



RULES & REGULATIONS

Table of Contents

- I. Divisions/Ages
- II. Rules
- III. Weight Limits/Restrictions
- IV. Play Down/Play Up Players
- V. Emergency Players
- VI. Coaches & Site Personnel
- VII. Site & Game Management
- VIII. Health and Safety
- IX. Practice - Heat Acclimation Week
- X. Practice Guidelines
- X. Junior Varsity Games
- XI. Tie- Breaking Procedures
- XII. Senior Bowl Games
- XIII. Tie Breaking Procedures

I. Divisions/Ages

- A. **Division I** – 5th & 6th grade division. *Any child who turns 13 prior to July 1st of the current year will be ineligible to play in the WPFL.*
- B. **Division II** – 3rd & 4th grade division. *Any child who turns 11 prior to July 1st of the current season must move up to Division I.*
- C. **Division III** – K - 2nd grade division. *Any child who turns 9 prior to July 1st of the current season must move up to Division II. A child must be enrolled in kindergarten to be eligible to play.*

II. Rules

- A. Rules for all divisions will follow the current (2025) National Federation of High Schools rules as adopted. Exemptions to these rules **FOR ALL DIVISIONS** are as follows:
 - 1. Any blocked kick, fumble or interception on a PAT may **NOT** be returned by the defense for 2 points (All Divisions). The ball is considered dead and the play shall be immediately blown dead by the official.
 - 2. Mercy Rule (All Divisions) - If at the start of the third quarter or at any time in the second half a team is leading by 30 points the clock will run continuously. The clock will only stop for a time-out, score, or injury. If in the event a team is leading by more than 30 points in the 1st half the mercy rule may be started if agreed upon by both head coaches.
 - 3. There shall be four (4) 10:00 minute quarters for all divisions. There will be a 10:00 minute halftime for all divisions.
 - 4. The NFHS overtime rules will be utilized for all games tied at the end of regulation. For regular season and playoff games; if the game is still tied after two overtime periods the team must go for 2 points (D1 field goal kick) during the third overtime period.
 - 5. The WPFL will mirror the NCAA rule for targeting calls resulting in ejection.
 - a. A player disqualified in the first half of a game for targeting will be disqualified for the remainder of the current game.
 - b. A player disqualified in the second half of a game will be disqualified for the remainder of the current game and the first half of the next regularly scheduled WPFL contest.
 - 6. Communication and electronic devices (i.e. I pads) devices are prohibited on the sideline.
 - 7. TUSH PUSH: Teammates can push the ball carrier from behind, but they cannot pull the ball carrier or push the ball carrier with extended arms.

B. Division I Specific Rules:

1. PAT – 1 point for run or pass conversion; 2 points for successful kick.
2. Blitz Restrictions
 - a. Any upright defender must stay behind the heels of the defensive lineman and may not blitz the A, B, or C gap(s) until the ball is snapped.

If the “C” gap is outside of the last down offensive lineman on the line of scrimmage there are no blitzing restrictions for upright defenders.
 - b. If the offensive team is in an unbalanced formation upright defenders are allowed to blitz in any gap outside the third offensive lineman (D gap).
 - c. One warning per team per game. If there is a turnover on the play the offensive team will retain possession and the down will be replayed from the original LOS.
 - d. 2nd & 3rd offense will result in a ten (10) yard penalty. Fourth infraction will result in a ten (10) yard penalty and the ejection of the head coach, and the head coach will be subject to all fines and penalties associated with an ejection
3. All interior defensive linemen must be in either a 3-point or 4-point stance and have no restrictions in regard to positioning along the line of scrimmage. A defensive player may be in a 2-point stance when lined up over the last offensive player on the line of scrimmage. There shall be no restrictions on line slants, stunts or twists.
4. The 2025 PIAA play clock rules will be enforced.
5. A “*Wilson GST TDJ*” football of either leather or composite material will be used. The ball must be inflated to required (NFHS) PSI standards.

C. Division II Specific Rules:

1. PAT – 1 point for run or pass conversion from the 3-yard line; 2 points for run or pass conversion from the 6-yard line; 2 points for successful kick from the 3-yard line.
2. Blitz Restrictions
 - a. Any upright defender must stay behind the heels of the defensive lineman and may not blitz the A, B, or C gap(s) until the ball is snapped.
 - b. If the “C” gap is outside of the last down offensive lineman on the line of scrimmage there are no blitzing restrictions for upright defenders.
 - c. If the offensive team is in an unbalanced formation upright defenders are allowed to blitz in any gap outside the third offensive lineman (“D” gap).
 - d. One warning per team per game. If there is a turnover on the play the offensive team will retain possession and the down will be replayed from the original LOS.
 - e. 2nd & 3rd offense will result in a ten (10) yard penalty. Fourth

infraction will result in a ten (10) yard penalty and the ejection of the head coach, and the head coach will be subject to all fines and penalties associated with an ejection

3. All interior defensive linemen must be in either a 3-point or 4-point stance and have no restrictions in regard to positioning along the line of scrimmage. A defensive player may be in a 2-point stance when lined up over the last interior lineman on the line of scrimmage. There shall be no restrictions on line slants, stunts or twists.
4. Kickoffs - to begin the game, the second half and after a touchdown or field goal the ensuing offensive possession will start from the 35-yard line.
5. No punting - When a team declares a punt the ball shall be placed 30 yards from the line of scrimmage: *Exception - the ball will never be placed inside the 20-yard line on a declared punt.*
 - a. Subsequent to a punt being declared if the game clock was stopped for an incomplete pass or time out there will be a ten (10) second run-off for the simulated punt.
6. After a safety, the ensuing offensive possession will begin from the 50 yard line.
7. The trailing team may attempt one onside kick in the fourth quarter.
 1. Only available in the 4th quarter to the team trailing when trailing by 14 points or less
 2. Only one onside attempt per team is permitted in the 4th quarter.
 3. One untimed down from the team's 40-yard line.
 4. One play to gain 15 yards.
 5. If the play does not gain 15 yards the opponent will take over at the spot the play ended.
 6. If the try is successful, the team will start a possession at the opponent's 45-yard line.
 7. No touchdowns can be scored, and the maximum gain will be 15 yards regardless of the outcome of the play.
8. **COACHES ON FIELD:** Only one (1) offensive and one (1) defensive coach is permitted on field between plays.
 - a. Offensive Coach, after calling play, may remain on field but must remain 15 yards behind line of scrimmage.
 - b. Defensive Coach must be 15 yards behind deepest defensive player at the snap.
 - c. Communication between the “on-field” coaches their team must cease when the offensive team is at the line of scrimmage.
 - d. The defensive “on-field” coach is not permitted to signal his coaches on the sideline once the offensive team is at the line of scrimmage.
 - e. “On-field” coaches are prohibited from communicating with each other in any manner that would be deemed unsportsmanlike.
 - f. Penalties for infractions on “on-field” coaching requirements as stipulated in Rule II, C-7(a-f) will be as follows: **(Referees and Organizations must report infraction to WPFL Football Director) -**
 - 1). First offense – 15 – yard penalty

- 2). Second Offense – “On-Field” coach removed for the remainder of the game
- 3). Third Offense - “On-Field” coach removed from field for remainder of the season

9. The 2023 PIAA play clock rules will be enforced.
10. A “Wilson GST *Pee-Wee K2*” football of either leather or composite material will be used. The ball must be inflated to required (NFHS) PSI standards.

D. Division III Specific Rules:

1. PAT – 1 point for run or pass conversion from the 3-yard line; 2 points for run or pass conversion from the 6-yard line; 2 points for successful kick from the 3 yard line.
2. **No Blitzing**
 - a. One (1) warning for blitz infractions.
 - b. 2nd and 3rd offense will result in a ten (10) yard penalty.
 - c. 4th infraction will result in a ten (10) yard penalty and ejection of the head coach and the head coach will be subject to all fines and penalties associated with an ejection.
3. Defense can implement a 4-man, 5-man or 6-man defensive front.
The defensive line formation is dependent on the offensive line formation being used.
4. Teams cannot have any defensive player line up over the center or the “A” gap on either side of the center.
 - a. QB sneaks are prohibited when the QB is under center for the snap.
5. Interior defensive lineman must line “head-up” the offensive guard or tackle.
6. Interior Defensive line must be in either a 3-point or 4-point stance
7. A defensive player may be in a 2-point stance when lined up over the last offensive lineman on the line of scrimmage. This player may also line up in an “outside shade” when over the last offensive lineman on the line of scrimmage.
8. Regardless of alignment, defensive linemen may slant in any direction.
9. Defensive line stunts or twists are prohibited.
10. Inside Linebackers must be positioned 4 yards off the line of scrimmage. If the offensive team is inside the defensive 4-yard line the inside linebackers will be permitted to be positioned on the goal line.
11. No unbalanced line formations by the offense (more than three down linemen on either side of the center).
12. Kickoffs - to begin the game, the second half and after a touchdown or field goal the ensuing offensive possession will start from the 35-yard line.
13. No punting - When a team declares a punt the ball shall be placed 30 yards from the line of scrimmage: *Exception - the ball will never be placed inside the 20-yard line on a declared punt.*
 - a. Subsequent to a punt being declared if the game clock was stopped for an incomplete pass or time out there will be a ten (10) second run-off for the simulated punt.

14. After a safety, the ensuing offensive possession will begin from the 50-yard line.
15. The trailing team may attempt one onside kick in the fourth quarter.
 1. Only available in the 4th quarter to the team trailing when trailing by 14 points or less
 2. Only one onside attempt per team is permitted in the 4th quarter.
 3. One untimed down from the team's 40-yard line.
 4. One play to gain 15 yards.
 5. If the play does not gain 15 yards the opponent will take over at the spot the play ended.
 6. If the try is successful, the team will start a possession at the opponent's 45-yard line.
 7. No touchdowns can be scored, and the maximum gain will be 15 yards regardless of the outcome of the play.
16. **COACHES ON THE FIELD:** Two (2) coaches allowed on the field for both offense and defense.
17. At the ready for play signal (whistle to start the 35 second play clock) the on-field coaches may physically place a player in the correct position and verbalize with the players until such time the play is ready to be run.
 - a. When the offensive coach(s) backs away from the LOS and ceases communication with his team the defensive coach(s) must back away and cease all communication with his team; at this point all coaches are prohibited from communicating with their teams until the conclusion of the play.
 - b. The first infraction of this rule shall result in a warning and any subsequent violations will result in a five-yard delay of game penalty.
18. The 2023 PIAA play clock rules will be enforced with the exception that the play clock will reset to 35 seconds (not 25 second) after a dead ball situation requiring the play clock to be reset.
19. A "Wilson GST Pee-Wee K2" football of either leather or composite material must be used. The ball must be inflated to required (NFHS) PSI standards.

