ROCHESTER PARK AND RECREATION DEPARTMENT
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TOUCH FOOTBALL RULES AND REGULATIONS

1. LENGTH OF GAME - Games shall be played in two 22 minute halves with a five minute half-time intermission. The game will be played under running time with stop time utilized during the final one minute of the first half. With two minutes left in the 2nd half, if the lead is 17 points or more, the game will end.

   A half may be extended by an untimed down only when, during the last timed down, one of the following occurred:

   a. If a touchdown were scored, the try for point is attempted as part of the same half.
   b. If there were an inadvertent whistle and the down is to be replayed, the down must be replayed as part of the half.
   c. If there were a foul by the defense only and if the penalty is not declined, the half must be extended.

2. Three one-minute time-outs are permitted per game, but only two are permitted in a half. In the event of injury, additional time-outs will be granted without penalty.

3. A maximum of 25 seconds will be allowed to get play into motion.

4. At least seven (7) players must be present to begin a game. If a team is not present at starting time for their game, a forfeit will be given to the opposing team providing they have enough players to start the game. Otherwise it will be a double forfeit.

5. It is not necessary to have at least three (3) men on the line of scrimmage for the offensive team at the time of the snap.

6. STANCE - All players of both the offense and the defense, except the snapper, must be on their feet with neither hand touching the ground at the snap. A player's hands on his knees is permissible.

7. A defensive team may employ any formation it desires. ENCROACHMENT - It is not encroachment if a player encroaches and gets back before the snap.

8. A live ball becomes dead and an official shall sound his whistle or declare the ball dead when a backward pass, fumble, or muff by a player touches the ground. **NOTE** - A backward pass snapped from scrimmage, which hits the ground before or after getting to the intended receiver, is dead at the spot at which it hits the ground. A blocked or

partially blocked kick which then strikes the ground is not considered a muff or a fumble. The ball remains alive until it is muffed, fumbled, or the down ends.

9. TOUCHING - Touching is the placing of one hand anywhere on or below the shoulders of an opponent. The feet of the toucher must be on the ground when the touch is made. Falling or loss of footing after a legal touch is made should be ignored. Touches made by a defensive player while he is on his knees or in the air or while the ball is being juggled shall also be ignored.

   Pushing, striking, slapping or blow to the head is not permitted. **PENALTY** - 10 yards. Also if the infraction is flagrant, the player shall be disqualified.

10. SCRIMMAGE KICKS - Team A may punt from behind its scrimmage line before team possession has changed. A scrimmage kick can be made on any down with no protection or announcement. If a scrimmage kick is declared by Team A, Team B cannot cross the line of scrimmage.

    The kicking or receiving team may secure possession of a scrimmage kick while it is behind kicking scrimmage line and advance.

    The kicking team may touch but not secure possession of a scrimmage kick beyond the neutral zone. If touched, the ball becomes dead at the spot of touching and belongs to the receiving team.

    The receiving team may secure possession of a scrimmage kick in the field of play and advance. A scrimmage kick which is muffed or fumbled by a player of the receiving team is dead at the spot which it strikes the ground and belongs to the receiving team.

    NOTE: Blocking a scrimmage kick behind the line does not constitute a muff.

    When any scrimmage kick is out-of-bounds behind a goal line, it is a touchback and the ball belongs to the team defending the goal line at their 25 yard line.

    FAIR CATCH - While any scrimmage kick is in flight beyond the scrimmage line, the kickers shall not touch the ball or receiver (unless to ward off a blocker) nor obstruct receiver's path to the ball. This prohibition does not apply if the act is after the kick has been touched by the Receiver.

    PENALTY - For fair catch interference - 10 yards from previous spot or awarded the ball at the spot of interference.

