

Women's League Rules

Team Roster

- Minimum 4 players required to start.
- All players must sign the XFF waiver before playing.
- Substitute fee: \$20 per doubleheader or \$12 per single game - must be paid BEFORE the player takes the field.
- Substitutes need a Substitute Waiver on file.
- Substitutes are eligible for playoff games only if they played in 2 or more regular-season games.

Equipment

- Same-color jerseys with numbers; shirts tucked in; flag belt worn over the shirt with flags on hips.
- Caps worn backward; no jewelry.
- Sport goggles required if player wears eyeglasses.
- All players must wear cleats.
- Official adult Sonic pop flag belts only - youth belts are NOT allowed.
- Flag belts available for purchase from XFF for \$20.

Code of Conduct

- Respect all officials.
- Fighting: immediate ejection; double forfeit (both teams receive a loss); instigators may be expelled.
- Trash talking is not tolerated.
- Verbal or physical abuse of an official results in suspension.
- 2nd personal foul = automatic ejection.
- Counting the 5-second clock aloud is illegal.
- Only team captains may discuss calls; arguing earns a charged timeout.
- Officials' decisions are final.
- Teams responsible for sidelines; unsportsmanlike from sideline = 15-yard penalty + automatic first down.
- Fan misbehavior can result in a game forfeit.

Game Clock

- Two 17-minute halves. 2 timeouts per half per team. No timeouts allowed if leading by 20+ points.
- 1-minute halftime. 25-second play clock.
- Last 2 minutes: clock stops (if within 14 points) on incomplete passes, timeouts, out-of-bounds, penalties, QB sacks, 5-second violations, turnovers.
- Clock does NOT stop if the losing team commits a penalty.

Scoring

- Touchdown = 6 points
- PAT from 5-yard line = 1 point (pass only)
- PAT from 10-yard line = 2 points (pass only)
- Safety = 2 points
- Interception return on PAT = 2 points
- Forfeit scored 6-0

Overtime

- College-style from the 10-yard line.
- Interception in end zone during OT stays at the 10-yard line (not returned).

- Starting in the 3rd overtime, teams must go for 2 points.

Matriculation

- Offense starts at own 10-yard line. 4 downs to cross midfield; 4 downs to reach the 10-yard line; 3 downs to score.

Game Play

- QB may run with the ball. Once QB crosses LOS before 5 seconds, the clock stops.
- Pass rusher must start at least 7 yards from the LOS.
- Face guarding IS pass interference in the Women's League.
- If a defender inadvertently grabs the shirt instead of the flag, play continues + 5 yards added.
- If a flag falls off, ball carrier must be touched (one hand) to be downed.
- No screening or blocking on any play; center may not block the rusher.