalty: Unsportslike foul Players tampering w/ equipment, team receives 15 yd penalty from succeeding spot.

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

- They are to be worn with flags at the sides of player's hips
- Flags should be turned outward.
- Belt should be tight (not loose)
- TEAM SHIRTS – All same color, numbers on back (no duplicates).
- Shirts must be tucked in at all times.
- 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 back of head
- Jewelry – Not allowed at anytime. (If it can be seen, it can not be worn, taping is allowed)
- Long Nails – must be taped over
- Mouth guards – are optional
- Padding: No pads of any kind allowed.Only exception are kneepads
- Pants or Shorts – May Not have pockets, and may not 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-5 yard penalty.

FIELD: Regulation football field: 50 yards wide x 100 yards which includes (2) 10 yd end zones (2) goal posts 20 feet wide, 10 feet high crossbar (placed at end of each end zone). If permanent goal posts exist on field, then those dimensions can be used (width may vary), and kicks for field goals and extra point kick will be adjusted for proper distances. 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 proximity of the middle of the field which is defined as 25 yds from each side line.

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 less than 8 players on field:

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

If more than 8 players on field:

Penalty: Team offended chooses: 5 yd loss/ gain from LOS, repeat the down / or decline penalty and take result of the play.

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

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

Injured Player – A player who is bleeding, has an open wound will be considered an injured player, who must go off the field and not allowed back onto field until bleeding has stopped and 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 injured player to come off the field unless it is an offensive's team injury during last two minutes of game. (Read rule enforcement under Two Minute Warning).

(exception will be the last two minutes of the game . (Read in rules regarding two minute warning)

TIME-OUTS: Each time out will be 30 seconds.

Any player or coach may call time out and Refs must acknowledge the time out.

Coaches and Players from side line may come onto the field , but must be off the field when the time out has expired.

Penalty: 5yds - too many players on field - replay down.

Each team is allowed four (4) time-outs during regulation game - total. Teams may use two time-outs per half.

Penalty: Team declaring time out, when they have none left - 5 yard penalty for delay of game (and do not get the time out).

The clock will start once penalty yardage has been assessed.

Two Minute Warning

In first Half - Head Official will verbalize to teams that there remains (close to) two minutes - clock runs continuous.

In Second Half - Referee will blow whistle and announce the two minute warning.

At this time, clock will stop. Teams are allowed to use 30 seconds as part of “official’s” time out (which will not count as a team time out). Head Official will then blow whistle declaring ball ready for play and start the clock.

Inside last two minutes of game - clock will stop for: Incomplete pass, out of bounds, penalties, Official’s Time Out, team time outs, time needed to set chains, The QB is allowed to stop the clock by spiking the ball. After change of possessions clock will start with the snap. After an extra point try, successful field goal or safety the clock will start when the kickoff is legally touched

If time expires during last down of 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
- There was an inadvertent whistle
- If a touchdown was scored, the try (extra point) shall be attempted
- There is a double foul

Offensive Injury inside two minute warning

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 time out. If no time outs remain, then there will be an automatic 10 second run off of the game clock.

THE GAME (Begins)

COIN TOSS- Done at beginning of game , game tie breaker, and Sudden Death overtime.

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

Receiving team to begin first half, will automatically become kicking team to start second half. Teams will switch goal to defend for second half.

KICK-OFF:

- Starts each half, or follows a **successful** field goal , **safety** or extra point attempt
- Ball can be kicked using 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 : Team who has scored safety will line up minimum of 5 players at 40 yd line (to receive kick), opposing team (who had just been scored against) lines up on the 20 yard line to Kick Ball.
- Ball does not have to travel any certain distance to become live.
- Kicked ball should stay in bounds, on the playing field - if not

PENALTY: Receiving team has choice to accept ball where it went out of bounds (ball will be hashed at the middle of the field) , or re-kick with 5 yard penalty as teams remain 20 yards apart prior to kick (kicking team on 25 yd line / receiving team 35 yd line of receiving team.).

For safety , (kicking team on 15 yd line / receiving team 35 yd line of 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.
- Kicker may line-up 10 yards behind her kick restraining line.
- Once the ball is kicked, kicking team will then travel down the field to pull the ball carrier's flag.
- If Kicking team has more than 7 players on the scrimmage kick line:
- **PENALTY** - Illegal formation - 5 yard penalty - ball will be re-kicked. Dead Ball Foul (defense cannot decline penalty)
- If Kicking team crosses line before ball is kicked
- **PENALTY** - Offside - 5 yard - ball will be re-kicked ; Dead Ball Foul (defense cannot decline penalty)

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).

