

## Ontario Womens Football League (OWFL) 2025 Rules

For the 2025 OWFL season, all teams will participate in a 6-a-side playing format, consistent with previous years. Unless explicitly stated in the 6-a-side rule modifications below, the OWFL's ruleset will follow all procedures described in Football Canada's current 2025 Canadian Amateur Tackle Rulebook.

### 6-a-side Rule Modifications:

Age Group	Quarter Length	Timing	Downs	Timeouts	Minimum Roster Size	Field Dimensions	Convert	# of Players on LOS	Mercy Rule
U16 & U19	Four 12-minute quarters	Standard timing with a <u>2</u> minute warning in 2 <sup>nd</sup> & 4 <sup>th</sup> quarters	3	Two per half	12	Length: 110y (standard) Endzone: 10y Width: 40y (spectator sideline to far hashmarks) Hashmarks: 13y from sideline	Ball on 5y Regular play: <u>2 points</u> Uncontested kick: <u>1 point</u>	3 stationary players on LOS at snap  (2 eligible ends, 1 ineligible)	35+ point differential in 2 <sup>nd</sup> half