

2026 USAWFL Rules Updates

Rule 5, Section 3, Article 3 & 4. GEOGRAPHIC AREA & PLAYER TRANSFERS - Updated Geographic Area language to clarify deadlines for geographic exception requests, and added a note to say that once the season begins a player may not transfer teams. (pg. 26)

Rule 6, Section 2, Article 2. OTHER FREE KICK FOULS - To continue to focus on safety and stay in line with the NFL's updated kickoff rules, updated process for a kickoff pass that doesn't travel 16 yards. Ball will be declared dead at the landing spot and receiving team will take over at the dead ball spot. (pg. 35)

Rule 12, Section 3, Article 2 & Rule 13, Section 1, Article 4 - To continue to promote an atmosphere of fair play and good sporting conduct, updated language around Code of Conduct and Unsporting Conduct Violations for players and Non-Player Personnel to specify an automatic one-year suspension for any athlete or coach who is disqualified from 2 games within a 3 season period. (pg. 54-55 & pg. 56)

A note that Move United will start enforcement of this rule to include any disqualifications that took place in the 2025 season. Any player or coach who was disqualified from a game in the 2025 season will be notified, along with coaches and support staff, to ensure awareness and understanding of rule update.