

Touch Football Rules 2014  
PSAA TOUCH FOOTBALL RULES

**To start the game:**

- Teams will field 7 players per side
- One team will kick-off [ball to be kicked from the ground (may use a kicking tee - or have a player pin the ball) 10 yards from their defensive goal line. [Kicking team to decide what ball to use for the kick-off].
- The receiving team must be a minimum of 10 yards from where the ball is being kicked.
- There are no on-side kicks [ball cannot be recovered by the kicking team] therefore, 5 yards must be given to the player who is attempting to catch or pick-up the ball.
- There is no blocking, therefore, players from the receiving team that are ahead of the play [closer to the goal line on which they are attempting to score than the ball carrier] are to stand still.

NOTE: all the defensive team member has to do is to tag the player who is in possession of the ball with one hand - and the tag can be made on any part of the player's body - to stop the play.

- A player who is in possession of the ball and falls to the ground, or slips and puts a knee to the ground can no longer advance the ball. The play is stopped at the point where the player is "downed" - no tag required.

- If a member of the kick [kickoff or punt] receiving team attempts to handle the ball [touches the ball but does not catch the ball], bounds off the player and the ball touches the ground, this will be classified a fumble. The ball cannot be advanced. The ball will be spotted at the point where the ball first touched the ground, or where the ball was first touched [whichever location is further from the offensive goal line.] i.e. On the kickoff a player puts out his hand to stop the ball and the ball deflects off this players hand and lands 5 yds behind him – the play is stopped and the ball spotted where the ball touched the ground. Example 2 : same play but the ball gets knocked forward – play is stopped and the ball is spotted where the player first made contact with the ball. Example 3: same play but the ball, after being deflected, is caught by another teammate – play continues until player is tagged by the defensive team.

**The Offense:**

- Offensive team can decide what football it wishes to use [Junior size balls are acceptable, but we cannot use a mini or peewee football (small ball just a bit larger than the student's hand)]. Usually a school will practice with a specific ball. Please note that any ball being used in the game is to be made available to both teams. [pee-wee footballs not acceptable]

- Players must stay behind the line of scrimmage until the ball is put into play by the centre. It is important that the centre not lift the ball from the ground until he/she wishes to start the play. Movement of the ball -once addressed by the centre - starts the play.

- Offensive players may move prior to the centre snap - as long as they do so behind the line of scrimmage.

- All offenses must use a shot-gun formation [the quarterback is to be a minimum of three [3] yards behind the centre – and the centre must snap {pass} the ball back to the quarterback between his/her legs].

- Quarterbacks are not allowed to run with the ball past the line of scrimmage from the centre snap. Quarterbacks can hand-off or lateral the ball and become an eligible receiver. [Any player receiving the centre snap will be classified as the QB.]

- note: Centre snaps that are fumbled, or balls that roll back to the QB or miss the QB entirely will result in a stoppage in play. The down is lost and the ball will be spotted back at the line of scrimmage.

- note: A dropped hand-off or lateral will be spotted at the place of the fumble or where the ball first makes contact with the ground [whichever spot is further from the offensive goal line].

It is not the intent of the official to call players off-side if they see players lining up off-side prior to the snap of the ball. The official should inform the offending players and ask them to get on-side. Crossing the line of scrimmage early, however is a call that should be made.

#### The Defense:

- All defensive players must start a minimum of 5 yards from the line of scrimmage.

- Only one defensive player is allowed to rush the quarterback.

- You may send in a defensive player to challenge a running back, but this player cannot make a play on the QB, unless the QB has handed off the ball and becomes an eligible receiver.

- Defensive players cannot move into the 5 yard neutral zone prior to the centre snap. Doing so will result in an off-side penalty.

- The defensive player that is rushing the QB is to be unimpeded by the offensive players. The offensive centre is to be careful not to run into the rusher and impede his/her progress. Similarly, during an option series, when the ball is given to a back in the backfield, the QB is not to impede nor obstruct the defensive player.

- Defensive players are not to interfere with the receivers - holding, pushing, face guarding. The defensive player has a right to play the ball just as the offensive player - however, he/she cannot play through the offensive player - such as knocking the offensive player out of the way in order to get a clear path to the ball. This would result in a pass interference call.

#### Kicking:

- kickoffs will be from the 10 yd. line.

- kick-offs [kicks from the ground] are done at the start of the game and after a touchdown's point[s] after attempt. Kick-offs are from the kicking team's 10 yd. line. All players on the kicking team are to be behind the 10 yd. line until the ball has been kicked.

- Should a team decide to kick the ball away on any of its downs [usually on fourth down], the team will declare that it is punting the ball. There is no centre snap. All offensive players must remain behind the line of scrimmage until the ball has been punted [a ball dropped from the kicker's hands and kicked prior to the ball striking the ground]

**NOTE: If a punted ball strikes the ceiling, the ball will be spotted on the field at the point the ball struck the ceiling.**

- Coverage teams must allow the player who is playing the ball an area that is a minimum of a 5 yd. radius to catch or pick-up the ball. A reminder that the kicking team cannot recover the football [no on-sidekicks].