III. Weight Limits/Restrictions

- A. There is **no maximum weight limit** for participation in the WPFL, however, there shall be weight limitations pertaining to all "skill" positions handling the ball (QB, RB, WR, TE).
- B. Weight limitations are as follows:
 1. Division I (5th & 6th Grade) – 120 lbs.
 2. Division II (3rd & 4th Grade) – 100 lbs.
 3. Division III (K - 2nd Grade) – 75 lbs.
- C. No player shall be permitted to play in any WPFL sanctioned contest without first being weighed in.
- D. Any player whose weight is above the designated weight for their respective division will have a green dot on the front and back of their helmet and be considered a "Green-Dot" player. A "Green-Dot" player while on offense:
 1. May not play any skill position
 2. May not line up in the backfield.

3. May line up in any position on the line of scrimmage; may line in a wide receiver position but is ineligible to catch a pass.
4. May not advance a fumble or deflected forward pass.
- E. A “Green-Dot” player is permitted to play any position on defense and is permitted to advance a fumble recovery or interception.
- F. A “Green-Dot” player may receive a kick (punt or kickoff) but cannot advance the kick. The play will become dead at the spot of the catch.
- G. If the kicker/punter is a “Green-Dot” player said player shall only be permitted to kick the ball. The player may not participate in any fake kick; if snap is fumbled the “Green-Dot” player may not advance the fumbled snap - may only fall on the ball. This also applies to the holder on a PAT and/or field goal attempt if said player is a “Green-Dot” player. A 15-yard unsportsmanlike penalty will be assessed for any deliberate fake involving a “Green-Dot” player.
- H. Pre-season weight certifications will be conducted as follows:
 1. Organizations will be scheduled to have all players weighed in at a site determined by the league director prior to the start of the regular season. Several sites will be utilized to minimize travel.
 2. Organizations will report to their scheduled weigh-in site with the appropriate official WPFL weigh in form. This form must include a roster with all players listed in numerical order. Failure to present the official WPFL weigh-in form shall be prohibited from weighing in their team.
 4. Players must weigh in in game jersey. Any player close to the “skill weight” for his/her respective division may remove their game jersey “only” and re-weigh immediately. Players shall have a minimum of shorts and t-shirt when being weighed. No other re-weighing of players is permitted.
 5. The pre-season weight certification process is final will be in effect for the entire season. No “re-weighing” of players later in the season is permitted.
 6. When a player misses their scheduled weigh-in the organization must make arrangements with the league director to have the player weighed.
 7. The same certified scale shall be used for all weigh-ins.

IV. Play-Down/Play-Up Players

- A. Any organization can request to have a player(s) “play-down” if said organization feels the player is small in stature and is at greater risk for injury. The following rules and procedures will be followed for any request:
 1. Only 1st year third grade players are eligible to “play-down.”
 2. The maximum weight limit for any “play-down” player will be 60 lbs.
 3. Any player being considered as a “play-down” player must weigh-in prior to being classified as a “play-down” player for the season.
 4. All requests for “play-down” players must be received by the Monday following the Gridiron Classic games. No player(s) will be considered for “play-down” status after this date.
 5. “Play-down” player(s) must be introduced to the opposing coach and officials at the coin toss prior to the game.
 6. “Play -down” players will be considered green dot players on offense. *(If the score of a game is lopsided “play-down” player(s) may participate in a skill*

position only he both head coaches agree). “Play-down” players may play in any defensive position.

7. The following penalties shall be assessed for any organization who fails to adhere to the “play-down” rules:
 - a. The head coach for the offending team will be suspended for one (1) year. The suspension start date will be effective from the date the infraction occurred.
 - b. The offending team will be ineligible for the playoffs for the current season.
 - c. The organization will be placed on probation for the remainder of the current season and the following season.
 - d. A **\$500** fine, as outlined in **Article XIII, Section 13.2 (7)** of the WPFL Bylaws will be assessed to any organization whose team(s) violate the “play-down” provisions.
- B. An organization can elect to a move player in a higher division. The player has until the first week of the regular season to return “down” to the appropriate division. If the player is on the roster of the higher division at the beginning of the regular season the player will be prohibited from returning to the lower Division for the remainder of the season.

V. Emergency Players

- A. In an emergency situation due to injury and/or illness an organization will be permitted to bring players from the other divisions in order to field a maximum of fourteen (14) players for a game. These players will be classified as “emergency” players.
- B. The following rules and regulations will govern all situations involving “emergency” players pulled from other divisions to fill a roster on game day:
 1. A team may pull “emergency” players from other divisions until a maximum roster size of fourteen (14) is reached.
 2. Only players from the grade immediately above are eligible to be used as an “emergency” player if playing in a lower division.
 3. Only 3rd grade players weighing 75lbs. or less are eligible to be used as an “emergency player” in a Division III game. Only 5th grade players weighing 100lbs. or less are eligible to be used as an “emergency player” in a Division II game.
 4. Any “emergency” players pulled from another division will be considered a “green dot” player at all times. No exceptions will be granted.
 5. “Emergency” player(s) must be introduced to the opposing coach and officials at the coin toss prior to the game.
 6. When a team has 11 or more rostered players from the correct division available to play at the start of the game any “emergency” player from other divisions shall not start the contest.
 7. “Emergency” players may only play two (2) consecutive plays unless injury/illness to current rostered players require the “emergency” player(s) to be on the field to make eleven (11) players.

8. If at any time an “emergency” player who was pulled from the division above plays in the contest the contest shall be considered a forfeit and the score shall be recorded as 10-0.
9. Organizations must report all “emergency” players, whether actual or possible, to the league director via email by Friday at 4:00 p.m. of game week. Exceptions will be made in case of illness/injury to player(s) on game day – the league director must be notified via text message and email.
10. The following penalties shall be assessed for any organization who fails to adhere to the “emergency” player rules:
 - a. The head coach for the offending team will be suspended for one (1) year. The suspension start date will be effective from the date the infraction occurred.
 - b. The offending team will be ineligible for the playoffs for the current season.
 - c. The organization will be placed on probation for the remainder of the current season and the following season.
 - d. A **\$500** fine, as outlined in **Article XIII, Section 13.2 (7)** of the WPFL Bylaws, will be assessed to any organization whose team(s) violate the “emergency” player provisions.
- C. No opposing player will be permitted to play for a team who is “shorthanded.”

VI. Coaches & Site Personnel

- A. Each Organization can have a maximum of 8 football coaches, 2 team moms (football) and 5 cheer coaches PER 30 cheerleaders and 1 additional coach (cheer) for every 10 extra cheerleaders and 2 team moms (cheer) and 1 photographer per team/per division.
- B. Field Passes **MUST BE WORN AT ALL TIMES WHILE ON THE FIELD** by coaches, cheerleading advisors/coaches, team moms and photographers. Each organization will be given their allotment of field passes to distribute after coaching, team moms and photographers have fulfilled the mandatory WPFL coaching requirements. Each organization will distribute their allotment of Field Passes per their policies. Varsity and JV are considered 2 teams.
- C. The following on field limits for team personnel during games are:
 1. 1 Head Coach (Organizational Head Coach can be on field for all games)
 2. 7 Assistant Coaches
 3. 2 Team Mom’s for football
 4. 3 Cheerleading Advisors/Coaches
 5. 1 Team Mom for cheerleading.
 6. 1 Team photographer
- D. The three member “chain-gang” will be provided by the home team.
- E. Unauthorized personnel are not permitted in the press box at any time. Authorized personnel include:
 1. Scoreboard operator
 2. Announcer

3. Spotter
4. One team designated from each team to film the game currently being played.
5. One cheer coach or designate per team

VII. Site & Game Management

- A. All WPFL contests will take place on a regulation football field. Organizations are required to play their games on a field marked in accordance with NFHS dimensions. The field must be marked in five-yard increments have a goal post behind each end zone.
- B. WPFL games should not begin before 1:00 p.m. on Saturday.
- C. There shall be a minimum of 1 hour and 45 minutes between games. No game is permitted to begin before the scheduled start time unless prior approval is given by the league director.
- D. Halftime for all games will be ten (10) minutes in length.
- E. It is mandatory to have, at a minimum, a Certified Athletic Trainer on site for all WPFL contests. (*An EMT or on-site ambulance is preferred*)
- F. The home team is responsible for supplying the official WPFL roster for both teams to the announcer.
- G. Teams with multiple jerseys must coordinate jerseys with the opponent and the league at a minimum of 5 days prior to the game. The home team will have the choice of jersey.
 1. A **\$300** fine, as outlined in **Article XIII, Section 13.2 (6)** of the WPFL Bylaws, will be assessed to any organization whose team(s) reports to a game in different jerseys and/or different roster numbers than that was reported to the opponent and the league.
- H. Organizations are responsible for transporting to every game and having readily available their official WPFL weight verification form and player birth certificates for all respective teams.
- I. Universal film exchange is mandatory for ALL DIVISIONS. Film must be exchanged by the following Tuesday at 12:00 Noon after you play an opponent.

VIII. Health and Safety

- IX. All WPFL organizations are required to have an AED with adult and pediatric pads on site for all practices and games. Every organization must submit the annual AED compliance form to the league by July 1 of the current season. Failure to submit the form will result in a **\$100/day** fine as outlined in **Article XIII, Section 13.2 (3, F)**.
- X. An AED must be onsite for all practices and games. Failure to have an AED on site for all practices and games will result in a \$500 fine/ per occurrence as outlined in **Article XIII, Section 13.2 (3, G)**.
- C. All WPFL head coaches are required to, at a minimum, have a current American Heart Association Heart Saver and AED certification.
- D. INJURY – Incident Report: If a significant injury occurs that requires medical attention all teams must fill out an Incident Report. Proper signatures are

required to complete the form in its entirety. Incident Report forms must be sent to the WPFL League Directors and the President of the injured players organization.

- E. Hosting stadiums must be able to provide water for all teams. All teams are required to have their own labeled water jugs for all divisions. Note the hosting stadium is not required to provide water jugs.

