

FLAG FOOTBALL – WACC Board Approval 1/21/2026

4301. The National Intramural and Recreational Sports Association (NIRSA) rule book, as modified by the CIF, NCS and WACC are the official rules of the WACC.
- 4301.1 Any competition between schools shall be considered a game or scrimmage. Teams shall follow the NCS-approved maximum number of contests rule.
- 4301.2 In case of unsuitable playing conditions on a flag football field, the home principal or his/her designee shall consult with the visiting principal or his/her designee regarding the postponement on the contest. In cases of disagreement, the home principal's decision shall prevail.
- 4301.3 All players must wear some type of protective head gear.
4302. There are no restrictions on Saturday practices.
4303. Timing
- 4303.1 The starting time for league contests shall be determined by the host school.
- 4303.2 There shall be a minimum of ten minutes between games.
- 4303.3 JV games have a reduced time of ten-minutes halves.
- 4303.4 Half times shall be seven minutes
4304. Each team shall have one-half of the field for pre-game drills. The home team shall make the decision about which half of the field to use during warm-ups.
4305. If a school starts the league season with a team at a given level and withdraws before the season is complete, each unplayed contest is declared forfeit. If a school does not start its league season with the first scheduled game for that team, but does commence competition late in the season, all unplayed games at the beginning of the season are declared forfeit.
4306. There is no official league football.
4307. The WACC league champions shall be the teams with the best league records. The league records shall be used to seed the tournaments. The two WACC automatic representatives to NCS postseason play shall be the winners of the postseason tournaments.
- 4307.1 Tournament games shall be played on the maximum allowable field size listed in the NFHS rule book
4308. Teams shall be seeded for the tournament based on their league record for all games. If there is a tie for any place in seeding the tournament, ties shall be broken by the following prioritized steps:

- 4308.1 The records of the teams within the tie against each other.
- 4803.2 The records of the teams within the tie against the highest-ranked team in their division (Foothill or Shoreline) not involved in the tie.
- 4803.3 The records of the teams within the tie against the next highest-ranked team in their division (Foothill or Shoreline) not involved in the tie.
- 4803.4 The records of the teams within the tie against the next highest-ranked team in their division (Foothill or Shoreline) not involved in the tie.
- 4803.5 The records of the teams within the tie against the highest-ranked team in the other division (Foothill or Shoreline). This process shall continue using all teams in the other league standings.
- 4803.6 If at any time in the above steps a team is eliminated from the tie, but a tie still exists (started with a three-way tie for example), the progression starts once again with 4308.1 and continues until the tie is broken.
- 430876 A draw from a hat by the league’s athletic directors.

4309. An All-League team shall be selected at the end of the season for each league. The league commissioner shall conduct the election. The procedure for the nomination process shall be determined by the league commissioner and disseminated to conference schools.

4309.1 The WACC website shall be used for nominations and balloting

4309.2 Each school has a minimum of two nominations, plus one additional nomination based on the following scale: The league commissioner may adjust nominations as necessary.

# of Wins	# of Extra Nominees
9 or more	5
6 - 8	4
4 - 5	3
2 - 3	2
0 - 1	1

4309.3 Coaches shall use the website to make their tentative nominations. Coaches must be present at the postseason meeting to formalize their nominations. Schools not represented at the postseason meeting will not have their student-athletes considered for all-league.

4309.4 Players shall not be nominated by position

4309.5 Coaches shall first select a “O Player of the Year” and a “D Player of the Year” from among those nominated.

4309.6 Coaches shall then vote for a first team and a second team. First team votes will receive two points; second team votes will receive one point. A total of ten players, the highest point receivers, will be selected to the All-League First Team; the next ten players will be selected to the Second Team. If a tie occurs, and the tie can be resolved by determining which player received the most first-team votes, it shall be done. Ties shall be voted off. The Players-of-the-Year shall be added to the first team.

4309.7 Each school is allowed to select two players as “Honorable Mention,” to be selected by the coach after the all-league balloting.

4310. There shall be an unedited film exchange program of any two tapes per team unless both the involved coaches agree otherwise. Schools shall attempt to “roll the tape” as the team breaks from the huddle. The tape exchange process shall begin on the week prior to the scheduled game with a communication from the coach requesting the tape. Schools are allowed unrestricted taping of the other team’s games. The league commissioner shall review this rule at the preseason meeting

4311. Overtime:

- 1) In the event the 2nd half ends in a tie, overtime will commence.
- 2) A coin toss shall decide which team puts first. The visiting team will call the toss.
- 3) The winner of the coin toss can choose to be on offense first, defense or choose the end of the field that overtime will be played on. The loser of the toss shall exercise the remaining option for the first extra period and shall have the first choice of options for subsequent even-numbered extra periods.
- 4) Each team will receive one (1) timeout per extra period (offensive and defensive possession). Unused extra period timeouts may not be carried over to other extra periods. Timeouts between periods shall be charged to the succeeding period.
- 5) Each extra period shall consist of a two-possession series with each team putting the ball in play by a snap on the designated 20-yard line (unless relocated by penalty), which becomes the opponent’s 20-yard line. The line to gain is always the goal line regardless of whether a penalty enforcement places the ball more than 20 yards from the goal line to start a new series of downs.
- 6) Possession series: Each team retains the ball during a possession series until it scores or fails to reach the endzone. The ball remains alive after a change of team possession until it is declared dead. However, Team A may not have a first down if it regains possession after a change of team possession.
- 7) There shall be an equal number of possession series, as described in 6) above, in each extra period, unless Team B scores.
- 8) Teams may attempt either a 1- or 2-point try after a touchdown is scored, in accordance with regulation play procedures. Beginning in the 3rd and subsequent overtime periods, both teams must attempt a 2-point try after a successful score.
- 9) The game clock is not needed during extra periods. The 25-second play clock will remain in effect in accordance with regulation play procedures.
- 10) The ball is live after a turnover in overtime. Team B may return the ball for a touchdown.
- 11) Fouls During a Try or in Overtime After a Change of Team Possession:
 - a. A score by a team committing a foul during the down is canceled. Exception: Live-ball fouls are treated as dead-ball fouls.

b. If both teams foul during the down and the defensive team had not fouled before the change of possession, the fouls cancel, and the down is not repeated.

c. Penalties against either team are declined by rule.

(a) Exception: Penalties for flagrant personal fouls, unsportsmanlike conduct fouls, dead-ball personal fouls, and live-ball fouls treated as dead-ball fouls are enforced from the succeeding spot (20-yard line)