



**NY FEMALE FLAG FOOTBALL
WOMEN'S LEAGUE**

Empowered women, empower women.

6/7/2026

This league is meant to be a fun and safe learning environment with healthy competition! We invite all women to support each other and come away with confidence and pride through teamwork and sportsmanship.

Rules are subject to change pending safety and skill level development.

EVENT RULES AND POLICIES

All spectators and participants must uphold sportsmanship and positivity for all. There shall be no heckling of participants, coaches or officials. Any violation of these rules will result in spectators or players being asked to leave. **THERE ARE ABSOLUTELY NO DRUGS OR ALCOHOL ALLOWED ON THE FIELD.** Anyone that is seen doing this will be asked to leave.


DOGS: NO DOGS ALLOWED AT THE HS TURF, it is a SCHOOL policy.

Officials: Officials will be present at every game. They are also there to help provide instruction and to clarify rules, if necessary. They will have full discretion to call penalties.

Arguing with officials by players, coaches or spectators will not be tolerated. They will issue a warning and then a penalty (that will be embarrassing).

Spectator viewing: Spectators must sit in the bleachers. Only coaches and staff are permitted on the sidelines.

Absolutely no one (especially children) are permitted on the turf. Absolutely no ball playing of any kind on the turf, track or surrounding area. We have experienced injuries to children, players and officials. We are not willing to compromise anyone's safety.

GAME CHANGER APP: :  You must download the Game Changer App and RSVP to each game.

Equipment: All participants must wear a Mouth Guard. Any player who does not have one will be ineligible to play.



FLAGS : **Everyone must use NYFF League provided Flags.** Excess flag belts MUST BE CUT and tucked to prevent accidental pulling. Flags must be positioned on the hips (a defensive player that pulls a hanging flag belt strap will automatically result in a down per the referee's discretion).

JERSEYS: League will provide team jerseys. Tucking in jerseys is **MANDATORY**. Flags must be OVER Jerseys. Suggestion: to wear pocketless shorts over leggings to make sure jerseys can be tucked.

SHORTS OR LEGGINGS: All players must wear BLACK OR NAVY shorts or leggings (to contrast with flags) and they must be **pocketless. This is to prevent broken fingers.**

Shorts that are flowy are prohibited. They will rip and detract from pulling flags. Players will be asked to change if they are wearing shorts that are loose or have pockets.

Jewelry: Only small stud ear piercings are allowed at your own risk. **Absolutely NO hoops, necklaces, bracelets, or watches.**

Head Protection: Soft Shell Helmets or Headband are STRONGLY recommended. If you choose NOT to purchase either, you will need to sign a waiver. ONLY SOFTSHELL headgear is permitted.

Officials calls and Video Footage: Use of video footage will NOT be permitted in questioning an official's call. Once the call is made, it is the final call. Arguing with a referee could result in a penalty.

Injuries- when there is an injury, all players should take a knee, the game will stop until the injured player is safely off the field assisted by the Athletic trainer. The game will immediately resume from when the time was stopped. If necessary, half time will be cut short to make sure the second half has as much time as needed to complete the game. If the injury happens in the second half, the second half may be shortened so the game does not compromise the following time slot. **Please report injuries to the League Director or Athletic Trainer.**

COACHES AND HUDDLES Coaches have 20 seconds to give a play and get off the field within a 30 second play clock . Coaches should NEVER be on the field during play. If coaches are on the field after receiving a warning, your team will receive a 5 yard penalty on the next down . Coaches on the field have caused interruption on a play and have caused injuries. **GET OFF THE FIELD.**



Participants MUST BE REGISTERED in order to play in this league: players who are not registered will not play. They must be registered in order to be covered under insurance. Violating this rule will cause a disqualification of the team.

Minimum Player Requirements and Injuries:

TEAMS ARE RECOMMENDED TO HAVE A MINIMUM OF 6 PLAYERS EVERY WEEK IN CASE OF INJURIES.