Receiving team will always receive the ball (unless a receiving player catches the ball cleanly, has possession and throws a pass / lateral to team mate which is intercepted by player on kicking team. The ball remains live and play continues . If pass is forward , this is a foul , the 5 yard penalty can be declined by the kicking team and the kicking team retains the ball .

The Receiving Team

Will line up minimum of 5 players on their own 30-yd line. Remaining players line up in their back field.

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.

The next play automatically starts on the receiving team's 20-yard 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 player "Muff" the ball and it goes into the end zone.

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

During play, should a defender intercept 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 ball, or penalized in their own end zone. The opposing team (B) will be awarded 2 points, Kick Off Will result after a safety. Team who has scored safety will line up minimum of 5 players at 40 yd line (to receive kick), opposing team (who had just been scored against) lines up on the 20 yard line to Kick Ball.

Safety Scenarios / Momentum Exception : ∴ When a defensive player intercepts a pass , intercepts a backward pass or a receiver catches or recovers a scrimmage or free kick between her 5 yard line and the goal line , and her original momentum carries her into the end zone, where the ball is declared dead in her team’s possession , the ball belongs to the team in possession at the spot where the pass was intercepted or the kick was caught or recovered. Ex.: at the 4 yd line, a receiver is backing up to catch the ball, and her momentum carries the receiver into end zone with ball, should a defender de-flag the receiver, then play will be blown dead and the team takes possession at the 4 yard line, 1st and ten. If in another case, the player who with momentum faded into end zone, elects to attempt to run ball out of end zone, crosses the plane of the end zone onto field of play and then retreats back into end zone and is deflagged while in end zone, then it becomes a safety for the opponent.

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 receiving player does not have possession, or control of ball, she may pick up ball / continue her play.

SPOT OF BALL: The position of the **ball** when de-flagged is the spot 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 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)

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

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

LINE OF SCRIMMAGE: There are two points at each end of the ball: One point of ball will mark the Defensive line of scrimmage, the other point of 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: Is the length of football.

OFFENSIVE LINE FORMATION and PROCEDURES

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 back field running parallel to , or away from the LOS at the snap.

Foul: A false start occurs if after being "set" and prior to the snap a player (other than the player in motion) feigns, moves, or lifts up from her stance.

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

The Center – 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).

Penalty: Illegal Procedure 5 yd penalty – Dead Ball Foul / Repeat Down

Handling the ball prior to “set”- The Center may tilt the ball for lateral rotation to get a better grip (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

Proper formation for the offensive line - 5 on the line: Center must be between the two guards, and two receivers. 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 / live ball foul /– Replay the Down

The Center and Two Guards:

- Must Wear Pennies (#'s visible), or different color shirts than rest of team to designate they're ineligible receivers
- Their shoulders must be parallel to the scrimmage line
- Are not allowed to receive a forward pass, or a snap.
- They may be in a two, three or a four point stance
- Running plays – they are allowed to come off line immediately after snap to block downfield.
- Center and Guards Are allowed to receive a "lateral" - Down field.
- During pass plays – Center and Guards may not go down field (more than 3 yds) before ball is thrown.

Penalty: Illegal Procedure / Illegal Formation / or Ineligible Player Down field– 5 yd penalty – Repeat Down

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

Center must be in between two guards.

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 yard from the LOS/ live ball foul / Repeat the down.(if accepted)

Illegal motion: a) if more than one player is in motion at the snap ; b) if a player in motion is moving towards the line of scrimmage at the snap.

Penalty - Illegal motion, live ball foul. The defense has the option to accept the penalty, which is 5 from LOS and repeat the down, or decline the penalty and take the result of the play.

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: Shift – 5 yd penalty – Repeat Down – Dead-ball Foul

between legs & ball travels a distance) are legal. Ball must be caught cleanly/cannot touch the ground.

Penalty: Illegal snap - 5 yard penalty from line of scrimmage / Repeat the down / Dead ball Foul

During Snap - should ball touch the ground, it is considered dead at the spot where it touches the ground and down counts .

