



Indoor Touch Football

Revised August 2011

General Regulations:

- There are no warm up balls provided. There will be one game ball designated per court and it will remain in the possession of the referees until the commencement of the match. Teams may decide to play with a different ball other than the one provided.
- Games that start late will finish on time. Halves will be shortened to accommodate the scheduled end time. There will be no extra time added.
- Team rosters are to be submitted and completed online by the team captain (individual who registered the team) prior to the participant clinic. To complete your roster you will need to know each players UCID number. All players who do not have a U of C Id number must contact Client Services at 403-220-7749 to request a UCID number. Input your roster online at www.ucalgaryrecreation.ca/intramurals. After league play has begun additional players may be added to the roster, but they must be added by the Intramural Sports office before they are allowed to play.
- All players must be prepared to check in with the supervisor for every game with a piece of photo identification.
- To be eligible for playoffs a player must have played in at least one regular season game and be on the team roster with an online waiver signed. Teams are to have a fair play rating of 3.60 (coordinator discretion).
- Suspended players may not be present during scheduled games, if so, the entire team shall be suspended indefinitely.
- Intramural Sports has a **Zero-Tolerance policy for fighting and abuse of staff**. This will be strictly enforced. For a complete list of policies, see www.ucalgaryrecreation.ca/intramurals Policies and Regulations.
- For outdoor sports, any games that end after 30 minutes of scheduled play time will be considered a completed game and will not be rescheduled.

Administration Rules

Time of Game

- i. The game will consist of one 25 minute and one 20 minute straight time halves.
- ii. There will be a 5-minute warm up period and a 5-minute break in between the halves
- iii. When there is 2 minutes left to play in each half the referee will announce there are 5 plays left in the half. All offensive plays, will count as one play (except conversions). However, the half can't end with a penalty to the defense. In this case the offense will be granted another play in that series.

Team Composition

- i. All players must be registered on the team roster with the Intramural Sports department.



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- ii. A team may have a maximum of 14 players registered for any one game.
- iii. A team must have at least six players present in order to start a game. If 10 minutes after the scheduled start time for a game a team does not have enough players, they will be charged a default. Should a team default they must pay a default bond to Campus Recreation on the next business day. Should a team default a second time they may be removed from the league and lose the bond.
- iv. The game is played with a maximum of 6 players on the field, per team.

Discipline

- i. **Players verbally, or physically abusing any Campus Recreation staff members (including supervisors, trainers, referees, and any facilities staff) or other players will be immediately removed from the league and all other Intramural Sports activities.**
- ii. Captains will be held responsible for the actions of their team. If a participant is suspended for his/her actions, the team captain may also be suspended.
- iii. Fighting as defined in the Intramural brochure, will result in suspension from all intramural activities. The referee will determine whether a player will be assessed a major penalty for “fighting” within the context of the Intramural Sports definition, and the **referee’s decision will be final.**



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Playing Rules

Touch Football is played with six on-field players per team. The team that has possession of the ball is termed the offense and the team that doesn't is called the defense. The offense has four downs to move the length of the gym starting on their own 10-yard line, and score.

To begin the offensive series, the ball is placed on the 10-yard line. All offensive players must take a position on or behind the line of scrimmage. All defensive players must take a position at least one yard from the line of scrimmage on the opposite side. A player designated as the center will then begin the play by snapping the ball between the legs the quarterback who must receive the ball at least five yards behind the line of scrimmage. All players on the offense, except the center, are allowed to be in motion prior to the snap, but are not permitted to cross the line of scrimmage until after the snap. The game is mainly a passing game with all players on the offense being eligible receivers. There is no blocking permitted. The play is terminated when a defender touches the ball carrier with one hand. Two hand touches are permissible as long as there is no rough touch.

During scrimmage plays the defense will have one player, called the rusher, pursue the quarterback after the ball is snapped. The rusher has specific rules, which govern this position. They include being at least ten (10) yards away from the line of scrimmage at the time the ball is snapped and not lining up directly in front of the opposing center. In turn, the rules grant the rusher a direct and unobstructed path to the quarterback after the ball is snapped. No one is permitted to block or obstruct the rusher in any way.

