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## ***l) Touch Football Game Rules***

### **A) General Game Information**

- 1) Co-Ed games consist of up to 7 players with a maximum of males being 5 players
- 2) Games are played in two 20-minute halves. The clock will run continuously unless the following takes place:
  - (a) A timeout is called
  - (b) The time reaches 2 minutes remaining in the second half and the difference in teams' scores is less than 19 points.
    - (i) A player is downed by going out of bounds
    - (ii) A pass falls incomplete
    - (iii) There is a penalty on the defense
    - (iv) Briefly on a first down as the down location marker is moved into place
  - (c) If the game is tied after regulation, the teams will enter overtime in which the following rules apply:
    - (i) Each team will have equal possessions starting at the 3-point conversion line.
    - (ii) Each team will be granted 1 timeout during each overtime period
    - (iii) The game ends when a team scores more points during their possession than the other.
- 3) Methods for downing a player are the following:
  - (a) Two hand touch while in bounds
  - (b) A player runs out of bounds with possession of the ball
  - (c) A player touches a knee, elbow, or significant body part to the ground
- 4) First down markers must be crossed to gain a first down. They are set at approximately 13 yards.
- 5) 1 out of every 3 plays must involve a female in an effort to advance the ball. This can be done by the following:
  - (a) Female quarterback running the ball
  - (b) Female quarterback throwing the ball downfield
  - (c) Male quarterback targeting a female on a pass
- 6) Touchdowns scored by male players will count as 6 points while touchdowns scored with the involvement of female players will count as 7 points.
- 7) 1,2, or 3 extra point options exist after touchdowns. They are from approximately 2 yards, 7 yards, and 13 yards respectively.
  - (a) 2 and 3 point conversions attempts can be intercepted and run back for the same score.
- 8) A ball touching the ground is immediately ruled 'dead'. This can occur as a result of a fumble or as the result of a punted ball. A punted ball, not caught, will be down at the point it hit the ground.
- 9) The center must snap the ball to the quarterback. The quarterback is determined by the person giving the verbal signal to snap the ball. The center must be within one yard of the down location marker.
- 10) Defensive players must wait for the official's 5-second count before crossing the line of scrimmage to rush the quarterback.

- 11)1 "Blitz" is permitted per possession. The blitzing player must wait for the official's 1 count to be completed before blitzing. In the event of the official not verbalizing the count, the blitzing player may yell "Blitz", hesitate for a moment, then proceed to blitz.
- 12)No blocking is allowed. Minimal contact may take place as long as the officials determine that neither player was overly aggressive or gained advantage during the play as a result of the contact.
- 13)Upon substituting players, the offensive team must huddle. This does not take place after a score or on a change of possession. Players may announce they are "new" to avoid a huddling.
- 14)Rules not expressly stated in this document may exist. It is the discretion of the official of TSSC representative to make the final decision on a ruling.

## **B) Beginning the Game**

- 1) Before the game starts, team captains will either play "Paper, Rock, Scissor" or there will be a coin toss. The winner of this will choose one of the following two decisions:
  - (a) Starting on offense or defense
  - (b) The goal his/her team will defend in the first half
- 2) The start of the second half will be the opposite choices from the first half.
- 3) Play starts from the 5 yard "X" to begin each half, after an opposition score, and after safeties.

## **C) Players**

- 1) Each team is permitted up to 7 players on the field with a maximum of 5 being male. Teams may play with as few players as they are willing to attempt as long as 1 is female.

## **D) Substitutions**

- 1) Substitutions during the game must occur from the same sideline throughout the game
- 2) Eligible receivers must be on the playing field before the cadence is started.
- 3) After a substitution, the offense must huddle briefly. Not huddling will result in a penalty. Players may announce they are "new" to avoid huddling.

