

Touch Football

Rules & Regulations

This is first and foremost a recreational youth league, so **we encourage fair and positive play.** This means **we expect all participants and spectators to be POSITIVE and refrain from negative remarks or complaining about calls.** Every participant will play an equal amount, and will receive ample opportunities to contribute on both sides of the ball.

I. **THE GAME**

- a. The game will be 6 on 6 with two (2) down lineman. Coaches will rotate players so that all team members will have an equal amount of time as lineman and receivers.
- b. If a team is short-handed, game format will be decreased to 5 on 5 to ensure a fair game.
- c. Games will consist of two 20 minute quarters with running time. Clock will only stop on called timeouts, and under 30 seconds in each half on any dead ball (incomplete pass, or play ending with a player out of bounds).
- d. Each team will receive two timeouts per half. Timeouts can only be called by the coach.
- e. Teams will start their possession at their own 10 yard line. Teams have 4 downs to cross the midfield line for a first down. After crossing the midfield line, teams have 4 downs to score a touchdown.
- f. There are no punts. If a team chooses on fourth down to “punt” the defensive team will receive the ball and start possession on their own 10 yard line.
- g. There will be a 35 second play clock which begins upon placement of the ball by the referee. Failure to begin a play within the 35 second clock will result in a delay of game penalty.
- h. “No Run Zone”- Any area 10 yards before each end zone designated by appropriate markers. Teams will not be permitted to execute run plays within 10 yards of the end zone. This prevents teams from easily scoring on power run plays.
- i. A player is considered “down” when he/she is touched with two hands by a defender or when a player’s knee, elbow or body touches the ground. The end of the play will be signified by the whistle of the referee.

II. **POSITION NOTES**

1. **Offensive Lineman**

- a. Designated offensive lineman must begin the play in a 3-point stance declaring themselves as lineman. The designated lineman may not go out for, or receive a pass. Doing so will result in a penalty which equates to the loss of the down. (Exception: If the opposing team chooses not to rush the passer, either lineman can go out for a pass).
- b. If a team chooses to have more than two down lineman (perhaps for a running play) then two of the lineman must raise their hand to indicate their designation as ineligible receivers. Failure to do so will result in a delay of game penalty.

2. Quarterback

- a. To ensure play is not dominated by one or two players, there will be a designated staff member to serve as the universal quarterback for both teams. This is to ensure everyone has a chance to receive the ball on offense while ensuring no team will have a skill advantage at the QB position over another team based on the ability of their coach as quarterback.
- b. The quarterback must remain in the designated pocket and may not cross the line of scrimmage at any point.

3. Defensive Players

- a. There is no limit to the number of defensive players that are permitted to rush the quarterback. (i.e. teams can send all 6 players back into coverage, can rush two down lineman or blitz any number of players)
- b. Defensive players may not hold, pull, grab, tackle or shove a ball carrier. Use of excessive force will be considered an unsportsmanlike conduct penalty.

III. PENALTIES

OFFENSE

Delay of Game- When a team fails to snap the ball prior within the 35 second play clock.
Result: 5 yard penalty.

False Start- An offensive player is not set at the snap of the ball. **Result:** 5 yard penalty.

Holding- An offensive player holds an opponent while attempting to make a block.
Result: 10 yard penalty from the spot of the foul

Pass Interference: An offensive player pushes or illegally contacts a defender in attempt to gain an advantage to catch the ball **Result:** 10 yard penalty and loss of down.

DEFENSE

Delay of Game- Any blatant attempt to stall an offense from getting a play off.
Result: Automatic first down awarded to the offense.

Offsides: Crossing the line of scrimmage before the play is initiated.
Result: 5 yard penalty

Pass Interference: Hindering an offensive player from catching the ball by making illegal contact. **Result:** Ball placed at the place of the foul; automatic first down

Unsportsmanlike Penalty- When a player demonstrates unsportsmanlike behavior which includes, but is not limited to: foul language, taunting, fighting, excessive force (tackling, shoving), or any other behavior deemed inappropriate. Any player receiving two unsportsmanlike penalties within the same game will be removed from the game and suspended for the next scheduled game.