However, all teams are **REQUIRED** to have 5 players present in order to start a game. If a team only has 5 players and a player becomes injured without any available substitutes, the team with a player deficit has the option to:

1. Play with 4 players versus the opposing team's 5 players.
2. Forfeit (with the option of continuing in a scrimmage in a 4 vs. 4 format)
3. Teams may have a younger substitute player (see criteria above).

*If the team chooses to play with a deficit in a 4 vs 5 match up and experiences another player injury (being left with only 3 players) this will result in an automatic forfeit/cancellation.

SUBSTITUTE PLAYERS:

COACHES MUST GET APPROVAL BY LEAGUE OPERATOR FOR A SUB PLAYER.

Interleague subs: a player registered in the league that may sub in an upper grade division if needed.

Teams may only use a player from the division below their own.

Subs are only permitted if there are less than 6 players on their team for any given week.

- Interleague subs are **ONLY ALLOWED** to play in playoffs if a team does not meet the 5 player minimum to start the game.
- Subs may not sub across their own division.
- Subs may only sub for one team in divisions older than their own.
Once a sub plays on a team, they may not go play for another team in that division.
- An outside player may sub if approved and may register for a fee. Please speak to the league operator before inviting a player. ***You should not bring a sub player in if you have more than 6 players, it will take time away from full time registered players.***



WOMEN'S RULES

Rules are subject to change pending safety and skill level development.

- All players must be ready 10 minutes before game time.
- The game is 5 vs 5 including the quarterback.
- OFFICIAL BALL: Pee Wee
- Teams **must use league provided balls** for games. Teams are not allowed to use their own balls.
- **COIN TOSS:** Every game begins with a coin toss to determine which team will start with the ball (there's no kickoff).
- Teams change sides after the first half, possession changes to the team that started the game on defense.
- The starting team begins on the 5-yard line.
- The ball is spotted in the middle of the field.
- **The offense has 4 downs to cross midfield to get a first down and then 4 downs to score.** If the offense fails to cross midfield or fails to score after 4 downs from midfield, the opposing team takes over possession at their own 5 yard line.
- **FLAG PULLING:** If a defensive player is unable to grab the flag due to offensive ball carriers flags not being positioned on the hip, a penalty will be called. **Five yard penalty on the spot of the foul.** *If a ball carrier's flag falls off while running, the defense must touch the runner with one hand to stop the play.*
- **Blocking:** There is **NO blocking in this league** behind or beyond the line of scrimmage. Screen blocking is obstructing an opponent without initiating contact with her with any part of the body. Offensive players must stand still once the ball is distributed. This includes not running with the ball carrier to get in the way.
A 5 yard penalty will be assessed where the contact was made and the ball being placed where the infraction took place and whistle was blown. Unless the infraction happens before the ball is distributed, the down will then be repeated.

RULE FOR JOINT POSSESSION: on a pass play if the offensive and defensive players are in joint possession of the ball, the ball will be awarded to the offensive team. A defensive player would have to clearly intercept the ball before the offense, in order to rule it as an interception.



COIN TOSS

- Every game begins with a coin toss to determine which team will start with the ball (there's no kickoff).
- Teams change sides after the first half, possession changes to the team that started the game on defense.

TIMING

- Games are (2) 24 minute (running time) halves, 2 minute half time and the clock only stops for injuries and time outs.
- Time outs: Each team will get **3 Timeouts Total PER GAME.** Timeouts may be used at any point throughout the game. Each time out is 30 seconds.
- OFFICIALS TIMEOUT: Officials may call a timeout for injuries if applicable, otherwise the clock is always running.
- There are no timeouts in overtime.