IX. Practice – Heat Acclimation Week

- A. The League Director shall designate a date, no earlier than the last week of July, as the official start date for practice.
- B. The first week of practice shall be known as “Heat Acclimation Week” and the following protocols will be strictly enforced:
 - 1. Days 1 – 2: Helmets only
 - 2. Days 3 – 5: Helmets and Shoulder Pads only – contact only with blocking dummies and sleds
 - 3. Day 6 – Full Equipment – Full 100% live contact permitted
 - 4. Only one (1) practice permitted per day during “Heat Acclimation Week”
 - 5. Practice shall be no more than two (2) hours in length during “Heat Acclimation Week”
 - 6. Any player who misses a practice after beginning the “Heat Acclimation” process will restart the “Heat Acclimation” process from the point they missed practice (ex. Player goes through days 1-3 of “Heat Acclimation” and misses 5 days due to vacation. Upon return to practice player will restart the “Heat Acclimation” process at day #4.)
 - 7. Regardless of when a player begins practicing that player must go through the “Heat Acclimation” process
- C. The following penalties shall be assessed for any organization who fails to adhere to the “Heat Acclimation Week” protocols:
 - 1. Ineligible for the playoffs for the current season (all division levels)
 - 2. A **\$500** fine, as outlined in **Article XIII, Section 13.2, (5)** of the WPFL Bylaws, will be assessed
- D. Any team may conduct “conditioning” workouts prior to “Heat Acclimation Week.” Only shorts and t-shirts may be worn, no protective football equipment shall be worn.

X. Practice Guidelines

- A. Pre Season Practices Guidelines - Following the mandatory WPFL “heat acclimation week” wpfl organization will conduct no more than five (5) practices per week. Practices are limited to one (1) 2-hour practice per day. Coaches will limit the amount of full-contact to no more than 30 minutes per day and no more than a total of 150 minutes per week.
- B. Regular Season Practice Guidelines - At the beginning of the regular season WPFL organizations will be limited to four (4) 2-hour practices per week.

Coaches will limit the amount of full-contact to no more than 30 minutes per day and no more than a total of 90 minutes per week.

One of the four (4) practices will be considered a **NO** full-contact practice. Players will only be permitted to wear helmets and shoulder pads.

- C. Post -Season Practice Guidelines - During post season play WGYFL organizations will be permitted to have five (5) 2-hour practices per week. Coaches will limit the amount of full contact to no more than 30 minutes per day and no more than a total of 90 minutes per week. One of the four (4) practices will be considered a **NO** full-contact practice. Players will only be permitted to wear helmets and shoulder pads.

WPFL WEATHER GUIDELINES

1. **Weather Policy**
2. The WPFL will follow the current National Federation of State High School Associations (NFHS) guidelines on handling practices and contests during lightning or thunder disturbances, except as otherwise stated in these rules.
3. This policy applies to all divisions and all WPFL sanctioned games, practices, scrimmages, warm-ups, cheerleading activities and any other WPFL outdoor activity.
4. The safety of players, cheerleaders, coaches, game officials, site personnel and spectators shall take precedence over starting, continuing or completing any activity.
5. Any WPFL organization may impose more restrictive site-specific weather safety procedures when conditions warrant.
6. **Weather Monitoring**
7. The home organization shall assign staff before the first scheduled contest to monitor local weather conditions before and during all games.
8. The assigned weather monitor shall work closely with the game officials, site personnel, athletic trainer or medical personnel and head coaches for continuous monitoring.
9. For practices or other organization events, the head coach or designated site representative shall monitor local weather conditions and shall implement this policy.
10. The weather monitor may use weather forecasts, National Weather Service alerts, radar, independently validated lightning-detection devices and/or mobile applications. Hearing thunder or seeing lightning shall take precedence over electronic information.
11. **Evacuation Plan and Safe Areas**
12. Each organization shall maintain a site-specific evacuation plan, including the identification of appropriate nearby safe areas and the approximate time needed to move all participants and spectators to those areas.

13. A safe area includes a substantial building with plumbing and wiring, such as a school, gymnasium, library or similar building. If such building is not available, a fully enclosed hard-top vehicle or bus with the windows closed may be used.
14. Unsafe areas include the field, sidelines, bleachers, dugouts, open press boxes, concession stands, sheds, tents, pavilions, trees, poles and any other open or partially enclosed structure.
15. Before the first game at each site, the home organization shall review the evacuation plan with site personnel and communicate safe areas to officials, coaches, players, cheerleaders and spectators as applicable.
16. All teams, cheer squads and spectators shall remain in the designated safe areas until play or practice is authorized to resume.
17. **Suspension of Play and Practice**
18. When thunder is heard or lightning is seen, the activity shall be suspended immediately and all players, cheerleaders, coaches, officials and spectators shall be directed to a designated safe area.
19. If an independently validated lightning-detection device or mobile application indicates lightning within ten (10) miles of the event location, the activity shall be suspended immediately.
20. For games, the home organization shall be responsible for weather monitoring and shall work with the officials regarding final decision making to suspend, resume, postpone or cancel a contest. If a weather disagreement occurs the WPFL League Directors will have the FINAL decision after conferencing with the referees located at the site.
21. For practices, the head coach or designated site representative shall have authority to suspend, resume, postpone or cancel activity under this policy.
22. No coach, team, parent or spectator may override a weather-related suspension of play or practice.
23. Team meetings, warm-ups or conditioning are not permitted on the field or in other unsafe areas during a weather delay.
24. **Resumption of Play**
25. Once play or practice has been suspended, no activity shall resume until at least thirty (30) minutes after the last thunder is heard or lightning is seen.
26. Any subsequent thunder or lightning after the thirty (30) minute count begins shall reset the clock and another full thirty (30) minute count shall begin.
27. Participants may return to the field only after the thirty (30) minute requirement is satisfied and the home organization, game officials or designated site representative authorize return.

28. Game officials may allow a reasonable warm-up period before resuming a game after a weather delay.
29. **Game Start Times, Delays and Cancellations**
30. The home organization may establish a site-specific latest start or restart time for games due to weather, daylight or field availability, provided such time is communicated to the visiting organization and game officials before the contest.
31. **Example:** No game will start after 6:30 p.m. when that time limit has been established by the home organization before the contest.
32. If a weather delay prevents a game from starting or resuming within the site-specific time limit, or if conditions remain unsafe, the home organization shall consult with the game officials and the League Director or designee regarding postponement or cancellation.
33. Any suspended, postponed or cancelled game shall be reported to the League Director as soon as practicable. Rescheduling shall be handled under WPFL scheduling procedures.
34. **Annual Review and Notification**
35. Each organization shall review the NFHS policy and this WPFL policy with administrators, coaches and game personnel before the start of each season.
36. Each organization shall inform players, cheerleaders, parents or guardians and spectators of the policy at the start of each season.
37. Each organization shall include this policy in its emergency action plan and shall make the policy available at home contests.
38. **Emergency Response**
39. If any person is struck by lightning or otherwise injured during severe weather, emergency medical services shall be activated immediately.
40. The AED required by Section VIII shall remain readily accessible during all practices and games.

No activity shall resume until emergency response has been completed and the site is safe for return

XI. Junior Varsity Games

- A. For organization with large rosters it is encouraged to find “JV” games for younger, less experienced players against other WPFL teams with large rosters. Organizations may find “JV” games against non WPFL organizations.
- B. “JV” games will be scheduled immediately following the “Varsity” game at the same division.
- C. “JV” games shall follow the same rules as the “Varsity” game. All JV games will have 10 minutes quarters. There is **NO** running clock in JV games .

XII. Senior Bowl Games

- A. Teams will be split geographically, based on the number of seniors from each organization.
- B. Organizations will be required to play with at least one other organization. Organizations with a large number of seniors may be split into two groups and paired with other organizations.
- C. No more than 6 players from one organization can be on the field at any time.
- D. No timeouts are permitted in the final two (2) minutes of the game when the score difference is 12 points or greater.
- E. No blitzing at any time.
- F. No kickoffs or punts – Division II/III special teams will be utilized.
- G. No trick plays.
- H. After a touchdown, teams are required to kick the extra point. There will be no rush on the try.
- I. One coach is permitted on the field for both offense and defense.
- J. Teams are only permitted to have two practices the week prior the Senior Bowl games.

XIII. Tie-Breaking Procedures

- XIV.** The WPFL League will utilize the WPIAL tie-breaking procedures to break any ties among two or more teams to determine playoff positions. The procedure is as follows:

WPIAL PLAYOFF TIEBREAKER SYSTEMS AND EXPLANATIONS

PLEASE REMEMBER THE TIEBREAKING SYSTEM REVERTS BACK TO HEAD-TO-HEAD COMPETITION WHENEVER POSSIBLE

- If teams A, B and C are tied for second place, and team A has a 2-0 record in head-to-head competition, then team A gets second. The system then reverts back to head-to-head competition to determine third and fourth place. If team B beat team C, team B would be third and team C fourth.
- If teams D, E and F are tied for third place and all three are 1-1 in head-to-head competition, the system goes to Gardner Points. If they tie in Gardner Points, the system goes to the WPIAL Point-Differential System. In this case, let's say that team D has more points in the "Point-Differential System," and thus finishes third. The system then reverts back to head-to-head for teams E and F. Team E beats team F; Team E gets the fourth-place spot.
- If four teams are tied for second place in a section: In head-to-head competition among these teams, team A and team B are both 2-1, while team C and team D are 1-2. In this case, team A and team B then revert back to head-to-head. Team A beats team B, so team A is second and team B is third. Then, to break the tie between C and D for fourth place, again revert back to head-to-head. Team C beat team C, team C is fourth.

HOW THE GARDNER POINTS SYSTEM WORKS

If head-to-head competition does not break ties among three or more teams, the Gardner Points System is used. Here is how the Gardner Points System works:

- Only section games are used.
- Teams are awarded 100 points for each section win.
- The winning team gets 10 points for each of the defeated team's victories. For example, team A beats team B. Team B has a 3-3 section record, so team A gets 30 points.
- Add up the Gardner Points for all teams that are tied for a playoff spot in a section. The team with more Gardner Points gets the spot. If there is a tie in Gardner Points, the WPIAL Point-Differential System is then applied.