Teams may use more than one rusher on a play. All rushers have the right to a clear and direct path to the quarterback provided they adhere to the rusher rules stated above. The first player, on the defense, to cross the line of scrimmage must have started from a point at least ten yards from the line of scrimmage.

Beanbags are used by the officials to mark the line of scrimmage, and the rusher's starting point. Officials will place these bags at the appropriate spot prior to the start of each play.

Teams are permitted only one forward pass on each scrimmage play. Teams may lateral the ball among teammates as many times as they wish during a play. A lateral is a pass in which the ball travels parallel to or, in the direction of the passer's dead ball line. An attempted lateral that results in the ball going forward to a teammate is illegal and is ruled an offside pass when caught by a teammate.

There are no fumbles in touch football. The ball is considered dead when it hits the ground during a scrimmage play, except on the initial center – quarterback exchange.

Participants in the game of Touch Football must consider the safety of all players in the game. Aggressive play must be tempered with control in order to avoid unnecessary bodily contact and the potential of injury to opponents. Players who show no regard for this concept will be penalized for the unnecessary contact they cause. Sportsmanship and consideration for the well being of others is an integral part of the game of Touch Football.

The rules of Touch Football exist to ensure that no team creates an unfair advantage over the other team. Therefore infractions such as interference, tripping, unnecessary roughness, contacting the passer, obstruction, offside and objectionable conduct will be called by the officials when committed by players during a game. It is imperative that all participants display sportsmanship during a game. Persistent arguing, obscene language, threats to players, officials, or spectators bring disgrace to the sport and will not be tolerated.



Scoring

Points are awarded for touchdowns, converts and safety touches.

A touchdown is scored when a team gets the ball into the opponent's end zone by running with the ball across the goal line or by gaining possession of the ball in the end zone through a completed pass from a teammate. Touchdowns count for six points.

After a touchdown, the scoring team attempts a one-point convert from the five-yard line, or a 2 point convert from the 10 yard line. All converts must be passing plays

A safety touch counts for two points and is awarded to a team when their opponents cause the ball to go into their own end zone and play is ruled dead prior to the ball being brought out of the end zone.

Passing

A pass is considered if the player has possession and control of the ball prior to going out of bounds. To be considered in bounds the receiver must touch the ground in with both feet in bounds. The boundary lines, which mark the outer limits of the field are considered to be out of bounds.

If a receiver could have landed in bounds but was pushed out of bounds by an opponent, the catch will be awarded to the receiver. It is the official's judgment as to whether the receiver could have landed in bounds.

A player who bobbles the ball and is touched while bobbling the ball will be considered to be touched if and when the player finally gains possession of the ball. The ball will come back to the point where the opponent first touched the receiver.

When the passer deliberately throws a pass to an area where there is no receiver in an obvious attempt to avoid a loss of yards, the team will be penalized for grounding the ball. The penalty is a loss of down at the point the ball was thrown.

If a pass is intercepted in the end zone, no points are awarded and the team that intercepted the ball is awarded first down on their own 10-yard line.

Pass Interference

Pass interference is defined as one player taking away the positional advantage of another player.

This can occur:

- a) through direct contact whereby one player makes contact with an opponent and causes the opponent to move off stride or away from the opponent's intended direction.
- b) when a player steps into the intended and declared path of an opponent, causing the opponent to slow down or change directions.
- c) during a deliberate attempt to block the opponent from reaching the arrival point of the ball.

Pass interference is considered to be in the target area when the interference occurs in close proximity to the intended arrival point of the ball and receiver. All other pass interference will be assessed as remote area interference.

If a player is not playing the ball and extends the arms or waves a hand in an attempt to distract a receiver or block the vision of the receiver the player is considered to have committed pass interference in the remote area. If the ball is touched or the receivers direct line of vision is blocked, it will be considered to be pass interference in the target area.

Both offensive and defensive players can be called for pass interference. If the defense commits pass interference in the target area, the offence is awarded the ball at the point of the infraction or ten yards in advance of the point of last scrimmage. If the offence commits pass interference in the target area and the penalty is accepted, the defense is awarded the ball at the point of the foul. If either team commits remote area pass interference, the penalty is 10 yards from the point of last scrimmage.