SCORING

- A touchdown is 6 points.
- **THE BALL SCORES:** The ball must cross the goal line to score, if the ball crosses the goal line before the flag is pulled a touchdown will be awarded.
- **Extra Points** are worth 1 or 2 points depending on what yard line the offense chooses. 1 point will be from the 5 yard line (marked with a blue cone) and 2 points will be from the 10 (marked with a yellow cone) and 3 points will be from the 15 (orange cone).
- **TIE GAMES:** Games ending in a tie will only go into overtime in playoffs and not during regular season play.

OFFENSE

- To start each play, the center will snap the ball to the Quarterback. Snap can be between legs or sideways. **THE BALL MUST REMAIN ON THE GROUND** and cannot be picked up and taken into a huddle.
- You may NOT pick up the ball once the ball is placed.
- **THERE IS NO MOTION**
- All passes that can be thrown forward can be thrown underhand or overhand behind the line of scrimmage. Pitch-outs/Laterals:: may be received **behind** the line of scrimmage, not down field. *See page 6 for definition as it pertains to our league. NO LATERALS DOWNFIELD*



- In order to make a completed catch, one foot must remain in bounds.
- **OFFENSE CHARGE:** A ball carrier must attempt to go around a defensive player. If a defensive player establishes position to grab the flag with their feet planted and the offensive player runs through them causing a collision, it will be a foul on the offense: **Penalty is 10 yard spot foul and loss of down.**
- Players may not hurdle. The only time it is permitted is to avoid a collision or injury. However, a ball carrier must attempt to cut around a defender to avoid a collision otherwise it will be an offensive penalty of 5 yards from the spot of the foul.
- **On a Blitz:** Offensive players must steer clear of the rusher and may not get in her way.
- When the ball carrier receives the ball (either by hand off or pass) teammates must remain stationary and may not interfere with the play.
- **NO Fumble recoveries:** There are NO Fumble recoveries in Flag Football. When a ball carrier drops the ball while running after a catch is made and then hits the ground, the ball will be spotted at the point where the ball carrier lost control of the ball, not at it's resting place. Possession will not transfer to the defense, yet the down will be advanced accordingly.
- **LIVE BALL:** If a ball is in the air by way of bobbling or being tipped, it is considered a **LIVE BALL** and possession may be obtained by either the offense or defense. If a live ball is obtained without touching the ground, by the defense, it is considered an INTERCEPTION.
- Failure to execute the snap to the quarterback if the ball is dropped by the quarterback or any player, will result in a loss of a down and will start at the spot where the ball hit the ground.
- If an offensive player goes out of bounds anywhere in the field and comes back in the field of play and is the first to catch the ball, it is illegal: **Penalty:** loss of down at previous spot
- **A play is dead if:**
 - the ball carrier's flag is pulled from their belt
- -the player's knee hits the ground,
 - the ball-carrier steps out of bounds
 - the ball-carrier's body (*aside from their feet*) touches the ground

A player may put their hand down and still legally run.
- **No flag guarding or stiff arming.** Spot foul , 5 yard penalty.
- **NO SAFETIES** (when a quarterback is sacked in the opposing team's end zone, no points will be awarded and the ball will be placed at the goal line).



RUNNING THE BALL

- Offense can run the ball an unlimited amount of times.
- A player is allowed to run the ball anywhere on the field **EXCEPT THE NO RUN ZONE** which is between the goal line and the 5 yard line marked by a BLUE cone (THE BLUE LINE).
FOR SAFETY REASONS: IN THE NO RUN ZONE: NO HAND OFFS, BACKWARD PASSES OR BLITZING- IT MUST BE A PASS.
- The **BALL** must cross the line to score a touchdown. Consistent with this rule, a first down is achieved if the ball crosses midfield even if the flag is pulled.
- You may do reverse plays, HOWEVER you must be confident that your team can execute to avoid collisions, do not try this for the first time in a game. Once the ball is distributed any defender may cross the line of scrimmage.
- Helpful Tip: Do not stop running until the whistle is blown.