ENCROACHMENT: Defensive player may cross over the line of scrimmage before the snap as long as:

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

PENALTY: Encroachment - 5 yd from the line of scrimmage / Repeat the down or decline penalty (live ball foul)

Foul: Offensive Encroachment : Offensive player lined up in neutral zone before the snap. **Penalty** - 5 yd / LOS / Dead Ball foul / Repeat Down

OFFENSIVE AND DEFENSIVE LINE BLOCKING:

You 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 to make block).

You may: push with hands open / use upper arm / cross your arms to use forearms / 2 on 1 blocking is allowed.

You are not allowed to: Punch, Hold, Use Elbows, Interlock arms with opponent, Trip, block in the back /block above the shoulders / block below the waist

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

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

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

Clipping : A block against an opponent when initial contact is from behind, or below the waist **Penalty:** 15 yds / Spot of foul

Block in the Back : A block against an opponent when the initial contact is in the opponents back, inside the shoulders and between the neck and the waist . **Penalty :** 10 yds/ Spot foul

RUNNING

Ball carrier is suppose to run the clear field. Should the ball carrier run into a defensive player who has established position it is illegal. **PENALTY:** Runner Charging - 10 yards from the spot of the foul, Down Counts

If defender has not established her position, and both players are running then ball carrier is allowed to make inadvertent contact with 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 – Should runner be pushed out of bounds by defender

Penalty: 10 yd / Down counts / and if flagrant may be ejected from game

OUT OF BOUNDS – The Side-lines mark the outer limit of the field. Foot may not touch Side-line. If any part of foot touches the Side-line, then runner is out of bounds. Down counts.

ILLEGAL PARTICIPATION- a player goes out of bounds on her own (unblocked) returns to the field & touches the ball.

PENALTY – 10 yards enforced from spot where player returned in bounds.

If the player is bumped out of bounds, she may come back in and participate in the play, providing she does so immediately

It is also **ILLEGAL PARTICIPATION** if a team is discovered to be playing with more than 8 players, after the play starts. This is a Live Ball Foul

PENALTY : If on offense , defense can accept penalty , 10 yards enforced from previous spot and replay down or decline penalty and accept the result of the play .

If on defense , offense can accept penalty , 10 yards enforced from previous spot and replay down or decline penalty and

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 spot of foul / Replay the Down

STIFF ARMING - is illegal. Ball carrier may not extend arms to thwart or push off defender.
Penalty; Stiff Arming - 10 yards from the spot of the foul, Down counts.

HOLDING DOWNFIELD - Defenders may inadvertently grab short / pant of ball carrier in attempting to grab flag, and should not be confused with an “intentional hold”. If “inadvertent hold” does not slow down the runner or impede in any way, then such a situation should not be penalized. Intentional Holding by any team is illegal.
Penalty: Offensive Holding 10 yd / spot foul. / replay the down
Defensive Holding Downfield – 10 yd / added to end of run. / Down counts
If holding occurs with no other defender in position to make a play, and in the official's judgement a touch down was prevented, a touch down may be awarded.

FLAG GUARDING: Illegal use of ball carriers hand, ball, arm or knee to protect flag from being pulled. Shall not lower shoulders to place arm over the flag belt to prevent flag grab.
PENALTY: Flag Guarding - 10 yards from spot / Down counts

FLAG FALLS OFF INADVERTENTLY (BY ACCIDENT):
Defender will use two hands to "touch" runner within runner's body frame, OR grab remaining flag

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

INADVERTENT WHISTLE: At the time of the inadvertent whistle the team with possession of the ball has the option of replaying the down or taking possession of the ball where it was when the whistle blew.

FUMBLE: The loss of possession of the ball when the carrier drops it. Once the ball hits the ground, it is considered dead. If the ball is dropped in front of the ball carrier, the ball will be spotted where carrier stood before losing possession of ball. If ball is dropped behind the ball carrier, ball will be spotted where ball hit the ground.
If a ball is fumbled in mid-air, defender may recover ball before it touches the ground and advance it (interception).

DEAD BALL: Fumbles are dead at spot. This includes all snaps that hits the ground.

STRIPPING or BATTING: Stripping ball or batting the ball from carrier is illegal.
Penalty: Offense keeps possession of the ball plus 10 yards. Enforced from the spot of the foul - Down counts

DIVING: To advance the ball is legal. To pull flag is legal. (Dive Blocking is illegal - read in these rules)

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, forward “hand – off” are allowed behind line of scrimmage. Once the ball crosses over the line of scrimmage, no forward pass may be thrown or forward hand off made.
PENALTY: Illegal Forward Pass / Hand Off - 5 yard penalty from spot of throw / hand off/ loss of down.

