

2025 USAWFL RULES UPDATES

Rule 4, Section 3, Article 2. STOPPING THE GAME CLOCK - To continue to cut down on runaway scores, updated rules to keep the clock running in the last two minutes of the first half if the point differential is already at 28 points or more. (pg. 20)

Rule 5, Section 2, Article 1. CLASSIFICATION - Added an administrative note that teams must make every effort to have 50% of their starting lineup medically classified by the end of the 2025 season in order to be post-season eligible. (pg. 24)

Rule 5, Section 3, Article 2. VETERAN PARTICIPATION - Updated Veteran participation requirements to ensure that 3 veterans are included on a team's regular season roster for each tournament the team participates in. Teams who do not meet this requirement will a) lose a timeout in both halves of their first game of that tournament and b) be ineligible for post-season play. (pg. 26)

Rule 5, Section 6, Article 1. JERSEYS - Added an amendment to Item 1 to require that jerseys be "fitted" so as not to cover the back of an athlete's chair in order to support official's ability to call player advantage fouls or other such advantage fouls (pg. 29)

Rule 6, Section 1, Articles 1-9. ONSIDE KICK OPTION - Added an onside kick option. The option is available only in the 4th quarter if a team is trailing by 18 points or less. The team who just scored has the option to choose an onside kick instead of a standard kickoff. The onside kick option sets up the kicking team as the offense at the 15 yard line and they get one down to reach their line to gain. If they reach the line to gain, they retain possession of the ball. If they do not reach the line to gain, the defense takes over on downs. Once declared, an onside kick is only changeable if the kicking team (offense) calls a timeout or after a penalty that calls for a replay of the down. (pg. 33-34)

Rule 6, Section 2, Article 2. PENALTY FOR FREE KICK PASS NOT REACHING THE LANDING ZONE - Updated the penalty for a free kick pass not traveling 16 yards in the air. Instead of a re-kick, the receiving team will have the opportunity to accept the result of the play or take the ball where it is declared dead. (pg. 35)

Rule 7, Section 5, Article 1. POSITION OF PLAYERS AT THE SNAP - Clarified how the offensive team can be oriented at the snap to ensure it isn't at an advantage. Offense can be lined up at no more than a 45 degree angle to the goal line- with the exception of the Center who can be oriented a full 90 degrees around. (pg. 38)

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Rule 11, Section 3, Article 2. RESULTS OF A TRY - Clarified rule to provide for the defensive team to score on a Try should the ball be intercepted. Scoring rules apply the same as NFL/NCAA, such that a resulting safety by either team is 1 point, touchdown by either team is 2 points during a Try. (pg. 47)

Rule 7, Section 1, Article 2. WIN PERCENTAGE - Updated the primary qualification for post-season play from winning a tournament to win percentage for the season. This will be calculated by taking the number of wins divided by the number of games played by the team during the season. The two teams with the highest win percentage (assuming they also meet all other qualifications for post-season play) will move on to the Championship game. If multiple teams have the same win percentage, the first tiebreak was adjusted to number of tournament wins and then the remaining tiebreaks remain the same as the previous 3 seasons (pg. 66)