QUARTERBACKS

- Quarterbacks can run the ball an unlimited amount of times with the exception of when the ball reaches the five yard line. **Note: Our league is meant to be empowering for all, we expect that our QBs will not run the ball every time to ensure maximum participation of teammates.**
- **Huddle time** should be kept to under 30 seconds (if it is excessive, the referee will issue a warning and if it frequently occurs, it may result in a loss of a down).
- The quarterback has a **seven-second pass clock to get rid of the ball**. The referee will count out loud as soon as the ball is snapped. If the ball is not distributed by 7 seconds, it will result in a loss of a down at the previous spot. It will be considered an incomplete pass.
- **Illegally conserving time** in the huddle or at the line of scrimmage: DELAY OF GAME PENALTY IF EXCESSIVE (over 40 seconds) -See penalties
The quarterback's entire body cannot advance beyond the line of scrimmage unless they are running the ball.
- A quarterback's entire body may **not** cross the line of scrimmage when throwing the ball. This will be an illegal forward pass penalty. The official will place a bean bag on the line of scrimmage every time the ball is placed. Quarterbacks may only cross the line of scrimmage if they are running the ball or pass/hand off the ball **behind** and become an eligible receiver. See penalties.
- Pitch-outs/Laterals: are permitted **BEHIND** the line of scrimmage. Once the ball is distributed, the offensive player **may run or pass the ball**. Note the Quarterback is an eligible receiver. NO LATERALS DOWN FIELD. *For definition, see glossary below, as it pertains to our league. For example: No Hook and ladder plays downfield*



- **Pitch outs are not allowed in the no run zone. The QB must throw the ball. Penalty is a loss of down**

- Once the ball is placed on the line of scrimmage, the center is the only player allowed to touch the ball at the point of when they are ready to snap. No other player is allowed to pick up the ball once it is placed by the officials.
- **Cadence:** Please make every effort to have a short, loud and clear cadence.
- Teams cannot score a safety in this league. When a quarterback is sacked in the opposing team's end zone or runs out of bounds, it will go back to the goal line.
- Flea Flickers are not permitted

DEFENSE

- Woman to woman OR Zone defense. *See definition in Glossary*
- **No contact allowed.** This includes tackling, blocking, and pulling clothing and flag belt extension.
- If a player attempts to punch the ball out of the ball carrier's hand, it will be a 5 yard penalty added to the end of the run. If the run ends in a touchdown the penalty is declined (See Penalties)
- A defensive player may not hold, push, or knock the runner down in an attempt to remove the flag belt. It will result in a defensive holding penalty (5 yards from spot)
- NO SAFETIES (when a quarterback is sacked in the opposing team's end zone, no points will be awarded and the ball will be placed back at the 5 yard line).
- **DEFENSIVE PENALTIES:** Defensive penalties include tackling, pass interference, or a player's body. This will result in a 10 yard penalty from the previous spot (or if it's an incomplete pass) OR tacked on to the end of the run.
- Defensive players are permitted to dive for flags.

BLITZING

Any unlimited number of players may line up 5 yards away from the line of scrimmage but only one may blitz.

Each team gets **1** per series of 4 downs (5 yards to midline and midline to 5 yard line)
One player who rushes the passer must line up **5 yards** or more away from the line of scrimmage.

NO BLITZING ZONE: Defense is NOT allowed to blitz once the ball is at the 5 yard line.

- Defense is NOT allowed to blitz or run on extra points worth 1 point at the 5 yard line.



This rule is in effect for safety reasons as the space is limited with 9 players in a five yard end zone.

- Players ARE allowed to blitz on extra points worth 2 points and the offense is allowed to run.

IMPORTANT: As this rule/definition pertains to our league: A BLITZ is a rusher that crosses the line of scrimmage with a deliberate attempt to sack the quarterback. If the ball is distributed after the rusher crosses over the line of scrimmage and makes an attempt to sack BUT is unsuccessful, that will count as their 1 blitz.

THERE IS NO DELAYED BLITZING.

