



2019 WCFL SPECIFIC RULES

(Updated 8/12/19)

ULTIMATE

- **PLAY CLOCK**— At ready for play you have 45 seconds to get a play off. You will be warned with 15 left.
- **MUST PLAY RULE**—All Players are listed only once on your Game Day Roster—either as starting on Offense or Starting on Defense.....they must play every play the entire game on that side of the ball. They do not have to play in the same position but the must be in the game on that side of the ball. Violation will result in possible forfeiture of the game and game suspension for the head coach. Essentially, you must clear your bench at every change of possession unless a player is injured.
- **KICKING GAME** -There are NO live kick-offs. The ball will be spotted on the 40 yard line after a team scores and at the start of the half.
- **PUNTS/PLACE KICKS** - No live punts. If punt is declared by the Coach on the field, he simply alerts the Official that you are punting and the ball is moved 25 yards down the field and the opposing teams commences offense from there. If the punt originates from inside the opponents 40 yard line, the punt will be measured and placed half the distance to the goal. No live rushes on kicks for Extra Points/FG's.
- **GAME BALL** K2
- **GAME CLOCK** Ultimate will use a 10 minute per quarter running clock. ***Stoppage will only take place for injuries, time outs and water breaks.*** Normal operation with official stoppage **required by rule (first down/out of bounds/spikes) shall commence in the last two minutes** of each half.
- **OVERTIME PLAY** During the regular season each team will have up to **two possessions** of the ball from the 10 yard line. Additional downs may be granted by a penalty against the defense. If the game is still tied after the two possessions by each team a tie will be declared.
- During Playoffs the teams will each get a possession, play will continue until such time as one team scores without the other team matching the score during their corresponding possession.

- **SCORING** TD=6 pts, PAT Kicks= 2 pt, 3 pts for FG, Run Conversion=1 pt, Pass Conversion = 1 pts
- **SIDELINES** The player box will be 3 yard off the sidelines. The coaches' box is from the 25 to the 25.
- **FIELDS** All Divisions will utilize painted hash marks for ball placement EXCEPT Ultimate where the ball will be placed in the middle of the field in line with the goalposts.
- **MOUTHPIECE/CHIN STRAPS** No clear mouth pieces. Chewed mouthpieces will have to be replaced. All chin straps must have 4 snap points and all must be utilized by the player.
- **FACE SHIELDS** Clear only----any tint whatsoever will not be allowed.
- **Eye Glass** - Clear only no tint whatsoever (unless approved by a doctor) will not be allowed.
- **UNIFORMS** Players are to wear only WCFL issued uniforms—including game socks, jerseys, pants, and belt. No reward stickers are permitted on helmets. Socks are to be worn as designed and not pulled down over the shoe.
- **PANTS/LEG PADS** Hip and tailbone pads may be the snap on separate style or may be the integrated/insert style. Thigh and Knee Pads MUST be inserted within the pockets of the WCFL issued game pants. The Under Armour/Nike style girdles are allowed BUT the player must use separate thigh and knee pads. Round disc style kneepads are not acceptable.
- **TIMEOUTS** In the Ultimate Division the coach on the field may call for a timeout in addition to the head coach.
- **BLITZING THE CENTER** In Ultimate, you are allowed to line up in the A gaps but not directly “nose up” over center. The players in the A gaps are allowed to rush straight ahead but are not allowed to pinch down and inward on the Center as he is snapping the ball. The center can receive glancing hits as the A gap rushers are moving straight forward but not in the form of a direct hit. Once the ball is snapped and an exchange or fumble of the snap has occurred then open play is permissible. **Quarterback sneaks are not permitted with the protection of the a gap but the QB can “draw” which means the Quarterback must take two full steps backwards with both feet touching the ground before advancing the ball forward.**
- **ON FIELD COACHING** Coaches (one per team) shall be allowed in the huddle on both offense and defense for the entire game in the Ultimate. While participating as an on-field coach, all on-field coaches shall be allowed to verbally assist or advise players, calling plays or giving instructions **up** to the snap of the ball. In Ultimate, the Coach is allowed to assist with player placement/positioning but must go back and stand at least 10 yds. behind the offensive/defensive backfield prior to the play commencing. In essence, there are no restrictions to the on-field coach coaching its team on the field. In Ultimate, Coaches shall remain on the field for the entire game.

