Ultimate Wheelchair Football Rules

1. A coin will be tossed in the air and the home team will call it in the air. This will decide who starts with the ball.
2. There will be three 10 minute quarters with a minute in between each quarter.
   a. If overtime occurs there will be a two minute quarter, and whoever scores first wins.
   b. A coin will be tossed and the home team will be able to call it in the air.
3. Shot clock is set to 18 seconds. Within this time the offensive team needs to get the ball from the baseline to the baseline of the other side.
4. When the offensive player catches the ball, they need to stop right where they catch it. From that spot, they can pass the ball, either forwards or backwards. No rolling while passing.
   a. Lateral flee flickers are allowed.
5. If the ball hits the ground at any point, it is considered a turnover, and a change of possession will occur from the spot the ball is dropped.
6. If you run into the wall it will be considered a dropped ball and the other team will get the ball from the spot caught.
7. If the ball hits the wall at any time it will be a turnover and the opposite team will get the ball from that spot.
8. If a flag or foul occurs the shot clock will reset to 18 seconds.
   a. An example of a flag or foul would be, excessive hitting of the chair on another chair, pass interference where the defense hits the offense, either chair or body, before the ball is touched. Also putting the front part of the chair into someone’s wheels, a hook, will also be considered a foul.
9. When a score occurs, the ball will be placed at the baseline, for the other team to try and score at the opposite end of the gym. All team members need to be behind the half court line before the ball is thrown.
   a. Touchdowns will be worth 1 point for varsity athletes (male or female), a male’s touchdown is worth 2 points and a female’s touchdown is worth 3 points.
   b. A touchdown is when the ball gets over the baseline, and all wheels are over the line.

Participation Rules
1. There will be a maximum allowance of six players per team. If a team has more than six players they will need to substitute.