

INDEPENDENT WOMENS FOOTBALL LEAGUE



RULE DIFFERENCES

The IWFL uses NFL rules with the following exceptions:

1. The free kick line shall be the 35 yard line
2. One foot inbounds is a good catch (does not have to have both)
3. The official IWFL ball is a Wilson TDJ
4. On an onside kick that goes 10 yards, K may not only recover but may advance the ball as well.
5. Blocking below the waist is illegal anywhere on the field including the line of scrimmage and the free blocking zone.

NFL RULES TO REMEMBER

- Ball carrier is only down by contact
- Games are played in four (4) 15 minute quarters
- Half-time is 15 minutes from the time both teams exit the field
- Two minute warnings are to be given with time out privileges
- On the kick-off, the clock starts on the kick
EXCEPTION – last two minutes of the 4th quarter

On a running play, if the ball carrier (or ball) goes out of bounds the clock shall be stopped and re-started when the ball is properly placed by the umpire.

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