

2022 USAWFL RULES UPDATES

Rule 5, Section 1, Article 3. CLASSIFICATION – Classification specifics have been removed from this rulebook as Move United works to draft a football-specific classification system. Please refer to forthcoming documents for more information on classification.

Rule 5, Section 2, Article 3. NUMBER OF PLAYERS - Penalty added for too many classification points on the field at the snap.

Rule 5, Section 4, Article 3. MANDATORY EQUIPMENT, WHEELCHAIRS – Updated specifications including recommendations for appropriateness to ensure chairs can withstand impact of the sport.
For 2022 Wheelchair Rugby style chairs will not be allowed on the field for safety reasons – please contact Karalyn (kstott@moveunitedsport.org) if you would like to discuss this potential issue with your team.

Rule 6, Section 1, Article 2, 3 & 4. RESTRAINING LINES, FORMATION & CATCH OR RECOVERY – Free Kick Pass (kickoff) has been adjusted for increased safety. Restraining lines have been moved forward for each team and no movement is allowed by either team until the ball is in motion.

Rule 7, Section 2, Article 1. DEAD BALL DECLARED – Rule has been updated to include “when a quarterback immediately sets the ball on the ground at their side behind the line of scrimmage after the snap” to allow for victory formation in late game situations. Move United also recommends alerting the official before the snap so they are looking for the QB to complete this action.

Rule 7, Section 4, Article 5. SHIFTS & MOTION – Rule has been updated to allow one player to be in motion without coming to a complete stop before the snap.

Rule 12, Section 2, Article 3. TARGETING – This rule has been removed and rolled into Article 4. UNNECESSARY ROUGHNESS. This will allow officials more ability to judge the spirit of the rule, which is ensuring that all contact is safe and within the spirit of the sport. Tackling and contact with good form and at safe speed will remain a high-priority rule enforcement for the 2022 season.