PREP

- **PLAY CLOCK**— At ready for play you have 45 seconds to get a play off. You will be warned with 15 left.
- **MUST PLAY RULE** All Players are listed only once on your Game Day Roster—either as starting on Offense or Starting on Defense.....they must play every play the entire game on that side of the ball. They do not have to play in the same position but they must be in the game on that side of the ball. Violation will result in possible forfeiture of the game and game suspension for the head coach. Essentially, you must clear your bench at every change of possession unless a player is injured.
- **KICKING GAME** -There are NO live kick-offs. The ball will be spotted on the 40 yard line after a team scores and at the start of the half.
- **PUNTS/PLACE KICKS**. Live punts with NO live rush. No live rushes on kicks for Extra Points/FG's. With place kicking, the holder for extra points and field goals and punts must setup at least 7 yards from the line of scrimmage. Field Goals/Extra Points must be completed within five (5) seconds of the snap of the ball, otherwise the play is dead. Time will be counted by the Referee. Punters MUST remain within the framework of the line of scrimmage. The punting team may not leave the line of scrimmage until the ball is kicked.
- **GAME BALL** K2
- **GAME CLOCK** Prep will use a 10 minute per quarter. Normal operation with official stoppage required by rule shall be managed by the Head Official on the Field.
- **OVERTIME PLAY** During the regular season each team will have up to two possessions of the ball from the 10 yard line. Additional downs may be granted by a penalty against the defense. If the game is **still tied after the two possessions** by each team the score will **be declared a tie.**
- During Playoffs the teams will each get a possession, play will continue until such time as one team scores without the other team matching the score during their corresponding possession.
- **SCORING** TD=6 pts, PAT Kicks= 2 pt, 3 pts for FG, Run Conversion=1 pt, Pass Conversion = 1 pts
- **SIDELINES** The player box will be 3 yard off the sidelines. The coaches' box is from the 25 to the 25.
- **MOUTHPIECE/CHIN STRAPS** No clear mouth pieces. Chewed mouthpieces will have to be replaced. All chin straps must have 4 snap points and all must be utilized by the player.
- **FACE SHIELDS** Clear only----any tint whatsoever will not be allowed.

- **Eye Glass** Clear lenses only, no tint whatsoever will not be allowed. (unless approved by a doctor)
- **PANTS/LEG PADS** Hip and tailbone pads may be the snap on separate style or may be the integrated/insert style. Thigh and Knee Pads MUST be inserted within the pockets of the WCFL issued game pants. The Under Armour /Nike style girdles are allowed BUT the player must use separate thigh and knee pads. Round disc style kneepads are not acceptable.
- **TIMEOUTS** In the Prep division, coaches are NOT allowed on the field. The Head Coach or player can call a timeout. 3 per half
- **BLITZING THE CENTER** In Prep, you are allowed to line up in the A gaps but not directly “nose up” over center. The players in the A gaps are allowed to rush straight ahead but are not allowed to pinch down and inward on the Center as he is snapping the ball. The center can receive glancing hits as the A gap rushers are moving straight forward but not in the form of a direct hit. Once the ball is snapped and an exchange or fumble of the snap has occurred then open play is permissible. Quarterback sneaks are not permitted with the protection of the a gap but the QB can “draw”
- **Center Snaps greater than 7 yard depth** – no center shall be blitz or bull rushed over the top with the offense team in shotgun/place kick or Punt snap greater than 7 yards

VARSIITY

- **PLAY CLOCK**- 30 seconds from the ready for play
- **MUST PLAY RULE**— **All Players** are listed only once on your Game Day Roster—either as starting on Offense or Starting on Defense.....they must play every play the entire game on that side of the ball. They do not have to play in the same position but they must be in the game on that side of the ball. Violation will result in possible forfeiture of the game and game suspension for the head coach. Essentially, you must clear your bench at every change of possession unless a player is injured.

KICKING GAME FHSAA Rules apply to all aspects of the kicking game.

