

2026 SPECIFIC RULES



(Updated 8/24/2026)

ULTIMATE

- **PLAY CLOCK:** After the ready-for-play whistle, you have 45 seconds to get a play off. You will be warned with 15 seconds left.
- **MUST PLAY RULE: All Players** must play a minimum of 5 plays per half (special teams count). Violation may result in forfeiture of the game and suspension of the head coach.
- **KICKING GAME:**
 - **KICKOFF:** Ball is placed on the 40-yard line.
 - **PUNTS/PLACE KICKS:** No live punts. If a 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 team commences offense from there. If the punt originates from inside the opponent's 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. With place kicking, the holder for extra points and field goals must set up 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.
- **GAME BALL:** K2/Peewee
- **GAME CLOCK:** Ultimate will use an 8-minute-per-quarter clock. Normal operation with official stoppage required by rule shall be managed by the Head Official on the Field. The clock will start on the ready-for-play whistle after a change of possession.
- **OVERTIME PLAY:** Each team will have possession of the ball from the 10-yard line and four downs to score. Additional downs may be granted by a penalty against the defense. During the regular season, if both teams score, the game will end in a tie. During playoffs, play will continue until one team scores without the other matching the score during its corresponding possession.
- **SCORING:** TD=6 pts, PAT kicks = 1 pt, FG = 3 pts, Run Conversion = 1 pt, Pass Conversion (forward pass across the line of scrimmage) = 2 pts
- **SIDELINES:** The player box will be 3 yards off the sidelines. The coaches' box is from the 25 to the 25.
- **MOUTHPIECE/CHIN STRAPS:** No clear mouthpieces. Chewed mouthpieces must 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 is not allowed.
- **Eyeglass:** Clear only; no tint whatsoever (unless approved by a doctor).
- **UNIFORMS:** Players must wear only WCFL-issued uniforms, including game socks, jerseys, pants, and belt. Socks are to be worn as designed and not pulled down over the shoe.
- **PANTS/LEG PADS:** Must be WCFL-issued game pants with integrated pads.
- **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 must line up over the guard, **NOT** in the A gap or over the center. 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 a gap, but the QB can "draw". QB "draw" is defined by the QB taking one full step back and both feet coming together on the step back.
- **Center Snaps greater than 7 yards deep:** no center shall be blitzed or bull rushed over the top with the offense team in shotgun/place kick, or Punt snap greater than 7 yards
- **ON FIELD COACHING:** Coaches (one per team) shall be allowed in the huddle on both offense and defense for the entire game. The coach may 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. No restrictions apply to on-field coaching.

- **AGE & WEIGHT LIMITS:** 5-7 yo (age as of August 1st), unlimited weight; max weight to carry the ball, 85.9 lbs.
- **OLDER/LIGHTER RESTRICTION:** must be 8 yo on August 1st and weigh less than 51 lbs.
- **Players exceeding the ball carrier weight limits and players approved for and meeting the age and weight limits to play Older/Lighter** will be designated as a non-ball carrier via a red strip (or dot) on their helmet. These players may not carry the football during live play. This means that, on offense, they cannot play QB, receive handoffs, or catch passes. It also means they cannot advance a recovered fumble, an interception, a punt, or a kickoff reception. In all scenarios, the play will immediately be blown dead by the referee, and the player's team will keep or gain possession of the ball at that spot, just as if the player's knee was down when they got possession.

PREP

- **PLAY CLOCK:** At ready for play, you have 45 seconds to get a play off. You will be warned with 15 seconds left.
- **MUST PLAY RULE:** All Players must play a minimum of 5 plays per half (special teams count). Violations may result in forfeiture of the game and suspension of the head coach.
- **KICKING GAME:**
 - **KICKOFF:** FHSAA Rules apply to all aspects of Kickoffs.
 - **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, field goals, and punts must set up 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/Peewee
- **GAME CLOCK:** Prep will use a 10-minute clock per quarter. Normal operation with official stoppage required by rule shall be managed by the Head Official on the Field. The clock will start on the ready-for-play whistle after a change of possession.
- **OVERTIME PLAY:** Each team will have possession of the ball from the 10-yard line and four downs to score. Additional downs may be granted by a penalty against the defense. During the regular season, if both teams score, the game will end in a tie. During playoffs, play will continue until one team scores without the other matching the score during its corresponding possession.
- **SCORING:** TD=6 pts, PAT Kicks= 1 pt, FG = 3 pts, Run Conversion = 1 pt, Pass Conversion (forward pass across the line of scrimmage) = 2 pts
- **SIDELINES:** The player box will be 3 yards off the sidelines. The coaches' box is from the 25 to the 25.
- **MOUTHPIECE/CHIN STRAPS:** No clear mouthpieces. Chewed mouthpieces must be replaced. All chin straps must have 4 snap points, and the player must use all of them.
- **FACE SHIELDS:** Clear only — any tint whatsoever is not allowed.
- **EYEGLASSES:** Clear lenses only; no tint is allowed. (unless approved by a doctor)

- **UNIFORMS**: Players must wear only WCFL-issued uniforms, including game socks, jerseys, pants, and belt. Socks are to be worn as designed and not pulled down over the shoe.
- **TIMEOUTS**: In the Prep division, the Head Coach or player can call a timeout. 3 per half
- **Center Snaps greater than 7 yards deep**: no center shall be blitzed or bull rushed over the top with the offense in shotgun/place kick, or Punt snap greater than 7 yards
- **AGE & WEIGHT LIMITS**: 8-9 yo (age as of August 1st), unlimited weight; max weight to carry the ball: 120.9
- **OLDER/LIGHTER RESTRICTION**: must be 10yo on August 1st and weigh less than 86 lbs.
- **Players exceeding the ball carrier weight limits and players approved for and meeting the age and weight limits to play Older/Lighter** will be designated as a non-ball carrier via a red strip (or dot) on their helmet. These players may not carry the football during live play. This means that, on offense, they cannot play QB, receive handoffs, or catch passes. It also means they cannot advance a recovered fumble, an interception, a punt, or a kickoff reception. In all scenarios, the play will immediately be blown dead by the referee, and the player's team will keep or gain possession of the ball at that spot, just as if the player's knee was down when they got possession.