- **Blitzing is *only permitted* on extra points worth 2 points at the 10 yard line. Once the offense scores a touchdown, the blitz limit resets and defense can blitz on the extra point at the 10 yard line.
(NOT AT THE FIVE YARD LINE FOR 1 EXTRA POINT)
An illegal blitz will result in a 5 yard penalty and added to the end of the run**

Illegal Blitzing:

- 1) Any player who is less than 5 yards away (no run zone)
- 2) Any player who drifts less than 5 yards from the line of scrimmage
- 3) A player that fakes a blitz
- 4) When a team blitzes more than the allotted amount per series.
- 5) Only one player may blitz.

Blitzing penalties:

- If a player blitzes in the no run zone, and a quarterback runs, the penalties will be offset and the down will be replayed.
- If a player blitzes in the No run zone and the quarterback completes a pass, the touchdown will be awarded
- If a player blitzes in the No run zone and the quarterback completes a pass that does not result in touchdown: the down will be replayed and the offense has a choice of tacking on five yards to the run or replaying from the previous spot.
- Illegal blitz on extra points: if a player blitzes on an extra point worth 1 point(no run zone)the extra point will be replayed.



FLAG PULLING

- After pulling the flag, players should HOLD IT UP so the official can mark where the flag was pulled, please don't walk with it until the official marks the spot.
- **PLEASE DO NOT THROW THE FLAG ON THE GROUND. Wait for the ball carrier to come to YOU to retrieve the flag after the spot is marked by the official** (Yay sportsmanship).
- Once the ball is distributed behind the line of scrimmage, any defender may cross to attempt to grab the flag. (This does not count as a blitz).
- **Premature Flag Pulls:** A defensive player must wait for a receiver to have possession of the ball before she can pull the flag. If the defender pulls the flag prior to possession, it will be an illegal procedure penalty. The penalty will be a replay of the down and five yards tacked on to where the flag was pulled.

INTERCEPTIONS

- Interceptions are returnable for a touchdown worth 6 points.
- Interceptions that are not ruled a touchdown will be spotted at the point where the flag was pulled.
- **RULE CHANGE: If a player intercepts the ball on an extra point, the play is dead, no points can be scored.**

PENALTIES

****Penalties for 3rd and 4th Grade will be an opportunity to teach and instruct. The only penalties which will result in assessment of yardage are: tackling and coach penalties for unsportsmanlike conduct.****

LENIENCY OF PENALTIES INCLUDE: Warning for offsides and warning for illegal motion

ENFORCED PENALTIES

10 YARDS

UNSPORTSMANLIKE CONDUCT and UNNECESSARY ROUGHNESS 10 yard penalty from the spot of the foul. Includes player or coach:

Cursing at a player or official.

Throwing the ball at another player.

Intentional/Unnecessary physical contact with a player.

Penalty: 10 yards + automatic first down



TACKLING PENALTY: 10 yards(equivalent to an unsportsmanlike penalty)

Tackling definition: an action that is considered dangerous and intentional

Using excessive force that puts the player on the ground

Showing no attempt to grab a flag

Tackling a defenseless player

Making unnecessary contact causing a player to fall to the ground

ROUGHING THE PASSER: Defensive players must make a definite effort to avoid charging into the passer after it is clear the ball has been thrown, also there should be no attempts to hit the player's arm during a throwing motion. **10 yards + automatic first down**

PASS INTERFERENCE:

Offense: 10 yards from the previous spot

Defense: 10 yards from the previous spot

(or decline penalty and take the result of the play (whichever is more advantageous))

OFFENSIVE CHARGE: Failure to run around the defensive player while running with the ball.

Spot foul 10 yard penalty and loss of down

5 YARDS

DIVING (OFFENSIVE) TO GAIN FIRST DOWN OR SCORE: Spot foul, 5 yard penalty

FLAG GUARDING: Spot foul, 5 yard penalty

ILLEGAL FORWARD PASS: Spot foul, 5 yard penalty, loss of a down.