## **E) Huddles / Play Clock**

- 1) Huddles are defined as all offensive players grouped within 5 feet of each other or when the defense acknowledges they recognize all offensive players on the field.
- 2) Between plays, the offense has 30-seconds from the time the down marker is placed until they snap the ball for the next play. Failure to do so in this timeframe will result in a penalty.
  - (a) If a penalty for delay of game is called on the offense within the last 2-minutes of the game, the game clock will start until the next play has started

## **F) Game Clock**

- 1) Two 20-minute halves with a continuous clock until the last two minutes of the second half as long as the difference in score is less than 19 points.
- 2) During the final two minutes of the second half the clock will stop for the following:

- (a) Incomplete passes
- (b) Ball carrier runs out of bounds
- (c) Either team scores
  - (i) Clock does not run for extra points
- (d) Change of possession
- (e) Defensive penalties
- (f) Offensive delay of game penalties
- (g) Time-outs

### **G) Time Outs**

- 1) Each team has three timeouts per game

### **H) First Downs**

- 1) Teams have 4 downs to cross one of the permanently fixed first down lines.
- 2) If a team fails to advance past one of these lines after 3 downs, this team must elect to "Go For it" or "Punt"
  - (a) This decision must be made clear to the opposition and the opposition must be given time to prepare

### **I) Touching a Player Down**

- 1) Methods for downing a player are the following:
  - (a) Two hand touch while in bounds
  - (b) A player runs out of bounds with possession of the ball
- 2) A player touches a knee, elbow, or significant body part to the ground
- 3) The player is marked down where his/her waist is when the player was touched down.

### **J) Punts**

- 1) A punt must be declared and cannot be faked.
- 2) No snap must occur on the punt.
- 3) The punt team cannot cross the line of scrimmage until the ball has been punted.
- 4) The receiving team may not block on a punt return but laterals are allowed.

### **K) Penalties**

- 1) In general, NCAA rules are applied.
- 2) All penalties which require a yardage being marked off will be marked as 7 yard penalties.
- 3) Penalties may take the form of any or all of the following list:
  - (a) Blocking
  - (b) Defensive Contact
  - (c) Roughing the Passer
  - (d) Offensive Pass Interference
  - (e) Defensive Pass Interference
  - (f) Too many players on the field
  - (g) False Start
  - (h) Offsides
  - (i) Premature Rush
  - (j) Holding

- (k) Tripping
  - (l) Illegal Forward Lateral
  - (m) Unsportsmanlike Conduct
  - (n) Failure to huddle upon offensive substitution
  - (o) Delay of game
- 4) In addition, the following descriptions explain penalty situations:
- (a) If the player calling the cadence does not receive the snap, the play will not stand and will result in a yardage penalty and repeat of the down.
  - (b) Silent snaps will not be allowed – violation of this will result in a yardage penalty and repeat of down.
  - (c) If the ball hits the ground on the snap for either a pass or running play, the play is "dead", the ball is spotted where it hit the ground, and it is a loss of down (i.e. if it was 1st down during the bad snap, it is now 2nd down).
  - (d) The QB may NOT snap the ball to him/herself. If the QB does snap to him/herself, play will stop immediately and it will result in a yardage penalty and repeat the down.
  - (e) Loss of down penalties that occur on 4th down will result in change of possession.
  - (f) Receivers intentionally leaving the field of play are ineligible to receive a pass. This includes the back of the end zone. This will result in a yardage penalty and loss of down.
  - (g) Diving while carrying the ball with the goal of advancement is not allowed. This will result in the ball being placed at the start of the play and loss of down.
  - (h) Face guarding is legal, provided no contact is made.
  - (i) There is no penalty for intentional grounding.
  - (j) All players must provide athletic football wear on their feet. No bare feet allowed.

## **L) Overtime**

- 1) Games ending regulation with a tie score will be permitted overtime and will invoke the following game rules:
- (a) Each team is given equal possession of the ball in attempts to score from the 3-point conversion line.
  - (b) The same endzone will be used by both teams for all overtime
  - (c) Equal possessions will take place until one team scores more points during their possession than the other team or a defensive player returns an interception for a score.
  - (d) 1,2, or 3 point conversions are allowed during overtime with the same game rules for returning 2 and 3 point conversion attempts.

## ***II) Toledo Sport and Social Club's General League Rules***

### **A) Officials**

- 1) Leagues run by TSSC either have an official or are self-officiated. When self-officiated, the teams playing must be responsible for calling their own infractions. It is not the responsibility of the opponents to call a foul.
- 2) TSSC officials are responsible for the fair play of games, however, participants are still responsible for knowing and understanding the league rules. Officials will make calls based on established league rules and have the final say. Officials will work to provide fair and fun game play. If a participant is found to be disrupting this effort, the league official has the authority remove said player from the game.
- 3) Participants choosing to yell at officials will NOT be tolerated!

