



Touch Football Rules and Regulations

Quick Summary of League Rules

- Two Hand Touch anywhere to down the opposition
- Two 20-minute halves. The clock will run continuously until the last two minutes of the 2nd half where it stops during out-of-bounds, incomplete passes, and penalties (unless there is an 18 point or more spread). If the point spread is 18+ the game will continue until there is no time on the clock.
- 15-yard line markers must be crossed to gain a first down.
- 1 out of every 3 plays must include a female in an effort to move the ball forward. This includes being thrown in the direction of (completion is not necessary), running the ball or throwing the ball. Being the QB and handing off the ball or throwing a pass behind the line of scrimmage does not count.
- Male touchdowns are 6 points. Female touchdowns are 7 points (caught, thrown, or run in by a female).
- 1, 2, or 3 extra point options after a touchdown (2 yards, 7 yards 15 yards). 2 and 3 point conversion attempts can be intercepted and run back for 2 or 3 points, respectively, by the defense.
- The ball is dead when it touches the ground in all circumstances.
- Center must snap the ball within one yard of the yard marker.
- Defense must wait for the official's 5 second count before being allowed to rush the QB.
- No blocking or contact.
- Upon substituting players, the offense must huddle!
- Game balls will be provided by the league but are not the only balls that can be used. Youth footballs and bigger will be legal. A junior size football is not legal. If a team is playing with a junior size football, they must immediately change the ball out.

Complete League Rules

Beginning the Game

The team that wins the “Rock, Paper, Scissors” must choose to start the game:

- 1) Either on Offense or Defense or
- 2) The goal his/her team will defend in the first half

Team that loses must choose the remaining option. In the second half teams flip-flop choices. Play starts at the 5 yard line to begin each half, after scores, and after safeties.

Players

Each team shall have 8 players on the field with a minimum of 3 women. Teams may play with as few as 6 players (2 must be women unless the opposition captain consents to a variation). Without consent the team in violation will forfeit.

If a player is ejected they cannot be replaced on the field. If an ejection causes a team to be below the minimum required numbers of players the team will have to forfeit the game

Substitutions

If a team substitutes players during the game, they must do so from the same sideline the entire game. Eligible receivers must be on the playing field before the cadence is started. After a substitution on Offense, the offense must huddle briefly. Not huddling will result in a 5-yard penalty. This rule exists so players can not jump in from the sideline just prior to the cadence, leaving the defense unaware of their presence.

Huddles

Teams that choose to huddle before plays must have all 8 players within 3 feet of the huddle before the play is run. No-huddle offenses cannot substitute players without huddling first. Each team is afforded 30 seconds from the time the ball is set on the line of scrimmage. Failure to run the play before this time runs out will result in a 5-yard delay of game penalty.

Sacks

If a male is the QB on a non-gender play and gets sacked the ball is spotted where he was sacked and the play is considered a male play. If a male QB is sacked on a gender play the ball is spotted where he is sacked and the play is considered gender.

There are no intentional grounding penalties. The offensive player closest to the incompleteness is considered the QB's intended receiver which is how the referee determines the gender of the play.

Game Clock

Two 20-minute halves with a continuous clock until the last two minutes of the second half as long as the score is within 18 pts. In the final two minutes the clock will stop for the following reasons:

- Incomplete passes
- Ball carrier runs out of bounds
- Either team scores (clock stays off on extra points)

- Change of possession
- Defensive penalties
- Time-outs

Time Outs

Each team has two time-outs per game.

Equal Possession Overtime

Games ending regulation time in a tie invoke the equal possession rule. Each team has four plays to score from 15-yards (first cone) outside of the same endzone. Play will continue until a team wins the game. All interceptions can be returned for 2 points.

If Team A has first possession and Team B intercepts and returns for a score then the game is over. If Team A scores then Team B has an opportunity to score from 15 yards out. All normal rules apply to the overtime.

First Downs

Each team has 4 downs to cross one of the permanently fixed 15 yard lines. If a team fails to advance past one of the 15 yard markers after the first 3 downs then on 4th down the team can either choose to “Go For It” or “Punt”. Punts must be declared prior to snapping the ball allowing time for the receiving team to prepare.

Punts

A punt must be declared and cannot be faked. All punts are free kicks and cannot be blocked. No snap has to occur on the punt. If a team chooses to snap the ball and it is dropped then the ball is spotted where it falls and a change of possession occurs. The punt team cannot run down the field in defense until after the ball has been kicked.

Penalties

- In general, NCAA rules are applied where applicable
 1. Blocking – 10 yard penalty – Spot of the Foul
 2. Defensive Contact – 10 yard penalty – Line of Scrimmage
 3. Roughing the Passer – 15 yard penalty – Personal foul
 4. Offensive Pass Interference – 10 yard penalty
 5. Defensive Pass Interference – 15 yard penalty
 6. Too Many Players on the field – 5 yard penalty
 7. False Start – 5 yard penalty
 8. Offside – 5 yard penalty
 9. Premature Rush – 5 yard penalty
 10. Holding – 10 yard penalty
 11. Tripping – 10 yard penalty
 12. Illegal Lateral – 5 yards from spot of foul – loss of down
 13. Unsportsmanlike Conduct – 15 yard – Dead Ball
 14. Not Huddling when bringing Subs – 5 yard penalty
 15. 30 Second Play Clock Violation – 5 yards
- If the player calling the cadence does not receive the snap, the play will not stand and will result in a 5 pace/yard penalty and repeat of the down.
- Silent snaps will not be allowed – violation of this will result in a 5 pace/yard penalty and repeat of down.
- The QB may not be in motion and then receive the snap – this will result in a 5 pace/yard penalty and repeat of down.