-There are no field goals - nor point after tries that are kicked.

### **Kick/Punt Returns**

**Players ahead of the ball are to stand still** so that they will not impede the progress of the coverage team. Once the offensive player is behind the ball, the player may trail the play in order to be in position to receive a lateral.

### **Scoring:**

- A kick-off that is not run out of the end zone - or is kicked through the end zone [beyond the end line] will result in the kicking team being awarded 1 point. A point is also awarded should the ball be kicked beyond the sideline in the end zone. The offensive team will begin their series of downs from their 15 yd. line.

- Punting the ball through the end zone - or a ball not run out of the end zone will result in the kicking team being awarded 1 point. A point is also awarded should the ball be kicked beyond the sideline in the end zone.

The offensive team will begin their series of downs from their **15 yd. line.**

- 6 points are awarded for a touchdown.

- After a touchdown [excluding OT], the scoring team has the option of going for a 1 point or a 2 point conversion. This passing/running/option play will be worth 1 point if the line of scrimmage selected is the **5 yd. line**, and 2 points if the line of scrimmage selected is the **10 yd. line.**

- note: Keeping with Canadian Football tradition, a defensive team that intercepts the ball during a point after try can attempt to run the ball into the other end zone in order to score 2 points.

- 2 points are awarded for a safety - this is when the offensive team or receiving team has possession of the ball outside of the end zone and runs the ball back into his/her own end zone and is unable to advance the ball back out of the end zone. The defensive team is awarded the 2 points -and the team that gave up the safety will either kick-off or punt the ball from their own **10 yd. line** [kicking team's choice].

-note: no points are awarded should a team intercept the ball in the end zone and is unable to advance the ball back out of the end zone. A touchback will be called and the intercepting team will start with the ball from their **15 yd. line.**

### **Infractions:**

- off side --> should a defensive team member be in the 5 yd neutral zone at the time of the centre snap, the play is to be completed and the offensive team will

have the option of accepting the penalty [5 yds. and repeat of down] or declining and accepting the result of the play.

--> should an offensive team member be across the line of scrimmage at the time of the centre putting the ball into play - the play is to be completed and the defensive team will have the option of accepting the penalty [5 yds. and repeat of down] or declining and accepting the result of the play.

note: players may be able to get back on side prior to the snap - if so, there is no off-side to be called.

- blocking/obstruction/interference --> On punt and kick-off returns, the play is stopped immediately once the infraction is detected and the ball is to be spotted at the point when the whistle blew to stop the play.

--> On running plays or after catching a pass, the play is stopped immediately once the infraction is detected and the ball is to be spotted at the point when the whistle blew to stop the play.

--> On the rusher, the play will continue and the defensive team will have the option of accepting the penalty [5 yds. and repeat of down] or declining the penalty and accepting the result of the play.

- defensive pass interference --> automatic first down, and the ball spotted at the point of the infraction. If in the end zone, first down and ball placed on one yard line.

- offensive pass interference --> loss of down and 5 yd. penalty.

- illegal forward pass --> the QB runs across the line of scrimmage before making the pass [loss of down and 5 yd penalty]

--> a second forward pass is made [loss of down and 5 yd penalty]

- There will be no intentional grounding calls made.

NOTE: Any penalty that moves the ball closer to the goal line from inside the 10 yd line will only be assessed half distance to the goal line.

### **Some other specifics:**

- 4 downs to make 10 yards.

- Punts must be declared. The only exception is when the receiving team decides to punt the ball back - such as at the end of a game and the team does not want to give up a single point.

**- Since we are indoors, there will be no reason to have a half time and switch ends – so we shall play through on straight time until 3 minutes left in the game, at which time 5 plays to be announced. Conversions and kickoffs will not count as a play. [A punt counts as a down/play.]**

- should a round robin game end in a tie it will remain a tie. At the end of the round robin, if it becomes necessary to break a tie in the final standings and does NOT effect the team making the playoffs but merely a difference in ranking we will use the result of their game from the round robin match. IF that also ended in a tie, or if the tie break means the difference of advancing into the playoff round or championship match, then the tie-break will be the two teams playing against each other by having teams take turns attempting to score a touchdown from the **10 yd. line**. No PAT [point after try] will be attempted. If neither team scores on its first two series of plays, the third and subsequent series will begin from the 5 yd. line. [note: the tie break is based on score and not the number of plays it took to score]

- teams should be prepared to get their plays off within **30 seconds** of the ball/markers being set.

- offensive team may select the ball to be used. note: any ball that is used in the game can be used by either team.

- We are playing our games at the Pine Glen Indoor Soccer Centre – Our standard field will be 35 x 70 with 10 yd end zones.
- If the number of teams increases to the point where we need to have 4 fields, our size of field will be similar to our PSAA soccer field size - 35 X 55 – with 5 yd. end zones. With the smaller field, we will modify our designated starting areas – kick-offs from the 5 yd line; offense to start from 10 yd line after touchback or single.