11. BLOCKING - Blocking beyond the line shall be limited to the following type: A block may only be made while the blocker is on his feet before, during, and after contact is made with the opponent. Two on one blocking beyond the line is not legal. Under no

conditions shall a high-low or rolling block be permitted. In blocking beyond the line, the hand shall be in contact with the blocker's body if such hand or arm is in contact with the opponent. The blocker's hands may not be locked nor may he swing, throw, or flip his elbow or forearm so it is moving faster than the blocker's shoulder at the time the elbow, forearm, or shoulder contacts an opponent. The rusher or blocker may not attempt to play through their opponent. The use of unnecessary roughness on any block is illegal.

The hands shall be:

1. Open at all times with the palms facing the opponent and may not grasp or hold the opponent;
2. In advance of the elbow;
3. Inside the frame of the blocker's body;
4. Inside the frame of the opponent's body;
5. At or below the shoulders of the blocker and opponent.

Blocking behind the line shall be limited to the following type: A block may only be made while the blocker is on his feet before, during, and after contact is made with the opponent. Under no conditions shall a high-low or rolling block be permitted. In blocking behind the line, the arms must be extended, but not beyond a 45" angle when contact is initiated. Once contact has been initiated, it is permissible to extend arms beyond a 45" angle provided not flagrant pushing or shoving takes place. Pushing or blocking from behind is illegal. The rusher or blocker may not attempt to play through their opponent.
NEW – The Center cannot make contact or be contacted until one full step has been taken backwards or laterally.

12. Rushers must be under control and are not permitted to knock any opposing players off their feet. PENALTY – Unnecessary Roughness – a 10 or 15 yard penalty.

13. <u>CATCH, INTERCEPT AND RECOVER</u> - A catch is the act of establishing player possession of a live ball in flight. A catch of an opponent's fumble or pass is an interception. Securing possession of a live ball after it strikes the ground is a recovery. Keep in mind that once a player secures possession and then fumbles the ball, the ball is dead when it hits the ground and is still considered in team possession. Also, on punts, once the receiving team touches, muffs, or fumbles the kick and the ball strikes the ground, the ball is dead and remains in the receiving team's possession.

14. Four downs are granted a team to cross a 20 yard zone line for a first down.

15. A touchdown shall count six (6) points. After a touchdown, the scoring team is permitted a try-for-point during which the ball is snapped on Team B's 3 yard line (1 point play) or 10 yard line (2 point play) anywhere between the inbound lines. This involves a scrimmage down which is neither numbered nor timed once a choice is made to try for a one or two point play; it may not be changed during that try.

    If a forward pass foul by Team A (causing loss of down) occurs during a try-for-point, or there is any other foul by Team A only and the try is not successful, no point is scored and there is no replay. If there is any other foul by Team B and the try is successful or if there is

Any foul by Team B and the try is not successful or if there is a double foul, the try is replayed after measurement. For such replay, the snap may be from any point between the inbound lines on the yard line through the spot where the measurement leaves the ball. If there is any foul by Team B and the try is successful, the penalty for the foul by Team B will be administered on the succeeding kick-off.

16. On a safety, the ball shall be brought out to the 25 yard line.

17. ACTION DURING THE SNAP - When the ball is snapped, players of the same team shall not participate while wearing identical numbers. Of the players on Team A who are not on their line at the snap, only one may penetrate the vertical plane through the waistline of his nearest teammate who is on the line, and he must have his hands in position to receive the ball if snapped between the snapper's legs, although he is not required to receive the snap. After the ball is ready and before the snap, each player on Team A must momentarily be within 15 yards of the spot where the ball is to be snapped.

    No more than one player on Team A may be in motion at the snap and then only if such motion is clearly **parallel to or away from the line of scrimmage.** All other players on Team A **must be set for at lease one second** before the snap. A legal snap shall be such that the ball leaves the hand(s) of the snapper and touches a backfield player before it touches a lineman. A scrimmage down must start with a legal snap. An illegal snap causes the ball to remain dead. A snap which touches the ground is dead at that spot.

18. BACKWARD PASS AND FUMBLE - A ball carrier may pass the ball backward at any time except if intentionally thrown out-of-bounds to conserve time.