SAK: If ball is in passer’s hand (even in motion) and de-flagged, passer is SACKED AND BALL IS DEAD.

RECEPTION or legal catch: One foot in bounds and possession / control of 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 ball has not been thrown. Once the ball is in the air no more chucking is allowed.
Penalty: Illegal Chucking - 5 yards / line of scrimmage / Replay the down or accept the result of the play

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 yards / loss of down

(In the last 2 minutes the QB is allowed to stop the clock by spiking the ball)

PASS INTERFERENCE: When the ball is thrown, potential receivers should not be obstructed by opposing player. This means their vision should not be blocked and physical contact is illegal. The ball must be “catchable” and is decision of 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 \ Down Counts .

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

END ZONE PASS INTERFERENCE: Pass Interference in end zone, against defender, ball will spot 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 yard - from Previous spot / Line of scrimmage / Automatic First Down

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

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 offensive team and are back behind the line of scrimmage before the snap.
- Rush the quarterback as soon as ball is hiked
- Prior to snap - trick the offensive line to “feign” or move in order to get “False Start” against the offensive team .

Defense cannot make contact with the kicker

Penalty: Roughing the Kicker or Holder / 15 yds / Enforced from previous spot / Automatic 1st Down

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

Penalty: 10 yards / End of the run) / Down counts

If holding occurs with no other defender in position to make a play, and in the official's judgement that a touch down was prevented, a touch down may be awarded.

Grabbing the flag of Receiver who does not have possession of the ball is a penalty.

If incomplete pass - **Penalty:** 5 yards / Enforced from previous spot / Replay the down

If completed pass – 5 yards added to end of play / Replay the down

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 better field position.

Captain does not have to declare to Official that they will punt.

Punting team

- Must have 5 on the of scrimmage line, two backs and the punter are in the back field.
- Center will shot-gun snap the ball between legs to punter who kicks the ball to receiving team.

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

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

Bad Snap - Should the punter drop the ball, or if the snap hits the ground the ball will be placed at that spot. Offensive team and the down counts. If the punt attempt was on the 4th down, the opposing team will have the ball First and ten at the spot.

Fake Punts - Are allowed

Out of bounds - Should ball go out of bounds, where ball crossed out of bounds plane is where ball will be spotted.

- Captain shall declare “Field Goal” to be attempted to Referee / Head Official
- **Field Goal Team** will line up: 5 on the line and 3 in the back field with setter, kicker and back.
- Center must snap ball between legs (shot-gun) to setter
- Setter - may use a block tee or can have hold ball upright on ground (no “T” kicking tee allowed to be used)
- 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.
- Ball must travel thru the two uprights and above the bar in order to be a successful field goal – 3 pts awarded
- Following a successful field goal, team will “Kick – Off” to opposing team from 30 yd line.
- Anyone on defending team may return kicked ball or down the ball (if unsuccessful field goal)
- Should the ball hit an upright and return onto the field, it is considered out of bounds and cannot be played.

Defensive Team

- May rush as soon as ball is snapped.
- There is no legal, formal line-up for the defensive team, except defense cannot line up directly over the center.
- 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 opposing team does not return ball, or ball goes out of bounds, then ball will be spotted from the spot of field goal attempt or the defending team's 20 yard line, whichever is further from the goal line.

Example:

- **Field Goal Attempt Outside the 20 yd line** - If field goal is attempted from 33 yd line, and is unsuccessful, whether the ball goes out of bounds, or 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 field goal is attempted from the 20 yd and inside, and is unsuccessful, should the defending team choose not to return ball, or the ball goes out of bounds, then ball will be spotted at 20 yd line, first and ten.
- **If the ball hits the uprights** and falls into field of play – Ball is Dead and will be spotted either at 20 yd or previous line of scrimmage.

IF SETTER DROPS SNAPPED BALL (or ball goes over her head):

- Ball will be dead at the spot
- It will be receiving team's ball first and ten.
- If the ball is dropped inside the 20 yard line, ball will be placed on the 20 yard line.
- If the ball is dropped outside of the 20, ball will be placed where it hit the ground

LINE UP FOR EXTRA POINT KICK (girls have different rules for extra point kick see girls attachment pg 15)

Kicking team must have 5 on the line, 3 in the back field with setter, kicker and running back.

Defensive Team – May rush.