### **B) Forfeits**

- 1) TSSC strives to provide fun and organized game play. This is achieved in large part by having teams committed to playing their scheduled games. However, from time to time a team may not be able to attend its scheduled game. In this case, it is the responsibility of the team to notify TSSC at least 24 hours in advance of missing a game to report its forfeit. Teams who forfeit multiple times during a season may not be allowed to participate in the end-of-season tournament or may be removed from the league altogether.

### **C) Substitutions**

- 1) Substitutions are allowed during the regular season. It is the responsibility of the team captain to explain the rules to subs before games begin. Teams may borrow players from other league teams as substitutes only during the regular season. When borrowing players from another team, a maximum number of subs allowed is the amount needed to have a full team on the field plus one. Teams must play their normal roster players ahead of substitutes who were borrowed from another team.

### **D) Playoffs Eligibility**

- 1) In order to be eligible to participate in the end-of-season playoffs a player must have played at least one regular season game with the team. Teams may be ruled ineligible by TSSC for rule or sportsmanship infractions and will be notified if their eligibility has been revoked.

### **E) Standings / Seeding**

- 1) Throughout the season, league standings will be updated and displayed on the league webpage. The order shown on the page is not necessarily the order of seeding that will exist for the end-of-season tournament. In the case of multiple teams having the same regular season record, tie-breakers will be listed in the sport specific portion of the rules.

## **F) Sportsmanship**

- 1) The Toledo Sport and Social Club exists to provide adults with the ability to continue to compete in lifelong recreational play. We realize there will be intense moments during games, in particular towards the end of games or when a player makes a mistake in judgement, but we hope the TSSC Spirit of Play will always remain.
- 2) The TSSC encourages players to play with a "Fun First, Win Second" attitude. Our leagues are about getting out and having a good time with old friends and new! The TSSC believes that encouraging good sports behavior is why players join and will remain in our leagues. Playing with TSSC Spirit provides a non-threatening, fun environment for all levels of players. Good sporting behavior: behavioral tendencies of a person who can take loss or defeat without complaint, and victory without gloating, and who treats all opponents with fairness, generosity, courtesy and respect. This is the attitude we encourage all players to display on and off the playing field!

## **G) League Cancellation / Rainout**

- 1) TSSC uses two methods to inform teams when a rainout or game cancellation has taken place. The voice mail message for the phone line 855-439-8772 (HEY-TSSC) will be updated with information regarding the status of league play. Additionally, TSSC will update the status of its profile, Toledo Sport and Social Club on Facebook.
- 2) Due to the nature of weather, TSSC won't always be able to update these messages prior to the start of league play for a particular evening. If neither of these methods has been updated, please show up to the game location and seek information there about the status of games for the evening.
- 3) In the case of a rainout or game cancellation, TSSC will attempt to reschedule the games. However, not all games are guaranteed and TSSC reserves the right to shorten the league schedule, without issuing a refund, if necessary.

## **H) Website**

- 1) Toledo Sport and Social Club's websites, [www.ToledoSSC.com](http://www.ToledoSSC.com) and [www.ToledoSportandSocialClub.com](http://www.ToledoSportandSocialClub.com) are the source for all information regarding all team and league information. Please utilize the websites functions for all scheduling and registration functions. Other features that may be found on the website are: Free Agent postings, League Rules, Social Events, and in-season announcements.

## **I) Sponsors / Post Game Socials**

- 1) Prior to the beginning of each league TSSC will establish as "Sponsor Bar" to serve as a social gathering place for all TSSC teams and fans after league nights. The sponsor establishments and deals are specific to TSSC members and are prearranged. These will be listed on the league page throughout the season. Please socialize and enjoy yourselves at all times but keep in mind that you are representing TSSC when attending post game socials.

## **J) Rule Changes**

- 1) TSSC reserves the right to change league rules at any time. Team managers will be made aware of rule changes and it then becomes their responsibility to communicate changes to their teams. Rules for each sport will be listed under each sport's page.