



INDOOR TOUCH FOOTBALL TOURNAMENT RULES



GENERAL GUIDELINES

- All Players/Teams MUST BE REGISTERED AND PAID PRIOR to playing any games
- Teams must provide their own game balls
- All teams should have matching uniforms or same colour jersey. Alternate shirts may be needed
- Only turf, running shoes, or Multi-cleats may be worn (no spikes)
- Round Robin game timing 20 mins running time and 4 plays at the end
- Playoff game times will be determined when playoffs starts
- Each team will be permitted one time out. Games will start and end on time.
- MEN'S and WOMEN'S Divisions: 6 players a side (includes quarterback) may start game with 5 players
- 4 downs for the field (no kicking/punting plays);
- Play starts on the 5-yard line, if after 3 downs the ball does not cross half defence starts at half, if ball passes half the offense is granted a 4th down.
- ****WOMEN'S DIVISION**** If after 4 downs ball does not cross half, defence starts at half
- Interception turns ball over at the spot defender is tagged or on 4th down TD is not scored, ball starts at the opposing teams 5 yard line
- 1pt or 2pt conversation can be returned for 2pts for the defense
- Huddles are 20 seconds. The ball must be snapped within the 20 seconds

PENALTIES

5 Yard Penalties

- Delay of game = penalty and down over
- Offside = penalty and down over
- Too many men = penalty and down over
- Extending ball = penalty and loss of down

10 Yard Penalties

- Taunting, show boating, spiking the ball = penalty
- Defensive holding = penalty and down over
- Offensive holding = penalty and down over
- Offensive pass interference = penalty and loss of down
- Defensive pass interference = ball placed at the spot of the foul (or 10 yard Penalty) and down over
- Defensive pass interference in the end zone is = Ball placed on the 1yard line or convert is successful
- Diving fwd with ball = penalty and loss of down

15 Yard Penalties

- **FIGHTING** Any person(s) fighting, automatic Tournament ejection
- Any contact with the Quarterback (including running into and/or contact with QBs arm) results in a penalty and down over
- Roughing (penalty and possible ejection): Tackle, aggressive hand or body contact, rough tags



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SCRIMMAGE RULES- GENERAL

- 1 hand-touch only (no slapping, punching, pushing, kicking etc...)
- Substitutions can be made at any break in the game or between plays, no huddle is needed, play starts when referee blows it in
- The Quarterback **CANNOT** run, they can only scramble behind the line of scrimmage. If he/she crosses the line of scrimmage, play is whistled dead and loss of down
- Whoever receives the snap is deemed the quarterback and cannot run across the line of scrimmage.
- Running plays are allowed, the RB can line up on the line of scrimmage or in the backfield
- The Referee will count the steamboats at all games
- Steamboats count begins once the ball is lifted off the ground by centre
- 3-Steamboats before the Rusher and other defence can attack rush on the "t" at the end of Steamboat
- Rusher must be within 5 yards of line of scrimmage. After 3 steamboats the Rusher can choose not to rush and play defence from anywhere on the field.
- Rusher 5 yard zone can take them into the end zone
- Offside by the Rusher occurs when **ANY** part of the body is over the line of scrimmage before the 't' of the 3rd Steamboat or the rusher plays defence 6 yards or further while steamboats are being counted.
- If the Quarterback hands the ball off or throws a lateral pass behind the line of scrimmage, the rusher or any defender can cross the line of scrimmage before the 3rd -Steamboat count
- Fumbled balls are dead balls. If a fumble is made after a reception the ball is dead where the fumble lands. Ball cannot be advanced with a fumble, Except fumbled snap
- Fumbled snap – The QB can pick up the ball. The play is still live. Once the snap is fumbled, steamboats no longer apply and the rusher can immediately rush the QB
- A forward hand off is considered a fwd lateral, and the Running Back cannot throw the ball
- The ball **MUST** be snapped between the legs of the Centre
- 1 foot **MUST** be inbound on all catches
- 6 points is awarded for a touchdown
- 1 point is awarded for a convert from 5 yards out and 2 points for a convert from 10 yards out, convert must be another play, either passing or running.
- A missed 2pt convert, the defence starts from 10 yard out.
- 2 pts is awarded when a defensive player returns an INT to their goal on 1 pt or 2pt convert attempt
- 2 points awarded for a safety
- Each team is responsible to pick up their own ball, if there is a delay in retrieving ball 20 second count will commence
- Deflections or tipped balls by an offensive player which are caught in an advancement by another offensive player are dead at point of deflection or tip
- Sidelines – if an Offensive player is pushed out of bounds, the player is still eligible, if the player goes out of bounds on his/her own; player is ineligible, unless ball is touch by another player. there will be a loss of down if the ball is caught by an ineligible player
- When an interception occurs in the end zone and is not returned, the ball is placed on the 5-yard line
- The ball can be placed anywhere on the line of scrimmage
- No extending, jumping fwd or diving to advance the ball
- No obstructing or impeding a defender to the ball carrier – at referees' discretion=dead ball at place of infraction, no penalty yards added