HOW THE WPIAL POINT-DIFFERENTIAL SYSTEM WORKS

If neither head-to-head competition, nor Gardner Points breaks the tie among three or more teams, then the WPIAL "Point Differential System" is used. Here is how the system works:

- Only section games are used
- A maximum of 10 points is earned in a victory and a maximum of 10 points is lost in a defeat.
- Points are based on comparative scores
- For example, a 14-7 victory is worth 7 points for the winner, and a minus 7 points for the loser. A 20-10 victory is worth 10 points for the winner and a minus 10 points for the loser. A 35-7 victory results in only 10 points for the winner, and a maximum minus 10 points for the loser.

- Add up the points in the “Point Differential System” and the team with more points breaks the deadlock among tied teams.
- If there is still a tie among three or more teams after head-to-head, Gardner Points and the Point-Differential System, a coin flip will be used.

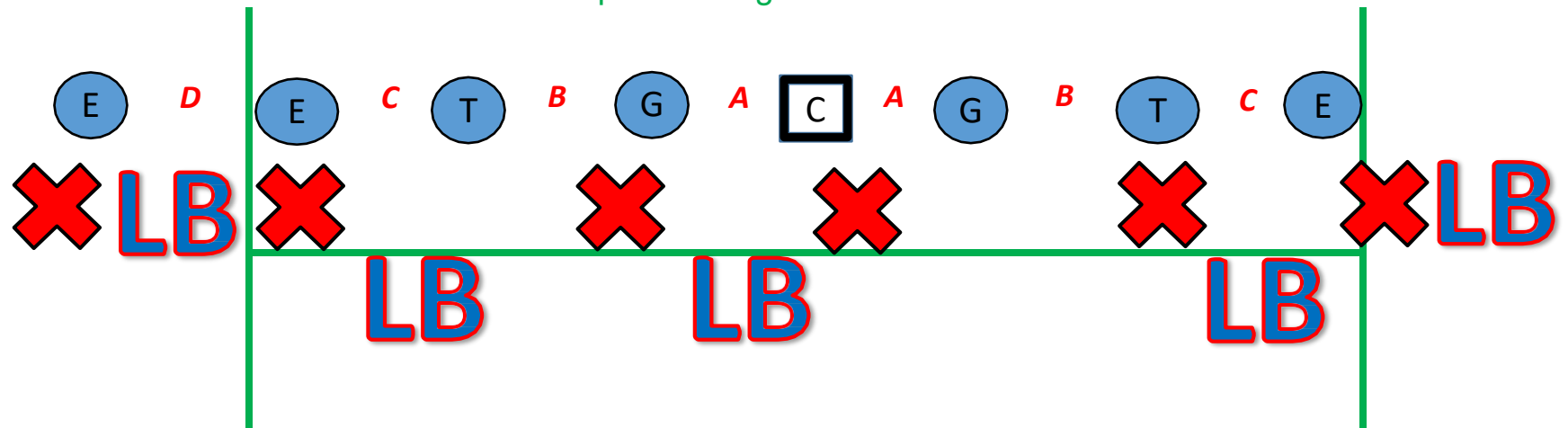
HOW A REQUIRED COIN FLIP WILL BE CONDUCTED

In the event that neither head-to-head competition, Gardner Points, nor the WPIAL Point-Differential System breaks a tie among three or more teams, a coin toss will be conducted. Here is how a coin toss will work:

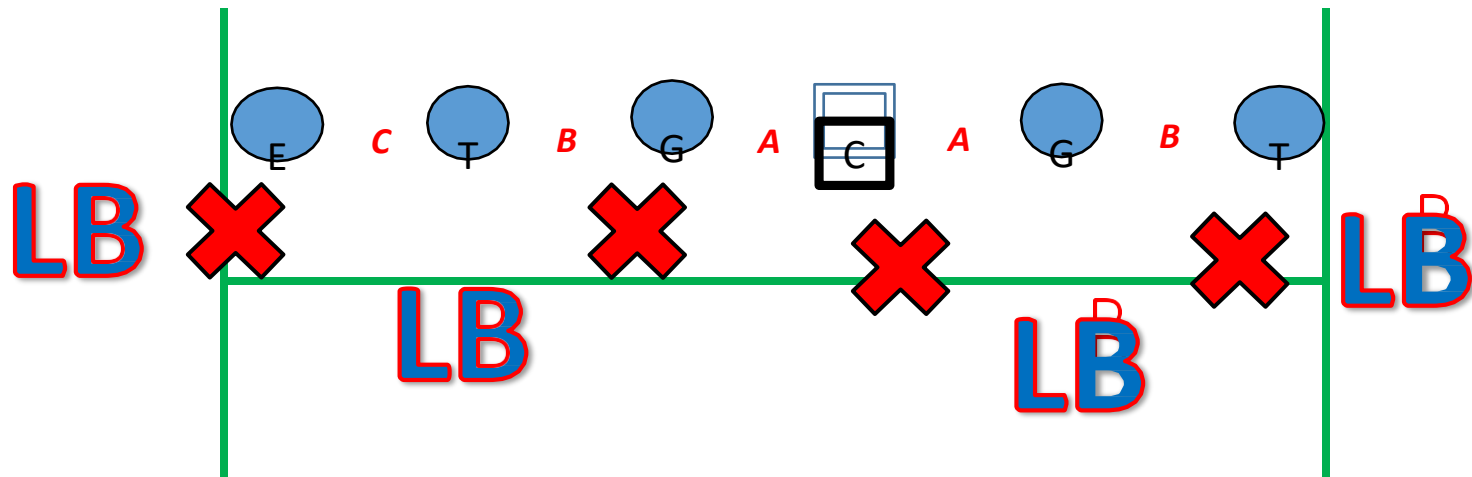
- A representative from the tied teams will meet at an agreed-upon site, to conduct the coin toss.
- All tied teams will simultaneously toss coins until one team’s coin is “different.”
- The team with the “different” coin is eliminated. • The two teams left use head-to-head game competition to determine the winner.
- If the two teams left did not play head-to-head in a game, a third party will toss the coin. One of the teams will call the coin before it is tossed. If correct, they win. If incorrect, the other team win.

DEFENSIVE FORMATIONS - DIVISION I DIVISION II

Example #1 - Legal Formation



Example #2 - Legal Formation

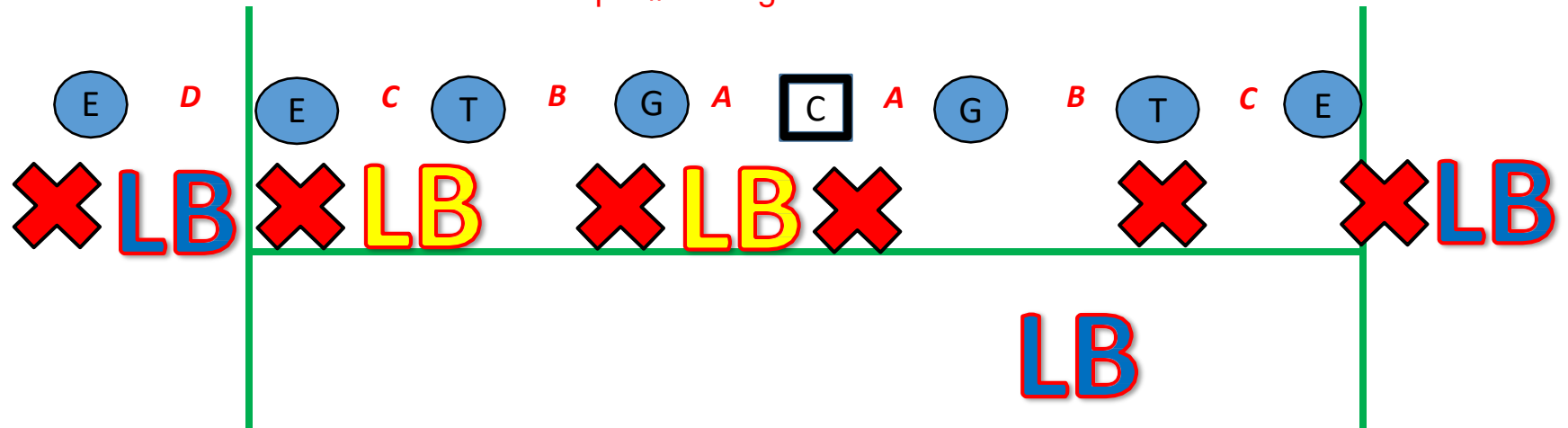


Example #1 - Offensive is in an unbalanced formation. Legal defensive formation, all linebackers from TE to TE are lined up behind the heels of the defensive lineman. LB in "D" gap is in a legal position on the LOS, rule states any defender may be in an upright position in the "D" gap if the offensive team is an unbalanced formation.

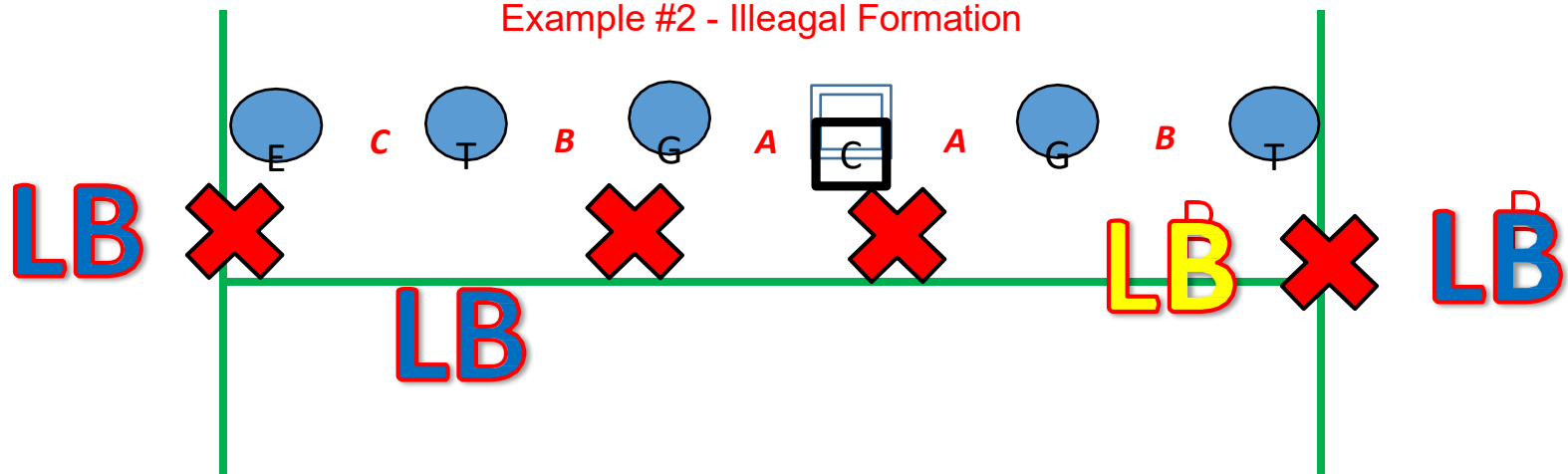
Example #2 - Offensive is a Pro-Formation. Legal Defensive Formation, all linebackers between TE and opposite tackle are behind the heels of the defensive linemen.