- **GAME BALL** TDJ
- **GAME CLOCK** Varsity will use a 10 minute per quarter. Normal operation with official stoppage required by rule shall be managed by the Head Official on the Field. Clock will start on the ready for play whistle after change of possession.
- **OVERTIME PLAY** During the regular season each team will have up to two possessions of the ball from the 10 yard line. Additional downs may be granted by a penalty against the defense. If the game is still tied after the two possessions by each team the score will be declared a tie. During Playoffs the teams will each get a possession, play will continue until such time as one team scores without the other team matching the score during their corresponding possession.
- **SCORING** TD=6 pts, PAT Kicks= 2 pt, 3 pts for FG, Run Conversion=1 pt, Pass Conversion = 1 pts
- **SIDELINES** The player box will be 3 yard off the sidelines. The coaches' box is from the 25 to the 25.
- **FIELDS** All Divisions will utilize painted hash marks for ball placement EXCEPT Ultimate where the ball will be placed in the middle of the field in line with the goalposts.
- **MOUTHPIECE/CHIN STRAPS** No clear mouth pieces. Chewed mouthpieces will have to be replaced. All chin straps must have 4 snap points and all must be utilized by the player.
- **FACE SHIELDS** Clear only----any tint whatsoever will not be allowed.
- **Eye Glass** - Clear only no tint whatsoever (unless approved by a doctor) will not be allowed.
- **UNIFORMS** Players are to wear only WCFL issued uniforms—including game socks, jerseys, pants, and belt. No reward stickers are permitted on helmets. Socks are to be worn as designed and not pulled down over the shoe.
- **TIMEOUTS** - In the Varsity division, the Head Coach or player can call a timeout. 3 per half

PRO/High School Prep (HSP)

- **PLAY CLOCK**- 30 seconds from the ready for play
- **MUST PLAY RULE**– A minimum of 6 plays per half for all players including special teams
- **KICKING GAME** FHSAA Rules apply to all aspects of the kicking
- **GAME BALL** TDY for PRO and WILSON Designated Sized High School/College Football
- **GAME CLOCK** Pro/HSP will use a 10 minute per quarter. Normal operation with official stoppage required by rule shall be managed by the Head Official on the field. Clock will start on the ready for play whistle after change of possession.
- **OVERTIME PLAY** During the regular season each team will have up to two possessions of the ball from the 10 yard line. Additional downs may be granted by a penalty against the defense. If the game is still tied after the two possessions by each team the score will be declared a tie. During Playoffs the teams will each get a possession, play will continue until such time as one team scores without the other team matching the score during their corresponding possession.
- **SCORING** TD=6 pts, PAT Kicks= 2 pt, 3 pts for FG, Run Conversion=1 pt, Pass Conversion = 1 pts
- **SIDELINES** The player box will be 3 yard off the sidelines. The coaches' box is from the 25 to the 25.
- **FIELDS** All Divisions will utilize painted hash marks for ball placement EXCEPT Ultimate where the ball will be placed in the middle of the field in line with the goalposts.
- **MOUTHPIECE/CHIN STRAPS** No clear mouth pieces. Chewed mouthpieces will have to be replaced. All chin straps must have 4 snap points and all must be utilized by the player.
- **FACE SHIELDS** Clear only----any tint whatsoever will not be allowed.
- **Eye Glass** - Clear only no tint whatsoever (unless approved by a doctor) will not be allowed.
- **UNIFORMS** Players are to wear only WCFL issued uniforms—including game socks, jerseys, pants, and belt. No reward stickers are permitted on helmets. Socks are to be worn as designed and not pulled down over the shoe.
- **TIMEOUTS** In the PRO/HSP division, The Head Coach or player can call a timeout. 3 per half

OLDER/LIGHTER RULES:

Older/lighters are players who are above the maximum age group for a particular division but is lighter in the weight class. These players must meet the maximum posted weight requirements when playing in a lower division. Older/lighter was originally intended for first year players who have never played tackle football and was implemented for safety reasons.

The following rules will apply to these players when playing in a lower division.

- Player **cannot** touch the ball on offense in a skill position which is defined as Quarterback, Running or Fullback, Tight end, Kicker, Punter or Wide Receiver.
- Player **cannot** be a blocking back in the backfield.
- Player **cannot** receive kick-offs or punts.
- Player **cannot** kick field goals nor extra points.
- Player **cannot** punt the ball.

As always, the Board of Directors is here to promote the safety and well being of our players. With this being said we do not recommend kids starving themselves or not drinking the proper amount of water to make the weight requirement.

Weights in all division will be a maximum of .9 in that weight class. Ex. 125.9 is still eligible to play in varsity division game that day.

As with any rule, the Board of Directors reserves the right to look at all rules on a case by case basis.