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

Defense cannot make contact with the kicker

Penalty: Roughing the Kicker / 15 yd / line of scrimmage

Failed kick may not be returned by defending team, ball will become dead, extra point will be No-Good.

Roughing the kicker / holder is 15 yard penalty AND Automatic 1st down

Roughing the kicker / holder on an extra point - Team has option to accept the penalty and move the ball half the distance to the goal and re-try the 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 point 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: First offense - Official shall give verbal warning

SECOND PENALTY: Unacceptable conduct - 15 yard penalty assessed at kick off

determined and at end of second half should the teams have identical scores the tie shall be resolved, using the :

IWFFA GAME TIE BREAKER

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

IWFFA SUDDEN DEATH

- If after 3 IWFFA GAME TIE BREAKER periods , and a tie still exists - The following IWFFA Sudden Death procedure will be used to determine winner.
- A coin toss will be done and winner will choose to either play offense or defense
- Each team will receive one time out during the IWFFA Sudden Death procedure.
- The first team to score from 10 yard line will be the winners (ex: If team A wins coin toss, and receives ball, and immediately scores, they are winners – even though team B never had a chance) .
- Team that won will also be allowed to score extra points following their winning touch down (this is done for IWFFA Global and Regional Ranking of Teams)
- 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 IWFFA tournament, and 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 tie = 1 pt, Loss = 0 pt.

- Teams who come in first in their entire division or league receive additional 3 pt.
- All teams who participate will receive 1 pt (regardless if they win or lose any games).
- Their total number of tournaments points will be tallied and used to rank among other IWFFA Teams.
- Any ties will incorporate IWFFA Tie Breaker .
- North American and Nordic Regions will be ranked
- Teams who rank #1 in their division will be awarded at Kelly McGillis Classic following year.

Division of Play for Women

Once a team registers it's level of skill: Beginner, Middle, Higher, Elite (Tackle Teams) in any IWFFA tournament, then that will be the category the team continues to be ranked among for the remainder of that year.

Girls and Junior Divisions

- Girls Division includes ages 8 – 12 yr.
- Junior Division included ages 13 - 17 yr. (International competition may have 16 - 17 yr. in women's division)
- Younger girls may play up (with written permission from parents) , but older girls may not play down.

Protests must be made following disputed play and before snap of it's 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 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 "protestor". The "protestor" is required to state
- 4 their "protest" clearly and concisely, stating which rule they believe to be interpreted incorrectly
- 5 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).
- 6 The referees will then confer at their discretion to determine whether rule was interpreted properly.
- 7 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 situation).
- 8 If the referees determine that they interpreted the rules correctly and no "protest" exists than the "protestor" will be charged the time-out and play will resume as it would have prior to the time-out.
- 9 During tournament play, the decision of the Referee is final. Addressing Tournament Director, President of League, etc. will not change out come of 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 tournament within with in 30 days of the incident .

- GPC will review the grievance by interviewing the referees, "protesting" and non-protesting teams representatives and/or captains, and field volunteer(s), or any other party deemed to be necessary to a fair disposition.
- GPC will review the statements of parties and applicable rules to reach a decision.
- 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:

GRIEVANCE UNFOUNDED: GPC agrees with the referees decision at the time of the incident, meaning that the rules were interpreted correctly. Tournament Director and IWFFA office will be notified of GPC's decision.

GRIEVANCE FOUNDED NO IMPACT: GPC agrees with "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.

GRIEVANCE FOUNDED IMPACT: GPC agrees with "protesting" team and deems that misinterpretation impacted the outcome of the game. Tournament Director and Officials will be notified by GPC and GPC will make a recommendation to Tournament Director, 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 game, and next game will not be permitted until all fines are collected. Teams who do not pay fines, will be disqualified from competition and further action taken by GPC.

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

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

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

Disturbance - If player, coach, fan or any person or group affiliated with team who is participant of tournament, or league and who has caused a disturbance outside the field of play, which has damaged or effected the tournament or league in anyway, 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 welcomed to return should their history shows disruptions to the cause and goals of established teams, leagues & IWFFA. This is to ensure the integrity, purpose of the sport.

LOS - Line of Scrimmage - see pg 6 for definition

PREVIOUS SPOT : where the ball was last snapped from

SUCCEEDING SPOT : 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 during same possession, they will offset each other.