DEFENSIVE FORMATIONS - DIVISION I DIVISION II

Example #1 - Illegal Formation



Example #2 - Illegal Formation



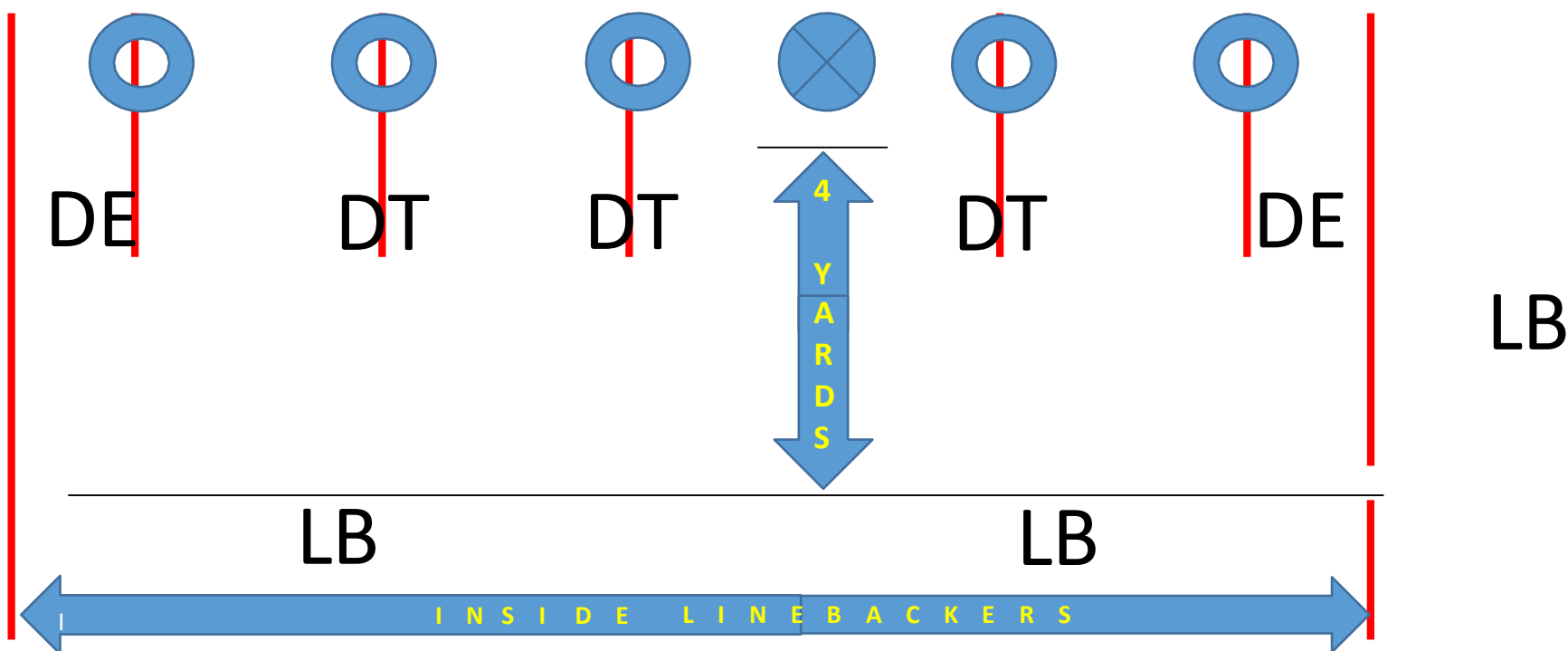
Example #1 - Offensive is in an unbalanced formation. Illegal defensive formation, linebackers are lined up as upright defenders on the LOS in the "A" and "C" gaps on the unbalanced side of the formation.

Example #2 - Offensive is in a Pro- Formation. Illegal defensive formation, linebacker on the short side is lined up as upright defender on the LOS in the "B" gap.

*** No defender is permitted on the LOS in an upright position unless they are positioned beyond the last offensive player on the LOS or in the "D" gap or beyond if the offense is an unbalanced formation***

DIVISION III OFFENSE

DIVISION III OFFENSE CAN NOT HAVE AN UNBALANCED LINE - MORE THAN THREE DOWN LINEMAN ON EITHER SIDE OF THE CENTER
(PICTURED BELOW IS PRO SET FOR PURPOSES)



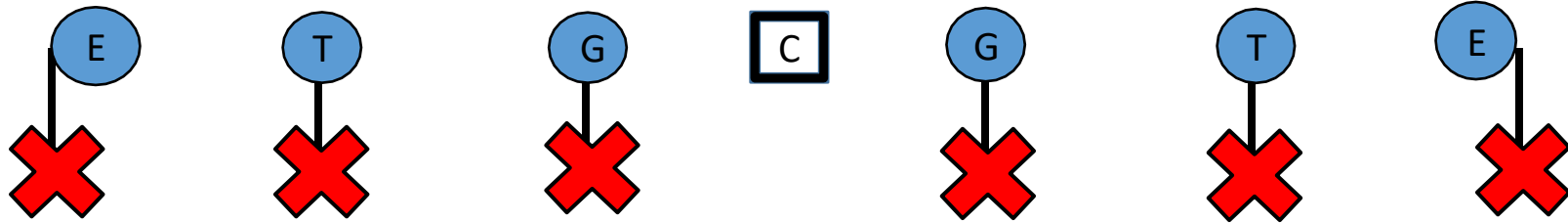
DIVISION III DEFENSE

THE DEFENSE CAN IMPLEMENT A 4, 5, OR 6 MAN DEFENSIVE FRONT ALIGNMENT DEPENDING ON THE OFFENSIVE LINE FORMATION.
THE LAST DEFENSIVE LINEMAN ON THE LINE OF SCRIMMAGE MAY LINE UP IN AN OUTSIDE SHADE OVER THE LAST OFFENSIVE LINEMAN ON THE LINE OF SCRIMMAGE.
DEFENSIVE LINEMAN ARE PROHIBITED FROM LINING UP DIRECTLY OVER CENTER OR IN EITHER "A" GAP.
DEFENSIVE LINEMAN MUST LINE "HEAD-UP" ANY OFFENSIVE LINEMAN WHO IS NOT THE LAST OFFENSIVE LINEMAN ON THE LINE OF SCRIMMAGE.

ALL INSIDE LINEBACKERS MUST BE FOUR YARDS OFF THE LINE OF SCRIMMAGE AT THE SNAP OF THE BALL
(UNLESS THE OFFENSE IS ON OR INSIDE THE DEFENSIVE 4 YARD LINE)
INSIDE LINE BACKERS WILL BE CONSIDERED ANY LINEBACKER BETWEEN THE TWO END MEN ON THE OFFENSIVE LINE

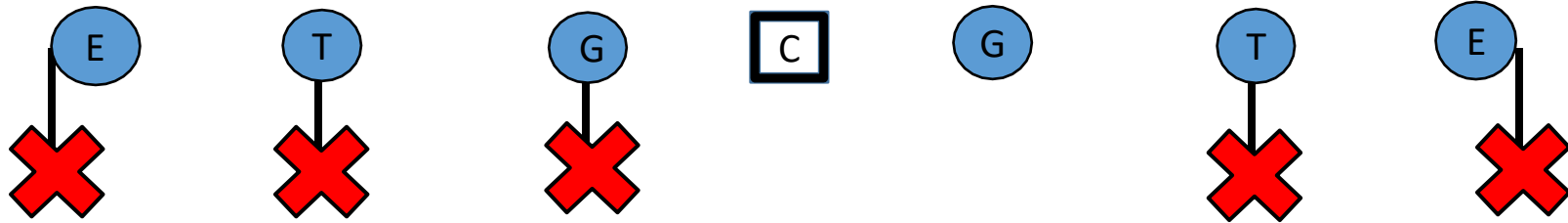
DIVISION III - DEFENSIVE LINE ALIGNMENTS

2 TIGHT END SET



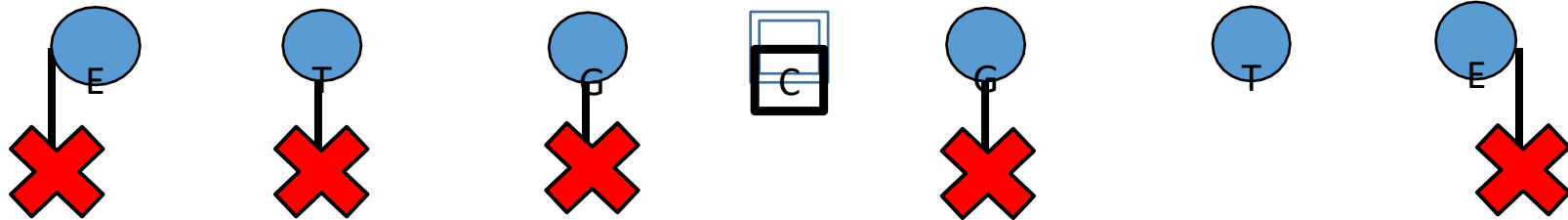
6 MAN FRONT

2 TIGHT END SET



5 MAN FRONT

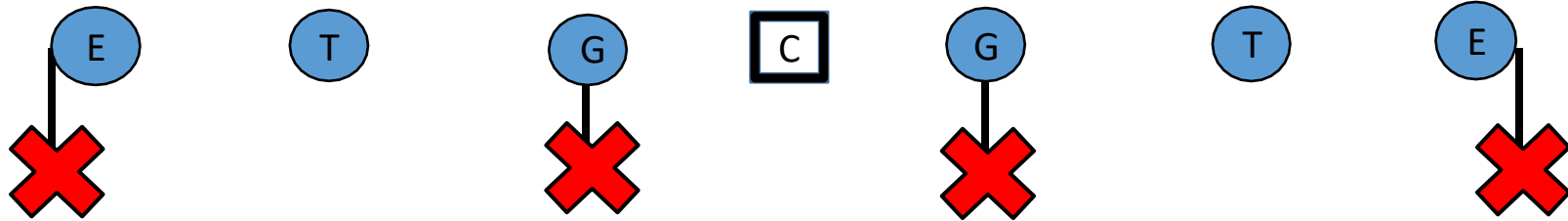
2 TIGHT END SET



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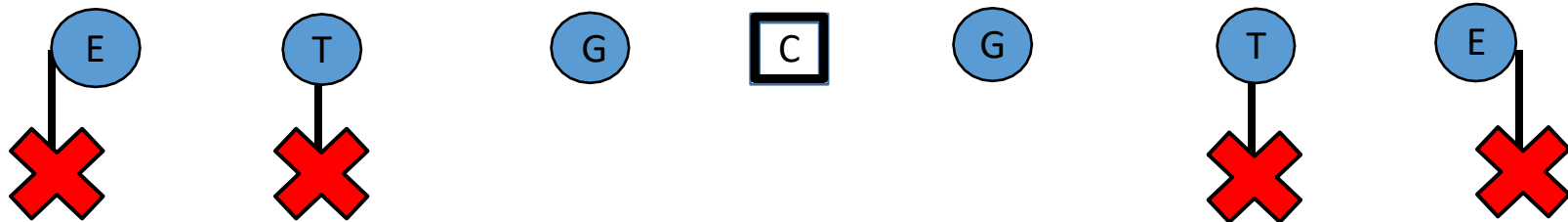
DIVISION III - DEFENSIVE LINE ALIGNMENTS