ILLEGALLY CONSERVING TIME: DELAY OF GAME - Excessive -5 yard penalty

ILLEGALLY BLOCKING/ILLEGAL PICK: Spot foul, 5 yard penalty (offense and defense)

TRIPPING A RUNNER -deliberately use of the lower leg or foot to obstruct an opponent including the runner below the knee. Spot -5 Yard Penalty and Replay down.

REMOVING A FLAG BEFORE A PLAYER HAS POSSESSION OF THE BALL -A player must wait for a receiver to have possession of the ball in order to pull the flag. If the defender pulls the flag prior to possession, it will be an illegal procedure penalty. 5 yard penalty and replay the down

PENALTY: replay of the down and five yards tacked on to where the flag was pulled, if the player had possession. If she does not have possession, the ball goes back to the previous spot.

HOLDING A JERSEY OR SHORTS: 5 yards tacked onto the end of the run or previous spot

ILLEGAL PUNCHING THE BALL OUT OF BALL CARRIER'S HAND: 5 Yard penalty added to the end of the run

ILLEGAL MOTION: Live ball foul- 5 Yards from previous spot

BLITZING PENALTIES: **An illegal blitz will result in a 5 yard penalty and added to the end of the run**

ANY DEFENSIVE FOUL for the series: the blitz is not repeated until a new series is awarded

ANY OFFENSIVE FOUL for the series: during a blitz, the defensive team will be able to use their allotted blitz once again when the penalty is accepted or declined.



Loss of Down Only

INELIGIBLE PLAYER OUT OF BOUNDS- loss of down, ball at previous spot

QB PITCHES THE BALL IN THE NO RUN ZONE: loss of down, ball at previous spot (extra point-no replay of down)

Live Ball Fouls on Extra Point Attempts:

Defense: If there is a live ball foul on Team B(defense) the penalty is accepted, the down is either replayed from the previous spot or tacked on to the spot of the foul (depending on the foul).

If Team A (offense) has a penalty and they score, the down will be replayed at the previous spot after the enforcement of the penalty.

If Team A (offense) scores and there is a foul on B (defense) the penalty is declined and points are rewarded.

If Team B (defense) fouls and A does not score, the offense will go to the previous spot and replay the down after the enforcement of the penalty.

OVERTIME FORMAT ONLY FOR PLAYOFFS

- Starting with a coin toss, the winner of the toss will decide -offensive or defense.
Each overtime is to be thought of as an inning (there is a top and a bottom).
- Each team will get one possession from the 10 Yard line (4 downs to Score).
OFFENSE: RUNNING IS LEGAL UP UNTIL THE FIVE YARD LINE
DEFENSE: BLITZING IS LEGAL UP UNTIL THE FIVE YARD LINE
Extra Points will be attempted after a score and rules are consistent with regular play above.
- **BLITZING AND RUNNING ARE NOT PERMITTED ONCE THE BALL IS AT THE 5 YARD LINE.**
- At the start of the **3rd overtime**, the ball will be moved to start at the **5 yard line**.

NOTE: If there is an interception on the first possession and it is a Pick 6, the game is OVER.

- To keep it balanced: after the first “inning” the last team on offense to score will stay on offense to start the top of the next “inning”
- Repeat until we have a winner.



MERCY RULE

While we do not have a formal mercy rule, we expect players/coaches to keep in mind that this is intended to be a fun league. Players/coaches are to be mindful if/when games become unbalanced. Please make every effort to control the score to avoid blow-outs, e.g., take your strongest players out and give your other players more playing time, allow someone else to try quarterbacking, ice the blitz, etc. Simple: don't be a jerk!