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

Double Foul – Both teams committed a foul during 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 offensive penalty, have their penalty enforced and maintain possession of the ball)

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

Unsportlike fouls – Are non-contact fouls which include: taunting, baiting, use of profanity or vulgar gesture, disrespectfully addressing a game official and flag tampering. 15 yard penalty. Will be administered at 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 oppoent with a fist, 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 field to cover penalty, then half the distance will be applied.
15 yd penalties - half the distance inside 30 yd line,
10 yd penalties -half the distance inside 20 yd line
5 yd penalites half the distance inside the 10 yd line

SUMMARY OF PENALTIES

Loss of Down: Flag Guarding Illegal Forward Pass Intentional Grounding Offensive Pass Interference Stiff Arm Charging	Automatic First Down: Defensive Pass Interference Roughing the Passer Roughing the Kicker / Holder Illegal Contact
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15 Yd Penalties	10 Yd Penalties	5 Yd Penalties
Clipping Personal Foul Roughing the Passer Roughing the Kicker Unsportlike Conduct Flag Tampering Fighting (+Ejection) Unethics Contact with an Official Tackle	Block in the Back Stiff Arming Charging Holding – Offensive/Defensive Flag Guarding Illegal Participation Tripping Offensive Pass Interference Illegal Block in Back Stripping / Batting	Illegal Forward Pass Delay of Game Illegal Substitution Illegal Snap Illegal Formation Illegal Procedure False Start Intentional Grounding Illegal Shift Assisting the Runner Illegal Flag Grab

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Girls & Junior divisions play with 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 better field position. Captain declares to Head Official that team will "punt", and teams will line up:

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

- Must have 7 on the of scrimmage line.
- Center will shot-gun snap the ball between legs to punter who kicks the ball to receiving team.
- Once punting team is "set" no one should move before ball crosses line of scrimmage.

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

- Should kicking team reach ball before the receiving team, by simply touching the ball, it will be dead at the spot, and will be 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. Ball must be caught cleanly/cannot touch the ground.

Penalty: Illegal snap - 5 yard penalty from line of scrimmage / Repeat the down

RECEIVING TEAM ON PUNTS (for girls division)

Line Up Formation - Minimum of 5 players on the line of scrimmage.

Penalty: Illegal Formation / 5yd / Repeat Down

Set Position - 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 ball go out of bounds, that is where ball will be spotted.

Receiving team will always receive the ball.

FIELD GOALS (for girls division)

- 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
- Ball must travel thru the two uprights and above the bar in order to be a successful field goal – 3 pts awarded
- Following a successful field goal, team will "Kick – Off" to opposing team from 30 yd line.
- Anyone on defending team may return kicked ball or down the ball (if unsuccessful field goal)
- Should the ball hit an upright and return onto the field, it is considered out of bounds and cannot be played.
- An unsuccessful field goal should be declared as a dead ball - receiving team will take possession at the 20yrd if the field goal was from inside the 20yd or previous spot/LOS if attempt was outside the 20yd.

TEAMS LINE UP FOR FIELD GOAL (for girls division)

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

- Center must snap ball between legs (shot-gun) to setter
- Setter - may use a block tee or can have hold ball upright on ground (no "T" kicking tee allowed to be used)
- Once team is "set" no one shall move until ball crosses scrimmage line

Defending / Receiving Team

- Will line up minimum of 5 on the scrimmage line and remainder of players in their own back field.
- Defensive players on line, 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 girls division)

- Will be same procedure as for field goal kick
- Failed kick may not be returned by defending team, ball will become dead, extra point will be No-Good.
- If penalty against defense and offense misses goal, offense team will be given another chance for kick.



Helpful / Information

To Order: Flag-A-Tag Belts & Flags - Email: IWFFA@IWFFA.COM
To Order Footballs: Wilson TDJ Jr. size leather ball (with IWFFA logo) Email: IWFFA@IWFFA.COM
IWFFA Rule Book (download for free from our website: <http://www.iwffa.com/>)
Phone: 1-888-GO-IWFFA or (305)-293-9315

LIST OF IWFFA TOURNAMENTS - <http://www.iwffa.fatcow.com/Tournaments.html>

CONTACT IWFFA OFFICE : EMAIL: IWFFA@IWFFA.COM / Web: [IWFFA.COM](http://www.iwffa.com)

IWFFA Annual Membership Dues

\$25 per: Adult Player, Coach, Manager and Official. (18 yr + older)
\$20 per Girl + Juniors (17 yr 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 membership application and dues till December 31 of each year.

IWFFA Membership Benefits include:

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

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