2 TIGHT END SET



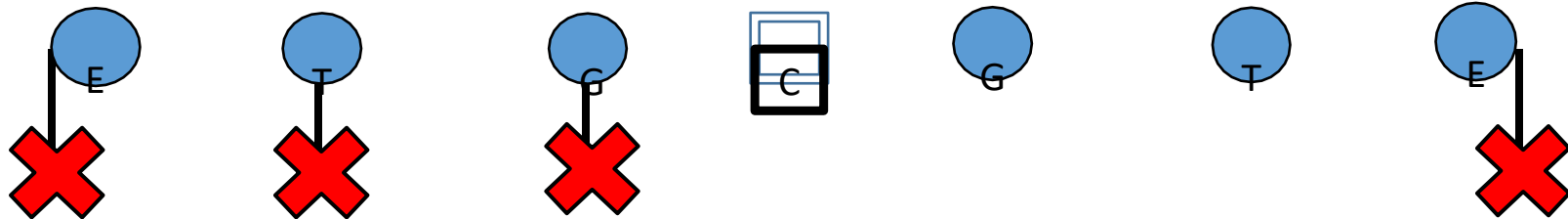
4 MAN FRONT

2 TIGHT END SET



4 MAN FRONT

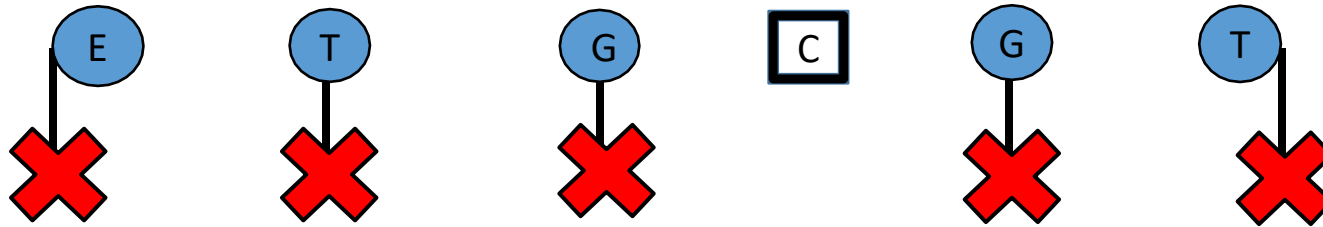
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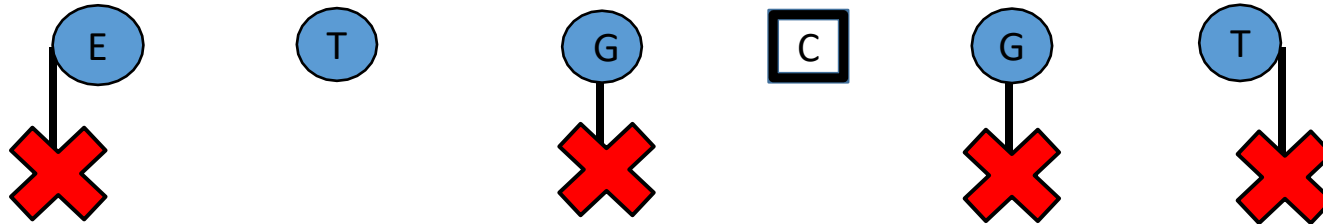
DIVISION III - DEFENSIVE LINE ALIGNMENTS

1 TIGHT END SET



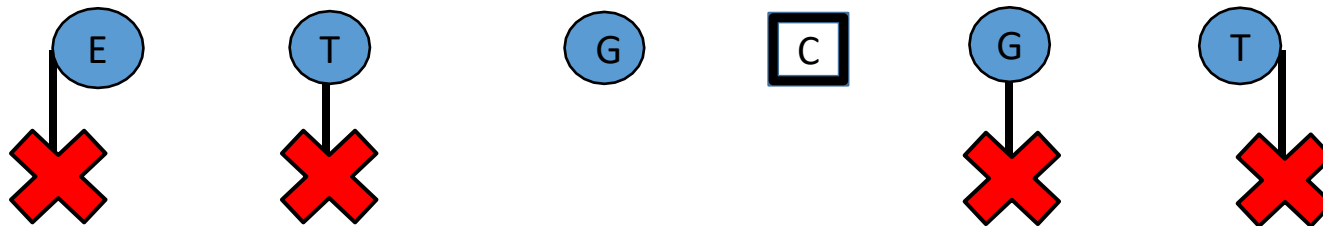
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1 TIGHT END SET



4 MAN FRONT

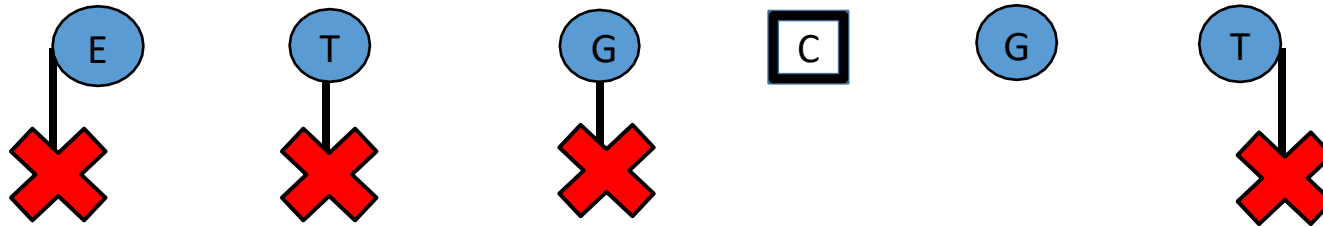
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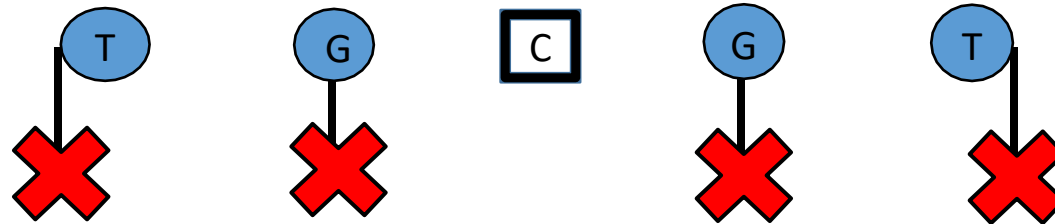
DIVISION III - DEFENSIVE LINE ALIGNMENTS

1 TIGHT END SET



4 MAN FRONT

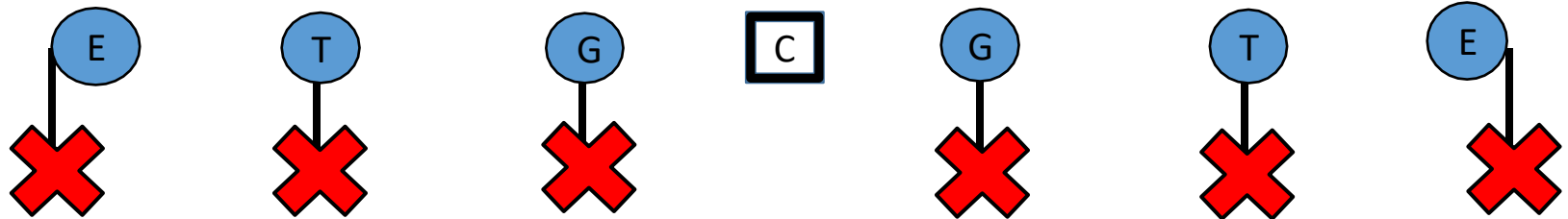
NO TIGHT END SET



4 MAN FRONT

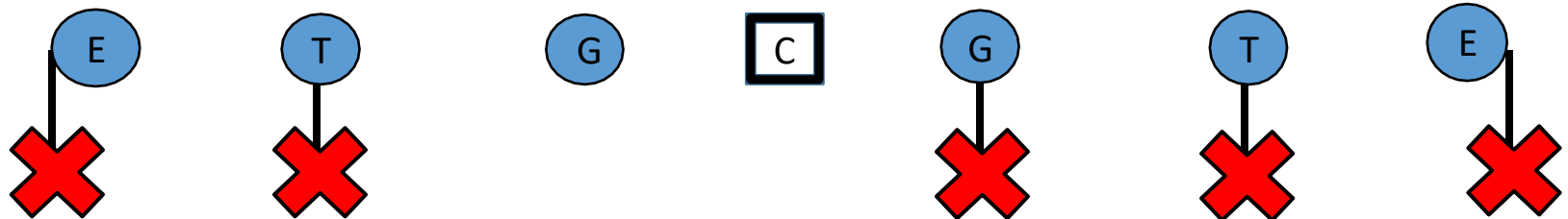
DIVISION III - DEFENSIVE LINE ALIGNMENTS