    A backward pass or fumble may be caught in flight inbounds by any player and advanced.

    A backward pass or fumble which goes out-of-bounds between the goal lines belongs to the team last in possession at the out-of-bounds spot. If out-of-bounds behind a goal line, it is a touchback or safety.

    A ball which is fumbled forward and touches the ground is dead and the succeeding spot is the point where possession was lost.

    A backward pass or fumble by Team A which strikes the ground in Team A's end zone results in a safety.

19. FORWARD PASS - All players are eligible to receive a forward pass. Team A may make as many forward passes as desired behind the line of scrimmage, but only one forward pass beyond the line of scrimmage. The passer must be behind the line of scrimmage when a forward pass is thrown. The passer may cross the line of scrimmage, retreat, and then throw a forward pass providing it is the first forward pass thrown across the line of scrimmage. Multiple touching of forward thrown passes are legal.

An intercepted pass in the end zone may be run out.

A forward pass is illegal:

1. If the passer is beyond the line of scrimmage when the ball leaves his hand;
2. If thrown after team possession has changed during the down;
3. If more than one forward pass beyond the line of scrimmage is made;
4. If intentionally thrown on the ground or out-of-bounds.

PENALTY – For illegal forward pass – 5 yards and loss of down (if by offense, the down counts).

All players of both teams are eligible to touch or catch a pass.

If a pass is caught inbounds simultaneously by opponents, the ball becomes dead and belongs to the passing team at spot of simultaneous catch.

No player on either team shall interfere beyond the line of scrimmage during a legal forward pass play. The restriction begins at the time of the snap, for both teams. The restriction does not apply if the pass does not cross the line.

FORWARD PASS SUMMARY (A = OFFENSE; B = DEFENSE)

TYPE	PENALTY	SPOT OF ENFORCEMENT
Illegal Forward Pass		
a. Pass after team possession has changed	Loss of 5	Spot of Pass
b. Pass from B's side of defensive line	Loss of 5 and Loss of Down	Spot of Pass
c. Pass purposely imcompleted	Loss of 5 and Loss of Down	Spot of Pass
Forward Pass Interference*		
a. A hinders B (restriction begins with the snap for A)	Loss of 10 and Loss of Down	Spot of Snap
b. B hinders A (restriction begins with the snap for B)	Automatic 1st Down for A	Spot of Foul**

*Restriction applies only to a pass which crosses the line and interference may occur only on B's side of the line of scrimmage.

**if interference occurs in the end zone it is an automatic 1st down for A on B's one yard line.

20. SCORING

Points are scored as follows:

a.	Touchdown	6 Points
b.	Safety	2 Points
c.	Successful Try for Point: By running or passing from 3 yards	1 Point
d.	Successful Try for Point: By running or passing from 10 yards	2 Points
e.	Forfeited Game	1 to 0
f.	Any Score in Overtime	1 Point

TOUCHDOWN - When a runner advances from the field of play so that the ball touches the opponent's goal line (vertical plane), it is a touchdown.

When a live ball is caught or recovered by a player while the ball is on or behind his opponent's goal line, it is a touchdown.

21. SUMMARY OF PENALTIES

Loss of 5 Yards:

a. Delay of game or illegal substitution
b. Interference with opponent or ball (encroachment)
c. False start or any illegal act by the snapper
d. Offside
e. Illegal position at snap
f. Player of offense illegally in motion
g. Illegal shift
h. Illegally handing ball forward
i. Illegal forward pass by offense or defense (if by offense, the down counts)
j. Substitute or coach needlessly walking along sideline
k. Running into the kicker
j. Encroachment

Loss of 10 Yards:

a. Delaying start of either half
b. Fair catch interference
c. Offensive pass interference (also the down counts)
d. Illegal blocking
e. Illegal participation
f. Illegally kicking a ball
g. Illegal batting of a kick or grounded backward pass or fumble
h. Attendant illegally on the field
i. Tripping, striking head or neck with heel, back or side of hand, charging into player obviously out of play.
j. Offensive holding is loss of ten yards from the spot of foul.

