

**Westford Flag Football Rules Changes for the 2010 Season**

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History: Updating per review by the Board on 3/11/10

Existing WFF Rule	New 2010 WFF Rule	Comment
<p><b>Illegal Motion Penalty</b></p> <ul style="list-style-type: none"> <li>o False Start is called out, but not explained.</li> </ul>	<p><b>Clarify what a False Start Penalty is on the Offense</b></p> <ul style="list-style-type: none"> <li>o <u>Recommend adding new verbage that better explains what the penalty is.</u></li> </ul> <p>Offensive player(s), once set behind the line of scrimmage, Cannot move again until the ball is snapped. This includes player(s) who attempt to run back onto their side of the LoS before the ball is snapped.</p>	<p>Offensive player(s) who move beyond the line of scrimmage prior to the ball being snapped will called for a False Start. Even if player(s) run back to the otherside of the Line of Scrimmage Prior to the ball being snapped will still be penalized, as they broke The boundary plane. (Enforcement is 5yds and loss of down)</p>
<p><b>Warning for Delay of Game</b></p> <ul style="list-style-type: none"> <li>o Teams receive one warning per game before A Delay-of-game penalty is enforced</li> </ul>	<p><b>Delay of Game Warning.</b></p> <ul style="list-style-type: none"> <li>o <u>Recommendation: Remove warning verbage.</u></li> </ul> <p>Teams that violate the 30 second timer to execute a play will Be called for a delay of game penalty.</p>	<p>Getting rid of the warning as it was only meant to help teams and Players early in the season. But the warning persisted well into the Season and became a crutch for some teams. This was not its intent, And thus the warning portion is being removed.</p>
<p><b>Coin Toss</b></p> <ul style="list-style-type: none"> <li>o Confusion as to what the coin toss winner can Choose.</li> </ul>	<p><b>Coin Toss Clarification</b></p> <ul style="list-style-type: none"> <li>o <u>Recommend keeping the WFF Rule but add new verbage that better outlines what is decided.</u></li> </ul> <p>If the coin toss winner elects to get the first offensive Possession, then the coin toss loser get to select which end Zone to defend.</p> <p>If the coin toss winner elects to defend a particular endzone Then the coin toss loser automatically gets the first offensive Possession.</p> <p><i>*Remember that possession &amp; field position changes at the half.</i></p>	<p>Adopt process from NFL Flag Tournament Rules or use WFF Rule?</p> <p><b>NFL Flag Process:</b> Winner of coin toss gets first offensive poession. Loser has choice of Direction. Teams may not choose to defer to the second half.</p> <p><b>WFF Process</b> Coin toss winner decides either possession or defended end-zone; coin toss loser accepts possession or decides defended end-zone.</p>
<p><b>Interception Returns</b></p> <ul style="list-style-type: none"> <li>o Allowed for both BD &amp; BC divisions</li> </ul>	<p><b>Interception Returns</b></p> <ul style="list-style-type: none"> <li>o <u>Recommend allowing the younger division to return interceptions.</u> But inform coaches that WFF reserves the right to dis-allow this and go back to 2008 rule where interceptions are not allowed to be returned.</li> </ul>	<p>Do we allow it for another year in the younger (BC) division?</p> <p>Does it discourage younger kids from playing the QB position?</p> <p><i>It does make the game more exciting and matches NFL Flag</i></p> <p><i>Only allow it in the older division, and go back to spotting</i> The ball where it was intercepted in the younger division, but Not allow advancing it?</p>
<p><b>Spirit of the Game</b></p> <ul style="list-style-type: none"> <li>o No Such Rule Exists Today</li> </ul>	<p><b>Spirit of the Game (trick plays)</b></p> <ul style="list-style-type: none"> <li>o <u>Recommend adding the following verbage under Spirting of the Game.</u></li> </ul> <p>While there is nothing against using mis-direction in a play, one should ensure that it be done in accordance to WFF rules and does not compromise The integrity &amp; spirit of the game.</p> <p>Some Examples:</p> <ol style="list-style-type: none"> <li>1. 5 offensive and 5 defensive players must at all times be between the Hash marks while on the field or in the huddle. A Coach cannot call a player to the sidelines and have the remaining players run a play. (ie players on the field must be in clear view for the opposing team to See).</li> <li>2. The ball must be visible at all times. One cannot stuff the ball under his/her jersey and run with the ball. (This is form of Flag Guarding)</li> <li>3. Dangling handoffs. The QB, with hands on the ball, puts the ball in the Midsection of the runningback, but does not let go of the ball nor does The running back grab the ball. Both wait to see what the defensive Rush looks like and then react. This action will now be considered Like an actual handoff, allowing defensive player to flag the ball carrier.</li> </ol>	<p>What do we say about trick plays?</p> <p>A player called to sideline by the coach for verbal instructions must completely step off the field so as to not confuse the opposing team With respect to said player's eligiability on the field. (ie the Rob DeSisto play)</p> <p>Ball must visible. Cannot stuff it under one's jersey.</p>
<p><b>Spotting the Ball</b></p> <ul style="list-style-type: none"> <li>o Middle of the body is used to mark the ball.</li> </ul>	<p><b>Spotting the Ball</b></p> <ul style="list-style-type: none"> <li>o <u>Recommendation: Stay with existing WFF rule.</u></li> </ul>	<p>The yearly debate on where to spot the ball.</p> <p><b>NFL Flag:</b> The ball is spotted where the runner's feet are when the Flag is pulled. (If one foot proceeds the other, the forward foot is marked)</p> <p><b>WFF:</b> The ball is spotted where the center of the player's body was when The play ended.</p>