2 TIGHT END SET



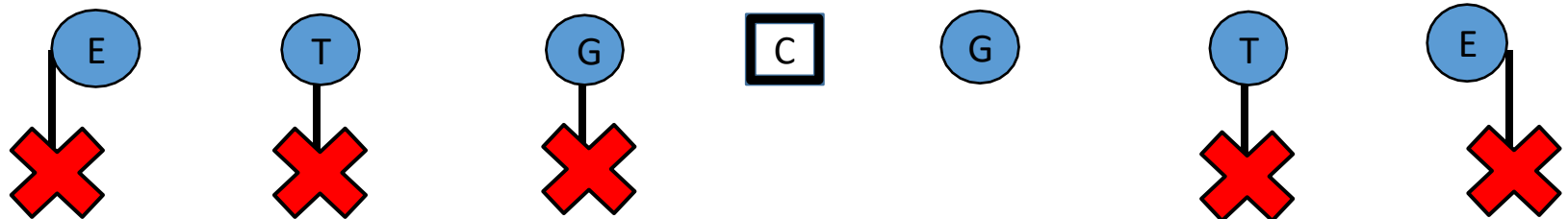
6 MAN FRONT

2 TIGHT END SET



5 MAN FRONT

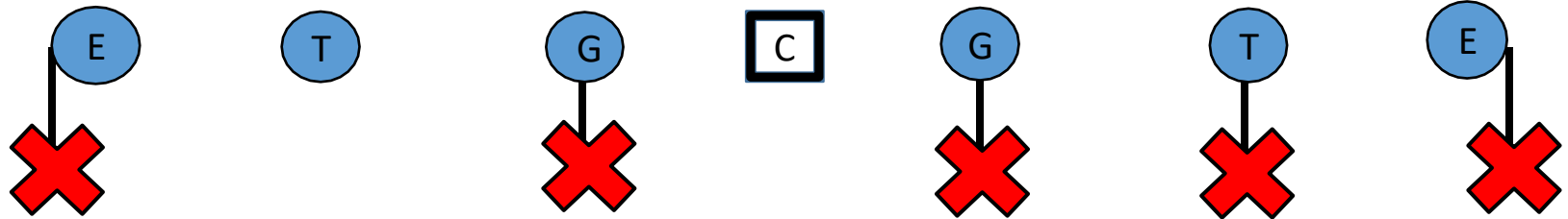
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5 MAN FRONT

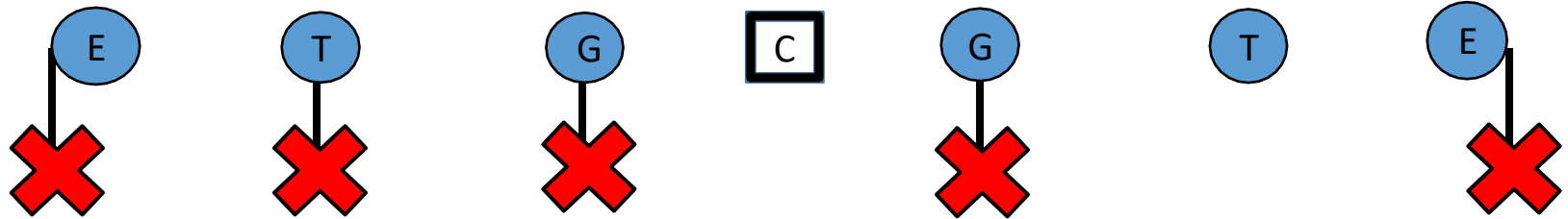
DIVISION III - DEFENSIVE LINE ALIGNMENTS

2 TIGHT END SET



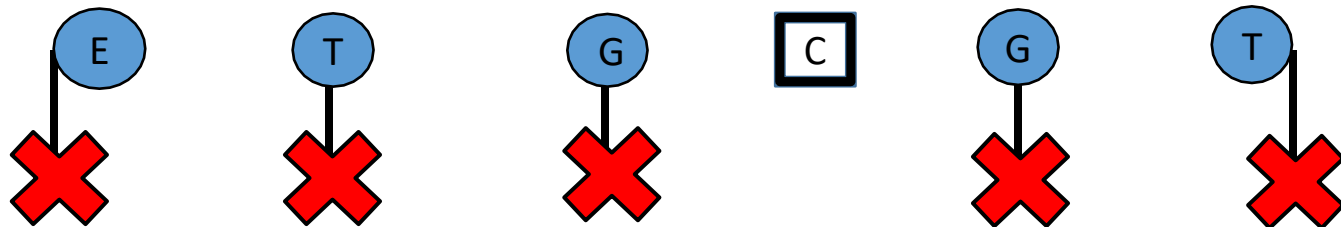
5 MAN FRONT

2 TIGHT END SET



5 MAN FRONT

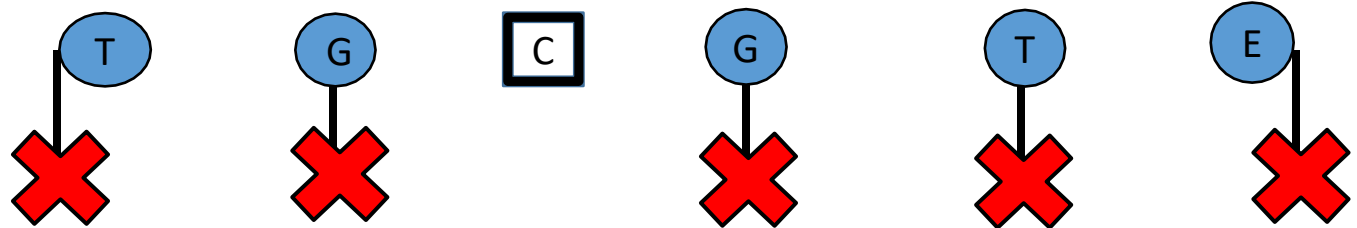
1 TIGHT END SET



5 MAN FRONT

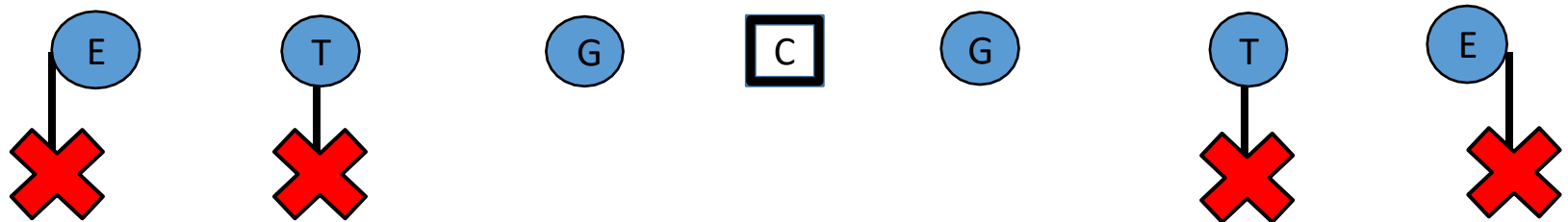
DIVISION III - DEFENSIVE LINE ALIGNMENTS

1 TIGHT END SET



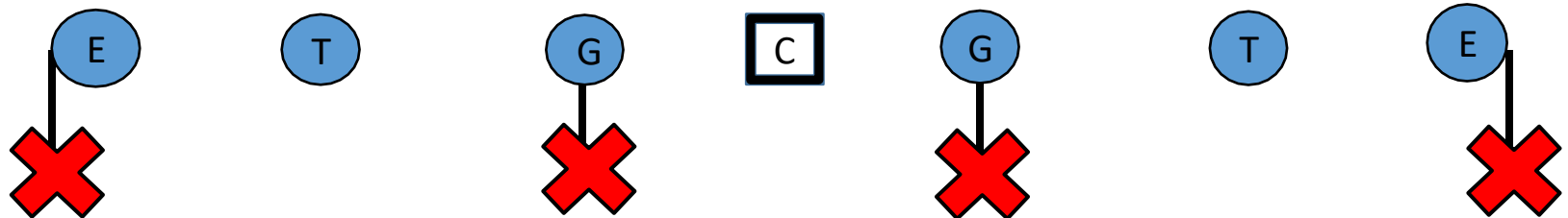
5 MAN FRONT

2 TIGHT END SET



4 MAN FRONT

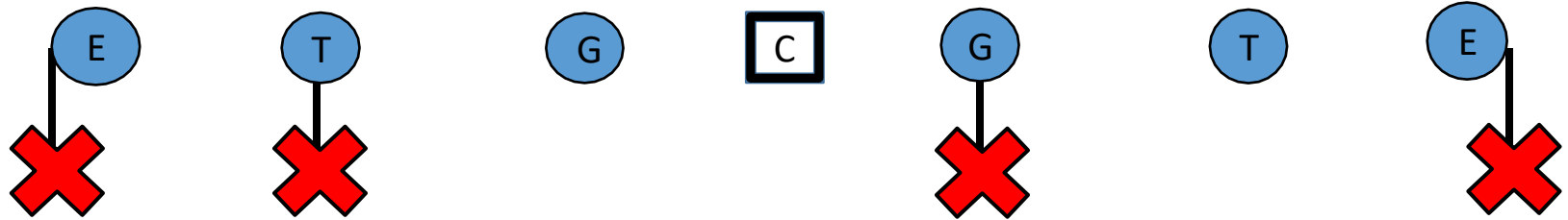
2 TIGHT END SET



4 MAN FRONT

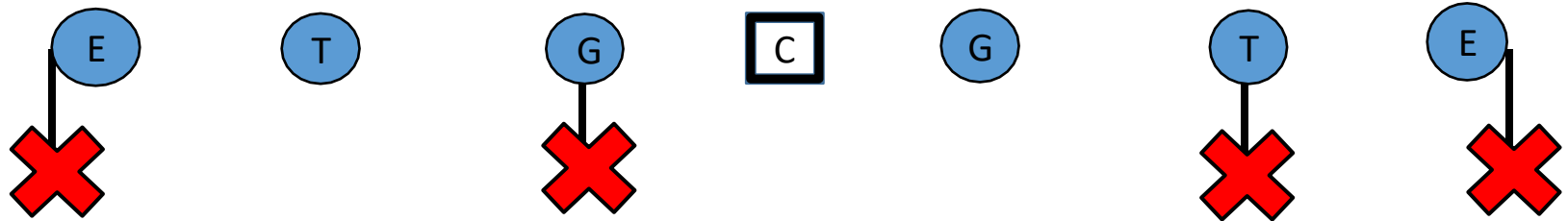
DIVISION III - DEFENSIVE LINE ALIGNMENTS