- 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).
- 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 5-yd penalty and repeat the down.
- Loss of down penalties that occur on 4th down will result in change of possession.
- Receivers intentionally leaving the field of play are ineligible to receive a pass. This includes the back of the end zone.
- 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.
- A player who catches the ball and extends the ball across the goal line, but has been touched down before their waist crosses the plane of the goal will not be awarded a touchdown. The ball will be spotted where the ball carriers waist was where they were called down.
- Only the ball carrier's waist needs to cross the plane of the goal line in order for a touchdown to be awarded.
- Face guarding is legal, provided no contact is made.
- All players must provide athletic football wear on their feet. No bare feet allowed.

Forfeits

Teams will have until 10 minutes past the designated start time to field a legal team. Shorthanded teams may play a legal game with a minimum of 6 players, with at least 2 of them being female. Teams fielding less than 6 players or without at least 2 women will receive a forfeit. If teams have the minimum number to field a team (6) they may pick up players during the regular season in order to field a full team. A team cannot pick up more players than the 8 needed on the field. Additionally, the number of players picked up cannot exceed their opponent's number of players. The use of non-roster players will not be allowed during playoffs.

Co-Ed Specific Rules

The offense must utilize a female player as a primary player at least every third play. These plays are referred to as "Gender" plays;

The following are considered primary players:

- The receiver of the football or the closest person to the incomplete pass.
- The female ball runner (does not have to cross the line of scrimmage)
- The quarterback from snap to pass or sack.

The following are not primary players:

- The quarterback handing off, Snapping the ball into play,
- Taking a handoff then pitching the ball to a male without ever crossing the line of scrimmage (unless the male throws the ball to a female).

The penalty for running three consecutive plays without a female as a primary player is a loss of down and 5-yard penalty with the ball being returned to the original line of scrimmage. The play remains a "gender" play.

Plays resulting in a "loss of down" penalty that are gender still count as gender plays. Plays resulting in a non-loss of down penalty that are gender will not count and team will remain in a gender situation. (i.e. the play never existed)

Examples of gender and non-gender plays:

- A pass deflected by a male and caught by a female is a female play
- A pass intended for a female (in the eyes of the referee) that is deflected by a female, and caught by a male counts as a female play

- A pass intended for a female (in the eyes of the referee) that is deflected by a defensive player and caught by a male offensive player counts as a female play.
- A pass thrown by a male, caught by a male, immediately pitched to a female (“the hook and ladder”) does NOT constitute a female play - no matter how far the female advances with the ball after the pitch
- A pass intentionally grounded by a female in the last 2 minutes of the second half in order to stop the clock counts as a female play
- If a female pitches the ball backwards to a male behind the line of scrimmage, it will not result in a female play
- If a female pitches the ball to a male behind the line of scrimmage and then he throws it to a female it will count as a female play

All players are eligible on extra points and punts. (i.e. Gender rules do not apply)

Toledo Sport & Social Club Rules:

Officials Authority

An official assumes authority 15 minutes prior to the scheduled game time, and until they have left the field. The officials have the authority to rule on any situation not specifically covered in the rules. His/her decision is final. The official has the right to eject players or have them sit out of part or all of the game. Fans, coaches, and spectators are a part of a team and any fouls they commit will go against their team.

Waivers

In order to participate in the league, each participant must sign the team waiver prior to stepping on the field. Waivers are provided and must be completed and handed in no later than the first night of play. Players not present the first week of play will still be required to sign a waiver with our staff before participating. Players must sign the waiver and participate in 1 regular season game in order to be eligible for playoffs.

Sportsmanship

The idea of TSSC is to have fun. We hope that all participants keep that in mind when becoming involved. Although the games may become intense, you still can be competitive while maintaining good sportsmanship. With this said, any behavior deemed unacceptable by staff may result in suspension and/or ejection from a game or the league. Abuse of officials, referees, and other staff will not be tolerated. TSSC reserves the right to remove a player from a game or a league if they are considered to be bringing down the quality of the league. TSSC will not tolerate fighting! Fighting will be an automatic ejection from any game and in most cases ejection from the league for the remainder of the season.

Staff

To coordinate and run the league, our refs and/or staff will be available at all times to help the league run as smoothly as possible. If you have questions regarding schedules, policies, rule interpretations, directions to the bar, etc. please ask.

League Cancellation / Rainout

League games may be cancelled due to existing weather conditions, dangerous or unplayable field conditions, facility constraints, etc. TSSC staff makes every effort to play all scheduled games, thus we will not cancel games until absolutely necessary. Therefore, if you are calling concerning a decision on a cancellation, remember we will not have an answer until close to the start of the games.

If the league game is cancelled in advance, TSSC staff will change the web site immediately. TSSC will then email all of the captains to let them know. It is then the captain's responsibility to inform all teammates of the cancellation. If a league is cancelled on site, TSSC staff will attempt to contact those teams still scheduled to play the remainder of the games for that day/night. Depending on the time of cancellation, some teams will have to be notified on site. If we do cancel, we will push back the schedule one week and play the rained out game(s) at the end of the season. (ex. If game 2 (April 7th) is cancelled teams should follow the game 3 schedule (April 14th) for their next game, and game 2 will now be game 7). In extreme circumstances, TSSC reserves the right to run a shortened season without a refund. TSSC also reserves the right to schedule games on days other than your regularly scheduled league day/night if necessary.

Rule Changes

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.