VARSITY

- **PLAY CLOCK**: 45 seconds from the end of the previous play.
- **MUST PLAY RULE**: All Players must play a minimum of 5 plays per half (special teams count). Violation may result in forfeiture of the game and suspension of the head coach.
- **KICKING GAME**: FHSAA Rules apply to all aspects of the kicking game.
- **GAME BALL**: TDJ/Junior
- **GAME CLOCK**: Varsity will use a 10-minute clock per quarter. Normal operation with official stoppage required by rule shall be managed by the Head Official on the Field. The clock will start on the ready-for-play whistle after a change of possession.
- **OVERTIME PLAY**: Each team will have possession of the ball from the 10-yard line and four downs to score. Additional downs may be granted by a penalty against the defense. During the regular season, if both teams score, the game will end in a tie. During playoffs, play will continue until one team scores without the other matching the score during its corresponding possession.
- **SCORING**: TD=6 pts, PAT Kicks= 2 pt, FG = 3 pts, Run Conversion = 1 pt, Pass Conversion = 1 pts
- **SIDELINES**: The player box will be 3 yards off the sidelines. The coaches' box is from the 25 to the 25.
- **MOUTHPIECE/CHIN STRAPS**: No clear mouthpieces. Chewed mouthpieces must be replaced. All chin straps must have 4 snap points, and players must use all of them.
- **FACE SHIELDS**: Clear only — any tint whatsoever is not allowed.
- **EYEGLASSES**: Clear only; no tint whatsoever (unless approved by a doctor) will be allowed.
- **UNIFORMS**: Players must wear only WCFL-issued uniforms, including game socks, jerseys, pants, and belt. 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

- **AGE & WEIGHT LIMITS:** 10-11 yo (age as of August 1st), unlimited weight; max weight to carry the ball: 135.9
- **OLDER/LIGHTER RESTRICTION:** Must be 12yo on August 1st and weigh less than 116 lbs.
- **Players exceeding the ball carrier weight limits and players approved for and meeting the age and weight limits to play Older/Lighter** will be designated as a non-ball carrier via a red strip (or dot) on their helmet. These players may not carry the football during live play. This means that, on offense, they cannot play QB, receive handoffs, or catch passes. It also means they cannot advance a recovered fumble, an interception, a punt, or a kickoff reception. In all scenarios, the play will immediately be blown dead by the referee, and the player's team will keep or gain possession of the ball at that spot, just as if the player's knee was down when they got possession.

PRO

- **PLAY CLOCK:** 40 seconds from the previous play
- **MUST PLAY RULE:** A minimum of 5 plays per half for all players, including special teams
- **KICKING GAME:** FHSA Rules apply to all aspects of the kicking
- **GAME BALL:** TDY/Youth
- **GAME CLOCK:** 10-minute quarters. Normal operation, with official stoppages required by rule, shall be managed by the Head Official on the Field. The clock will start on the ready-for-play whistle after a change of possession.
- **OVERTIME PLAY:** Each team will have possession of the ball from the 10-yard line and four downs to score. Additional downs may be granted by a penalty against the defense. During the regular season, if both teams score, the game will end in a tie. During playoffs, play will continue until one team scores without the other matching the score during its corresponding possession.
- **SCORING:** TD=6 pts, PAT Kicks= 2 pt, FG = 3 pts, Run Conversion = 1 pt, Pass Conversion = 1 pts
- **SIDELINES:** The player box will be 3 yards off the sidelines. The coaches' box is from the 25 to the 25.
- **MOUHPIECE/CHIN STRAPS:** No clear mouthpieces. Chewed mouthpieces must 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 is not allowed.
- **EYEGASSES:** Clear only; no tint whatsoever (unless approved by a doctor) will be allowed.
- **UNIFORMS:** Players must wear only WCFL-issued uniforms, including game socks, jerseys, pants, and belt. Socks are to be worn as designed and not pulled down over the shoe.
- **TIMEOUTS:** The Head Coach or player can call a timeout. 3 per half
- **AGE & WEIGHT LIMITS** – 12-14 yo (age as of August 1st), unlimited weight; max weight to carry the ball, 185.9
- **Players exceeding the ball carrier weight limits and players approved for and meeting the age and weight limits to play Older/Lighter** will be designated as a non-ball carrier via a red strip (or dot) on their helmet. These players may not carry the football during live play. This

means that, on offense, they cannot play QB, receive handoffs, or catch passes. It also means they cannot advance a recovered fumble, an interception, a punt, or a kickoff reception. In all scenarios, the play will immediately be blown dead by the referee, and the player's team will keep or gain possession of the ball at that spot, just as if the player's knee was down when they got possession.

***The Board of Directors Reserves the Right to Look at All Rules on a Case-by-Case Basis**