2 TIGHT END SET



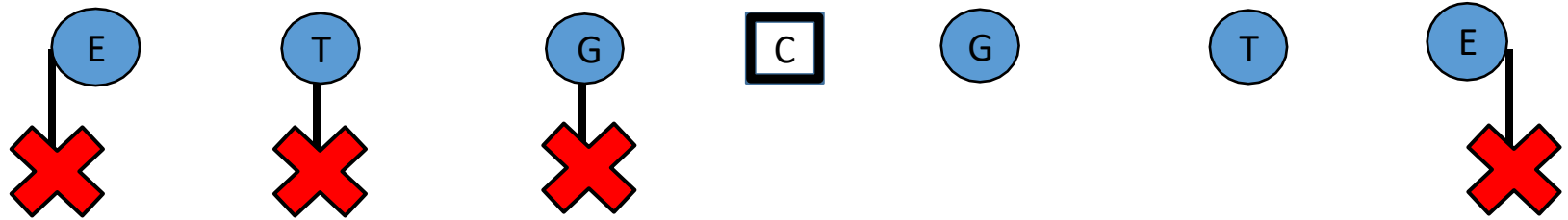
4 MAN FRONT

2 TIGHT END SET



4 MAN FRONT

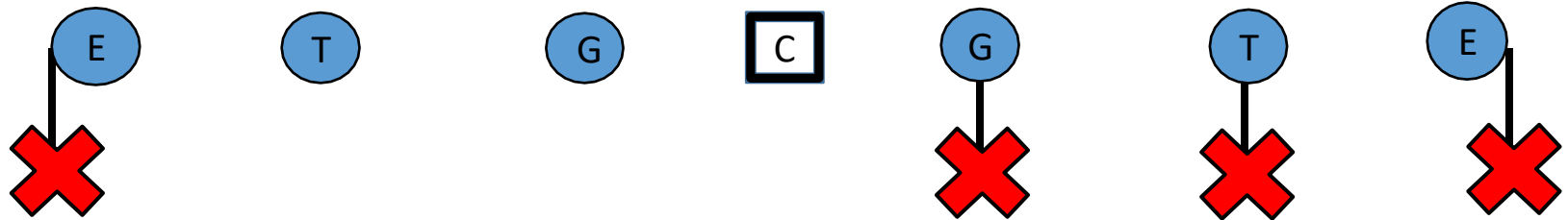
2 TIGHT END SET



4 MAN FRONT

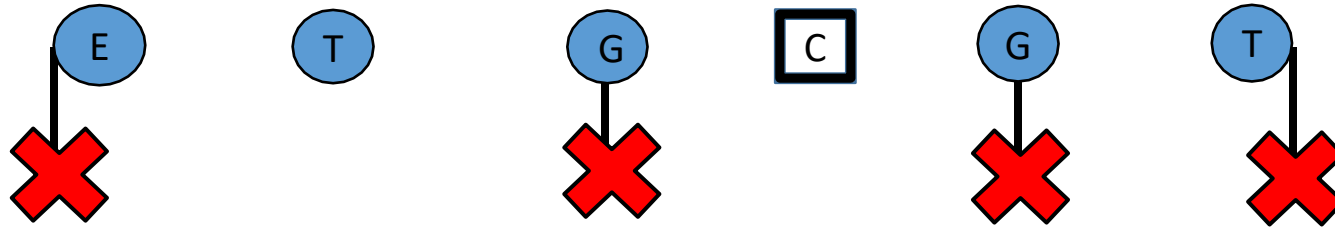
DIVISION III - DEFENSIVE LINE ALIGNMENTS

2 TIGHT END SET



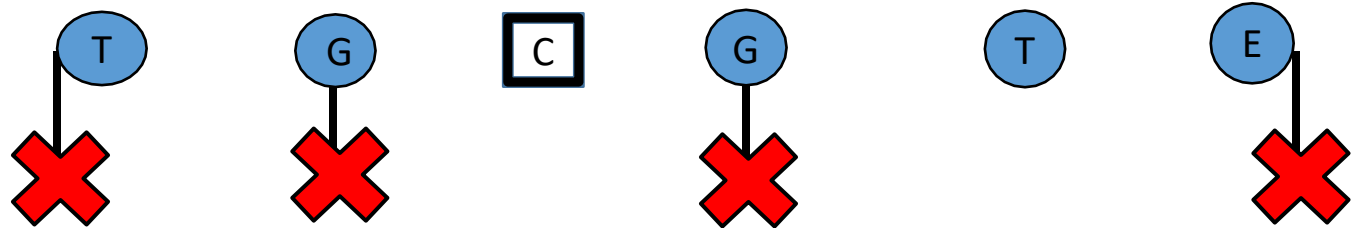
4 MAN FRONT

1 TIGHT END SET



4 MAN FRONT

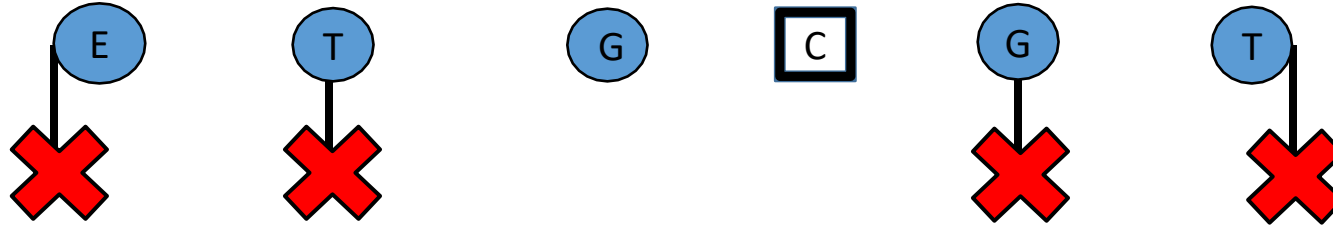
1 TIGHT END SET



4 MAN FRONT

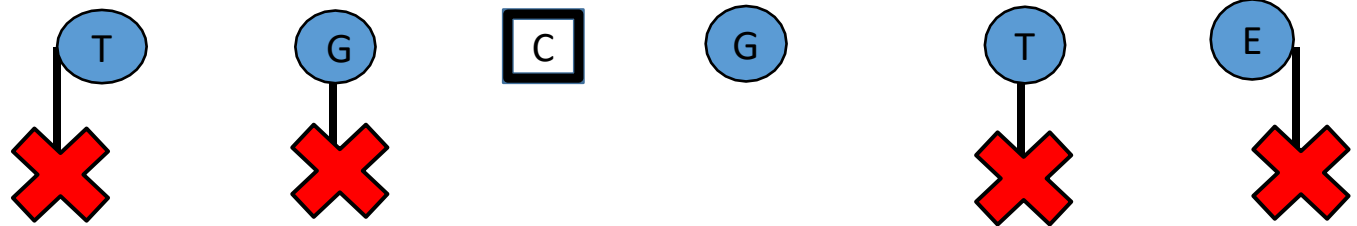
DIVISION III - DEFENSIVE LINE ALIGNMENTS

1 TIGHT END SET



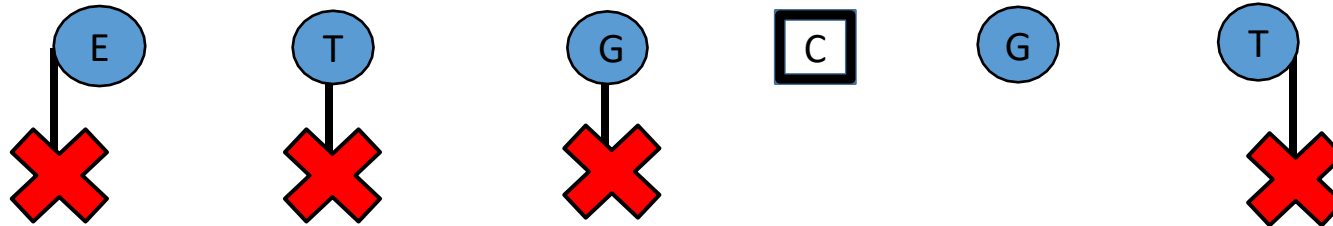
4 MAN FRONT

1 TIGHT END SET



4 MAN FRONT

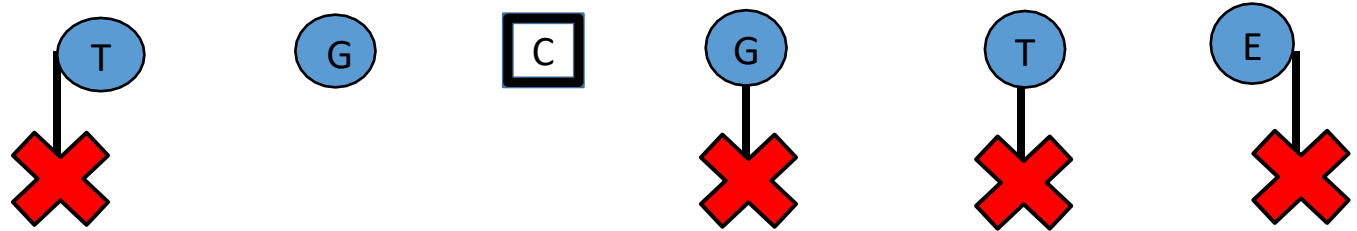
1 TIGHT END SET



4 MAN FRONT

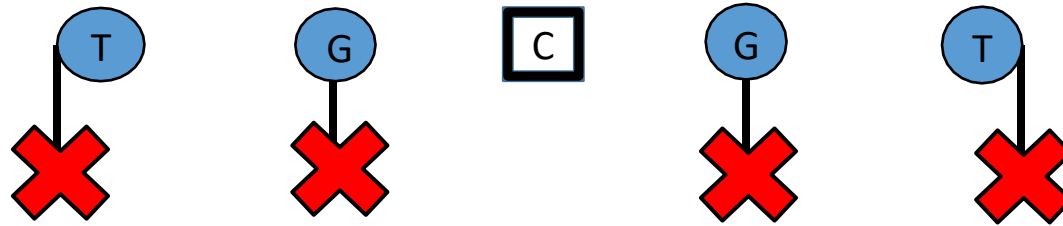
DIVISION III - DEFENSIVE LINE ALIGNMENTS

1 TIGHT END SET



4 MAN FRONT

0 TIGHT END SET



4 MAN FRONT