Loss of 15 Yards:

j. Unsportsmanlike player conduct, acts deemed unnecessarily rough.
k. Unsportsmanlike conduct by manager, coach, or attendant
l. Roughing the kicker or passer (also automatic 1st down)
m. Unnecessary roughness (pushing, striking, slapping, or attempting to run over or through an opponent)
n. Illegal equipment (also disqualification if flagrant or repeated by same player)
o. Clipping

Automatic 1st down at the spot of the foul for pass interference by the defense. If interference occurs in B's end zone, the ball shall next be snapped from B's one yard line.

22. 15 YARD LINE OVERTIME PROCEDURE - At the end of regulation time there will be one overtime period and the following procedures will be utilized:

The teams will each run up to four plays starting from the 10 yard line. The team scoring in the fewest number of plays will win. Additionally:

a. The coin flip winner has the choice of offense, defense, or direction.
b. Both teams will go in the same direction.
c. Yardage can be gained and lost during the four downs.
d. A team will run consecutive plays before the other team gets its turn.
e. If no team scores, the team closest to the goal line is declared the winner.

23. 4 PLAYER FOOTBALL RULES

Regular Park and Recreation Touch Football rules will be followed except for those deviations listed below:

a. A team consists of 4 players on the field with a roster maximum of 8.
b. TIMING - Games will consist of two 22 minute halves (running time with stop time the last two minutes of each half. If time runs out in the first or second half after a team has started a series of downs (had or started at least one play), they will be permitted to finish that series of downs.
Teams have 25 seconds to start a play once the ball has been marked. The penalty is loss of down. Teams are allowed two – one minute timeouts per game.
c. SCORING - Touchdown - 6 points
Safety - 2 points
Extra Point - 1 point if initiated from the 3 yard line; 2 points if from the 10 yard line
d. GAME CONTROL - There will be one official assigned to each game. The official duties are to keep the time, score, call offsides, keep the down box/scrimmage marker, and signal the 2 second rush whistle.

e. OFFENSIVE INFORMATION - Teams will put the ball in play by means of a centering pass from the center to the quarterback. The ball must be placed on the ground prior to the snap. The centering pass (snap) can be centered either through the legs or alongside the legs.

DOWNS:

1. Four downs are granted to a team to cross a 20 yard zone line for a first down.
2. Fourth Down Kick - Teams must announce to the official when they are punting.
3. Teams cannot rush, but the kicking team cannot cross the line of scrimmage until the ball is punted.

BACKFIELD PLAY:

1. The ball cannot be run past the line of scrimmage (dead ball).
2. The quarterback may scramble behind the line of scrimmage, but may not advance beyond the line of scrimmage.
3. Multiple forward passes are permitted behind the line of scrimmage. The receiver must be behind the line of scrimmage if he wishes to throw another pass. A receiver, or the ball, can never cross the line of scrimmage if the player wishes to be eligible to throw a pass during a multiple pass play.
4. All snaps must be made to the player directly behind the center. This player cannot be in motion prior to the snap.
5. When the ball is snapped, one offensive player may be in motion backwards or laterally.
6. Running plays are illegal.

STARTING THE GAME & HALF

1. The teams shall determine by a coin flip who starts with the ball and which end to defend prior to the game. Teams automatically switch these two choices for the second half.
2. Teams start from the 20 yard line. Punts downed in the end zone will be put in play at the 20 yard line.
3. NO BLOCKING IS ALLOWED.

f. DEFENSIVE INFORMATION

TOUCHING:

1. A play is dead when the ball carrier is touched anywhere from the shoulders down with one or more hands by the defense. An offensive player with the ball who falls may get up and run as long as he has not been touched.
2. Diving touches are permissible.

DEFENSE

1. The defensive team may rush the quarterback after the second official whistle.

SAFETY (2 points)

1. The ball shall be put back in play spotted on the 20 yard line.