SPORTSMANSHIP

Please be mindful to make every player as a part of the equation. Highlight strengths and promote playing and winning/ losing as a team. **PENALTIES WILL NOW BE ENFORCED FOR UNSPORTSMANLIKE CONDUCT** for players and coaches and **UNNECESSARY ROUGHNESS** (10 yards).



FLAG FOOTBALL GLOSSARY OF TERMS

Blitz: When a defensive player advances across the line of scrimmage from 5 yards and rushes the quarterback in an attempt to block the pass or pull her flags. One blitz is allowed per 4 downs and player blitzing must line up 5 yards or more away from the line of scrimmage

Center: This player is responsible for lining up on the line of scrimmage and snapping the ball to the quarterback, either through the legs or from the side.

Dead Ball: This refers to the period of time directly before or after a play when the ball is not in motion. Examples of a dead ball are: ball touches the ground, the ball carrier's flag is pulled, the ball carrier steps out of bounds (please refer to *Parameters for Out of Bounds on each side of SSA above*), the ball carrier's body (outside of their feet and hand) touches the ground, the pass is incomplete, the ball carrier's flag falls off or the receiver has one or no flags when catching the ball.

Downs: A down is the period after the ball is snapped and the team is attempting to advance down the field. If you do not score after 4 downs, the possession changes and the other team takes the ball at their own 5 yard line.

Flag guarding: When the ball-carrier prevents a defender from pulling down their flags. For example, a player that covers their flag with their open hand, or lower their elbow. It is illegal and results in a penalty.

Flea flicker: (Not allowed) A trick play to fool the defensive team into thinking that a play is a run instead of a pass. The quarterback laterals the ball to another player who laterals back to the quarterback who attempts to pass downfield.

Fumble: When the ball carrier loses control of the ball after the catch is made.

Line of Scrimmage: The imaginary line separating offense and defense at the beginning of the play. The center must line up on the line of scrimmage where the referee stands. Any offensive player that crosses over this line before the quarterback yells hike will be considered offsides but will get a warning to move back (for now). After a play, wherever the ball is placed by the official, is the line of scrimmage.

Live ball: This is the period of time when the ball and play is in motion. A live-ball penalty is one that occurs while a down is in progress and is enforced on the following play. To add, it is generally a "spot foul" which means the penalty will be enforced at the spot where the foul took place.

Motion: Motion refers to the lateral movement of an offensive player prior to the snap, behind the line of scrimmage. Motion is a part of the game of football but is only allowed in HS divisions.



Pick Six: An interception that results in a touchdown (6 points).

Pitch out/Lateral (Defined as it pertains to our league): A backward or sideways, underhand toss of the ball behind the line of scrimmage. However the ball carrier must then run with the ball and are not allowed to throw or distribute to another player. No laterals or pitches down field.

Quarterback: the offensive player who lines up behind the center, receives the snap and directs the offensive plays for the team. Quarterbacks can run an unlimited amount of times

Running backs: an offensive player that the ball is handed off to and then runs.

Rusher: The defensive player assigned to rush/blitz the quarterback to prevent her from passing the ball by pulling his/her flags or blocking the pass. *Offensive players must steer clear of the rusher.* However if the ball is handed off, any defender may rush. Rusher must be 5 yards off the line of scrimmage.

Rush line: An imaginary line running across the width of the field 5 yards (into the defensive side) from the line of scrimmage. In other words, any defensive player who is positioned seven yards off the line of scrimmage is eligible to rush. Anyone blitzing must be behind this line as well before the blitz. ONLY ONE rusher is permitted.

Safety: NO SAFETIES in this league: when a quarterback is sacked in the opposing team's end zone, no points will be awarded and the offense will start back at the 5 yard line

Safety position on defense: Most commonly the deepest defensive player.

Wide receiver: an offensive player with the principle role of catching a pass from the quarterback

Woman to Woman Defense: the defensive coverage where players are assigned to a specific woman to cover, not an area of the field.

Zone Defense: the defensive coverage where players are assigned to specific areas of the field, not a specific person.

