

# 2024 USAWFL RULES UPDATES

**Rule 4, Section 2, Article 2. TOSS OF COIN** - Updated Team Captain Limits to 4 per team (previously 2). **Also updated in Rule 19, Section 1, Article 1, Number of Captains**

**Rule 4, Section 4, Article 3. EQUIPMENT TIMEOUT** - Updated language to allow player to stay in if issue is resolved within 45 seconds or allow team to call for charged team timeout for another minute to resolve issue. If issue cannot be resolved within the 45 second or additional 1 minute timeout, then athlete must remove themselves from field of play for length of one down.

**Rule 5, Section 2, CLASSIFICATION** - Updated Classification Rules to include limits for points on field (21) and add information around enforcement and penalties:

- Coaches must track their own lineups and do their best to ensure a 21 point lineup
- A Move United representative will assist and notify officials of illegal lineups. Officials may choose to provide a warning or unsporting conduct penalty as appropriate.
- Any scoring play will immediately be called back and a 5 yard penalty assessed.
- Coaches may challenge an opposing team's lineup prior to the snap (up to two times per game) if they have a timeout. If the coach is successful in their challenge a penalty for an illegal lineup will be enforced. If coach is unsuccessful, they will be charged a timeout.

**Rule 5, Section 6, Article 3, Item 6. STRAPPING** - Updated language around strapping to be more inclusive of any need an athlete may have. Strapping may still not provide a physical advantage and may be asked to be removed if it causes any safety hazards during a game.

**Rule 10, Section 2, Article 3 & 4. FAIR CATCH** - Fair Catch language has been updated to clarify when a ball may be advanced and when it will be called dead. Additionally, language has been updated so that the ball is brought out to the 22-yard line if it is a fair catch behind the 22.

