

General Rules:

- All teams will play 2 - 24 minute halves. The official will stop play at the 12 minute mark for substitutions.
- Second half play will continue until the end of the hour.
- Squad Size: All teams will have at least 12 players listed on the roster and no more than 14. Seven men are required to be on the field of play at all times.
- All coaches must make their best effort to give equal playing time to all players.
- A running back can play a maximum of half the offensive plays at that position. Violation will result in game forfeiture and head coach suspension.
- If a team leads by 18 points or more, the starting backfield, RB's & QB must be removed from the game on offense. They may however play on defense.
- One Timeout is allowed in the first half only

Standard Defense:

- Two (2) defensive linemen must be on the defensive line, aligned head to head or shoulder to shoulder with offensive Right End and Left End (Guards) and no more than Three (3) down linemen can be on the line of scrimmage.
- Defensive lineman must be in a 3 or 4 point stance at the time of the snap.
- Defensive players "covering" set offensive players in the box must be at least 3 yards behind the line of scrimmage.
- Defensive linebackers/cornerbacks MAY NOT line up on the line of scrimmage if there is no corresponding set receiver.
- Inside their own 5 yard line defensive players may align themselves on the goal line.
- Blitzing is not allowed. Blitzing is defined as any forward motion prior to the snap of the ball.
- Safety will count for 2 points & kick from the 10 yard line.

Standard Offense:

- A minimum of 3 and no more than 4 offensive linemen on the line of scrimmage at the time of the snap in a 3 or 4 point stance.
- All offensive players are eligible receivers.
- Offensive lineman shall be no more than arms length apart on the line of scrimmage.
- Unbalanced Lines are permitted
- QB Sneaks are NOT permitted
- Play will start at your own 10 yard line.
- Blocking below the waist will result in a 5 yard penalty.
- Only one foot in bounds is required for a legal reception.
- PAT starting on the 3 yard line will count as one (1) point.
- PAT starting on the 5 yard line will count as two (2) points.
- The head official will install a 25 play clock.
- All penalties and violations of the rules shall result in a 5 Yard Penalty.
- Intentional Facemask & Unsportsmanlike conduct is an automatic first down
- No more than 2 Offensive & Defensive Coaches can be on the field of play and Defensive Coaches must be off the field at the time of the snap or a 5 yard penalty will be imposed.
- Punting - No Rush on Defense or Release on Offense prior to punt.

NOTE: The WFL will follow all of the 2010 National High School Federation rules with exception to the above noted rule variations.